Continuity Care Inc.

Support. Planning. Peace of mind.

Continuity News

Summer 2025

Message From the Office

Summer officially arrived in Manitoba on the evening of June 20th and is reason to celebrate and take advantage of all that our beautiful province has to offer.

Spending time outdoors in the sunshine and fresh air has many benefits for our physical and mental health and well being. The days are longer, embrace the light and absorb all of that Vitamin D, which can help boost energy levels and our moods. The pace in summer slows down which gives more time for self care and reflection.

There are many parks, gardens and green spaces in the towns and cities where we live, where we can go for walks, bike rides, sit and have a coffee or a picnic. There are also many provincial parks and two national parks in Manitoba to explore if you want to head out for a day trip or longer. We are so fortunate to have so many lakes, beaches, campgrounds, trails and beautiful sights and scenery around us. Entrance fees have been waived for both provincial and national parks, which helps to reduce costs for visitors.

If you are heading out for a road trip, watch out for the roadside attractions, which are fun opportunities for a pit stop and a photo.

There are also many summer festivals that offer entertainment, opportunities to learn about our provinces many cultures, traditions and celebrations. Many communities also have farmer's markets, featuring local vendors and fresh garden produce (for those who don't have their own gardens).

Please note that while you are out enjoying all that summer has to offer, the Continuity Care office will be open, with the exception of the stat holidays on August 4th and September 1st. Our staff will be taking some time off for vacation, but we are taking turns, therefore someone will be available to assist you when you call or email our office. Our groups and workshops take a break over the summer and will resume in September. Watch for our Fall 2025 newsletter and bulletin for more information on what we will be offering.

Cheers and have a warm and wonderful summer from the team at Continuity Care!

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A Fond Farewell to Karen

We would like to take this opportunity to recognize Karen Leggat for her many contributions to Continuity Care over the past 20 years. Karen stepped in as Executive Director in 2005, when Bob Manwaring's health declined and later passed away. This was a time of crisis, loss and uncertainty for the organization. Karen provided stability, care and compassion and hope that the organization would continue. When Suzanne was hired as the next Executive Director, Karen provided valuable support during this transition. In 2007, Karen joined as a board member and sat on several of our sub-committees. She contributed her perspectives as a sibling, a wealth of experience and expertise and she was a voice of reason, calm and humor around the boardroom table. She has a way of challenging others to think, question and advocate to make the lives of our members better. Her kindness, care and support to everyone in our organization is so greatly appreciated. Karen will be missed by many and in so many ways.

Our best wishes to Karen in her retirement and all the adventures to come.

A Magical Adventure with Community Venture's Wizard of Oz

On Thursday, June 26, members of the Community Venture program put on a lively and heartfelt performance of The Wizard of Oz. The show was full of fun, music, and energy. It was clear how much everyone put into making it such a great show. We were excited to see some of our Continuity Care members involved in the production.

Kristen Claydon co-wrote and played the part of Dorothy. Barbara Burwash took the stage as a Munchkin and helped behind the scenes making many of the props and costumes. Heinz Beck was convincing in his role as one of the Flying Monkeys, carrying out the orders of the Wicked Witch of the West.

The room was packed with both family, friends, and supporters. There was not one person without a smile on their face as each scene was brought to life in a special way by the cast. We want to thank Kristen, Barbara, Heinz, and all those who took part in this performance. The play was a wonderful reminder of how creative, talented, and committed our community can be when we come together.

Quick Guide: Canada Disability Benefit (CDB)

The Canada Disability Benefit is a new monthly payment for working-age Canadians with disabilities. It started in June 2025 with first payments rolling out in July 2025.

Who it is for: People aged 18-64 who have been approved for the Disability Tax Credit (DTC) and have filed their taxes for the previous year.

How much: Up to $200 each month – exact amount is dependent on income.

How it works: The information you need to provide while applying to this benefit depends on if you are applying for yourself or if you are applying as a legal representative on someone's behalf OR if you received a letter from Service Canada with a unique application code and instructions on how to apply. You can apply online, by phone, or in-person at your nearest Service Canada office.

What You Need to Apply: If you did not receive a letter, you are able to apply without a code, but it may take longer. To apply, you will need the following documents – social insurance number, mailing address, and your direct deposit information. You may need to provide your notice of assessment (Line 23600).

No federal benefit loss: It will not reduce federal supports like the Canada Child Benefit, GST credit, or Canada Workers Benefit.

Provincially: We are waiting for the province's official public announcement regarding the exemption of this benefit for those who are receiving provincial benefits through Employment and Income Assistance and Manitoba Supports for Persons with Disabilities.

If you require additional information or reference for the information in this section please visit:

https://www.canada.ca/en/services/benefits/disability/canada-disability-benefit.html

or call Service Canada directly with your questions and concerns 1-833-486-3007 their hours of operation are from 8:30 am to 4:30 pm from Monday to Friday.

Thank You Kinsmen Club of Winnipeg

We are grateful to The Kinsmen Club of Winnipeg for selecting our organization as one of the charities for the month of April 2025 to receive proceeds from the Kinsmen Jackpot Bingo game. We are also grateful to all the members who tried to purchase bingo cards online to support our organization. It was tricky due to the large jackpot and lots of Manitobans playing bingo. Our share of the online purchase proceeds will go towards our operating and programming expenses. Thanks again to everyone who participated and to The Kinsmen Club of Winnipeg. Hopefully we will get the opportunity again to be supported by the Kinsmen Club and play bingo!

winnipegkinsmen celebrating 100 years

Kinsmen Jackpot Bingo

Family & Friends Group

Spaghetti Lunch and Bingo

Family and Friends Group (FFG) held their first "Spaghetti Lunch and Bingo" party on April 27th. It was different than our usual popular potluck events, as FFG provided the entire spaghetti meal and dessert to 42 participants. Our special Bingo Caller, Liz Manwaring, set up a large screen so we could see the numbers as they were called. Each winner had a chance to select from the array of prizes. The afternoon went by quickly, with lots of laughter, talking and winning. Some feedback says we should do this again! Thanks to everyone who helped to make this "first" a great success.

Your FFG friends, Nancy and Gisela

Earl Grey Community Centre Potluck

Our FFG party was Sunday, June 1 at Earl Grey Community Centre. Just under 50 people attended. Bob Hanley was on fire that day. His music was great and most of us joined in a sing-along with him. Bob could not keep his fingers still so he played many other songs for us as background tunes. Thank you Bob! We had a lot of wonderful food brought by our participants. It was greatly appreciated and enjoyed by us all. We also enjoyed pizza from Aladin's. We had a fun time and it was nice to get together and see old friends, and meet new ones.

Ray

The Winnipeg Goldeyes

28 FFG members, staff, & friends enjoyed a relaxing and enjoyable Winnipeg Goldeyes baseball game on National Indigenous Peoples Day. The game went into extra innings and the Goldeyes were victorious! Thank you Winnipeg Goldeyes for the complimentary tickets.

Albert

The next event is September 13th at Kildonan Park. Watch your inbox for more information soon.

Volunteer Opportunity

We are looking for board members and fundraising committee members. If you are interested and would like more information, Please contact the office at 204-779-1679 or email info@continuitycare.ca

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facebook.com/contcare

We invite you to become a Continuity Care member

One-year membership $25
One-year agency membership $50
Lifetime membership $250

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