

## Beating the Winter Blues

Canadians often report feeling sad, lethargic and an overall lack of energy in the winter months due to the shorter days and decrease of sunlight exposure. Especially after the thrill of the holiday season has passed, many of us begin to feel the “winter blues” peak in January and February.

### WHAT ARE THE WINTER BLUES?

**beat the winter blues** The winter blues is a type of depression that occurs during the shortest, coldest and darkest days of the year. Some people experience an extreme form of winter blues, known as *Seasonal Affective Disorder* (SAD).

Did you know that as Canadians we are 8 times more likely to experience the winter blues than people who live in warm and sunny climates like Florida or Mexico? Women are also 2 to 3 times more likely to feel down in the winter months than men.

### SYMPTOMS OF THE WINTER BLUES

Some typical symptoms of lack of daylight include:

- Craving carbohydrates, over eating and weight gain
- Low energy and sleeping more than usual
- Lack of motivation
- Feeling less interested in friends and activities you usually enjoy
- Feeling irritable and moody

It is important to note that if your symptoms are prolonged past the winter months or your symptoms are more severe than those listed above, it is important to see your Doctor. You could be suffering from depression, which is more severe than just the winter blues and requires more effective treatment. It is always best to consult a medical professional if you are unsure.

### WAYS to COMBAT THE WINTER BLUES

- **Increase sunlight exposure:**  
Our bodies crave more sunlight during the winter months when the days are shorter, which is why some people suggest taking Vitamin D supplements. Try to go outside for a walk. It is also suggested to open your blinds or curtains and sit closer to windows.
- **Be thankful:**  
People who regularly practice gratitude by taking time to reflect and appreciate the things they are thankful for are often happier. Think of 1 small thing you are thankful for each day, such as a warm frothy cup of coffee or tea, a smile from a stranger, a birds cheerful song, someone holding the door for you. You will quickly notice that a moment of gratitude makes a difference in your attitude and helps you savour positive life experiences!
- **Practice mindfulness:**  
Try to be fully present in the moment, even if it is just for a few minutes each day. Take a moment to breathe deep; belly breathing can be very relaxing and a good way to relieve stress. Sit or lie down comfortably, put one **hand on** your belly, take a deep breath in through your

nose and let your belly push your hand out. Pause and hold the breath, then breathe out slowly through pursed lips and feel the hand on your belly go down as you push the air out. Slowly repeat this 3 to 10 times. You can also practice mindfulness when eating by taking time to savour the taste of your food,

### Sleep well:

Adults should aim to get at least 7 hours of sleep each night to ensure our bodies are well rested. If you have trouble falling asleep, try some deep belly breathing exercises while lying in bed. A warm bath or soaking your feet in Epson salts before bed is also a nice way to relax. Experts recommend avoiding the use of technology before bed.

### Keep active:

Despite a lack of motivation, try to continue with a regular exercise routine. Adults aged 65 or older who are generally fit and have no health conditions that limit their ability should try to be active daily and try to achieve: at least 150 minutes of moderate aerobic activity such as cycling or walking every week, and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms). Not only does this reduce your risk of obesity and health concerns, but it is also proven to improve your mental health and mood, while also increasing your energy levels.

### Healthy eating:

Healthy eating plays a significant role in our overall health. You may be craving lots of carbohydrates, but be sure to balance your diet. Try to avoid sugary foods, as they are absorbed quickly into the bloodstream, giving us a surge of energy but leaving us feeling tired after the sugar wears off. Sugars in wholegrain foods, fruits and vegetables are often more filling and our bodies absorb the sugars more slowly.

### Laughter:

A day without laughter is a day wasted! Take time to find something to make you laugh each day. There are thousands of funny You Tube videos online, read a few online jokes or call a friend who has a great sense of humour, who makes you smile. There is purpose behind the saying “**Laughter is the best medicine!**”

### Turn up the tunes:

Music can be extremely therapeutic and can greatly affect our mind set and mood.

### RESOURCES

- [Be Brain Fit: Beat Winter Blues](https://bebrainfit.com/winter-blues/)
- [Mental Health Foundation: Diet and Mental Health](https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health)
- Homewood Health Employee and Family Assistance Plan (EFAP) 1-800-663-1142

**Here are some common things that a Tax Payer over the age of 65 can claim on their Income Tax**

1. **Pension Income Splitting**—As a pensioner, you may be eligible to split up to 50% of your eligible pension income with your spouse or common-law partner to reduce the amount of income tax you may have to pay, if your spouse or common-law partner is in a lower tax bracket. This may save you tax as a couple.
  2. **Registered Retirement Savings Plan**—Deductible contributions to your plan can reduce your tax owing. You have until December 31 of the year in which you turn 71 to contribute to your plan.
  3. **Medical Expenses**—You may be able to claim eligible medical expenses you or your spouse or common-law partner paid in any 12-month period ending in 2017. This period is extended to 24 months in case of death.
  4. **Age Amount**—If you were 65 years of age or older on December 31, 2017, and your net income was less than \$84,597, you may be able to claim up to \$7,225 on your return.
  5. **Disability Tax Credit**—If you, your spouse or common-law partner, or your dependant have a severe and prolonged impairment in physical or mental functions, you may be eligible for the disability tax credit. To apply for this credit, you must have Form T2201, Disability Tax Credit Certificate filled out and certified by a medical practitioner. Once the CRA approves your form, you can claim the disability amount on your return.
  6. **Canada Caregiver Credit**—this credit replaces the family caregiver credit, the credit for infirm dependants age 18 or older, and the caregiver credit. If you have a spouse or common-law partner or a dependant with an impairment in physical or mental functions, you may be able to claim this non-refundable tax credit.
  7. **Pension Income Amount**—you may be able to claim up to \$2,000 if you reported eligible pension, superannuation, or annuity payments on your return.
- Filing an Income Tax return is the easiest way to access credit and benefit payments that may assist seniors, such as:
1. **Guaranteed Income Supplement**—If you live on a low-income and receive the guaranteed income supplement or allowance benefits under the Old Age Security Program, you must file your taxes by April 30 to make sure your benefits get renewed.
  2. **Goods and Services tax/harmonized sales tax (GST/HST) credit**—You may be eligible for tax-free 1/4ly payments that help individuals and families with low and modest income offset all or part of the GST or HST that they pay
  3. Registered Disability savings plan

**COMMUNITY VOLUNTEER INCOME TAX CLINICS**

Again this year, the City of Leduc is hosting the **Community Income Tax Program** where volunteers complete tax returns for eligible individuals, **FREE OF CHARGE**. The **deadline** for filing our 2017 returns is: **30April2018**.

**Are You Eligible to receive Help with your Taxes?**

You must meet the following 2 criteria: have modest income **and** a simple tax situation.

MODEST INCOME:	Total Family	
	Family Size	Income
	1 person	\$30,000
	2 persons	\$40,000
	3 persons	\$42,500
	4 persons	\$45,000
	5 persons	\$47,500
	+5 persons	\$47,500 Plus \$2,500 for each additional person

**SIMPLE TAX SITUATION:**

In general, your tax situation is **simple** if you have **NO** income or **if your income comes from the following sources:**

- Employment
- Pension
- Benefits such as Canada Pension Plan, disability, employment insurance, social assistance
- Registered retirement savings plans (RRSP's)
- Support payments
- Scholarships, fellowships, bursaries or grants
- Interest (under \$1,000)

Your tax situation is **NOT** simple if you:

- Are self-employed or have employment expenses
- Have business or rental income and expenses
- Have capital gains or losses
- Filed for bankruptcy
- Are completing a tax return for a deceased person.



TO SEE WHERE AND WHEN THE COMMUNITY INCOME TAX CLINICS WILL BE HELD GO TO PAGE4

**Please DO NOT call FCSS regarding your personal tax return. We cannot help with personal tax issues.**

After your tax return has been prepared and submitted by one of the competent volunteers, should you have further questions regarding your tax return please call the CRA at: **1-800-959-8281**.

The CRA Website for general tax related information is: **CRA-Personal Income Tax**  
(<https://www.canada.ca/en/services/taxes/income-tax/personal-income-tax.html>)

## Advance Care Planning

### **Advance Care Planning Day 2018—April 16th.**

Have you thought about what happens should you be no longer able to speak for yourself? How will anyone know what your wishes are for your care? Everyone should have someone who can carry on the conversation for us if we are no longer able to do so. This is where Advance Care Planning comes in. ACP is the process of thinking about our wishes for our medical and personal care, and then discussing these wishes and formulating a plan with someone we trust, before the day comes that we might be unable to communicate our wishes for ourselves. This conversation is important to do before an urgent issue arises. All older adults should become aware of the importance of planning in advance for their health care in the event that they experience an illness or condition that prevents them from making, or communicating decisions. **This is a conversation that matters!**

Imagine that you have a car accident or a stroke and are no longer able to communicate because you are on life support. Having documented your wishes in advance and appointing someone who is capable of making decisions about your care will give your loved ones a certain peace of mind. Its about caring not only for yourself, but also for those that you leave behind. It is an act of love and kindness for your family.

You may never need it, but if you do, your voice will be heard, and your loved ones will know that your wishes are being carried out. We do not know what the future holds for us.

Start by **THINKING ABOUT** your values and wishes:

- What are your values, wishes and goals for your healthcare?
- Do you have beliefs that might influence decisions that could be made on your behalf?
- What are your Goals of Care? Are there conditions under which you do or don't want a certain treatment, such as resuscitation; do you want to be put on life support; do you want your health care team to focus only on comfort measures; etc.?
- How do you define: Quality of Life?
- Who would you like to speak, and make decisions on your behalf? You can chose one or more persons. You can chose anyone for this role.
- Where would you like to be cared for? What activities would you want to participate in?

The next steps would be **COMMUNICATION** and **DISCUSSION** about your wishes. This is the most important part of the process. You need to convey your wishes clearly and concisely to your Substitute Decision Maker (called your '**Agent**'), and your loved ones. Strong communication and planning will get everyone on the same page ahead of time. Remember, should your wishes and desires change over time it is important to keep your Agent/s informed as to the change in your wishes.

The next step in the process is to **DOCUMENT** your wishes in a formal document. This legal document is called in Alberta your: **Personal Directive**. In a

personal directive you choose an alternate decision maker to be your agent—that is, the person who you've chosen to speak on your behalf if you can't. You can also write down any other information about your wishes and values related to healthcare in your Personal Directive. You can write a Personal Directive without a lawyer.

It is also a good idea to prepare a: **Supported Decision-making Agreement**. Supported decision-making lets you give someone you trust legal authority to: access relevant personal information about you (e.g. health care records); think through a decision with you and communicate a decision for you to your caregivers. The person you choose is called your '**SUPPORTER**'. For example, your doctor can't talk to one of your family members about your treatment unless you give them permission to do so as it is your personal information. With a supported decision-making agreement in place, your doctor, pharmacist, care facility manager, etc. can speak directly with your supporter and discuss information that's considered personal. This provides you with the option to have someone you care about attend medical appointments with you and share questions and concerns about your health.

Once you have your documents in place it is recommended that you keep them in the green plastic sleeve that the Alberta Government provides. The green sleeve is meant to be kept on your fridge, or in a place where Emergency Medical personnel can quickly access them. Also it is intended that you can readily take all your documents in your Green Sleeve with you to the hospital. You may be able to get a Green Sleeve from your health care provider or you can email: [conversationsmatter@ahs.ca](mailto:conversationsmatter@ahs.ca) and ask for up to 4 Green Sleeves to be mailed to you.

Advance Care Planning is a subject that for many is very difficult to think about. This is frequently called: **The Ostrich Syndrome**. (ostriches often look like they have their head in the sand). 50% of Canadians have never talked to family and friends about what they would want if they were ill and could not speak for themselves. When it comes to talking about End of Life issues most of us clam up and don't want to talk. **NOTHING IS MORE UNCOMFORTABLE THAN THINKING ABOUT, OR TALKING ABOUT OUR DEATH.** But the fact is that 100% of us are going to die. So why avoid the topic? **It is time to take your head out of the sand, and talk about your End of Life wishes.**

For more information:

**AHS:** [Advance Care Planning](#)

<https://www.albertahealthservices.ca/info/page12585.aspx>

**My Health Alberta:** [Advance Care Planning](#)

<https://myhealth.alberta.ca/Alberta/Pages/advance-care-planning-topic-overview.aspx>

**Alberta Government:** [Human Services Personal Directive](#)

<http://www.humanservices.alberta.ca/guardianship-trusteeship/personal-directives-how-it-works.html>

**Canadian Hospice Palliative Care Assoc:** [Advance Care Planning Speak Up Initiative](#)

<http://www.advancetocareplanning.ca/about-advance-care-planning/>

**EVENTS at Telford House and in Leduc**

March/April 2018



**DAYLIGHT SAVING TIME BEGINS**  
Sat Night March 11




Leduc Senior Centre  
**St. Patrick's Celebration**  
Saturday, March 17th  
Cocktails: 5:00 pm  
Dinner: 6:00 pm  
Show: 7:00 pm  
Dance: 7:30 pm  
Tickets: \$15.00 each  
At: Telford House

**Community Volunteer Income Tax Clinics**


**16-Mar-18**  
Planeview 9:00 am - 11:30 am  
Telford House 1:30 pm - 3:30 pm

**21-Mar-18**  
GoldAge 9:00 am - 11:30 am  
Westgrove 1:30 pm - 3:30 pm




**Canadian Red Cross—Volunteer Recruitment Information Night**

The City of Leduc has partnered with the Canadian Red Cross to recruit and train local volunteers to join the personal disaster assistance & emergency response teams in the disaster management program.  
When: Wednesday, March 21st  
6:30 pm to 8:00 pm  
Where: Leduc Public Library  
**Registration Required.** To register call: 780-980-7109



**National Volunteer Week (NVW)**  
April 15—21, 2018  
National Volunteer Week is when we can all take time to recognize volunteers and celebrate the power of volunteerism in our community.  
We thank all the volunteers in the Community of Leduc and celebrate the impact that their efforts have on individuals, the Community and the Country as a whole.  
**THANK YOU VOLUNTEERS!**

**ROCK YOUR BLOCK 101**  
Have you ever thought of hosting a block party?  
Join us for a quick tutorial on how to plan a block party with guidance from those who have completed one in the past.  
When: Wednesday, April 18th  
6:30 pm—7:30 pm  
Where: Oil Kings Room, LRC  
Contact FCSS at 780-980-7109 to reserve a space.



**CREATING COMMUNITY SPIRIT**



**TELFORD HOUSE SPRING GARAGE SALE**  
Saturday, April 28th  
9:00 am to 4:00 pm  
at Telford House  
Donations accepted week of: April 23rd—27th from 9:30 to 2:30 each day.

**JOKES**

A fine is a tax for doing wrong.

A tax is a fine for doing well.



"Worried about an tax audit? Avoid what's called a red flag. That's something the CRA always looks for. For example, say you have some money left in your bank account after paying taxes. That's a red flag." ~Jay Leno



The CRA is conducting an audit of a small sandwich shop. The auditor has asked for an explanation of all the various travel expenses that have been claimed: 2 trips to Greece; a trip to Paris; 4 days in Italy and a week in Bermuda.

The auditor says: "You have only a small sandwich business. How can you claim these deductions?"

The owner of the shop replies: "We deliver!"

It's tax time and the CRA has once again changed the forms. They've implemented a single tax form this year. The form has only 3 lines:

1. How much did you make last year?
2. How much do you have left?
3. Send it to us.

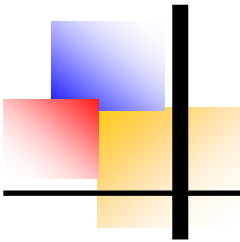
Submissions to the Panorama

If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: April 06, 2018 by 4:30 pm. Mailing Date for May/June 2018 edition: April 27, 2018. **We welcome your Views and Input!** Call Lucrecia at: 780-980-7115

The views expressed in the pages of "Panorama" do not necessarily reflect the views of the editor or City Hall. The contents of this publication cannot be reprinted without prior expressed permission.

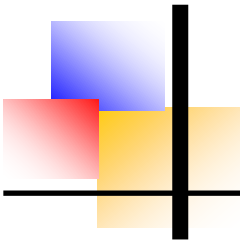


Family and Community Support Services



# MARCH 2018 EVENTS

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
			9:00 Knitting (TH) 11:30 Lunch (TH) 9:30 <b>Board Meeting</b> 12:30 <b>LDSC Annual General Mtg.</b> 1:00 Sturling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 1:00 Fun Bridge (TH) 7:00 Darts (TH)
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup Bridge (TH) 10:00 <b>Sight Seekers (TH)</b> 1:00 Crib (TH) 7:00 Music Fest	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:00 Stained Glass (TH) 10:00 Exercises (TH) 10:00 <b>Alzheimer's Meeting (PL)</b> 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup Bridge (TH) 1:00 Crib (TH) 7:00 <b>Stroke Recovery (TH)</b>	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH) 7:00 Horticultural Club (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH) 1:30—3:30 <b>INCOME TAX CLINIC</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup Bridge (TH) 1:00 Crib (TH) 7:00 Music Jam (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH) 7:00 Karaoke (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH) 6:30 <b>Parkinson's Mtg. (TH)</b>	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	<b>Good Friday</b>



# APRIL 2018 EVENTS

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><b>EASTER MONDAY</b></p> <p>9:00 Stained Glass (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)</p>	<p>9:00 Dup. Bridge (TH) <b>10:00 Sight Seekers (TH)</b> 1:00 Crib (TH) 7:00 Music Fest (TH)</p>	<p>10:00 Qigong (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)</p>	<p>9:00 Knitting Group (TH) 11:30 Lunch (TH) <b>12:30 Board Meeting</b> 1:00 Sturling (TH) 7:00 Crib (TH)</p>	<p>10:00 Exercises (TH) 1:00 Fun Bridge (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 1:30 Choir Practice (TH) 7:00 Darts (TH)</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>9:00 Stained Glass (TH) 10:00 Exercises (TH) <b>10:00 Alzheimer's Meeting (PL)</b> 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)</p>	<p>9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir Practice (TH) 7:00 <b>Stroke Recovery (TH)</b></p>	<p>10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)</p>	<p>9:00 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)</p>	<p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 1:30 Choir Practice (TH) 7:00 Darts (TH)</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)</p>	<p>9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir Practice (TH) 7:00 <b>Music Jam (TH)</b></p>	<p>10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH) 7:00 Karaoke (TH)</p>	<p>9:00 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) 7:00 Horticultural Club (TH)</p>	<p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)</p>	<p>9:00 Dup. Bridge (TH) 1:00 Crib (TH) <b>6:30 Parkinson's Mtg. (TH)</b></p>	<p>10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Duplicate Bridge (TH)</p>	<p>9:00 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)</p>	<p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)</p>
<b>30</b>				
<p>9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)</p>				