



CONTINUITY NEWS

Supporting families in Manitoba to plan for an enriched quality of life
for their family member with an intellectual disability

APRIL 2014

From The Continuity Care Office



As much as Manitobans are done with winter, it appears that winter is not yet done with us! According to Environment Canada, this winter in Manitoba has been the coldest one in 35 years and for many of us, it has also felt like the longest. It has impacted on Manitobans in many ways, including our health and well-being, coping skills, mobility and ability to get out and about. We are all eagerly awaiting the arrival of Spring and with it often brings a renewed sense of hope, motivation and renewal.

Here at the Continuity Care, we found ways to keep busy and warm. Our workshops and support groups continued to meet during the winter months, although we did notice a decrease in attendance and also cancelled one of our Senior Parent group meetings due to poor weather and driving conditions. Suzanne was out and about on some of those wintery days doing presentations with Laurie Miller (Innovative Life Options) as part of a New Horizon's project on Developing Support Networks for Seniors. The Mike Keane Celebrity Hockey Classic was held in February on two blustery days, but everyone involved from the pros, players, staff and volunteers made it out and as a result the event was a great success.

Suzanne is also participating in a federally funded project to provide RDSP information sessions and one-on-one consultations here in Manitoba, along with Anne Kresta from Community Living Manitoba and Natalie Mulaire from SMD Clearinghouse.

Springtime at Continuity Care also signals our membership renewal time. We have included an insert with our newsletter and invite you to please join or renew your Continuity Care membership for the coming year. We also ask you to consider receiving your Continuity Care newsletter electronically if you have access to a computer in order to save on postage costs, given the new increase in postage costs. It also allows us to save on printing costs and be more environmentally friendly. If you haven't already done so, please provide us with your email address and we will make this change to our data base.

Happy Spring!



Save The Date

We have set the date for our Annual General Meeting, which will be held on **Wednesday, June 18th from 6-8:00pm at 120 Maryland**. Please save this date on your calendars and we hope that you can join us.



Irma has been busy creating Continuity Care's new Facebook page. We will be posting upcoming events, interesting articles and resources and also trialing a virtual group for our members to connect. We invite you to visit our page and **LIKE US!**

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The Mike Keane Celebrity Hockey Classic

The 4th Annual Mike Keane Celebrity Hockey Classic was held on February 12th and 13th, 2014 at the MTS Iceplex, which happened to be two of many blustery days here in Winterpeg. This event gives the opportunity for everyday hockey enthusiasts to team up with former NHL greats to play hockey and raise funds for The Winnipeg Jets True North Foundation and Continuity Care. There were 18 teams participating in the tournament, including two teams co-sponsored by Continuity Care board members The Frontiers North Cardinals, co-sponsored by **Frontiers North** and **Cardinal Capital** and **Longboat Development Corporation**/Bell Media team. Thank you to Merv Gunter, Brian Coughlin and Jeoff Chipman and to all of the businesses and corporations that sponsored teams in this year's event.

Continuity Care was once again the official volunteer provider and this year we had 32 energetic volunteers come out to support the event filling a variety of jobs; including drivers for the NHL pros, registering the players on draft night, selling tickets at the front entrance and monitoring checkpoints at various locations at the rink. Special thanks to the two students from the Life Skills Special Education Program at Sisler High School who volunteered. They were able to go back to school that day with pictures and autographs from their favorite NHL pro's and VERY big smiles on their faces. Also thanks to the employees from BDO Dunwoody and Scotiabank for volunteering your time and to our Continuity Care families. It was great to see the volunteers, the staff from the Winnipeg Jets True North Foundation and Iceplex, Jackson Events and tournament committee members all working together to ensure the event ran smoothly.



The draft night was held on the evening of Feb 12th and is when the teams get to select which NHL alumni joins their team for the tournament. The ranking is based on their team's overall fundraising efforts. This year, as in all three previous years, the first placed team was the Richardson Pioneers and their #1 draft pick was Ray Bourque. There were many NHL greats to choose from including: Joe Nieuwendyk, Ron Duguay, Al Iafrate, Dave "The Hammer" Schultz, Gary Roberts, Brad May and of course, our home town favorite, Mike Keane. The Frontiers North Cardinals drafted Dave Ellett and the Longboat Development Corp/Bell Media team selected Jamie Macoun - who were great additions to their teams. The draft night is a fun evening where the players have time to meet and greet, talk strategy for the next day and also learn about the charities that benefit from their fundraising efforts. We were proud to show off our newly edited Continuity Care video (A shout out to Dave Wowchuk from Artisan Media for his work on this!)

February 13th started bright and early as the teams arrived for their first of three games that day. It was exciting to watch the display of hockey skills, friendly rivalries and the smiles and camaraderie of the players on the ice throughout the day and to see the NHL pros taking time to sign autographs and take photos with players and spectators. The day ended with a final game between the top fundraising team, The Richardson Pioneers vs the NHL alumni. This year, there was a ceremonial puck drop before the game began featuring two special guests from the charities - Courtney from the Wpg Jets Hockey Academy, a program run by the Jets True North Foundation and Stephanie, a member of Continuity Care.



We would like to thank everyone (players, NHL alumni, donors, sponsors, volunteers and planning committee members) for their role in making the 4th Annual Mike Keane Celebrity Hockey Classic another huge success. We don't yet know the final numbers, but will report on this at our AGM in June. We are truly grateful for the opportunity to be a part of this amazing event again this year, which wouldn't be possible without The Winnipeg Jets True North Foundation (Mark, Dwayne and Julie) and of course, Mike Keane.



An update from

The months ahead (and likely the two years that follow) will be critical times for services to persons with intellectual disabilities throughout Manitoba.

In working to ensure the sustainability of quality and inclusive services and supports in both the short and longer term, Abilities Manitoba launched an action post card campaign in early 2014. The campaign which ran during February 2014 is now substantially over and we were overwhelmed by the response. Over 2,100 action cards were completed online and many thousands more were mailed to Minister Irvin-Ross. Thank you to Continuity Care members who participated in this campaign.

It is almost impossible to know exactly why governments make the decisions they do but the 2014-15 budget tabled in early March by Government of Manitoba included a 8.25 increase for Community Living disAbility Services (CLdS). We think the action card campaign played a key role.

The increased funding announced in the 2014-15 budget buys time for the CLdS sector. But it does not provide a long-term solution to sustainability. So we still have a lot of work ahead of us. We are currently planning our next steps in what will be a much larger campaign to ensure strong, stable and strengthened services for Manitobans with intellectual disabilities.

Continuity Care is one of 72 organizations in Manitoba that are members of Abilities Manitoba.

For more information about Abilities Manitoba, please visit their website at <http://www.abilitiesmanitoba.org/> or feel free to talk with Suzanne at our office.



April is World Autism Awareness Month

The seventh annual World Autism Awareness Day is April 2, 2014. Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events.

Recognizing The Importance of Caregivers In Manitoba



ARE YOU A CAREGIVER?

A "caregiver" is a person who provides informal and unpaid personal care, support or assistance to another person because that other person lives with challenges due to a disability, an illness, an injury or aging. The person that you are caring for may be a family member or a friend.

On March 26th, at the Manitoba Legislature, Minister Sharon Blady proclaimed April 1st, 2014 (the first Tuesday in April) as **Caregiver Recognition Day**. A day for all Manitobans to recognize the valuable contributions of family caregivers. On this day, there was an event taking place in Brandon at the Riverview Curling Club. There was greetings from the province of Manitoba, a presentation by Syva-Lee Wildenmann from Ruperts Land Caregiver Services and displays from service providers and organizations that offer programs and services for caregivers.

The Caregiver Recognition Act was introduced in 2011. Manitoba is the only province in Canada that has legislation that recognizes the importance of family caregivers. The purposes of this Act are:

- To increase recognition and awareness of caregivers;
- To acknowledge the valuable contribution they make to society; and
- To help guide the development of a framework for caregiver recognition and caregiver supports.

The Manitoba Caregiver Advisory Committee provides the Minister of Healthy Living and Seniors, who is currently Minister Sharon Blady, with information, advice and recommendations about:

- Caregivers and caregiver supports;
- Programs, services, policies and legislation that relate to caregivers and caregiver supports; and
- Promoting recognition and awareness of caregivers.

There is also a group called the **The Manitoba Caregiver Coalition** which is a group of individuals and organizations that join with caregivers, service providers, policy makers and other stakeholders to identify and respond to the needs of caregivers in Manitoba. The Manitoba Caregiver Coalition believes that caregiving is a relationship built on trust, commitment and connection. It gives meaning to the lives of those who provide care and those who receive care, and enriches our health and social systems.



Last year Continuity Care participated as an exhibitor in the Caregiver Recognition Day event that was held on April 2nd, 2013 at the Manitoba Hydro building in Winnipeg. It helped our organization to learn what this day was about and was a valuable opportunity to connect with caregivers and other service providers. Continuity Care participated in a Round Table event for caregivers that was held on June 7th, 2013. Suzanne Swanton also presented at a Lunch and Learn teleconference on the importance of support networks for caregivers. The Board of Continuity Care recognizes the importance of supporting caregivers in Manitoba and want the voice of families caring for a family member with an intellectual disability to be shared in these initiatives, therefore, we have recently joined the Manitoba Caregiver Coalition, as a member at large.

Continuity Care provides support and resources to families who are caring for a family member with an intellectual disability through our support groups, workshops and on an individual basis when needed. If you are a caregiver, or know someone who is, that could benefit from the services and supports that we offer, please contact Suzanne at our office.