



## **LIFE\*SPIN—Building Community Foundations for Self-Reliance**

### **Office of the 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 Team, Leia Beland and Nicole Davis, are there to help.

We 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/21097530922251>

We have numerous workshops on our website at [www.lifespın.org](http://www.lifespın.org)

LIFE\*SPIN advocates on behalf of individuals, as an intermediary, when help is needed. LIFE\*SPIN also acts as an educational resource centre and as a connection to numerous community programs. In addition, we provide assisted access to resources that may assist individuals seeking to empower themselves.

Clients often request assistance from LIFE\*SPIN for a specific referral or resource. Others may require more in-depth and on-going supports to more thoroughly address several over-lapping issues or barriers that affect their lives.

- o Canada Pension Plan
- o Ontario Works / ODSP
- o Information
- o Housing /Co-op applications
- o Medical/Dental
- o Senior's Wellness
- o Welcome Baby
- o Large Item Donor Registry
- o Assistive Devices

<https://www.lifespın.org/community-advocate>

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### **LIFE \*SPIN**

LIFE\*SPIN is an organization dedicated to providing information and support to individuals surviving on low incomes. LIFE\*SPIN strives to support the empowerment and self-development of these individuals in their efforts to attain self-sufficiency.

Office of the Community Advocate

866A Dundas Street

Free Store—872 Dundas Street

[www.lifespın.org](http://www.lifespın.org)

## **Community Volunteer Income Tax Program**

We are pleased to have Len Roozen assisting you in the preparation of your 2021 and prior years Income Tax Returns.

We are now preparing and E-filing 2021 taxes and can complete prior year tax returns , as far back as 2012.

We are booking appointments now, but please ensure you have your T-slips before booking.

We have made adjustments to meet this need during the Covid -19 pandemic, as part of the Canada Revenue Agency's (CRA) Community Volunteer Income Tax Program (CVITP).

\* Our service for preparing personal income taxes is by appointment only.

\* You must complete this application for this service.

<https://form.jotform.com/201405204019035>

\* We will phone you your appointment time. Appointments are for 1/2 hour. If you indicate that you are a couple, we will book you 1 hour together. If you have more than one year, we will allot additional time.

\* Returns will be completed by telephone. The phone number will come up as unknown caller if you have call display. If you do not answer, we will not be able to reschedule until all other requests are met.

\* During that phone call, Len will attempt to verify your identity using a process provided by the CRA. Under that process, you will need to correctly answer questions based on your tax records on file with the CRA.

LIFE\*SPIN provides free assistance to file personal income taxes for folks that are low-income.

### **NOTE:**

The CRA is implementing a new rule for next year. You will need to have a personal email address to file your taxes by e-file and receive your Income Tax Assessment notice. If you do not have an email address, we can still file your taxes, but they will have to be done on paper and mailed in.

The second change, and one that applies this year, is that the "Climate Incentive" (Carbon Tax Rebate) is being switched to a quarterly payment, like HST and we cannot tell you the amount for this year, when you file your taxes.

<https://form.jotform.com/201405204019035>

### **CRA Workshop for Older Adults**

We are pleased to welcome guests from the Canada Revenue Agency, on March 29th at 10:00 a.m.

Mark your calendar for this Zoom Workshop to get important information from a representative from the Canadian Revenue Agency on: (OAS) Old Age Security, (CPP) Canadian Pension Plan, other Pensions, RRSPs, Retiring allowance, Tax-free savings accounts, Common Tax Credits pertaining to age, pension amounts, Disability tax credit, Canadian caregiver credit, Medical expense, Pension income splitting, and all about tax scams.

Canada Revenue Agency staff are ready to answer questions you may have. Register for the zoom at:

<https://form.jotform.com/220383777029259>

**The LIFE\*SPIN Co-op Housing Kit is now available to download at:**

<https://www.lifespın.org/s/London-Co-operative-Housing-Kit>

## Community Food Box Program

With the support of On the Move Organics (OTMO) and generous donations, we may be able to provide a free box of fresh vegetables and fruit to low-income families. We recognize that staying at home, due to high-risk health issues that may be impacted by Covid-19, increases the expenses of residents living on fixed-incomes and increases the health risks to leave your home.

We are now taking orders for the March/April round of deliveries for families who are expecting a baby or who are nursing a newborn.

We will send one box to each home registered, over the course of the two months. OTMO will be delivering by postal code areas and they will email you before they deliver. As orders are added to their regular delivery routes, we cannot tell you when your order is coming.

If your family is expecting a baby, you can order a Community Food Box at:

<https://form.jotform.com/200976185641965>

## Welcome Baby Hamper

Families that registered for the Community Food Box, in March/April, will also receive a **Welcome Baby Hamper** to welcome the baby into our community.

We are working on a resource booklet for new parents as well, which we hope will be available this spring.

In the meantime, if you don't have a **family doctor**, but would like one, let us know and we can make a referral for you. Just complete your information at

<https://form.jotform.com/210975309222251>



### **Introduction to Tenants Rights**

**March 16 @ 1:00 p.m.**

Fill out the registration and mark your calendar for this Zoom Workshop

Join Western University, ProBono Law students covering everything you need about your rights as a Tenant.

They will present information on the Residential Tenancies Act, Landlord and Tenancy Board, things you need to know about before you move in, once you move in, evictions, moving out, just to name a few.

Know your rights ~ Knowledge is Power!

Register for the workshop at:

<https://form.jotform.com/220195107750248>

## Summer Program for Children

We are starting to look forward to the warmer weather and hope to host a summer program again this year for our little ones. Keep an eye on our website at:

<https://www.lifespın.org/pocket-size-farm>

We will post updates on the summer program as they become available.

## LIFE\*SPIN Workshops we recorded for you

### How To Access Subsidized Housing:

<https://youtu.be/00J6F-kWugg>

### How To Access Low-Cost Internet:

<https://www.youtube.com/watch?v=Xo96suOmG9c>

### Identification Replacement Workshop:

[https://www.youtube.com/watch?v=mCO\\_rjW2K7GM](https://www.youtube.com/watch?v=mCO_rjW2K7GM)

### How to Access other Financial Resources:

<https://youtu.be/2KOTyt-xyW4>

### Energy Affordability Programs:

<https://youtu.be/Vv085m4cdGl>

### Registered Education Savings Plans:

(with Arabic translator)

<https://youtu.be/1HqcLhPKhSM>

## LIFE\*SPIN FREE STORE: Sharing—with enough for all

While the LIFE\*SPIN Free Store is not open to the public, we invite you to shop with us remotely.

Please fill out the form at:

<https://form.jotform.com/212283395007251>

Our amazing volunteers will put together an order for you, of new and gently used items.

We have a selection of sizes and will do our best to match you to the donations available.

Curb-side order pick-ups are scheduled, by appointment only, on Saturdays. When you receive an email notifying you when your order will be ready, make sure you write it down.

If you cannot make your appointment time, you may send a friend or family member to pick it up for you. Make sure you give them the First & Last Name at the top of the form.

We have quite a number of winter coats, so let us know if you need one.



### United Nations Universal Declaration of Human Rights

*Article 25(1)*

“Everyone has the right to a standard of living adequate for the health and well-being of himself (herself) and of his (her) family, including food, shelter, and clothing, housing, medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his (her) control.”

