

# LIFE\*SPIN Newsletter of the Community Food Box

May /June 2021

For more Information please visit [www.lifespın.org](http://www.lifespın.org)

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## LIFE\*SPIN Community Advocate

Depending on the situation, LIFE\*SPIN is still providing information, support and community-based programs to low-income Londoners through remote services.

Our Community Advocate, Leia, is continuing to assist clients to make application for disability supports, housing, pension benefits, and file Internal Reviews for individuals who have been denied disability benefits, discretionary assistance or Covid-19 emergency funds Also those who are seeking things like economical means for internet access, make sure you attend Leia's **upcoming workshops this month**. Knowledge is power .... and can truly help you!

If you would like a telephone appointment to speak to Leia, please submit your request at: [www.lifespın.org/communityadvocate](http://www.lifespın.org/communityadvocate) We are only working limited hours during this provincial lockdown but will try to get back to you as soon as we can.

We refer you to our website: [www.lifespın.org](http://www.lifespın.org) or to our facebook page for any up-to-date information on income supports and resources that are available to help you through the difficult challenges you are struggling with. There is information on access to food, income supports, community resources, mental health supports and programs. We hope this information will help you find the supports you need.

**Utilities Support:** Through the Covid-19 Energy Assistance Program (CEAP), low-income customers can get direct support to pay bills for electricity and natural gas services. If you are behind on your bill and may have your service disconnected, you could qualify for on-bill credits of up to \$750 on overdue amounts occurred since March 17, 2020. If you have already received funding under this program (was \$500 in 2020), you may reapply based on overdue amounts still owing. You may qualify for the additional amount up the new maximum credit of \$750. <https://www.oeb.ca/rates-and-your-bill/covid-19-energy-assistance-programs>

**Value on Internet Providers:** make sure you sign up for the workshop in May to get the details on how to access low cost internet:

**The Ontario Covid-19 Child Benefit** provides financial support to families with young learners to help with additional costs during the COVID-19 pandemic. Starting on April 25, they will begin issuing payments of: \$400 for each child or youth up to Grade 12 ; and \$500 for each child or youth up to the age of 21 with special needs.

If you received a payment through the *Support for Learners* program, you do not need to apply for this additional payment. If you missed applying for the *Support for Learners* program, you will have the opportunity to apply. Applications will be open from May, 2021 to May 17, 2021.

You may qualify for a Canada Learning Bond of \$500, if you use part of this payment to open up a Registered Education Savings Plan (RESP) for your child. For more information: <https://www.ontario.ca/page/get-ontario-covid-19-child-benefit> If you already have an RESP for your child, you can still deposit a portion of the Covid-19 Child Benefit to the RESP and, depending on your net family income, you could receive an extra 20% on every dollar in your child's RESP each year with an additional 20% if you are low-income!!

**ATTENTION LONDONERS!!** Add your voice to our call for Affordable Housing in London: <https://form.jotform.com/202324958699975>



Thank you On The Move Organics  
And LOLA Bees!



**ON THE MOVE  
ORGANICS** EST. 2008

With the Covid-19 restrictions in place, we are concerned with the health risks to our vulnerable families. On The Move Organics offered to extend this Community Food Box Program to at-risk households. Thank you On the Move Organics announcing that as of March that 1% of all their total sales will be donated directly to this project!

### **LIFE\*SPIN Community Volunteer Income Tax Program:**

Make an appointment for taxes with our tax expert. If you are getting a refund or your tax balance is at zero, there are no penalties for filing your return after the deadline date of April 30th. Register for an appointment for taxes, by please filling out an appointment form at: <https://form.jotform.com/201405204019035> Make sure your phone is set to receive unknown callers.

### **LIFE\*SPIN FREE STORE:**

Our Free Store has closed its doors due to Provincial lockdown. We will re-open for curbside pickup once the emergency order is lifted.

### ***UPCOMING LIFE\*SPIN ZOOM WORKSHOPS NOT TO MISS!***

#### **Registered Disability Savings Account Workshop— Thursday, May 13 at 10:00 am**

Join Specialist, Jesse Malek from PrimeAmerica to learn all about RDSPs Register: <https://form.jotform.com/210324794560252>

#### **How to Access Low-Cost Internet Services— Thursday, May 27 at 10:00**

Join LIFE\*SPIN's Community Advocate, Leia Beland, to discuss how to access low-cost internet! Register: <https://form.jotform.com/210676608678266>

#### **Energy Affordability Program Workshop— Thursday, June 10 at 10:00 am**

Join Specialist, Michael Tomassi of Greensaver to find out how to access energy supports. Depending on eligibility and the existing equipment within your home, you may receive: LED light bulbs, High-efficiency shower-head, Faucet aerators (kitchen and bath), Drying line for clothes, Energy-efficient refrigerator, window air conditioner, Smart power strip, additional attic or basement insulation, Weathers-tripping around doors and window, or a smart thermostat! Register: <https://form.jotform.com/211055345371246>

#### **LIFE\*SPIN Annual General Meeting—Thursday, June 24 @ 7:00 p.m.**

Mark your calendar for the LIFE\*SPIN Annual General Meeting. Please plan to join us online to celebrate the work of LIFE\*SPIN over this past year and to honour our outstanding volunteers. Sign up to join us at: <https://form.jotform.com/202944257450960>

**Pocket-Sized Farms**—Registration for our children's summer program is now open. Register at <https://form.jotform.com/211264819650254> ~ free ~ for children aged 4 to 12 years-old.

**If you missed a previous webinar, please refer to our website for important information that could help you and your family: [www.lifespın.org](http://www.lifespın.org)**