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# The Wire

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## Primary Caregiver Tax Credit

The Primary Caregiver Tax Credit provides recognition and financial support to individuals who serve as primary caregivers for more than 90 days. This program builds upon regional home care services and is intended to help care recipients remain independent as long as possible. Care recipients may have cognitive, physical or behavioural barriers. Therefore, they require assistance in completing personal care and home making activities and in using community resources, so that they can remain in the community longer.

The primary caregiver may be a spouse, other relative, neighbour, or friend who provides care without remuneration. The individual must be assessed as requiring Care Levels 2, 3, or 4 while living at home. Examples include those with a disability, people with life threatening illnesses and others needing care and supervision for periods of more than 90 days.

**NEW:** As of the 2018 tax year, an individual tax filer may claim a flat tax credit of \$1,400 per year for providing the unpaid care. Manitoba caregivers may substantiate their self-assessed eligibility by completing a Registration Form, sending a copy to the Manitoba Tax Assistance Office, and making a claim on their personal income tax return (MB479).

It is recommended that tax filers retain original copies of all relevant documentation in case it is needed by Manitoba Finance or the Canada revenue Agency to verify or substantiate a tax credit claim.

This credit is refundable and not income tested. This means you can claim it even if you do not have taxable income. The credit may defray your caregiver expenses such as shopping, transport, outings and respite

### Who is Eligible

*The care recipient must:*

*Continued on page 4*

# Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!



## Pineapple Fluff

- 1 box Vanilla Instant Pudding
- 1 20 oz. can **undrained** crushed pineapple
- 1 8oz container Cool Whip, thawed
- 2 cups mini marshmallows
- 1/2 cup chopped pecans

In a large bowl, stir together pudding mix and the entire can of crushed pineapple. Gently stir in cool whip and marshmallows and pecans. Stir until combined. Enjoy!

## Pecans

### Health benefits:

Pecans are a good source of protein and fibre. They also contain zinc, which helps the body generate testosterone, beneficial in both men and women, the B vitamin thiamine and monounsaturated fats. Sodium-free, these nuts make an excellent snack.

### How to add them to your diet:

Eat them whole, or ground, grated, puréed or diced. Add them to appetizers, soups, salads, desserts or stuffings. Try your hand at pecan pie!

### Nutritional value

One ounce (20 halves): 200 calories; 21 grams of fat

<https://www.canadianliving.com/health/nutrition/article/everything-you-need-to-know-about-nuts>

## Upcoming Programs

### **Managing Well with Arthritis**, February 19, 1 pm Starbuck Hall

Presenter: Arthritis Society

Arthritis affects everyone differently- learn tips to help you live well and thrive. This presentation will also include information on medications and assistive and/or adaptive devices. If you are interested in attending lunch before the presentation, cost of the lunch is \$10 and you must pre-register. Call Leanne at 204-735-3052

### **Understanding Diet Habits and Finding Balance**, February 20, 1pm Sanford Legion

Presenter: Carly Gabler

Chronic Disease Dietitian, Southern Health-Santé Sud Learn from a registered dietitian how to understand your cravings, understand connections to the body, and instill healthy habits. You will leave with a better sense of how to control cravings, where they are coming from, and end the battle with sugar! If you are interested in attending lunch before the presentation, cost of the lunch is \$10 and you must pre-register. Call Leanne at 204-735-3052



**CPR**  
Adult, Infant & Child

**Oak Bluff**

Macdonald-Headingley  
RECREATION DISTRICT

**Thursday, March 6**  
**Oak Bluff Recreation Centre**  
**6:00 pm - 9:30 pm**  
**Register by: February 27**  
**Fee: \$45.00** (manual included)

**Call**  
**204.885.2444**  
**Email [info@mhrd.ca](mailto:info@mhrd.ca)**  
**Visit [mhrd.ca](http://mhrd.ca)**

## Primary Caregiver Tax Credit, continued from page 1

- Be a resident of Manitoba;
- reside in an area under the jurisdiction of a Regional Health Authority;
- reside in a private residence (e.g., not a group home, foster home, hospital, or personal care home, in supportive housing, or on a reserve);
- assessed as having care level requirements equivalent to level 2 or higher (see Registration Form); and
- designate only one primary caregiver to claim this credit.

### *The primary caregiver must:*

- be a resident of Manitoba;
- provide caregiving for longer than 90 days;
- personally provide care or supervision to the care recipient without reward or compensation of any kind; and
- not be the spouse or common-law partner of a person who receives compensation or reward for providing care to a qualified care recipient.

## Primary Caregiver Tax Credit—Additional Information:

If caregiving continues from year to year without interruption, the initial 90-day qualification requirement is not repeated. A change in the primary caregiver designated by a care recipient requires a new Registration Form and a 90-day qualification period by the new caregiver. Caregivers do not have to submit new registrations forms for subsequent years. Caregivers who receive Employment and Income Assistance (EIA) are eligible to claim the full credit without reduction.

**Home Care clients** – If the Regional Health Authority (RHA) is currently providing Home Care, obtain your Registration Form from the RHA where the care recipient resides.

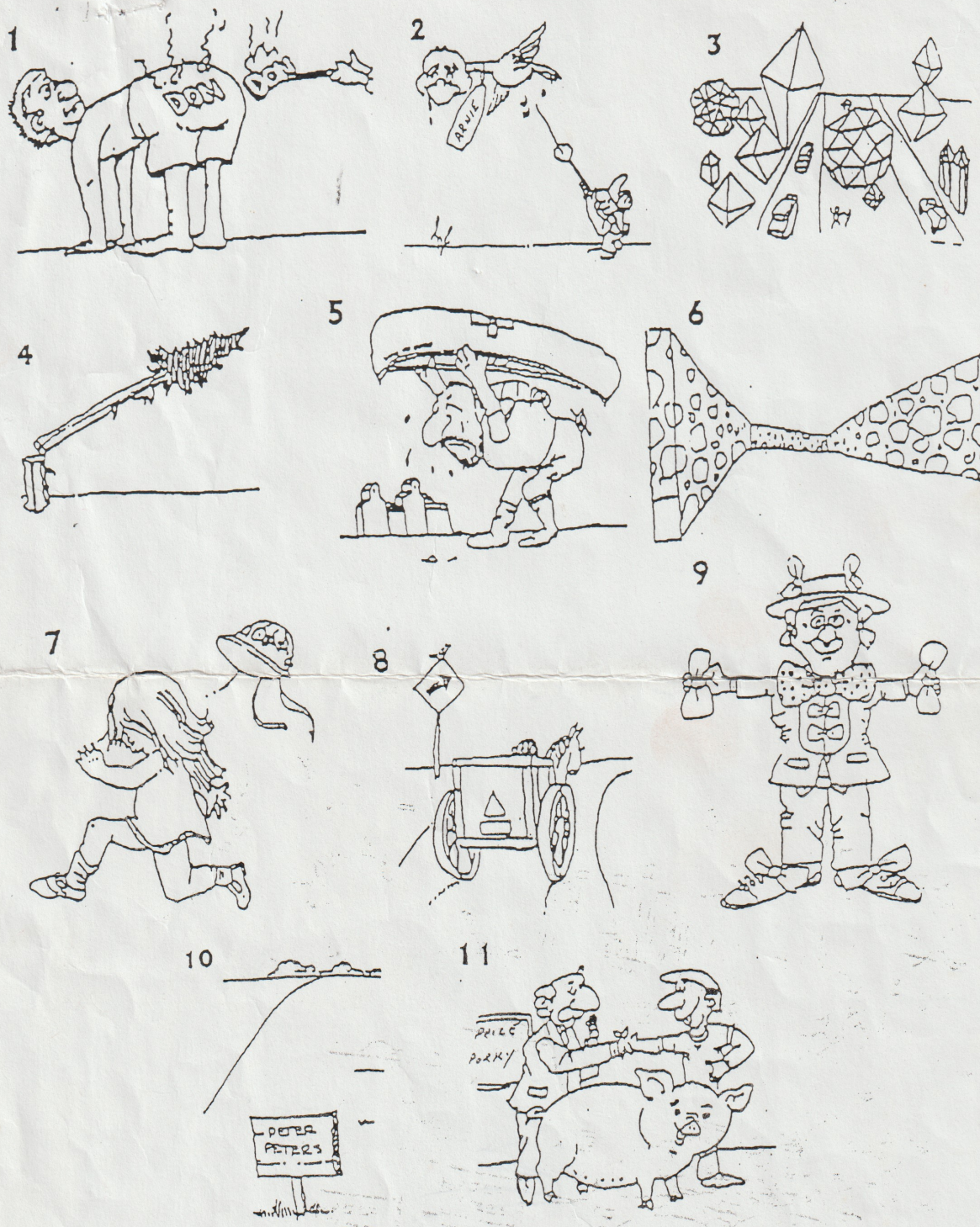
- **Non-Home Care clients** – Take the Registration Form to a health care professional who usually treats this person and have it completed.

**Community Living disABILITY Services or Children's disABILITY Services clients** – Please contact Manitoba Family Services, Tel: 204-523-5230 (Killarney), Toll Free: 1-800-563-8793, TTY: 204-948-3698, E-mail: [incsup@gov.mb.ca](mailto:incsup@gov.mb.ca).

<https://www.gov.mb.ca/finance/tao/faq.html>



# Can you name these Manitoba Towns ? Part 1



1. Brandon 2. Killarney 3. Crystal City 4. Pine Falls 5. Portage la Prairie 6. Stonewall 7. Lac du Bonnet 8. Cartwright 9. Bowsman 10. Patersfield 11. Winnipeg



# 2020 MACDONALD VOLUNTEER SERVICE *Awards*

*Tell us about that remarkable volunteer who has made a difference in your life and community by nominating them for a Macdonald Volunteer Service Awards!*

**DEADLINE FOR NOMINATIONS:  
FRIDAY, FEBRUARY 21, 2020**

For more information or to submit a nomination, visit:  
[www.mhrd.ca](http://www.mhrd.ca), call 204-885-2444, or email [info@mhrd.ca](mailto:info@mhrd.ca)



**We are looking for volunteers to help people with completing their income tax returns.**

**Training will be provided through the Community Volunteer Income Tax Program.**

**Call Leanne at 204-735-3052 for more information.**



## Exercises at Mandan Manor

Sanford

Wednesdays,  
Beginning January 15  
11:00 am – 12:00 pm  
Mandan Manor – Common Room  
Fee: FREE!

visit mhrd.ca  
call 204.885.2444  
email info@mhrd.ca

Macdonald-Headingley  
RECREATION DISTRICT



## Exercises at Riverdale

Instructor: Liza Rasmussen

24 Mondays,  
January 6 – June 29  
(No class February 17 or May 18)  
10:00 am – 11:00 am  
Riverdale Apartments  
Fee: FREE!

visit mhrd.ca  
call 204.885.2444  
email info@mhrd.ca

Macdonald-Headingley  
RECREATION DISTRICT



## Hall Walking

Join us for warm indoor hall walking.  
Nineteen laps around the hall is one mile!

Starbuck Hall  
Thursdays,  
beginning January 9  
10:00 am – 11:00 am  
Fee: Free!

Please contact Maggie for more information.  
Maggie Crompton, 204.735.2378



Macdonald Services to Seniors has a Website!

Check us out at [www.MacdonaldSeniors.ca](http://www.MacdonaldSeniors.ca)

## **Macdonald Services to Seniors**

Leanne Wilson  
Box 283

5-38 River Ave  
Starbuck, MB R0G 2P0  
Phone: 204-735-3052  
E-mail:  
mssi@mymts.net

### **Macdonald Seniors Advisory Council (MSAC)**

Ray & Joyce Kasur:  
204-736-3734

Vic & Viviane Bossuyt:  
204-895-0049

Carol & Dennis

Pascieczka:  
204-736-2681

Cindy Bestland:  
204-736-2667

Becki Ammeter:  
204-735-2380

Judy Shirliff:  
204-997-7966

Bernice Valcourt:  
204-272-5586

Barry Feller:  
204-736-4433

Susanne Moore:  
204-885-2444

## **Helping seniors remain in their own homes**

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline and ERIK. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

### **Service Providers Featured in Previous Issues:**

#### **Foot Care:**

Karen Dingman: 204-996-2376

Leanne Maes: 204-771-4030

#### **Hair Care:**

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

**Macdonald Services to Seniors is in Need of  
Drivers, and House and yard maintenance  
in all communities.**

**If you are interested in putting your name forward to  
be contacted when someone requires help with trans-  
portation or light house cleaning, please call Leanne.**

