
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.



Everything you need to know about claiming COVID-19 costs on your taxes

The Canada Revenue Agency has provided guidance about some COVID-19 related expenses that may or may not qualify for the medical expense tax credit (METC). For example, non-medical masks likely do not qualify for the METC. Click [here](#) to learn more about the METC rules and other COVID-19-related costs.



Free health and safety training for small businesses

The Ontario government is rolling out a new [Small Business Health and Safety Training Program](#) to improve health and safety awareness and help prevent illnesses and injuries at work. The program provides training for health and safety representatives of small businesses in the retail, construction, health care, accommodation and food services sectors, among others. Businesses will be reimbursed for the time their representatives are away from work for the training.



Dementia Calculator

The [Dementia Calculator](#) was developed to help people 55 years of age and older better understand their brain health and the things they can do to reduce their risk of developing dementia. The calculator asks questions about you, your lifestyle, your general health and your physical functioning. Using the answers, the calculator estimates your brain age—a measure of how healthy your brain is—and predicts your risk of being diagnosed with dementia in the next five years.



Freelance taxes for Canadians

Many Canadians have a side hustle—and some turn it into a full-time job—but a lot of them don't know how to manage their business taxes. [This article](#) provides a quick overview of taxes for freelancers and sole proprietors. Filing your taxes when you have self-employment income can become complicated quickly; consider hiring a professional to help you, if you're not feeling confident about it.

Quote I'm pondering

“There is only one way to avoid criticism: do nothing, say nothing, and be nothing.”
—Elbert Hubbard

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 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 and I'll forward you the details.

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