

Continuity News

Summer 2020

Message from the Home Office

I hope that you have been keeping safe, healthy and staying connected with your friends and family members. I also hope that you have found ways to enjoy the summer season with the mixed bag of weather we have experienced in Manitoba and the continued concerns and protocols with COVID-19! 2020 is a year to remember or perhaps one we will want to forget!

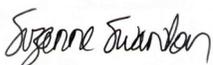
Despite the ongoing challenges and concerns, we need to look for the positives and try to focus on the good things that are happening and who and what we have; rather than what we don't. This can help maintain positive mental health which is so important in getting through each day. One of our members suggested keeping a gratitude journal and at the end of each day she reflects on her day and flips the negatives into something positive and writes what she is grateful for. This has been a helpful strategy for her and may be something to try.

As I have been enjoying the summer, I have reflected on how fortunate we are to live in Manitoba and how many beautiful parks, scenic places, walking and biking trails we have in

our communities. There are many free activities and things we can enjoy either by ourselves or with others, while practicing physical distancing. If you are feeling lonely and isolated, or know someone who is, then take this time to reach out and connect - chat on the phone, plan a visit and enjoy an activity together.

Patti, Chanique and I have each enjoyed some vacation time this summer, but we have ensured that someone is here at the office to respond to phone calls and emails. Although our groups and workshops are on summer break for July and August, we have continued to provide outreach and support on an

individual basis by phone, Zoom and are now starting to meet in person either outdoors or at our office, following the recommended protocols. We are working on plans for our Fall series of workshops and our groups will also resume in September, so please stay tuned to our website, newsletters and emails for more information.



Executive Director

Enjoy the rest of your summer and we hope to see you again soon!



A Big Bouquet of Thanks to

Words cannot express our gratitude for the continued support that Continuity Care has received from The Winnipeg Foundation. When

COVID-19 hit Manitoba, its impact was felt by many people and on many levels, including local charities, like Continuity Care. Our main fundraising event, The Mike Keane Celebrity Hockey Classic which was to be held in early March, was postponed. The lost revenue from this fundraiser had immediate effects on our operating budget and our organization's financial stability. Our staff and Board Members had to quickly rally and determine a plan of action and explore alternative revenue sources. This plan included applying for grants which were available in the short term and could assist with operating expenses. As many charities are aware, those type of grants are hard to come by and competitive.

The Winnipeg Foundation rose to meet that challenge. The Winnipeg Foundation worked with their national umbrella group, Community Foundations of Canada, along with local partners Canadian Red Cross and United Way of Winnipeg, to distribute \$1.4 million from the Emergency Community Support Fund to Winnipeg charities.

Continuity Care applied for an Emergency Support Grant and was quickly approved in early March for a \$10,000 grant which we directed towards immediate and short term outreach and support to our members. We also used some of this funding to purchase a subscription to Zoom that allowed us to shift our groups and workshops to virtual sessions, which we offered during the months of March to June.

The Winnipeg Foundation didn't stop there. Next, they announced that they would be offering Stabilization Grants, which is a special grant program that will support the short- and medium-term financial needs of local charitable organizations affected by revenue loss and unexpected expenses due to the COVID-19 pandemic.

We submitted our grant proposal for the Stabilization Grant to assist with maintaining our current staffing and continuing to support our members during COVID-19 and in the year ahead. We realized that we need to upgrade our technology and require an IT consultant in order to operate remotely and to offer our programs, services and supports in a hybrid model (in person and virtually) going forward. This will allow us to reach more families across Manitoba, not only during COVID times, but going forward into the future. We recently receive the good news we will be receiving a grant for \$50,000.

On behalf of the staff, Board Members and most importantly, our members, Thank You to Rick Frost and the amazing and caring team at The Winnipeg Foundation. Your support means so much.



Every Cloud has a Silver Lining

The Mike Keane Celebrity Hockey Classic that was scheduled to take place on March 18th & 19th, 2020 was postponed due to COVID-19. We were looking forward to this year's event as it would have been the 10th anniversary and there were some special surprises planned for the participating teams, NHL alumni and spectators. Although it was disappointing that the event could not take place, we know that this was the right decision as people's health and safety is what matters most.



Many charities have been impacted by COVID-19, as fundraising events have been postponed or cancelled, donations have decreased, programs have not been able to be delivered in the same way and for some, staff layoffs happened. The postponement of The Mike Keane Classic not only affected Continuity Care, but the True North Youth Foundation as well.

Much to our surprise and relief, we received a cheque from the True North Youth Foundation for \$15,000 that we were not expecting. This act of generosity by the participating players, teams and sponsors shows just how much they support and believe in the cause and the work that both organizations provide. We are so grateful to Mike Keane and to the staff and Board Members of The True North Youth Foundation for continuing to partner with us in this event. We are hopeful that the 10th Anniversary event will proceed as planned in 2021. In the mean time, we want to thank everyone who is involved and wish you all the very best. Stay well, stay safe and stay connected!

Baby Boomer Café

We were all saddened with the recent passing of Pierre LeProhon, one of our original Baby Boomer Cafe members! Pierre, his wife Linda, and her sister Barbara were all true pioneer members of the BBC. In late December 2001 they attended their first brunch at Mike Maunder's home when cafe's took place mainly in people's homes. Pierre was a natural musician, who loved the arts, music, dancing and singing along with a fun-loving spirit. Our sincere condolences go out to his wife Linda and her sister Barbara, their family and friends.



We are planning to hold our "BBC Summer Picnic" at Birds Hill Park on August 29th, 2020. This event will be adapted to ensure all Manitoba Health Covid 19 Protocols are complied with to ensure the safety, health and success of this special outdoor community event. We have modified the activities and a BBQ will replace the potluck. Open to BBC members in order to keep our numbers low.

*Albert Yanofsky and Gisela Runge
On behalf of Baby Boomer Café*

Your Support is Greatly Appreciated

Continuity Care can use your help during these times of uncertainty related to COVID-19. As our main fundraising event has been postponed, we are exploring other sources of revenue to maintain our current programs, services and staff team. If you would like to help and are able to make a donation to Continuity Care, here are some ways you can give:

- 1) An online donation through Canada Helps for operating and program expenses.
<https://www.canadahelps.org/en/explore/charities/?q=continuity+care>
- 2) Directly to Continuity Care Inc. (credit card, e-transfer or cheque payable to Continuity Care) which will be directed towards our operating and programming expenses.

Welcome Our New Board Member - Kim Thiessen

We would like to take this opportunity to welcome Kim Thiessen who has recently joined the Board of Continuity Care. Kim is an Occupational Therapist, who has a wealth of experience working with children with disabilities and their families. She currently works at SSCY at The Rehab Center for Children and an Intake Coordinator with the SSCY/Winnipeg Children's Therapy Initiative.



We Invite You to Become a Continuity Care Member

Annual membership \$25
Annual agency membership \$50
Lifetime membership \$250
Leave a Legacy

Continuity Care Inc.
 2-120 Maryland Street
 Winnipeg, MB R3G 1L1
 P: (204) 779-1679 F: (204) 786-6766
 E: info@continuitycare.ca

AGM

Continuity Care's
Annual General Meeting
 will be held on
 September 22, 2020.
 Please see poster or website
www.continuitycare.ca
 for more details.



Stay up-to-date with info on upcoming events, workshops, groups, and relevant content by following us on Facebook and Twitter at:

[facebook.com/contcare](https://www.facebook.com/contcare)
[Twitter@care_continuity](https://twitter.com/care_continuity)