

Patient Update

March 20th, 2026

Dear patients,

We are emailing to share information about:

- Filing your personal taxes
- Recognizing Nutrition Month, with some helpful nutrition tips
- Upcoming Injury and Trauma Prevention Workshop
- Website Reminders- Meet Our Team

Filing your personal taxes

Filing your taxes is an important way to make sure you are not missing out on valuable benefits and credit payments. Many individuals with lower income miss out of these opportunities by not filling their annual income tax and benefit return.

Benefit and credit payments, such as the Canada child benefits, and the GST/HST credit, help make life more affordable.

The Government of Canada and the CRA continue to introduce initiatives to reduce barriers to filing and income tax and benefit return. [Click here to learn more](#), or see information about automatic tax filling which you may be eligible for.

Recognizing Nutrition Month

March is Nutrition Month! See below to learn more about dietitians and how you can connect with one. You can also view helpful tips and recipes using the QR code.

Injury and Trauma Prevention Workshop

Did you know that 90 % of injuries are preventable? Join Registered Nurse, Emily Lanigan, as she discusses common causes of injuries and trauma. You will learn about ways to prevent an injury and programs and community resources you can access for support. This session is available both online and in person on **Thursday March 26th from 10-11 am**. See the flyer below for more details.

Website Updates

We are always working to improve our website and the information we share with patients. Please be sure to save and bookmark our [website](#) to be able to access this information whenever you need it.

Meet Our Team

You can learn more about our different health professionals and programs offered in the Family Health Team by checking out the Meet Our Team section of the Unity Health website. Here you will find Infographics that explain our different teams and team members. Our amazing youth council created these infographics.

<https://unityhealth.to/areas-of-care/programs-and-clinics/family-and-community-medicine/#st-michaels-hospital-meet-our-team-5>

Take care and be well,
SMAFHT Leadership

Automatic tax filing

Filing an income tax and benefit return helps many Canadians to access important financial benefits, like the [GST/HST Credit](#), the [Canada Child Benefit](#), the [Canada Disability Benefit](#) and more.



Why automatic tax filing?



Removes barriers for individuals with a lower income



Services are free, fast, and secure



Helps to access benefit and credit payments

Who are the services designed to help?

Individuals with a:



lower income who do not owe tax

+



simple tax situation

The future of simplified filing services:

	SimpleFile services (Digital, by Phone, by Paper) Current service	Proposed deemed filing pilot* Budget 2025	Pre-filled return in CRA account Budget 2025
What	Simplified tax filing methods offered to eligible individuals	The Canada Revenue Agency (CRA) will file a tax return on behalf of eligible individuals who do not owe tax	Eligible individuals can approve a pre-filled tax return in their CRA account
When	Available annually	Launching Fall 2026*	Launching in March 2027
How many	3 million eligible in 2026	Small pilot	1 million in March 2027, up to 5.5 million by March 2029

*pending Royal Assent

For more information on automatic tax filing, go to canada.ca/federalbudget



Canada Revenue Agency

Agence du revenu du Canada

Canada

What does food mean to you?



MARCH IS NUTRITION MONTH

**Did you know that dietitians are
part of the Family Health Team?**

Book an appointment
with your clinic dietitian!



Happy Nutrition Month!

Nutrition Month is celebrated every March to remind us of the importance of healthy eating habits for physical and mental wellbeing, and to recognize the role of dietitians.

What is a dietitian?

Dietitians take the science of nutrition and translate it into practical guidance to support people and communities in making nutritious food choices.

Did you know that every clinic has a dietitian on the team?

The Family Health Team dietitians provide education and counselling, on nutrition through different life stages, prevention and management of disease, and more, in a way that meets your personal needs and preferences.



**Scan the code for
nutrition handouts!**

Prevent Injuries Before They Happen

Presented by Emily Lanigan,
Registered Nurse & Injury Prevention
Specialist



What you'll learn

- ✓ Why up to 90% of injuries can be prevented
- ✓ The common causes of injuries
- ✓ Safety tips you can use every day

Who should attend?

- ✓ Patients
- ✓ Caregivers
- ✓ Family members
- ✓ Anyone interested in staying safe



Date: March 26, 2026



Time: 10 - 11 AM



Location: Join us **online** or at
St. Michael's Hospital
Peter Gilgan Tower Room 1-702
30 Bond Street

Free • Open to Everyone

Register Now!



Scan here or visit:

[Zoom to Register](#)