



## Bulletin

### **Workshops**

#### **Developing a Support Network**

**Wednesday, September 26, 2018 7:00 - 9:00 p.m.**

**By Suzanne Swanton**

We all need people in our lives to support us. This workshop will explore the topic of support networks and why this is an important aspect of future planning for individuals with disabilities. Suzanne will offer practical tips on how to develop and maintain a support network and ideas of how to build relationships and connect to the community. She will also share examples of sharing circles of support that have been created with the help of Continuity Care.

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#### **Telling Your Family's Members Story**

**Thursday, October 18, 2018 7:00 - 9:00 p.m.**

**By Suzanne Swanton and Jane Schledewitz**

A life book or portfolio is a book that tells the story of a person's life that contains personal information, memories and photos. This hands-on workshop will help you to understand why it's important to create a life book and how it can be used to help others get to know the person and their history. We will share tips and creative ideas to help you to get started on a page for your own book. Please bring along some family photos.

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#### **Emergency Health Information Form – a new resource for families**

**Wednesday, November 7<sup>th</sup>, 2018 from 7:00 - 9:00 p.m.**

What information needs to be provided when a person with an intellectual disability has a health emergency? Continuity Care has created an Emergency Health Information form as a new resource for families that can help to relay important health information with agency staff, first responders and health care professionals in the event of a health emergency. This panel presentation will include Linda Ormonde and Jane Schledewitz, Continuity Care members who took the lead on creating this document and Marc Piché, Executive Director from L'Avenir Cooperative.

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#### **Trustees: Roles, Responsibilities and Options**

**Tuesday, November 27<sup>th</sup>, 2018 from 7:00 - 9:00 p.m.**

**By Daniel Watts, BA, BFA, JD, TEP | Estate & Trust Consultant with Scotia Wealth Management**

This panel presentation will offer information about what a trustee is; the roles and responsibilities of trustees, when a trustee may be required and how a trustee works together with the individual with a disability, their family and support network to oversee a trust and assist with financial decision making. Panel members will include Daniel Watts – Estate and Trust Consultant with Scotia Wealth Management and a family member who has experience in the role of a trustee.

**LOCATION** 120 Maryland Street (at Westminster)  
**REGISTRATION** To register, please contact us at (204) 779-1679 or info@continuitycare.ca  
**COST** Non-members: \$10 (per family)  
Continuity Care members: FREE  
*One-year membership \$25*  
*Agency membership \$50*  
*Lifetime membership \$250*  
Teleconference option is available for those who cannot attend in person.



## Bulletin

### **Groups**

#### **Parent Support Group**

The focus of our parent support groups are for parents (and caregivers) of a child with an intellectual disability. It's an opportunity for parents who have children of all ages and stages to come together and share their stories and experiences. Refreshments are provided.

**Daytime group:** Meets on the 3rd Thursday of each month from 10:00 a.m. to noon at 120 Maryland in the main floor boardroom.

**Upcoming meeting dates: September 20, October 18, November 15 and December 20, 2018**

#### **An Evening Just for Adult Siblings**

**Wednesday, October 3, 2018; 7:00pm—9:00pm; 120 Maryland Street**

This group opportunity is intended for adult siblings (age 18 and older) who have a brother or sister with an intellectual disability, to get together to share their stories and experiences; identify the specific issues and challenges that they are facing; to strategize as to what resources and supports can be accessed and developed and to create an opportunity for adult siblings to make some connections. It will be facilitated by Chelsey Kent.

#### **Baby Boomer Café**

**Holiday/Winter Café—Saturday, December 1, 2018**

**Information poster will be emailed to members. If you need a copy mailed, please call the office (204) 779-1679.**

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 to 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, other family members and special friends can build relationships and community. New members are warmly welcomed.

### **Community Events**

#### **Feeding, Swallowing, Nutrition & Oral Care Workshop**

**Thursday, October 25, 2018; Canad Inns Fort Garry, 1824 Pembina Hwy; 9 am – 4 pm**

Presented by St.Amant, and developed for Direct Service Providers, this workshop reviews the importance of identifying risk factors, nutrition, and adaptive strategies involved in supporting individuals with their mealtime experience. For more information, email [abcaudry@stamant.ca](mailto:abcaudry@stamant.ca) or call: 204.256.4301 ext 2330 Or go to website <https://stamant.ca/learning-centre2/>

#### **Canadian Conference on Developmental Disabilities and Autism**

**October 30 & 31, 2018 at the Victoria Inn; Winnipeg, Manitoba**

The Canadian Conference on Developmental Disabilities and Autism is an annual gathering intended to bring together a range of people committed to enhancing quality of supports and services for people with developmental disabilities and autism. It will be held on . **More information can be found at** <https://ccdda.ca/>

