

CONTINUITY NEWS

Supporting families in Manitoba to plan for an enriched quality of life for
their family member with an intellectual disability

SEPTEMBER 2011

From the Office

What a beautiful Manitoba summer we are having. I resist using the past tense, as officially summer doesn't end until September 23rd and I intend to make the most out of every last day. The Continuity Care office remained open during July and August; however, Liz and I both enjoyed some vacation time with our families. Now that September is here, we are both back in the office; gearing up for the start of our groups, workshops, and Board and Committee meetings.

We have had some changes in our team of Facilitators for our Sharing Circle of Support Program. I would like to wish Michelle Pinette and Darlene Stevens much success in their future endeavours and thank them both for their contributions to our program. Joining our team are three new Facilitators: Tracey Kenning-Needham (*Winnipeg*), Brenden Visca (*Winnipeg*) and Teresa Galashan (*Selkirk*).

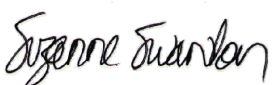
Continuity Care's Annual General Meeting was held on June 22nd. Thirty seven people were in attendance, including our special guest, Mike Keane. Jeoff Chipman presented Mike with an original piece of artwork created by Bob Scurfield to express our appreciation for his significant role in the hockey tournament fundraiser.



The business meeting provided a summary of the year's objectives and accomplishments and was followed by a video of the Mike Keane Celebrity Hockey Classic and dinner. The evening was a great opportunity for our members, new and existing, to become more familiar with Continuity Care and to socialize with one another. Overall, it was a great success.

The date for this year's Mike Keane Celebrity Hockey Classic will be announced soon. We will keep you posted about opportunities to get involved in the event, as a volunteer or as a spectator.

Best wishes for the coming Fall season,





Executive Director



INSIDE THIS ISSUE

Baby Boomer Café	pg 2
Manitoba Disability News	pg 3
New to the Resource Library	pg 4
Organizational Tips	pg 4

Baby Boomer Café - Summer BBQ at Birdshill Park

All 30 of us had a fabulous time at the Birds Hill Park Baby Boomer Café on August 6th and the weather was stunningly perfecto!! And no mosquitoes  and no wasps!! 

We actually had 3 new families this year, which was very exciting to see. A big Baby Boomer welcome was extended to Ian and the Laidlaw family, Jason and the Patzer family, Justine and Max's dear friend, Ruthie from England, and also Arnold's special friend Helen and the rest of the Nuestro family.

Max and Justine's Humus and Pita Bread from the Straits of Eastern Kenora was once again a very popular appetizer that was much too addictive for many of us! Bob Hanley and the Baby Boomer Instrumental Band played their all time favourite tunes and were simply outstanding, even without the traditional raging and spiritual bonfire (*due to a total ban on all fires in the park*). Several picnic tables, full of creative musicians participated in amazing coordinated and inspirational melodies with a touch of sweet laughter.

Magic Mike Maunder prepared a challenging and fun scavenger hunt with several catchable sports activities to boot. Three cheers to those fearless explorers of the lost arkie- type woods who discovered many furs, loot items, poison ivy leaves from a distance, real deer, and toy animals hidden within the depth of the forest canopy! Who needs Christopher Columbus? Prizes galore for those who braved the hidden dangers of the jungle hunt.

A big thank you to everyone for contributing food and goodies, lots of good cheer, smiles, and "Boomer" friendship for the evening meal and all the activities. Special mention to the Iron Chef, Sharon, for her wicked home cooked Burgers and Chicken a la Catchabitofamico!

We lit memorial candles in true Baby Boomer tradition to commemorate all those special people, who enriched the lives of all our members and advocated for only the very best in the lives of all our brothers and sisters, who have cognitive challenges. Jocelyne Yanofsky turned 25 and enjoyed sharing her birthday cake with all her Boomer friends.

A really great time was indeed had by all who attended. Enjoy the rest of our beautiful summer. Details about the upcoming fall Baby Boomer Café will be coming out soon.

If you would like to obtain more information about the Baby Boomer Café, please contact the Continuity Care office. Donations in support of this group are greatly appreciated and can be made directly to Continuity Care and an official tax receipt can be issued.

Submitted by Albert Yanofsky

Baby Boomer Café

As our parents pass away, our siblings with a disability need relationships and friends more than ever. The Baby Boomer Café is a place where you and your sibling can build relationships and community.



Manitoba Disability News

Bill 47 – The Accessibility Advisory Council Act

On June 1st, 2011, Bill 47 – The Accessibility Advisory Council Act was introduced in the Manitoba Legislature. It became law in the province in just over two weeks. The bill passed Third Reading on June 16th, 2011 with all-party support in a unanimous vote of the Legislature. The Bill came into force later that same day when it received Royal Assent. Bill 47 brings Manitoba a step closer to enacting new accessibility rights legislation.

The Manitoba government press release can be found at www.gov.mb.ca/news

To read Barrier Free Manitoba's response and for more information about Bill 47 visit www.barrierfreemb.com

Thrive!

On June 28th, 2011, the province launched a five year strategy called “Thrive!” to support Manitobans affected by Autism Spectrum Disorders (ASD). The “Thrive!” strategy will be supported with an initial investment of \$1 Million and will offer a range of services and supports. Over the next five years, the province will work closely with the ASD community to develop priorities and options to address the needs of children, youth and adults affected by ASD.

The Thrive! five year plan is available online at www.manitoba.ca/fs/thrive

A New Online Resource is Now Available

Manitoba Family Services and Consumer Affairs have launched a new online resource that provides information for Manitobans with disabilities.

This web-based tool will help you find information on the services available for people with disabilities in Manitoba. The information is organized into user-friendly fact sheets that answer the most commonly asked service questions raised by individuals with disabilities, their families, care givers and service providers.

The fact sheets provide links to additional resources as well as contact information should you wish to connect directly with a specific program, service or resource. Continuity Care is listed as a resource on the Financial Assistance Fact Sheet.

The fact sheets can be found on the Manitoba Government website on the Family Services and Consumer Affairs page or you can follow this link www.gov.mb.ca/fs/imd

RDSP News

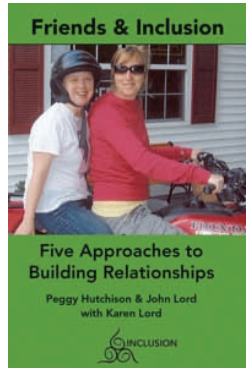
The Federal Budget in June 2011 announced a new provision that gives more flexibility to people with shortened life expectancies when making withdrawals from their RDSP. This measure came into effect on June 26th, 2011. More information on this provision can be found at <http://www.cra-arc.gc.ca/gncy/bdgt/2011/qa11-eng.html>

In Budget 2008, the government committed to review the RDSP program in three years to ensure that RDSP's are meeting the needs of Canadians with severe disabilities and their families. The review will be conducted in 2011, coinciding with the three – year anniversary of the introduction of RDSP's in 2008.

We will continue to keep our members updated on these changes and opportunities to provide feedback for the 3 year review of the RDSP.

New to the Continuity Care Resource Library

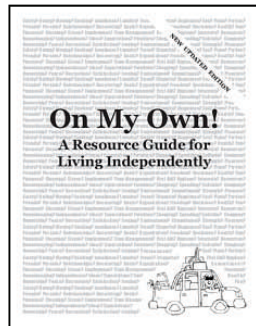
Did you know that with your Continuity Care membership, you can access our Resource Library? Call the office at 779-1679 if you are interested in borrowing this book or any other item from the library.



Friends and Inclusion: Five Approaches to Building Relationships

by Peggy Hutchison & John Lord with Karen Lord

It's all about relationships. Peggy, John and Karen describe their personal search and exploration of five approaches to building the good life that Karen enjoys. Their frank assessment is instructive and will assist individuals, families and organizations to be more responsible in the most important assignment of a lifetime - building a network of relationships.



MISSING ???

On My Own! A Resource Guide for Living Independently

Did we borrow this book to you?

Please contact the office at 779-1679 and let us know so we can make it available again for other families.

Thanks so much!

Don't forget to renew your membership with Continuity Care

**1 Year Family Membership \$20
Lifetime Family Membership \$250**

With your membership enjoy free workshops during the year, voting privileges at AGM, one to one planning and a copy of The Circle of Life workbook.

We are now able to accept membership fees and donations by VISA or MasterCard



(see our website for a membership form)

Organizational Tips for the Fall

1. Develop a menu plan for the week. This saves time, money and also can help to improve your nutrition.
2. Reduce clutter. "When in doubt – throw it out". Recycle when possible and donate gently used items to others who can make use of them.
3. Go through your closets. Get rid of clothes that don't fit, what's out of style and what needs mending that you never seem to get around to doing. Donate clothing items to others who can make use of them. Change out and store out of season clothes.
4. Clean out your mailbox – both hard copy and electronic. Recycle flyers and junk mail. Shred documents that contain confidential information. File away papers that you need to keep.
5. Keep one calendar that contains both home and work related activities and appointments.
6. Instead of writing separate reminder notes and To Do lists, try using a notebook. This will help you keep track of your thoughts, messages, grocery lists and things that you need to do.
7. Prioritize your tasks and time. Practice saying "no" to requests you are unable to fit into your schedule.
8. Get everyone in the family involved. It will help to develop habits that will create lasting change in your home.
9. Don't procrastinate. If the task seems overwhelming, break it down into smaller steps. Do a little each day.
10. Get plenty of sleep, have a healthy diet and exercise regularly. This will help you have the energy to make the most of our each day.

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