



CONTINUITY NEWS



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

September 2014

Annual General Meeting

Continuity Care's Annual General Meeting took place on the evening of June 18th at 120 Maryland. There were 40 people in attendance, including a mix of new and long term members, board members and staff. The evening began with a tasty meal from De Luca's. The business meeting included reports from our Board President, Jane Schledewitz; the Financial Report from Treasurer, Merv Gunter; and Committee Reports from Linda Ormonde and Jo Verstraete. Art Hock presented the slate of Directors and Officers for 2014-2015. Suzanne Swanton presented her Executive Director's Report with a review of the past year's activities.

A special guest at our AGM was Randall McElhoes, Chartered Accountant. Randall prepares Continuity Care's Year End Financial Statement and provides us with accounting advice and guidance. He has been doing this on a volunteer basis since 1997 and we are truly grateful for his generosity and financial expertise and are glad that he was able to join us this year, so that we could thank him in person.



Continuity Care Inc. Board of Directors 2014 – 2015

Jane Schledewitz *President*
Linda Ormonde *Past President*
Jo Verstraete *Secretary*
Merv Gunter *Treasurer*

Adeline Berg
Art Hock
Brian Coughlin
Jeoff Chipman
Karen Leggat
Marc Piché
Terry Williams



Our guest speaker was Kalyn Falk, author, speaker, retreat guide, and spiritual director. Kalyn is also an active advocate for her son, Noah, who is profoundly autistic. Her most recent book is "Mother of the Year and Other Elusive Awards: Misadventures in Autism". Kalyn is an engaging speaker who shared with us her experiences and perspectives as a parent and spoke about the importance of resilience. We would like to thank Kalyn for being a part of our AGM and for taking time to chat with our members and autograph copies of her book.

This year we would like to acknowledge and celebrate Dolly Chudnow's contribution to Continuity Care. Dolly is one of our founding board members and has been a part of the board since the organization began in 1995. She was also involved in the earlier work that led to its inception. Dolly has shared her valuable perspectives as a parent to guide our Board in carrying out our Mission, as well as offering her direction and support as a member of the Family Advisory Committee. Dolly has also supported the organization as a donor. For all that Dolly has brought and given to Continuity Care, we are sincerely grateful.

If you would like to receive a copy of Continuity Care's Annual Report or financial statement for 2013-2014, please contact our office. The Annual Report is also available for viewing on our website.

INSIDE THIS ISSUE

From the Office page 2
Abilities Manitoba page 3
Baby Boomer Cafe page 4

From the Continuity Care Office

How do you describe this summer here in Manitoba? "Unique" is the best adjective I have heard, coming from one of our Board Members. Mother Nature is sure showing us her many sides from torrential rains, floods, intense lighting, funnel clouds, hail and tree toppling winds to the warm, sunny days and clear starry nights that we have waited so long to enjoy. Whatever the weather, I hope that you have found ways to make the most of our summer here in Manitoba.

The Continuity Care office has been a little quieter this past month. While I was away on holidays, Irma was here keeping busy with projects that we didn't have time to complete during the winter and spring. We are also working on plans for our support groups, workshops and family events for the coming year.

I want to let you know that we are making some changes in the way that we are offering our parent support groups, due to low attendance over the past year(s). Instead of offering the Transition Parent group and Senior Parent, we are going to combine the ages and stages and offer one parent support group that meets during the daytime and another that will meet in the evenings on a monthly basis. The focus will still be for parents and caregivers who have a child with an intellectual disability - no matter where they live (family home, home of their own, in a community residence) or whether they are in school, have a job or are supported by a residential or day program. We believe in the importance of parents and families making connections and sharing their perspectives and experiences with each other - no matter what the age and stage of their family member. We hope that those parents who have been coming out to the groups before, will continue to attend. We also hope that this new format will attract new parents to the groups and that the attendance will increase as the members find value and benefit in these groups. Group members will have input into the planning for the group. There will be time for informal sharing and connecting, mixed with opportunities to learn about resources and information on topics that are of interest to the group. As always, there will be refreshments to enjoy during the meetings. Please check the bulletin included with this newsletter for more information on these new parent groups.

In addition to the parent support groups, we will continue to offer the Adult Sibling Conversation Evenings as an opportunity for siblings to make connections with other siblings, share experiences and perspectives and gain information and resources. These will be offered 3 times during year - fall, winter and spring.

We will continue to offer our workshops on topics related to planning throughout the year, in addition to these support group opportunities.

Due to the success and fun of the first event, we will be hosting another Family Fun Night in October. If you would like to join our planning committee for this event, please contact our office. The more the merrier and it helps with sharing the workload as well.

I am looking forward to the Fall season and the bountiful harvests and opportunities that it brings.

Respectfully submitted by Suzanne Swanton (*Executive Director*)

FAMILY FUN NIGHT

Continuity Care will be hosting the **2nd Annual Family Fun Night** at the Robert A. Steen Community Centre. This family-friendly event is an opportunity for Continuity Care members to get together and create connections between families. The evening will include supper, activities and games, music and dancing. There will also be prizes to be given away.

When: Saturday October 25th, 2014
Time: 6:00pm - 9:00pm
Cost: \$10 per person (payable at the door)

Please RSVP by email at info@continuitycare.ca or by phone at (204) 779-1679 on or before October 20th so we know how many people to plan for.

An Update from



Thanks to much hard work from many people and to the agencies that coordinated and hosted the Spring Gatherings, we have successfully completed the spring engagement process.

Across Manitoba, we invited program participants and their families to attend a Spring Gathering to help us:

- Celebrate what's working for them in the services and supports they receive and in their participation in their communities.
- Find out what can be improved.
- Identify key priorities for future development.

Spring Gatherings were held and were well attended in every region - we received lots of feedback from families and participants at these events. In addition, a total of 14 focus groups were also held, gathering information from agency employees, families who need services but are not yet receiving services, and collateral agencies who are connected with agencies in some way but who are not directly funded by CLdS. Those who were not able to attend the Spring Gathering of focus groups were invited to respond through an on-line survey. In total, 270 online surveys were completed, providing us with additional feedback and information.

We are now turning our attention to the business of compiling all the information and feedback into a report that will be publicly released in September.

On August 7, 2014, the Province announced that a wage enhancement fund for agencies working with adults with intellectual disabilities will be established and that wages for Disability Support Workers providing residential support will be increased to a starting wage of \$13 - \$14 per hour by 2017. Abilities Manitoba has for many years identified the need to address funding for wages of Disability Support Workers - this is good news for community living!

To read the official press release from the Province that was released on August 7, 2014, please follow the link at <http://news.gov.mb.ca/news/index.html?item=32128>

Recognition for the value of the work done by Support Workers is certainly warranted. Support Workers do an important job in our communities demonstrating a commitment to support and safety of vulnerable people across our Province every day. Stable staffing is a key component to good quality services for people with intellectual disabilities so we are eager to see this initiative begin.

During this last year, Abilities Manitoba has set out five steps that, if committed to by the Province, we believe will result in a more sustainable future for community living in Manitoba. These five steps are:

- Establish an inclusive planning process to ensure the long-term sustainability of services upon which so many now depend.
- Ensure that planning fully incorporates the voices and views of persons with intellectual disabilities and their families, as well as service agencies, their employees and the public.
- Provide immediate support to those agencies already facing serious financial challenges in maintaining basic services.
- Take measures needed to provide reasonable wages for agency employees.
- Ensure that other funding decisions made in the short term do not diminish the quality, scope and viability of current services.

We look forward to continuing to work with the Province to improve services for people with intellectual disabilities and their families throughout Manitoba.

For more information please visit the website at www.abilitiesmanitoba.org

Baby Boomer Café



35 people enjoyed a fabulous Baby Boomer Café on August 16th, 2014 at Birds Hill Park! In fact, this was one of the most enjoyable and fun celebrations over the past decade! With 7 new attendees, gorgeous weather, beautiful surroundings, no mosquitoes, new and existing friendships, board games, an exciting scavenger hunt, serene nature walks, lots of delicious food from everyone, many smiles, much laughter, relaxation 101, toasted marshmallows, a blazing bonfire and soothing, inspirational music and songs, what more could one ask for!!! Of course the very special candle lighting ceremony after supper, to remember those dear family members/friends, who have passed on and/or were unable to join us, was equally remarkable.

Special recognition to absolutely everyone who joined us from near and far and who made this incredible party such a success, including Max from England, and Karen from Toronto. You all honoured us with such a variety of delicious food, treats, appetizers, desserts, salads, chicken, hotdogs, veggies, fruit and the famous hummus and pita, that was specially flown in from Kenora by Max Airlines.

Thank you to Mike for all his help organizing this wonderful café with me and of course running the exciting and creative scavenger hunt. Thank you so much to my wife, Sharon, for the food preparation, Chef Evelyn and Chris for the amazing cooking of the chicken and wieners, Ambassador Jocelyne, Jennifer and Aaron, for all their support helping everyone out, especially with the marshmallow toasting, and making sure everyone was comfortable.

We also are truly blessed to have Bob, one of the best and most creative music/choir conductors in the world, who continues to lead and inspire our ever popular Western Canadian Baby Boomer Orchestra and Choir in beautiful renditions of so many classics like “Puff the Magic Dragon” and other famous songs. Congratulations to everyone, who each received special, green, collector’s water bottle for trying their best, befriending each other, and/or helping one another during the scavenger hunt through the pristine nature trails. Special mention to our new family, Lillian, Art, and especially Dorothy (without the red shoes), who showed tremendous perseverance and determination, and who deservedly received the “yellow brick road” gold medal for her tremendous spirit and energy navigating through the scavenger hunt! Also, congrats to Justine for her gold medal in the treasure hunt too. Both Bev and Arnold were recognized with awards of distinction by the judges for their drumming prowess and priceless smiles. Finally, an important thank you to Irma and Suzanne in the office for all their time and valuable support too.

In closing, we gently encourage all family members, friends, and guests to consider making a donation of \$25.00 or whatever amount you are comfortable with, should you be in a position to do so, to help sustain future Baby Boomer Café for 2014-2015. Cheques can be made out to Continuity Care. Please contact Irma or Suzanne at (204) 779-1679 for more information about getting a charitable tax receipt. Thank you everyone for your continued support and understanding. Hope to see you all at our next café coming up within the next several months.

Submitted by Albert Yanofsky

Continuity Care Inc.
2 – 120 Maryland St.
Winnipeg, MB
R3G 1L1

Ph: (204) 779-1679
Fax: (204) 786-6766



info@continuitycare.ca
www.continuitycare.ca

Don't forget to renew your membership with Continuity Care

1 Year Family Membership \$20
Lifetime Family Membership \$250

With your membership enjoy free workshops during the year, voting privileges at AGM, one to one planning and a copy of The Circle of Life workbook.