

# Continuity News

February 2020

## Greetings from the Office

We are half way through winter and no matter whether Manitoba Merv sees his shadow or not, we know that we are in for more chilly temperatures, snow storms and maybe even a blizzard and certainly some challenging driving and walking conditions. Whether you embrace winter or just try to survive it, hopefully you can take time to appreciate the beauty of this season – the bright sunny days against the true blue skies, hoar frosted trees, sun dogs, huge snowflakes as they fall and pastel palettes at sunrise and sunset.

For me, it feels like December and January have just flown by and this newsletter is later getting out and I apologize for the delay. Here at Continuity Care, we have been keeping busy this winter with our transition series of workshops, a family event in Swan River, continued outreach to our lifetime members, starting new Sharing Circles and responding to new inquiries from families. We are also busy with planning for the 10<sup>th</sup> Anniversary Mike Keane Celebrity Hockey Classic taking place in March and are looking for volunteers to assist with that event. We are also planning for the Family Gathering in April and are excited about the format and content and hope that we will see many new and familiar faces at this year's event. The Baby Boomer Café members have also been active the past few months and are planning for their 20<sup>th</sup> Anniversary celebration in

May. Read on for more information on these exciting events and also what we have planned for the remainder of the winter season. Perhaps, make yourself a cup of hot chocolate or tea and cuddle up with a cozy blanket and enjoy some time for yourself as well.

Stay warm and we hope to see you again soon!

*Suzanne Swanson*

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## The Family Gathering

The Family Gathering is an opportunity for those who have a family member with an intellectual disability to come together and share their stories, discuss their challenges, and learn from one another.



Friday, April 17, 2020  
Saturday, April 18, 2020

9:00am - 4:00pm

Viscount Gort

Continental breakfast and lunch included  
Friday evening Wine & Cheese 4:30 - 6:00pm

For more information or to register:

204-784-4810 or [info@icof-life.ca](mailto:info@icof-life.ca)

Cost: \$50 for the 2 days

## Continuity Care's Mingle & Bingo Event

Continuity Care's Bingo & Mingle event was held on Saturday, October 26, 2019 at the Sturgeon Heights Community Centre. This is a wonderful venue that is accessible, bright and spacious and the staff are very helpful. The event started with a lively round of People BINGO which is a card with 20 random questions like "do you sing in the shower?" or "have you seen a bear in the wild?" The participants had a great time mingling about, asking questions and getting to know each other and their names. After that, we settled into the regular BINGO games which captured everyone's attention. Many thanks to Liz Allen who is our BINGO caller and does a fabulous job. Mid way in the event, we took a break to enjoy some pizza and refreshments and some more time to visit with one another. Special thanks to our volunteers, Liz, Monique, Jane, Linda, Sherry, Stephanie and Chanique. Your energy and support are greatly appreciated. A special thank you to our prize donators: The Manitoba Museum, The Canadian Museum for Human Rights, Assiniboine Park Conservancy and True North Sports and Entertainment. We and the players are very appreciative of the donation. Everyone who attended left with a prize and a smile on their face!

Suzanne and Patti





## Call for Volunteers!!

We are pleased to announce that the 10th Annual Mike Keane Celebrity Hockey Classic will be taking place in Winnipeg on March 18th and 19th, 2020 at the MTS Iceplex (3969 Portage Avenue, west of the Perimeter). This event allows everyday hockey enthusiasts to team up with former NHL greats to play hockey and raise

funds in support of the True North Youth Foundation and Continuity Care.

We are proud to be the official “volunteer provider” once again for this event, and are asking for your help. We are currently recruiting 40 volunteers to fill a variety of jobs and shifts on March 18th and 19th. Examples of volunteer jobs are: selling tickets, coat check attendants, assisting with registration, check point security and being a friendly ambassador for Continuity Care while you are there. You do not need to commit to an entire day, as we will assign you to a job and shift based on your availability. If you are interested and would like to contribute your time and talents, please contact our office by phone at (204) 779-1679 or by email [info@continuitycare.ca](mailto:info@continuitycare.ca).

You can also show your support by coming out as a spectator and cheer on the teams during the tournament on Thursday, March 19th. Admission is \$10 per person and tickets are available at the door. Children 12 and under are free. Please note: there is complementary admission for people with disabilities and support workers. The tournament starts at 8:00 a.m. and games are played throughout the day. The final game takes place tentatively scheduled for 4:30p.m., which features the NHL Alumni playing against the top fundraising team. We are counting on your support to help make this year's event another great success.



## Wanted!

We are looking for volunteers to join Continuity Care's Family Advisory Committee. This important Committee provides direction and support to the Board, Executive Director and staff and provides input into the services and supports which Continuity Care offers to families in Manitoba.

For more information please visit our website:  
[www.continuitycare.ca](http://www.continuitycare.ca)



## We invite you to become a Continuity Care member

One-year membership \$25

One-year agency membership \$50

Lifetime membership \$250

Leave a Legacy

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## Baby Boomer Café Bowling & Winter Potluck

Baby Boomer Café held 2 winter events. They were both well attended.

**On December 15, 2019**, folks had fun warming up the Billy Mosienko bowling Lanes. 14 bowlers and 6 cheer leaders (AKA Santa's Helpers) enjoyed celebrating an early Christmas and Chanukah with each other. During a break everyone enjoyed the Holiday munchies that were served. Holiday gift bags and Christmas hats were given out. Many of us participated in the cookie exchange prior to leaving. We had two new people attend their first ever Baby Boomer Cafe event.



**On February 1, 2020**, our members of the Baby Boomer Café met at the Kildonan Community Church. The set up in the room we use had changed from a casual meeting room with large tables to a very comfortable "café" environment. It was the perfect look and feel for our gathering. We had a great turnout of 26 people who came out for some time to socialize, sing and of course enjoy the delicious potluck supper. As always, everyone attending brought along a wonderful dish to share with others. As a very special treat, Justine Steinkopf brought along a very tasty chocolate cake dessert from the well-known "Eiffel Tower Pastry Shop". Thank you to all who attended for your contributions to making the evening fun.



## Baby Boomer Café turns 20!!!!

A special announcement was made about our upcoming 20<sup>th</sup> Anniversary event to take place on May 19, 2020. "Save the Date" cards were distributed, and those members unable to attend will have theirs mailed out. We have a committee working out a fun evening with dinner and a short program, recognizing the people who have impacted the many wonderful years of community that we have had, with more to come!

Stay tuned.

