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**Thanks for keeping your social distance!**



## **TAKE 5 WEDNESDAY**

Hi

Here is your weekly dose of "TAKE 5 Wednesday", a list of what I'm enjoying, pondering and working on.



## **6 Financial management apps and tools for young adults**

Learning the basics of money management from an early age can go a long way in setting the stage for informed and proactive financial decision-making. As children mature into young adults, these skills take on a heightened level of importance as financial responsibilities and exposure increase. These apps and online tools provide ways for young adults to start learning about personal finance.



## **2020 Income Tax: What you can't—and can—claim for your work-from-home office during the COVID-19 pandemic**

You've done your part working from home to help flatten the coronavirus curve. The question now is: Can you write off the expenses you've incurred while working from home and any of those things you bought because of COVID? Find out [here](#) what you can and can't claim on your income tax return.



## **Effects of isolation on health**

If practising safety protocols has reduced your physical activity, you need to assess and re-evaluate your lifestyle. According to [this article](#), being homebound for a long time contorts the body, weakens the heart and lungs, and even impairs brain function. If you are not exercising, you're not raising your heart rate—and when your heart isn't pumping as hard, it gets weaker. The same thing happens to your lungs. A sedentary lifestyle can slow your brain, too. Looking after your mental and physical health while staying home will serve you well in the future.



## **The Big Social: Canada's ultimate feel-good food party**

With the holiday season approaching, it's hard to temper excitement with reality — because chances are, things are going to look a little different this year. You may want to consider joining the fun with Canada's ultimate feel-good food party: The Big Social. It's a national cross-country food party that brings people together and raises funds for low-income communities. You can connect in person or online, making this year's Distance Edition the perfect way to give back during COVID-19. From October 9-25, raise funds, share food, have fun, show you care!

### **Quote I'm pondering**

"The greatest glory in living lies not in never falling, but in rising every time we fall."  
—Nelson Mandela

Thanks for TAKING 5!

Scott

### **Whenever you're ready... here are 3 ways I can help:**

#### **Option 1.**

Let's have a chat: Just [CLICK HERE](#) to see my calendar through our online scheduler. Then, select a time that works for you. The scheduler will book our time and send you the call-in details.

#### **Option 2.**

Let's "meet": If you would like to book a free, no-obligation information session, please email me at [scottplaskett@ironshield.ca](mailto:scottplaskett@ironshield.ca) and we can coordinate a time that fits into your schedule.

#### **Option 3.**

Attend my next free webinar: Every Friday I get together online with a handful of other local business owners and share with them the most current research and insights into

proper financial planning - specifically for business owners. If you'd like to participate or just listen in on the next session, please email me at [scottplaskett@ironshield.ca](mailto:scottplaskett@ironshield.ca) and I'll forward you the details.

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TO LEARN MORE CONTACT US [scottplaskett@ironshield.ca](mailto:scottplaskett@ironshield.ca)

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