

Navigating Retirement



Next Meeting: Tuesday March 11, 2025

Our next meeting is Tuesday, March 11, from 1:30 pm to 3:30 pm at The Polish Hall, 554 Hill Street, London. Our agenda will include:

- 1) Lauren Giffen from Age Friendly London – an outline of various services available to retirees in London
- 2) London Middlesex Community Support Services Network - an outline of services available to assist Londoners to live independently as they age
- 3) Adrienne Routly-Houle from Chartwell – a presentation on aging at home vs. retirement living

FRIENDLY REMINDER: Please **bring a change of shoes** and **do not** wear snowy/wet boots or shoes into the main ballroom (coats and boots can be left at the coat racks in the front of the hall). Thanks in advance for your cooperation.

Complimentary Refreshments: Refreshments will be provided by the Chartwell Riverside Residence.

Reserve Your Spot: You can reserve a specific number of seats or a table of six by replying to this email at: navigatingretirement010@gmail.com.

Monthly Charitable Door Prize

At all of our meetings, one guest can win a draw for a \$100 donation to the registered charity of their choice. At our February meeting, Steve won the draw and a \$100 donation was made to the Ronald McDonald House.

Time Change is Sunday, March 9

A friendly reminder to change batteries in your smoke alarms and carbon monoxide systems as well as moving your clocks forward an hour.

Disability Tax Credit

The disability tax credit is \$9,872 and to claim the credit, a taxpayer must file form T2201 and it must be signed by a medical practitioner. To qualify for the credit, a taxpayer must have a marked restriction in lifestyle. Marked restriction means:

- You are unable to do the activity, or it takes 3 times longer than someone of similar age without the impairment, even with the use of appropriate therapy, medication, and devices
- This restriction is present all or almost all of the time (generally at least 90%)
- The restriction has lasted or is expected to last for a continuous period of at least 12 months

The activities that may be restricted are:

- Walking
- Mental functions
- Dressing
- Feeding
- Eliminating (bowel or bladder functions)
- Hearing
- Speaking
- Vision
- Life-sustaining therapy

If you believe you or a family member may qualify, discuss your issues with any of the following medical professionals:

- Medical doctor - All impairments
- Nurse practitioner - All impairments
- Optometrist - Vision
- Audiologist - Hearing
- Occupational therapist - Walking, feeding, dressing
- Physiotherapist - Walking
- Psychologist - Mental functions
- Speech-language pathologist - Speaking

Free Pop-up Tax Clinics

The Child and Youth Network and Age Friendly London Network are hosting [free tax clinics](#) to support residents with modest incomes and simple tax situations. Make sure you have your tax information slips, receipts, social insurance number, and identification. By doing your taxes, you could get benefit and credit payments, such as the Ontario Trillium Benefit, Canada Carbon Rebate, GST/HST credit, and the Canada child benefit. The Canada Revenue Agency calculates your payments based on the information on your tax return.

Upcoming clinic dates:

- March 6 at Stronach Community Centre from 3:00pm – 7:00pm
- April 3 at Northwest London Resource Centre from 2:00pm – 7:00pm
- April 17 at Kinsmen Community Centre from 3:00pm – 8:00pm

For eligibility details, visit Canada.ca/taxes-help or call 1-800-959-8281.

Upcoming Navigating Retirement Meetings

- April 8, 2025
- May 13, 2025

Navigating Retirement Website

Check out our website at www.navigatingretirement.ca.