Continuity Care Inc.

Support. Planning. Peace of mind.

Continuity News

Winter 2026

Message from the Office

It is the last day of 2025 and I am enjoying being in my own office, with the sun shining in and the peace and quiet, as there are not many others here in our building today. As I reflect on the past year, the three themes that come to mind are hope, new possibilities and gratitude.

Finding Hope – Hope is such a powerful feeling and state of mind, especially when going through difficult times. For our members who are facing challenges with navigating the system, experiencing difficult family relationships, feeling the weight of caregiving responsibilities and those who are feeling alone and isolated, may hope find you and lighten and brighten your way.

Embracing New Possibilities – Each new day presents new opportunities and possibilities, but sometimes we don't see them and miss out. The lens we are looking through might be clouded by our state of mind and the situation we are in. We might be feeling pessimistic or negative about life. If we can shift our thinking and the lens we look through to optimism and positivity, we might begin to notice what is in front of us. Once we see the new possibilities, then we need to be open to receiving them and have the courage to try. It can be challenging and create anxiety, but if we can take small steps forward, we can build momentum and progress towards our goals.

Expressing Gratitude – Gratitude is a feeling, but it is also a state of mind and takes some practice. It involves taking a moment to appreciate the good in our lives and noticing when good things happen. This can be challenging when we are in difficult situations and when life is not going the way we had planned. Start small. Notice it, acknowledge it by saying it out loud and even better, write it down. A gratitude journal or jar is a great way to collect these moments and can help shift your mindset to a healthy, positive place.

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As the new year approaches, I wish you all hope, new possibilities and much to be grateful for. I am grateful to each of you for being a part of Continuity Care and trusting us with your stories and taking us with you on your journeys.

Cheers to all of you and to 2026!

Suzanne Swanton, Executive Director

Welcome Darren to the Continuity Care Board

Darren Anderson is a Community Investment Manager at United Way Winnipeg and has spent much of his career working alongside nonprofits, volunteers, and families to build strong, inclusive communities. Prior to joining United Way, he served as Executive Director of the Manitoba Down Syndrome Society, where he supported individuals with Down Syndrome and their families through advocacy, partnerships, and community-led initiatives. Darren is passionate about equity, collaboration, and capacity building. In his spare time, he enjoys cooking, traveling, and following Winnipeg sports.

A Special Gift from the Justine Steinkopf Memorial Fund

We are pleased to share that Kristen Claydon is the first recipient of a gift from the Justine Steinkopf Memorial Fund awarded on January 9th, 2026. This gift will support Kristen in pursuing her goals and passion for the performing arts. Kristen has been participating in Community Venture's drama program, and was cast in the lead role of Dorothy in their production of The Wizard of Oz in June 2025. She also assisted with casting and script writing. Most recently Kristen auditioned for and was accepted into the AIM 4 ALL, an all-inclusive musical theatre program offering training and performance opportunities for teens and young adults.

The Justine Steinkopf Memorial fund was established in March 2020 in memory of Justine Steinkopf. It started with donations made in Justine's memory, along with a contribution from Continuity Care. A sub-fund was established at The Winnipeg Foundation and since then the fund has continued to grow. Then in April 2024, the Justine Steinkopf/Continuity Care Fund was established at the Jewish Foundation of Manitoba. Both funds now generate revenue to be distributed through the Justine Steinkopf Memorial Fund. The Family and Friends Group (formerly known as the Baby Boomer Café) has also received annual funding to sustain their activities, which was important to Justine.

Where Our Circles Met This Year

If you are new to the idea of a Sharing Circle, it is one of the services offered through Continuity Care. While the concept can sometimes take a bit of explaining, it often makes sense once you experience it yourself. While the name may sound like a formal service since it is guided by a facilitator, the goal is to create a strong network around the person to build people up through the good and bad. This year, we invite you to take a glimpse of a few sharing circles to see what different circles and networks have been up to.

A Very Karen & Kristen Christmas:

Every year, Karen and Kristen combine the forces of their sharing circles to gather and celebrate friendships that have been built over the past decade (or longer!). From the delicious potluck spread, to the cheer of team games - there is endless laughter and cheer for all to hear. Each respective circle has worked through the hard times and the best times of both lives of Karen and Kristen. As time has passed, the circles have grown, and children, nieces, nephews, and partners have joined in the gatherings as well.

Mark's Sharing Circle:

Understandably, the pandemic affected everyone in different ways, for some, a sense of "normalcy" has only recently begun to return. This was true for Mark and his sharing circle, as this was the first large gathering outside of a birthday that had been planned since the pandemic. It was a meaningful reminder that even when time passes, the care we have for one another does not fade. We welcomed *The Bowl'd and the Beautiful* as we made our way down the bowling lanes, striking in the connection this time together brings to each of us.

People choosing to come together, year after year, to celebrate, to support, and to be present in one another's lives. In doing so, they create a village that continues to grow, change, and endure. We wish you, and your support networks – sharing circles – villages – whatever you wish to call it, a new year to discover and renew connections with your communities. Other sharing circle's:

Andrew's Birthday party

Kristen's Birthday Party

A Day with Karen at the EX

Family & Friends Group

Kildonan Park September 2025

The Family and Friends Group successful, enjoyable, yummy, and fun picnic lunch at Kildonan Park on September 13th and the weather was fabulous! 48 people attended throughout the afternoon. Two different members and their support staff got dropped off by Transit Plus at the park restaurant. Both groups got lost and were successfully rescued by our FFG search and rescue team! Chef Sharon grilled her famous hand made hamburgers and hotdogs while families contributed tasty salads, appetizers, snacks and desserts. Lots of food for everyone! Maestro Bob and his FFG band entertained us with their famous renditions from the FFG songbook. Our singing was warmly welcomed by both people and birds alike! A few people played bolo while another group tackled Mike's scavenger hunt. We had a brief candle lighting ceremony led by Max. A special shout out to Town Autobody, who donated door prize bags with promotional goodies for everyone. Albert

Family and Friends – Bingo Bonanza – December 7, 2025

On a bright sunny afternoon at Continuity Care, an excited group of 37 bingo players gathered. After welcoming everyone, and handing out cards and chips/ dabbers, our special bingo caller Max Steinkopf started calling numbers. "B2 buckle my shoe", "N34 shut the door", and so forth. His rhyming numbers made it fun to listen to and play. After each bingo, the winner had a choice of prizes set up at the back table. At everyone's table, popcorn and munchies were available as they played. Time went quickly and, half way through, it was time to take a coffee break as well as sing a few festive songs. We then proceeded to play a few more games before wrapping it up with a final song "We Wish You a Merry Christmas" before heading home.

Cheers, Nancy and Gisela

The Next FFG event:
February 1, 2026 at Earl Grey CC.

Continuity Care is going to be a part of the Transition Planning Workshop
February 8, 2026, 3:00—6:00pm
SSCY Centre, 1155 Notre Dame or Zoom

Where families can gain knowledge they need to navigate the transition from pediatric to adult services for their child/youth with a disability.
To register: familynetwork@sscy.ca or call Mallory 204-258-6539

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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
Leave a Legacy

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