Continuity Care Inc.

Support. Planning. Peace of mind.

Continuity News

Fall 2025

Message From the Office

Happy Fall everyone! Although it's not official until September 22nd, the day of the Autumn Equinox, but it certainly feels like summer has come to an end. We are back to our routines and schedules, back to school (college, university) and the pace of life picks up and the traffic on my commute to work slows down.

Having a daily schedule and routine is beneficial as it gives us structure and predictability. Our sleep schedules tend to be more regular, and we get back on track with healthy eating and meals. A few less hot dogs and marshmallows and a lot more vegetables!

With life getting busier, it is important to schedule in some time for self care, however you define this for yourself. It could be a walk outside, a gym class, an activity or hobby you enjoy, listening to music, journalling, or going for coffee with a friend (or by yourself). Whatever it is that helps to rest, recharge and fill up your cup!

Inside This Issue

Thank you Goldeyes & Rainbow Stage 2
The Family Gathering 2
Updates Canada Disability Benefit 3
Janet Forbes Retirement 3
Family & Friends Group 4

Fall here at Continuity Care is already off to a busy start. Our AGM took place on September 8th, which is why this newsletter is getting out a little later this month. If you didn't attend and would like to read our annual report for 2024-2025, please contact our office and we can send you a copy.

Our groups and workshops resume so please check out the bulletin to see what we are offering in the coming months. We also are preparing for our new strategic plan. You may have received an email with a request to fill out a survey to provide your input, which is extremely valuable to us.

We hope to connect with you soon, but in the meantime, please enjoy our Fall newsletter. It pairs nicely with a cup of tea, coffee or perhaps an apple cider.

Take good care of yourself and each other,

Suzanne Swanton, Patti Makinson and Jullie (Nguyen) Dias

Thank You!!!!!

A big thank you goes to The Winnipeg Goldeyes organization and their community ticket sponsor. For the past few years they have been providing game tickets for the FFG to attend and support The Winnipeg Goldeyes. It is always a hit with the group to be able to get together, socialize and share the goodies. They certainly appreciate tickets to games with fireworks. Thanks again for making this a memorable outing for our group!

Rainbow Stage puts on 2 or 3 productions during the summer. This year they announced two spectacular shows that would be of interest to the Family & Friends Group. When they chose Frozen, I was wondering if we would even get the complimentary tickets. I mean this production would be sold out! We were thrilled when notified of the tickets. Everyone who attended was dazzled by a magnificent performance. I'm sure our attendees woke the next day to the songs still playing in their head. Thank you Rainbow Stage and their community ticket sponsor for a memorable evening.

The Family Gathering 2025

The 120 Maryland Group and People First of Manitoba with funding support from the Province of Manitoba are hoping you'll join us for this wonderful event focusing on the theme of Building Community. This 2-day event for caregivers & self-advocates promises to be a mix of connecting, learning & self care. Whether you are a parent/caregiver looking for resources and support or you are someone with a developmental or intellectual disability interested in learning about People First of Manitoba this event has something for you! There will be opportunities for all to experience the event together as a larger group, as well as space for parents/caregivers and self-advocates to have their own space to connect and interact with their peers. Day 2 will feature Cara Milne—Author and Disability Consultant presenting—Community is Everywhere! Supporting people with disabilities to experience community and contribution. Please contact cbadmproject @aclmb.ca or events@fanmb.ca if you have questions.

Save the Date

Watch for more information!

Camp Manitou

October 24 & 25, 2025

Anyone travelling and requires accommodation, please call Audra at 204– 391-2851 before October 1, 2025

Continuity Care's Annual General Meeting

Our AGM was held on September 8, 2025 and was a successful and engaging event. We had 35 people in total attend. 28 people in the board room at 120 Maryland Street, which made the meeting a bit more personal, and 7 people attended by Zoom.

Board member, Max Steinkopf, was our master of ceremonies welcoming our members and guests and kept the meeting running on time.

Unfortunately, our board president, Sherri Water-Chief, could not attend. Board member, Merv Gunter, stepped in to read the presidents report. Nick Paulley, board treasurer, presented the Financial Report. Overall we managed to remain in a strong financial position even though this is our first year without The Mike Keane Celebrity Hockey fundraiser. We are forever mindful of this fact and have formed a fundraising committee to brainstorm ideas for us to raise funds.

As the new slate of directors were presented and voted in, we say a fond farewell to long-time board member Karen Leggat; past-president Sherry Desilets; and Tania Douglas. We thank them for the skills, experience and compassion they brought to the Continuity Care board. We will miss them and wish them the best!

The HR Committee report was read by board member Jo Verstraete. The committee was busy this year updating the HR Policy so it is current with employment standards regulations and organizational practices. Suzanne shared the Family Advisory Committee report, Albert Yanofsky shared the Family & Friends Group report and Krista Clendenning walked us through the proposed changes to the By-Laws.

After the meeting, our guest speaker, Janet Forbes, Executive Director of Inclusion Winnipeg, spoke of Continuity Care's history that started as a thought and developed into a vision and forecasted the legacy it will achieve. Janet will be retiring from her position with Inclusion Winnipeg on September 26, 2025. She will be missed at 120 Maryland and we wish her a relaxing retirement.

As always, we are looking for people to join our board or committee's. If you are interested, please give the office a call at 204-779-1679 or email: info@continuitycare.ca. We look forward to hearing from you!

Janet Forbes—Retirement, Inclusion Winnipeg

After 30 years of unwavering dedication and leadership, Janet Forbes will be retiring from her role as the Executive Director of Inclusion Winnipeg. Janet's career has been defined by commitment to building inclusive communities, championing the rights of people with intellectual disabilities, and leading with compassion and clarity. Her last day will be September 26th. If you have a story or well wishes you would like to relay to Janet, please send them to jullie@continuitycare.ca.

Family & Friends Group

Goldeyes Game July 13, 2025

Sitting in the shade on a hot afternoon at the ball park! A relaxing and enjoyable time! We had 30 people from Family and Friends Group attend. Lots of Sunday munchies were provided and enjoyed. The Goldeyes played well but were just short of a win, losing 5-4.

Hope everyone had a wonderful summer.
Gisela

Goldeyes Game August 8, 2025

16 members and friends of the Family and Friends Group enjoyed a relaxing, fun, relatively fire smoke-free, 3 1/2 hour marathon baseball game, followed by a spectacular fireworks display at Blue Cross Park!

The Lincoln Saltdogs smoked our Winnipeg Goldeyes 9-6!
Albert

Rainbow Stage August 20, 2025

Rainbow Stage's production of Disney "Frozen" was an amazing show that 30 of our Family and Friends Group attended. It was a lovely evening and we really enjoyed the story and songs.

The story was about an epic journey to find Anna's sister Elsa, whose icy powers have trapped the kingdom of Arendelle in eternal winter. This musical featured popular songs "Let It Go", "Do You Want To Build a Snowman" and "Love Is an Open Door". What a memorable evening for our members!

Gisela

Save the Date

The Right to Decide
Re-defining Capacity
October 22, 2025
9:00am—4:30pm
Canadian Museum for Human Rights
More information to be shared soon

Stay up-to-date by following us on Facebook

facebook.com/contcare

We invite you to become a Continuity Care member

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

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