

# LIFE\*SPIN Newsletter of the Community Food Box

January, 2022

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

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## Greetings from LIFE\*SPIN

This month, our Community Food Boxes are serving families with older adults. We refer you to our website for information and resources that may be of particular help to you <https://www.lifespın.org/seniors>

We also have a video workshop for information for those approaching retirement. It will soon be posted to the LIFE\*SPIN youtube channel, however, in the meantime, you may be able to watch at <https://www.lifespın.org/s/Moneymatters.mp4>

We hope this information will help you find the supports you need.

### 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. Sometimes you just need help to access supports or resources. LIFE\*SPIN's Community Advocate, Leia Beland, is there to help. She can assist you to complete applications for:

- \* disability supports (ODSP, CPP-D, Assistive Devices)
- \* pensions (OAS, GIS, CPP, Child-rearing Dropout, Credit-Splitting, Survivor's Benefits)
- \* health benefits (prescriptions, dental, vision, special diet) and Discretionary benefits available through the City.

If you would like assistance with one of these issues, you can request a telephone intake appointment. Please submit your request at: <https://form.jotform.com/210975309222251>

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

We are pleased to have Len Roozen assisting you in the preparation of your Income Tax Returns. We can complete your personal income taxes for up to 10 years.

We will begin booking 2021 taxes in late February, once the program is available from the CRA. In the interim, we can prepare tax returns for 2020 and earlier tax years.

You will need to have your T-slip to book an appointment for the current year. Returns are completed over the phone, by appointment only. Book your appointment at <https://form.jotform.com/201405204019035>

### LIFE\*SPIN Free Store

LIFE\*SPIN's Free Store has been closed to the public due to Covid-19, but is continuing to offer new and gently-used clothing for curbside pickup. You can place your order for curb-side pickup at <https://form.jotform.com/212283395007251>

#### LIFE\*SPIN

866 Dundas Street  
London, ON N6A 4H4  
[www.lifespın.org](http://www.lifespın.org)



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### *Grandparent News*

*Did you know you can open a Registered Education Savings Plan for your grandchildren?*

Join us with Special Guest, Taylor Wilson, from Libro Credit Union

**February 9, 2022 at 10:00AM**

A Registered Education Savings Plan (RESP) provides a government contribution of up to \$2,000.00 towards your grandchild's education, if they are living in a low-income family. This further education can refer to apprenticeship programs, trade schools, universities and colleges. Join us with expert Taylor Wilson, from LIBRO Credit Union to find out the facts!

Register for this zoom: <https://form.jotform.com/212985530991263>

### *Introduction to Tenants Rights*

**March 16, 2022 at 1:00AM**

Mark your calendar for this Zoom Workshop on March 16th at 1:00 p.m. A presentation workshop with Western ProBono Law students covering everything you need about your rights as a Tenant. Including, the Residency Tenancies Act, Landlord and Tenancies board information, things you need to know about before you move in, once you move in, evictions, moving out, just to name a few. Find out more from this highly informational workshop.

Knowledge is Power! Register for this zoom: <https://form.jotform.com/220195107750248P>

### **Housing**

As you approach retirement, you may wish to consider a move to more accessible housing or adult-only housing. If you missed the Housing workshop in early January, it will be posted to our youtube channel soon. Our Housing Workshops provide information regarding Subsidized Housing/Co-op Housing/Landlord & Tenant/ Property Standards/ Accessing Furniture & Mattresses / Subsidies for Utilities, etc

If you have an urgent homelessness issue, an eviction date, or are experiencing violence in your home, you can call the City of London's Coordinated Access Program for housing at (519) 661-4663 or by email at [homelessprevention@london.ca](mailto:homelessprevention@london.ca)

Up-to-date COVID-19 Government Financial Support information: <https://www.canada.ca/en/services/benefits/covid19-emergency-benefits.html>

### **LIFE\*SPIN Programs:**

- Office of the Community Advocate
- Just 4 Girls
- Nutrition Program
- School Backpack program
- Legal and Financial workshops
- Free Store
- Volunteer Income Tax Program
- Welcome Baby
- Christmas Sponsorship Program
- Pocket Sized Farms day camp

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