



CONTINUITY NEWS

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

2015



Annual General Meeting

Continuity Care's Annual General Meeting was held on Wednesday, June 17th, 2015 at 120 Maryland. There were 51 people in attendance, including board members and families, some just learning about Continuity Care and others who have been members for many years.

The evening began with a light dinner which was followed by the business meeting. Jane Schledewitz gave her final report as Board President and we recognized her years of service with a bouquet of flowers and our thanks. Merv Gunter presented the financial report noting the growth in our Endowment Fund and success of this year's hockey tournament fundraiser and the strong partnerships we have developed with The Winnipeg Foundation and The Winnipeg Jets True North Foundation. Sub-Committee reports were shared by Adeline Berg (Human Resources) and Marc Piché (Family Advisory). Terry Williams presented the slate of Directors and Officers for 2015-2016, including the announcement of Karen Leggat as the incoming Board President. Suzanne Swanton shared her Executive Director's

Continuity Care Inc. Board of Directors 2015 – 2016

Karen Leggat *President*
Jane Schledewitz *Past President*
Jo Verstraete *Secretary*
Merv Gunter *Treasurer*

Adeline Berg
Art Hock
Brian Coughlin
Jeoff Chipman
Linda Ormonde
Marc Piché
Terry Williams
Frank Wade
Sherry Desilets



report noting the important work that has taken place during the past year. Following the business meeting, three of Continuity Care's members; Monique Chaput, Sherry Desilets and Karen Leggat, shared their families stories and talked about how Continuity Care has impacted their families. Their stories were heartfelt and powerful and were the highlight of the evening. As the meeting ended, it was good to see our members lingering to chat and connecting with each other. Copies of the Annual Report for 2014-2015 are available at our office if you would like to receive a copy.



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From The Continuity Care Office

Where did the month of June go? This edition of Continuity News was supposed to go out earlier this month, but as they say "Better late than never". So please enjoy reading our Summer 2015 newsletter!

It's been a busy and exciting time at the Continuity Care office as our groups and workshops wrap up for the year and we prepare for our AGM. The summer months usually offer a slower pace and we can catch our breath and get caught up on tasks, like filing, organizing the office and working on new projects. Our office will remain open during the summer, with the exception of the Statutory Holidays. Although our groups and workshops take a break over the summer, we will still be available to respond to phone calls and emails and to meet with families when needed.

Over the summer, we will be developing our workshops for the fall and will develop a schedule for the parent and adult sibling groups. Information will be sent out in our Fall newsletter, so please stay tuned. We will also be develop a survey that will be sent out to our members in the fall to obtain feedback regarding our programs and services. Your input is greatly appreciated, so hope that you take the time to complete it.

Wishing you a safe and sunny summer.

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." -- James Dent

Remembering Judith Snow

It is with sadness, that we share that Judith Snow passed away on May 31st, 2015. Judith was a leader in the community living movement and was a champion for inclusion and embraced diversity for all people living with differences. Judith was an advocate, an author, an artist, a speaker, an actor and a visionary, demonstrating by her own life how to make dreams become a reality. Born with quadriplegia, Judith was the first person in Ontario to receive individualized funding for her attendant care and for whom the first circle of support was created, which she named "the Joshua Committee" - an example that has inspired the evolution of other circles of support in Canada and around the world. Judith will forever be an inspiration for people with disabilities, advocates and communities as we continue the journey towards full inclusion and citizenship.

Province Announces Increase to Primary Caregiver Tax Credit

On May 29th, 2015 Deanne Crothers, Minister for Healthy Living and Seniors, announced that as part of Budget 2015, the Manitoba government will increase the Primary Caregiver Tax Credit by 10%. "This increase in the Primary Caregiver Tax Credit recognizes the vital support caregivers provide to family and friends who face health challenges brought on by age, illness or disability."

Effective in the 2015 tax year, the maximum credit for caregivers will increase from \$1,275 to \$1,400 annually. Caregivers may claim the tax credit for each of up to three care recipients, at any one time. This credit is refundable and not income tested. This means you can claim it even if you do not have taxable income. The credit may defray your caregiver expenses such as shopping, transport, outings and respite.

Who is Eligible?

To be eligible as a primary caregiver, you must:

- Provide long term care for someone who is assessed as needing care at Level 2 or higher and who lives in a private home in Manitoba within an RHA catchment area;
- Live in Manitoba and receive no pay for care you provide;
- Be designated as the primary caregiver by the care recipient.

How to Apply?

Complete all the required documents (application form and the Level of Care Equivalency Guideline form if applicable).

- **Home Care clients** - If the RHA is currently providing Home Care, forward your application to the RHA where the care recipient resides.
- **Non-Home Care clients** - Take the Level of Care Equivalency Guideline form to a health care professional who usually treats this person and have it completed, then forward it with the application to your RHA.
- **Community Living disABILITY Services or Children's disABILITY Services clients** - Contact Manitoba Family Services for the application process.

For more information about the Manitoba Primary Caregiver Tax Credit, contact the Manitoba Tax Assistance Office at (204) 948-2115 in Winnipeg or visit the website at <http://www.gov.mb.ca/finance/tao/caregiver.html>.

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The Building Independence Pilot Project

PROVIDING PRE-EMPLOYMENT PREP. SERVICES TO YOUTH AND ADULTS ON THE AUTISM SPECTRUM ALLOWING THEM TO DEVELOP GREATER INDEPENDENCE AND SELF-SUFFICIENCY IN THEIR DAILY LIVES.

This project arises as an innovative partnership between Community Living Manitoba, The Ability Hub, Calgary, St. Amant and Eastman Employment Services, Steinbach, and Work And Social Opportunities (WASO), Winnipeg with generous support from The Winnipeg Foundation.

It was developed to address a gap in services and supports for individuals with Autism Spectrum Disorder who struggle to gain skills necessary for work and independent living in the community. This gap, while long recognized in the community, was identified and prioritized by the ASD Leadership group. The ASD Leadership group was formed as part of the work detailed in the Thrive! five year plan for helping Manitobans with Autism Spectrum Disorders and their Families, released by the Manitoba government in 2011. Through ongoing work and development, the Building Independence project will evolve into a series of services and supports available to youth and adults with ASD in Manitoba providing training in essential skills associated with living and working in the community. Modelled on The Ability Hub in Calgary, this project and resulting program will allow us to develop best practices in the delivery of these supports. We will see young men and women come together to cultivate their strengths and take their places as valued and valuable members of our workforce and neighbourhoods.

10 training sessions focused on the skills needed to find and maintain employment: resumes and references, cover letters, job interviews, dress for success, small talk and conflict at work.

The training sessions are designed for individuals who are 18-25 years old, have a confirmed diagnosis of Autism and are not eligible for CldS.

To apply or for more information, contact St. Amant Central intake at (204) 256-4301 ext 7041.

“Welcome to Holland”

by *Emily Perl Kingsley*



When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills.... and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever, ever, ever go away... because the loss of that dream is a very very significant loss.

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

Baby Boomer Cafe'

ATTENTION TO ALL MEMBERS AND FRIENDS OF CONTINUITY CARE!!

The famous, summer Baby Boomer Café at Birds Hill Provincial Park will be held on Saturday August 8th, 2015 from 3:00 - 9:00pm in Group Area #1 - Site #1. More details will be sent out closer to the date or you can contact Albert Yanofsky at (204) 334-1839 or Mike Maunder at (204) 338-0090.

The Baby Boomer Café is an opportunity for adult siblings and their brothers or sisters with a disability to spend time together. There are 3-4 Cafés planned each year and gatherings include musical entertainment, playing games, honoring the memories of past members, celebrating faith and family traditions and sharing a meal together. Our celebrations have a serious purpose as well. 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. New members are warmly welcomed.