



# CONTINUITY NEWS



*Helping families in Manitoba plan a safer and more secure future for their family member with an intellectual disability*



**October 2009**



## Continuity Care's Moving Ahead



Continuity Care held its Annual General Meeting on June 23<sup>rd</sup>, 2009. The theme of this year's meeting was "Moving Ahead". Linda Ormonde, Board President, chaired the meeting which was attended by 28 members. Jane Schledewitz was introduced as the incoming Board President. To assist with the transition, Linda and Jane will be sharing the role this year.



This past year the Board revised Continuity Care's Mission and Value Statements that now read:

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

**Continuity Care believes:**



*"Families are strong and resourceful, but may need support in planning for the long-term security of their family member."*

*"When families have access to both formal and informal support, they are able to plan effectively into the future of their family member."*

*"In the importance of Sharing Circles of Support."*

*"In the development of natural supports to maximize the strength and creativity of families."*

*"In being autonomous, effective advocates for families by not relying on direct government funding."*

*"Support will not be contingent on the ability to pay."*



Continuity Care is also ready to move ahead with its new Sharing Circle of Support Program. A brochure describing the options available for individuals and families who may be interested will be available soon. If you would like to hear more about this, please talk with Suzanne or attend the workshop on November 17<sup>th</sup>.



Continuity Care's 2008-09 Annual Report is available for viewing on our website. If you would prefer to receive a printed copy, please call our office.

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# Protect Yourself and Others

It's that time of year again when coughs, colds and seasonal flu seem to spread easily. Follow these simple tips to avoid spreading illness this winter.

- **Wash your hands frequently** using warm water and soap, scrubbing all surfaces for about 15 – 20 seconds.



- **Cover your cough and sneeze** with your elbow or sleeve or use a disposable tissue and wash your hands immediately.

- **Avoid touching your face**, unless you have clean hands. The eyes, nose and mouth are entry ports for flu viruses.



- **Avoid sharing objects** such as cups, utensils, facecloths, etc. Clean and disinfect shared equipment such as desks, phones, keyboards and door knobs.



- **Get enough sleep and manage your stress.** Lack of sleep and high levels of stress can reduce immune functioning, thus lowering the body's ability to fend off colds and flu.

- **Finally, listen to your body.** Stay home if you have a fever and are coughing. You will feel better, recover faster if you rest and reduce the risk of spreading the virus to others.



**Barrier Free Manitoba** is a non partisan, non profit, cross disability initiative formed in 2008 to advocate for the systematic change required for the effective promotion and protection of the basic rights of the 170,000 Manitobans who have a disability.

Barrier Free Manitoba is endorsed by 4 major disability coalitions and 80 individual agencies (including Continuity Care) and hundreds of concerned citizens across Manitoba.

On June 4<sup>th</sup>, Minister Gord Mackintosh released "Opening Doors: Manitoba's Commitment to Persons with Disabilities. This is a discussion paper outlining the proposed directions for a long term disability strategy. Included in this announcement is a \$30 million dollar down payment towards more accessible housing, enhanced

access to public buildings, more support for children with disabilities in child care, better employment services and improved supports for caregivers.

More details about this announcement can be found at [www.gov.mb.ca/news](http://www.gov.mb.ca/news) and the full Opening Doors discussion paper can be found at [www.gov.mb.ca/dio/openingdoors](http://www.gov.mb.ca/dio/openingdoors) or by contacting the Disabilities Issues Office at 945-7613.

In September 2009, Barrier Free Manitoba has released their response to the Opening Doors discussion paper, entitled "Fair Access for ALL". This document has been shared with key members of Manitoba's government and is available for viewing on Barrier Free's website.

Barrier Free Manitoba has also launched the Fair For ALL campaign with the goal of securing a

commitment from the Manitoba government to enact accessibility rights legislation in the next legislative session.

As part of the campaign there is a Kick Off Concert on Tuesday, September 29<sup>th</sup>.

Barrier Free Manitoba is also asking individuals and organizations across Manitoba to participate in the campaign in three ways: writing a letter to the Minister responsible for people with disabilities, writing a letter or talking with local MLA's and will be collecting signatures for a petition in mid-October.

For more information about Barrier Free Manitoba and the Fair Access for ALL campaign, please visit their website at [www.barrierfreemanitoba.com](http://www.barrierfreemanitoba.com). Continuity Care will also be voice for our members and can assist you with sharing your thoughts with our elected officials.



We are saddened by the loss of *Marie Walters* on July 6<sup>th</sup>, 2009. Marie was one of Continuity Care's original members and was an active participant in the Senior Parent to Parent group. She will be missed by her many friends and family members, especially her daughter, Kathie.

*In Memory*

"Life's ups and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as stepping stones to build the life you want."

*Marsha Sinetar*

## The Mike Keane Charity Hockey Tournament

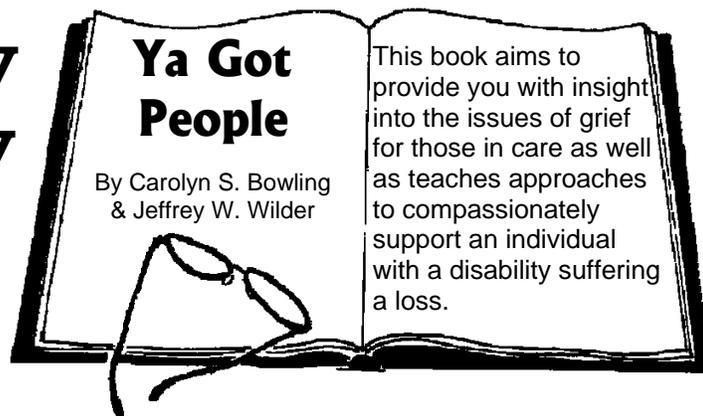


The Mike Keane Charity Hockey Tournament in support of Continuity Care that was scheduled for Thursday, September 17<sup>th</sup>, 2009 has been postponed. We have a dedicated group of committee members who have been working hard over the past several months to take this great concept for a fundraising event and make it a reality. Unfortunately, due to scheduling challenges, we were not able to proceed with the event on September 17<sup>th</sup>, 2009 as we originally planned. We have decided to postpone the event and are looking at rescheduling to the fall or winter of 2010. We will be sure to keep everyone apprised of the plans for this event as we move forward.

A special thank you goes out to Mike Keane and the members of our fundraising committee for all of their time, creativity and effort in planning this event. We would also like to recognize the sponsors that have shown their support to both this event and Continuity Care. They include: True North Sports and Entertainment, Frontiers North, BDO, RBC and RBC Dominion Securities, Filmore Riley, Ross and Bruce Robinson, Play It Again Sports, LevineTadman Gutkin Golub Corp, The Keg, Rossmere Golf and Country Club, Hot 103 FM, Manitoba Lotteries Commission, Canada Safeway and Toledo Foods.

## New to the Continuity Care Resource Library

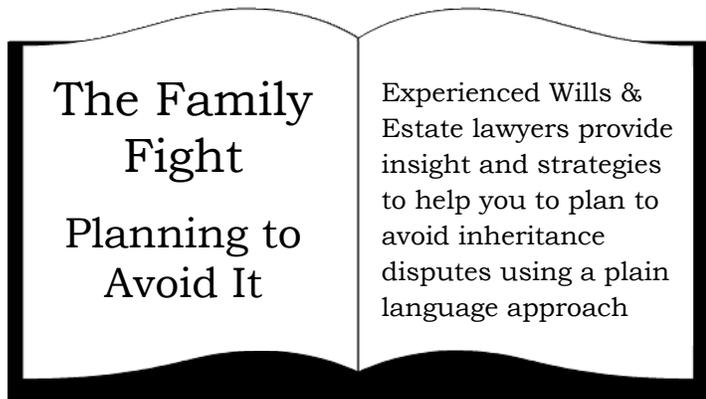
Did you know that with your Continuity Care membership, you can access our Resource Library? Call the office at 779-1679 if you are interested in borrowing these or any other items from our library.



### Ya Got People

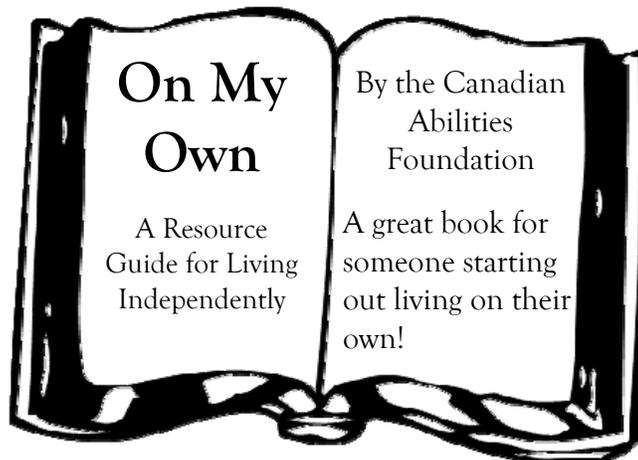
By Carolyn S. Bowling & Jeffrey W. Wilder

This book aims to provide you with insight into the issues of grief for those in care as well as teaches approaches to compassionately support an individual with a disability suffering a loss.



### The Family Fight Planning to Avoid It

Experienced Wills & Estate lawyers provide insight and strategies to help you to plan to avoid inheritance disputes using a plain language approach



### On My Own

A Resource Guide for Living Independently

By the Canadian Abilities Foundation

A great book for someone starting out living on their own!

## What's new with Continuity Care's Endowment Fund

Our Endowment Fund with The Winnipeg Foundation was impacted by the downturn in the markets and economy, as were many investments. We are pleased to see that over the past few months, the market value of our fund is climbing back up to almost where it was in October 2008. As of July 31<sup>st</sup>, the market value was \$1,739,070.87.

Continuity Care depends on our Endowment Fund to cover our core operating expenses. We don't actually have access to the whole \$1.7 million in our Endowment Fund. The Winnipeg Foundation invests and manages Continuity Care's Endowment Fund, in addition to over 170 others. All of the funds are pooled together and collectively earn a rate of return. Each year, we receive quarterly payments from the interest earned on our fund based on the spending policy set by The Winnipeg Foundation. This year, as in year's past, this was based on 5%. Current market conditions dictate that the spending policy will be decreased to 4.8% and may decrease again in coming years as the Foundation stabilizes spending and rebuilds capital.

We are confident in the plan that The Winnipeg Foundation has created to weather this economic storm. The Board and staff of Continuity Care have developed our own plan to ensure that our programs and services will continue through these years and also grow into the future. We will continue to apply for grants and work on our new fundraising event. New gifts to the Endowment Fund will also offset the losses that we have experienced. If you or someone you know of would like to make a donation to our Endowment Fund, there are several options available. Please contact our office for more information.

Speaking of grants.....we are pleased to announce that Continuity Care received a grant of \$5,000 from The Cardinal Foundation in June. Thanks to their support, we are able to purchase some much needed items for our office, including computer equipment, software programs, a color printer, a digital camera, a display board and a new meeting table.



THE CARDINAL FOUNDATION

## Gifts to The Winnipeg Foundation USA

The Winnipeg Foundation can receive gifts from United States donors and issue appropriate receipts for US income tax requirements.

In 2007 the Winnipeg Foundation created a non-profit organization in the United States for charitable purposes called The Winnipeg Foundation USA. Gifts made to this organization will be transferred to The Winnipeg Foundation.

The corporation is registered in the State of Minnesota, and is exempt from federal income tax under section 201 (c) (e) of the Internal Revenue Code. The Corporation is deemed a "Supporting Organization" for the sole purpose of supporting the charitable purpose of the Foundation under section 509 (a) (3) of the Internal Revenue Code. A supporting Organization operates as a "public charity" under IRS code and as a result, contributions to the Corporation are tax deductible.

If you are interested in making a gift from a US address to The Winnipeg Foundation, please make your cheque payable as follows and provide details about the name of fund your gift is to be directed to:

**The Winnipeg Foundation USA**  
1350 One Lombard Place  
Winnipeg Manitoba Canada  
R3B 0X3

You can also make a gift of publicly traded securities to The Winnipeg Foundation USA.

If you have any questions concerning this type of gift, please email The Winnipeg Foundation at [info@wpgfdn.org](mailto:info@wpgfdn.org) or call toll free 1-877-974-3631

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