

F O C U S

Issue #373

Feeding Our Curiosity, Uncovering Strengths

March 4th, 2019

Community Care Northumberland Participates in 17th Annual March for Meals

During the month of March, agencies across North America are celebrating the value of Meals on Wheels programs. Together, local Meals on Wheels programs, governments, service groups and concerned individuals are joining to meet the needs of the fastest growing population in Canada who want to live at home for as long as possible.

This program is more than just a meal:

- Access to well-balanced, affordable meals is imperative to the independence and sustenance of isolated seniors and individuals with disabilities.
- Research shows that healthy eating provides essential energy and nutrients for general welfare and maintenance of health and functional autonomy, and reduces the risk of chronic diseases at older ages.
- The benefits of Meals on Wheels are emotional and psychological, as well as physical. Sometimes, a friendly Meals on Wheels volunteer may be the only person a client interacts with in a given day.
- Meals on Wheels volunteers perform a valuable security check for isolated clients and can notify the proper authorities in the case of accident or injury.

2019 - Meals on Wheels in Ontario: Quick Facts:

- Meals on Wheels are delivered in 181 communities across Ontario.
- There are 143 not-for-profit organizations receiving government funding from the provincial government to provide Meals on Wheels in Ontario.
- Government funding covers only part of the cost – the difference is made up by donations and/or client fees, which are kept as low as possible.
- We delivered 3,145,449 meals to 44,286 Ontarians in 2017-2018.



With the help of local volunteers we delivered over 28,277 hot and frozen meals throughout Northumberland County, that's an 8% increase over the prior year. Over the next few weeks we will be highlighting our Meals on Wheels programs across the communities we serve, so help us celebrate March for Meals by sharing this information to your friends and contacts.

Community Care
Northumberland

174 Oliver Road, PO Box 1087, Campbellford, ON
1-866-514-5774 or www.commcare.ca

If you wish to be removed from the distribution list at anytime, simply send a reply to this linked [email](#).

Upcoming Workshop in Brighton: Alcohol Ink Art

Alcohol inks are bold and beautiful, and unlike watercolours, acrylics or oils, alcohol inks offer a whole new experience in painting. In this lively, fun filled workshop you will learn various techniques and create a one-of-kind work of art on tile. No prior experience is required. Please bring a paint shirt or an apron to protect clothing, all other materials are supplied

Date: March 6, 2019 **Time:** 1-4pm **Location:** CCN'S Activity Room, Brighton **Fee:** \$10.00

To register, please call Gail in our Brighton office (613)475-4190 or email her through this link [here](#).

Upcoming Workshop in Campbellford: German Cooking



Comfort food to the max! A German meal generously served is rich and delicious and sometimes just what you need, especially in the winter. In this workshop, Dorothy Fletcher brings you all you need to know to cook and serve traditional German food such as Beef Rouladen, Spätzle, Red Cabbage and, of course, that glorious dessert, Black Forest Cake. Plus, you'll have all the recipes to take home. You'll be saying *das schmeckt!*

Date: March 7, 2019 **Time:** 6-8pm **Location:** Forrest Dennis Senior Centre, Campbellford **Fee:** \$10.00

For more information, call our Campbellford office (705)653-1411 or email through this link [here](#).

Image courtesy of Stuart Miles at FreeDigitalPhotos.net

Quick Fact: Did You Know that March 6th is Oreo Cookie Day?

The Oreo sandwich cookie is made up of two chocolate disks containing a sweet cream filling and is loved by millions. Since it's introduction, the Oreo cookie has become the best-selling cookie in North America.

The National Biscuit Company (today known as Nabisco) first developed and produced the "Oreo Biscuit" in 1912 at its Chelsea factory in New York City. Today, the block on which the factory was located is known as "Oreo Way".

- The first Oreo cookies in the United States sold for 25 cents a pound in clear glass topped novelty cans.
- In 1912, the Oreo Biscuit was renamed to "Oreo Sandwich".
- William A. Turnier developed the modern-day Oreo design in 1952 to include the Nabisco logo while Nabisco's principal food scientist, Sam Procello, developed the modern Oreo cookie filling.



HOW TO OBSERVE

Grab a glass of milk and a handful of Oreos to enjoy and use #NationalOreoCookieDay to post on social media.



As a senior, you may be eligible for a wide range of tax benefits and credits. The Canada Revenue Agency (CRA) has tips to help make sure you get everything you're entitled to this tax season.

Take advantage of free tax help

If you have a modest income and a simple tax situation, community volunteers may be able to **do your taxes for you, for free**. Free tax clinics are usually open from February to the end of April, with some open year-round. [Find a free tax clinic near you](#).

Protect yourself from tax scams

Did you get a suspicious email, telephone call, letter or text message claiming to be from the CRA? If you're being asked for personal information such as your credit card number, bank account number or passport number, this is a scam. [Learn how to protect yourself](#).

Claim benefits, credits and other expenses

As a senior, here are some of the most common things that you may be able to claim:

1. [Pension income splitting](#) – As a pensioner, you may be eligible to split up to 50% of your eligible pension income with your spouse or common-law partner to reduce the amount of income tax you may have to pay, if your spouse or common-law partner is in a lower tax bracket.
2. [Registered retirement savings plan deduction](#) – Deductible contributions to your plan can reduce your tax owing. You can contribute to an RRSP up until the end of the year you turn 71. You can also contribute to your spouse's or common-law partner's RRSP until the end of the year they turn 71.
3. [Medical expenses](#) – You may be able to [claim eligible medical expenses](#) you or your spouse or common-law partner paid in any 12-month period ending in 2018.
4. [Age amount](#) – If you were 65 years of age or older on December 31, 2018, and your net income was less than \$85,863, you may be able to claim up to \$7,333 on your return.
5. [Disability tax credit](#) – If you have a severe and prolonged impairment in physical or mental functions, you may be eligible for the disability tax credit (DTC). If your spouse or common-law partner or your dependent have a severe and prolonged impairment in physical or mental functions, are able to claim the DTC, and they don't need to claim all or part of the amount, they may be able to transfer the amount to you.
6. [Canada caregiver credit](#) – Do you support a spouse or common-law partner, or a dependent with an impairment in physical or mental functions? The Canada caregiver credit (CCC) is a non-refundable tax credit that may be available to you.
7. [Pension income amount](#) – You may be able to claim up to \$2,000 if you reported eligible pension, superannuation, or annuity payments on your return.
8. [Guaranteed income supplement](#) – The Guaranteed income supplement (GIS) provides a monthly non-taxable benefit to Old Age Security (OAS) pension recipients who have a low income and are living in Canada. If you live on a low-income and receive the GIS or [allowance benefits](#) under the OAS Program, you must file your return by April 30 to make sure your benefits are renewed.
9. [Goods and services tax / harmonized sales tax \(GST/HST\) credit](#) – You may be eligible for tax-free quarterly payments that help individuals and families with low and modest income to offset all or part of the GST or HST that they pay. When you file your taxes, the CRA automatically determines your eligibility.

10. [Registered disability savings plan](#) – This type of plan helps families and others save for the long-term financial security of a person who is eligible for the [disability tax credit](#).
11. [Working Income Tax Benefit](#) – The working income tax benefit is a refundable tax credit that provides relief for eligible working low-income individuals and families who are already in the workforce.
12. Climate Action Incentive payment - If you are a resident of Saskatchewan, Manitoba, Ontario or New Brunswick, you may be eligible for the proposed Climate Action Incentive payment when you file your income tax and benefit return for 2018. A 10% supplement is available to residents of small and rural communities. The incentive will first reduce any balance owing for the year, then may create or increase any refund to which you may be entitled.

For more tax information for seniors, go to [Changes to your taxes when you retire or turn 65 years old](#)

Stay connected

To receive updates on what is new at the Canada Revenue Agency (CRA), you can:

-  Like the CRA on [Facebook](#)
-  Follow the CRA on Twitter - [@CanRevAgency](#).
-  Follow the CRA on [LinkedIn](#).
-  Add our [RSS feeds](#) to your feed reader.
-  Watch our tax-related videos on [YouTube](#).

