



PEOPLE IN MOTION - Updates & Activities

To People in Motion Members, I would like to take this opportunity to say "Hello" and to introduce you to your Board of Directors. Some have been on the board for a while and others are new this term. I would also like to say thank you to the following outgoing Board members; Judy Treherne, Judy Nichols, and John Weller, their six year term is completed and to Bill Biette and Jen Harris - leaving due to health issues.

The Directors are:

Donna Daines	- President	Nancy Carr	- Board Member
Suzanne Farrell	- Vice-President	Tom Brown	- Board Member
Don Watkinson	- Treasurer	Dale Merrett	- Board Member
Josie Gambaretto	- Secretary	Brenda Blackwell	- Board Member
		Clark Nichols	- Board Member

We look forward to supporting the work of the staff and volunteers at People In Motion over the next year and working toward "opening doors today to create a better tomorrow for people with disabilities".

Donna Daines, President

CALENDAR OF ACTIVITIES - ACTIVE LIVING PROGRAMS

Social Club - **March: 4th** - Ladies' Night; wine & cheese party at People In Motion, **11th** - Blazer Hockey, and **16th** - Men's night at the Pub.

April: 2nd - Potluck and games at People In Motion and **9th** - Night at the Movies at Aberdeen Odeon

There is still space available for this program, call the office if you are interested in joining.

Youth Club - **March: 5th** - Games and treats at Ruckers and **12th** - Wheelchair Curling at McArthur Island Curling rink.

April: 1st - April fools Potluck and games at People In Motion and **16th** - Night at the Movies at Aberdeen Odeon.

There is still space available for this program, call the office if you are interested in joining.

Bowling Club - **Monday afternoon** - supported by Bowlertime and People In Motion's volunteers. Bowling fees are paid to Bowlertime and HandyDart is available for transportation.

There is space available in this program. Call the office to sign up.

Full details about the Social & Youth Club schedules are posted on the website.

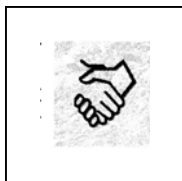
PEOPLE IN MOTION - Updates

Kitchen renovation: Thanks to donations and labour from the Downtown & North Shore Rotary Clubs and DW Builders, we now have a newly renovated kitchen at the back of our office! The new kitchen now has a stove and dishwasher and our fridge has been moved to the other side of the room to make more space in the area. We will be using the kitchen to provide snacks and small meals for some of the program activities and would also like to offer some basic cooking skills training to our members and the local community. Unfortunately, our kitchen is lacking most of the needed utensils. If you have any items that you can donate, it would be greatly appreciated. A list of the items is on our website. Pictures of the kitchen are on page 4.

Advocacy: Our past-President, Judy Treherne wrote 2 letters to the Kamloops City Council requesting improvements to lighting on Tranquille Road and gender-neutral washrooms at the Interior Savings Centre. The lighting has been approved by Council and the gender-neutral washroom is conditional upon the approval of the Parkside Lounge renovations at the Interior Savings Centre.

Power Soccer: Currently, the Power Soccer (electric wheelchair) teams in BC are in Vancouver, North Vancouver, Surrey, Nanaimo, Kelowna, and Vernon. We would like to try and get a team started in Kamloops! If you are interested in signing up, please contact our office.

PEOPLE IN MOTION - Upcoming Events



Community Volunteer Income Tax Program



- * Did you have a low family income in 2010?
- * Do you have a straightforward income tax return but you are unable to pay for assistance?
- * Do you have all your information slips?
- * Volunteers, trained by the *Canada Customs and Revenue Agency*, will complete your income tax return.

This will be a **drop off - pick up only** WHEN: Two days a week, ***starting*** on:

Thursday March 3rd - 10 am - 1 pm
Friday March 4th - 10 am - 1 pm

Continuing on these days and times for the months of ***March*** and ***April***.
Last day for pickup is April 29th.

WHERE: People In Motion,
 182B Tranquille Road
 Back Door Entrance

This service is free

Please bring all your tax papers and tax forms with you. You will need to fill out an information sheet. People In Motion Volunteers will be available to help you fill out the information sheet.

Transition Fair

Held by the School District #73 for students with Disabilities at Henry Grube Education Centre on March 7th from 4 - 8 pm

People In Motion will have an information table at this fair for students and their families.

2010 FEDERAL BUDGET - Personal Tax Changes

Impact on Families affected by Disability

Increase in Personal Amount Exemptions

The basic personal amount exemption has been increased to \$10,382 in 2010. If you had no other tax credits or deductions, you would be able to earn income of \$10,382 tax free in 2010 before the marginal rate of income tax payable is calculated.

Increase in income threshold levels eligible for child tax benefits

The 2010 Budget increased the income threshold levels to allow families to earn \$40,970 before the national child benefit supplement is completely phased out (partial phase-out begins at \$23,855). For children under the age of eighteen who qualify for the disability tax credit ("DTC"), The child disability benefit increases to \$2,470 annually and allows families to earn up to \$40,970 before the benefit begins to phase out.

Carry Forward of RDSP Grants and Bonds

Under the current legislation, contributions to a Registered Disability Savings Plan ("RDSP") are eligible for matching Canadian Disability Savings Grants ("CDSG") of up to \$3,500 annually (with a \$70,000 lifetime limit) depending on the family's income and the amount of contribution. In addition, a Canada Disability Savings Bond ("CDSB") of up to \$1,000 annually (with a \$20,000 lifetime limit) is contributed to the RDSP for low to modest income families regardless if contributions have been made to the RDSP. Available since 2008, no provisions existed to allow beneficiaries of the RDSP to carry forward CDSG or CDSB entitlements from previous years.

Beginning in 2011, Budget 2010 proposes to amend the *Canada Disability Savings Act* to allow a carry forward of CDSG and CDSB entitlements for a period of 10 years (but not available before 2008) based on the beneficiaries family income in those years AND RDSP eligibility for each year of the carry forward. An annual maximum of \$10,500 of CDSG's will be paid on carry forward of unused entitlements. In addition, plan holders will receive annual statements of CDSG entitlements.

Child Benefits Entitlement-shared Custody

Under existing rules, only one eligible individual can receive the Canada Child Tax Benefit, the Universal Child Care Benefit, or the child component of the GST/HST Tax Credit (collectively the "Benefits") that are payable in respect of a qualified dependent. Budget 2010 proposes to allow parents who live separately but share equal custody of a dependent to receive annually one-half of the above Benefits that they would receive if they were the sole eligible individual. Payments would be monthly for the Child Tax Benefit and Universal Benefit, and quarterly for the GST/HST Tax Credit. This measure will apply to Benefits payable commencing July, 2011. . . .

By Tom O-Dwyer of Ability Tax Group – for more information go to - www.abilitytax.ca

ON THE NATIONAL FRONT - ALERT !

Disability Tax Credit: A recent Toronto Star/CBC investigation has found that a company is using doctors that either aren't licensed to practice in Canada or have been found "incompetent" by their provincial regulator. The company also takes a 30% commission of all successful Disability Tax Credit claims made through them.

If you or someone that you know is applying for the Disability Tax Credit, you should know that most of the form is filled in by a qualified medical practitioner, so there is only a small amount of personal information for the applicant to fill out. If you are having difficulty in completing this information, please let us know.

You can download the form at: <http://www.cra-arc.gc.ca/E/pbg/tf/t2201/t2201-10e.pdf>.

NEW KITCHEN



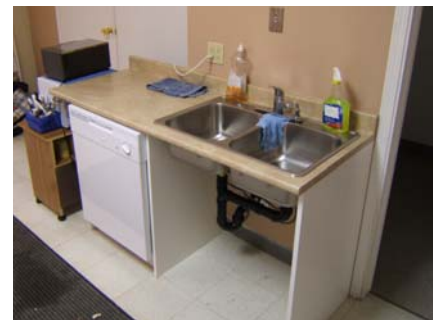
Before



During



After



Rotary Club Volunteers



OFFICE HOURS

**Mon - Fri: 9:30 am to 4:30 pm
closed on all
Statutory holidays.**

LARGE DONATIONS RECEIVED FROM NOV. 2010 - FEB. 2011

**Victoria Foundation
(anonymous donor)
Kamloops Foundation**

KITCHEN DONATORS

**Rotary Club of Kamloops
North Kamloops Rotary
D.W. Builders**