

*Helping People Live at Home Safely since 1983*

## **SPRINTNews**

**Monthly Edition for Clients – March 2010**

**Information Desk: (416) 481-6411**

### **SPRINT encourages clients to file tax return**

*By Jane Moore, Executive Director*

For this issue, I have asked Charlotte Maher to write a short article for us on filing a tax return. Clients who have not filed a return for some time because they don't earn income, can claim valuable tax rebates. Some clients may be eligible for the Guaranteed Income Supplement. I always value the insights and wisdom Ms. Maher brings to our attention. She is a vice-chair of Care Watch, an organization of older adults who believe that home and community care in Ontario must be expanded. She is also one of SPRINT's founders and a well-respected activist in North Toronto. Also in this issue, please read about our fire safety tips. This is the month to make sure all fire alarms are in good working order. The article below provides some important information about remaining safe. – *Jane Moore*



### **WHY BOTHER?**

**The Importance of Filing your Income Tax**  
*by Charlotte Maher of Care Watch*



It is very important to bother filing an income tax return, even if you have very little income. There are three potential benefits to you - but only if you file.

If you are over 65, you may be eligible for the Guaranteed Income Supplement. If so, you will also be eligible for GAINS, the Ontario Income Supplement Program.

Also, Ontario sales tax rebates -- and rebates which result from the merged sales taxes known as the harmonized sales tax coming into effect this year -- depend upon filing a tax return.

Normally, Old Age Security, for which most Canadians are eligible, is applied for separately. However, notice is

triggered through the income tax system. If you have never filed, it is very likely that you will never get it.

Perhaps friends or neighbours you know don't file because they think they don't have enough income, or they don't know how, or, for some reason they are afraid to file. Do encourage them to file a return. Maybe it is easiest to just pass on a copy of this newsletter to them.

If you or a friend need help completing the tax form, I encourage you to contact one of the organizations listed below. SPRINT may also be able to introduce you to a volunteer

who can help you obtain the right forms and help you fill them out before the April 30, 2010 deadline for 2009 returns.

*Contacts for filing income tax returns:*

**POINT** – (416) 487-2390

**Central Eglinton Community Centre** –  
(416) 392-0511

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## Fire safety starts with the fire alarm

Toronto Fire Services invite all seniors to team up with the pros to make sure you stay safe from fire hazards. Most home fires

are still caused by careless smoking, cooking and candle use!

Working smoke alarms will provide you with the early warning you will need to safely get out of your apartment or home. It's a good habit to change the alarm batteries on the day we change the clock to summer time (or winter time). The batteries need to be replaced at least once a year. If you need someone to help you with this task, SPRINT recommends that you contact SAINTS. This organization matches seniors with students who charge a reasonable fee to do jobs around the house. SAINTS can be reached at **(416) 481-6284** or [saints@saintstoronto.ca](mailto:saints@saintstoronto.ca).

Here are some other important tips from our fire fighters:

- Stay in the kitchen while cooking
- Blow out all candles before leaving a room or consider not using candles at all.
- Check your home for hazards and eliminate them.

### **Individuals from all walks of life remember SPRINT in their Last Wills.**

SPRINT is genuinely touched when a client decides to mention our agency in a Last Will. It confirms that we are making a real difference in the lives of our clients. Bequests help us keep our promise to provide subsidies to eligible individuals who are unable to pay for services. If your situation should change in the future, you can always modify your Will. For more information, you can contact Executive Director Jane Moore at (416) 481-0669, ext 244.

