



# Contact

*A newsletter for retired members of the pension and benefits plans*

## Updates From the Board



### In This Edition

- Updates From The Board
- Features Available on My Sun Life
- Staying Active Throughout the Years
- Is Your Contact Info Up-to-date?
- Remembering Those We Lost in 2022 - 2023

Visit the Pension & Benefits Board web page for resources, newsletters, forms, board updates and information:  
[presbyterian.ca/pensionandbenefits](http://presbyterian.ca/pensionandbenefits)



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The Pension and Benefits Board met in person and online on March 10 for the annual spring meeting. The board reviewed the financial position of the pension plan and received up-to-date reports presented by the actuaries, the Chief Financial Officer, the various sub-committees and the Trustee board.



The actuaries presented the pension plan funded status update at December 31, 2022 which reported an estimated wind-up funded ratio of 116.5%, and an estimated going concern ratio of 127.9%. The going concern position has remained stable over the past year and the solvency position of the plan continued to improve primarily due to a decrease in liabilities resulting from an increase in solvency discount rates.

As a result of the improved solvency funded status, we are pleased to report that the 2023 General Assembly adopted the board's recommendation to provide a cost-of-living increase of 2% to retirees who have been in receipt of pension payments for at least one year, effective January 1, 2024.

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To access the board's full report and recommendations to the 2023 General Assembly, visit the PCBiz website at:  
[assembly.presbyterian.ca/#/committee](http://assembly.presbyterian.ca/#/committee)



# Features Available on My Sun Life



Navigating the *My Sun Life's* webpage has never been easier! With modern, helpful features including finding local health-care providers based on specialty, distance, pricing and more.

Image of Step 3

## Lumino Health Centre

### Health resources at your fingertips

Taking care of your physical and mental health is important. We're here to help! Find products, resources, tools and more to help you take better care of yourself.

[Check them out](#)

1. Start by logging in to your My Sun Life account on [www.mysunlife.ca](http://www.mysunlife.ca)
2. Click the "Search Now" button on the pop up window shown above
3. You will be directed to your Lumino Provider Search page, where you will have the option to search for a provider by type and location using the drop down menus
4. A list of health-care providers, along with a map of the area searched will appear
5. By clicking on a provider, information on the provider will be available, such as: location, pricing, coverage, ratings, availability, ways to book and more!

Find a health-care provider that's right for you.

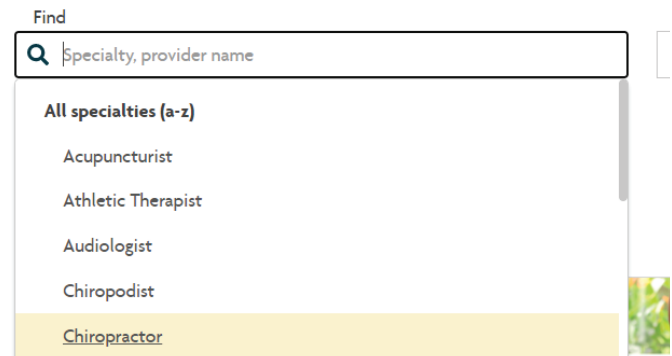


Image of Step 4

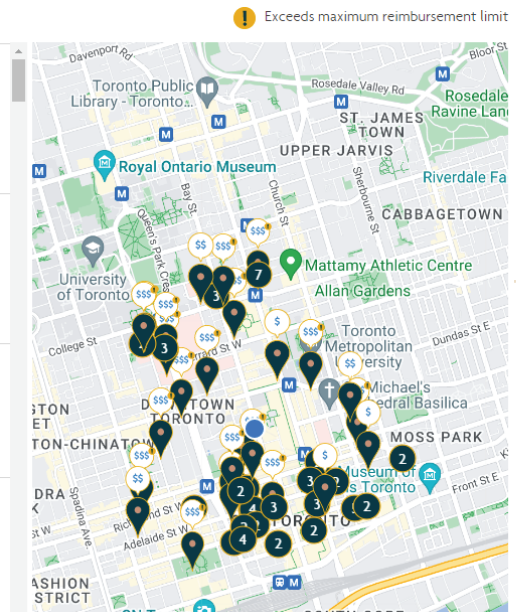
Find a health-care provider that's right for you.

Find  Location

Instant booking
  Conditions
  Services
  Clientele
  Visit type
  Filter & sort
  My coverage
  Cost information

1 - 100 ( of 500 results) for "Chiropractor"

<p><b>Barry Nguyen, B.Sc., D.C.</b> Emkiro Health Services   Toronto's Landmark for Healthcare® 750 m <input type="checkbox"/> Direct billing <input checked="" type="checkbox"/> Accepting new patients 5 ★ (33) <b>\$\$\$</b> More than \$65 per visit</p>	<p><b>Tomorrow</b> 12:30 pm <b>Tue. Jun. 6</b> 3:00 pm <b>Thu. Jun. 8</b> 9:30 am</p> <p><input type="button" value="Book now"/></p>
<p><b>Chantelle Maryuen, B.Sc., D.C.</b> Emkiro Health Services   Toronto's Landmark for Healthcare® 750 m <input type="checkbox"/> Direct billing <input checked="" type="checkbox"/> Accepting new patients 4.9 ★ (25) <b>\$\$\$</b> More than \$65 per visit</p>	<p><b>Fri. Jun. 2</b> 3:00 pm <b>Mon. Jun. 5</b> 8:30 am <b>Mon. Jun. 5</b> 12:30 pm</p> <p><input type="button" value="Book now"/></p>
<p><b>Victoria Clay, B.Sc., D.C.</b> Emkiro Health Services   Toronto's Landmark for Healthcare® 750 m <input type="checkbox"/> Direct billing <input checked="" type="checkbox"/> Accepting new patients 5 ★ (3)</p>	<p><b>Today</b> 5:00 pm <b>Fri. Jun. 2</b> 10:00 am <b>Fri. Jun. 2</b> 11:20 am</p> <p><input type="button" value="Book now"/></p>
<p><b>Kristyn Capizzano, B.Sc., D.C.</b> Emkiro Health Services   Toronto's Landmark for Healthcare® 750 m <input type="checkbox"/> Direct billing <input checked="" type="checkbox"/> Accepting new patients 4.6 ★ (17) <b>\$\$\$</b> More than \$65 per visit</p>	<p><b>Tomorrow</b> 10:30 am <b>Tomorrow</b> 11:10 am <b>Thu. Jun. 8</b> 3:30 pm</p> <p><input type="button" value="Book now"/></p>



**!** Exceeds maximum reimbursement limit

# Staying Active Throughout the Years



Starting or maintaining a regular exercise routine can be a challenge at any age—and it doesn't get easier as we age. Try to think about activities that you enjoy and how you can incorporate them into an exercise routine, while keeping your body strong and mind sharp!



## Attention! Your Biennial Pension Statement

Your 2022 Biennial Pension Statements were prepared and mailed out on May 16, and we anticipate that the statements should have been received by the first week of June.

We encourage you to review your statement carefully. Please contact us if you have not received your statement or if you have any questions or concerns about your statement.



## Is Your Contact Information Up To Date?



To keep your records updated, we ask that you contact us with any updates or changes to your information. This includes:

- Changes to your address, phone number or email
- A second contact or Power of Attorney
- Any changes that may include your beneficiaries
- Life events that include marital status, birth, adoption or death



# Remembering Those We Lost..



## 2022

Mrs. Jean Cassidy  
The Rev. Bertus de Bruijn  
The Rev. Noble Dean  
Ms. Lois Duffy  
Mrs. Mary E. Fenton  
Mrs. Karin R. Finkbeiner  
The Rev. Ian C. Glass  
The Rev. L. Dale Gray  
The Rev. John Herman  
The Rev. Keith P. Humphrey  
Mrs. Eleanor A. Johnson  
The Rev. Robert W. Johnson  
Mrs. Dorothy Jones  
The Rev. James Beverley Kay  
Ms. Kathleen M. Lockwood  
Mrs. N. Jane Manning  
The Rev. Dr. Alexander M. McCombie  
Mrs. Clarabeth McIntosh  
The Rev. David G. Morton  
The Rev. Samuel M. Priestley  
Mrs. M. Louise Raeburn-Gibson  
The Rev. Charles A. Scott  
Mrs. M. Fern Simpson  
Mrs. Hazel S. Smith  
The Rev. Kathryn A. Strachan  
The Rev. David B. Vincent  
The Rev. Nan-Chieh Wang  
The Rev. Mary I. Whitson

## 2023

The Rev. Dr. Karen Sue Bach  
The Rev. John P. Bigham  
The Rev. Dr. Everett J. Briard  
Ms. Pauline P. Brown  
Mrs. Lois Caldwell  
Mrs. Rona Cronk  
The Rev. Dr. Robert P. Fournay  
The Rev. Kalman A. Gondocz  
The Rev. Gordon Gilmore Hastings  
Mrs. Marion N. Johnston  
The Rev. Sung Jae Lee  
Mrs. Jean E. Lemoine  
The Rev. Mary Elizabeth Marsh  
Mrs. Ruth J. McCarten  
The Rev. William James McClure  
The Rev. Peter D. McKague  
The Rev. Ronald D. Mulchey  
Mr. Hee Min Park  
The Rev. George James Perrie  
The Rev. Charles Gordon D. Reid  
The Rev. Frederick H. Rennie  
The Rev. Linda E. Robinson  
Mrs. Christine G. Self  
The Rev. C. Rodger Talbot  
The Rev. Dr. James A. Thomson  
Mrs. Rowena B. Van Seters  
Mrs. Joanne M. Walter  
Mrs. Edwina C. Wilson

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[pension@presbyterian.ca](mailto:pension@presbyterian.ca)

Sun Life  
Customer Care Centre  
Phone: 1-800-361-6212  
[www.mysunlife.ca](http://www.mysunlife.ca)  
App: MySunLife

### About this newsletter

This newsletter provides summary information about the Presbyterian Church in Canada pension and benefits plans. It is not intended to be complete or comprehensive, or to provide legal or medical advice. If there are any discrepancies between this newsletter and the wording in the legal documents that govern the plans, the legal documents will apply in all cases.

Our Pension Plan registration number is 0368902.