

Continuity News

Fall 2018

Message From The Office

As the seasons change from summer to fall, we also transition back into our regular routines. Whether it's work, school, volunteering or activities, our calendars start to fill up and the pace of our days seems to speed up. I hope that you were able to enjoy some rest and relaxation this summer and spend some time outdoors; enjoying the many parks, festivals and activities that Manitoba has to offer. It would be wonderful to be able to bottle up some of those summer moments and enjoy them throughout the year, especially during those days when the windchill hits -40!

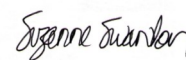
That may not be possible; however, we can try to be more intentional about finding balance in our lives and making time in our busy schedules for some self care. I know that may sound unrealistic and challenging to some people, particularly when you are the primary caregiver in your family and/or when you are working more than one job to make ends meet. In order to be there for our loved ones and to continue to be productive and focused in our roles, it's important to take care of

ourselves to maintain good physical and mental health.

You and your family members are important to Continuity Care. We want to ensure we are here to support our members in a variety of ways; self care included. We hope that you enjoy our Fall 2018 newsletter and look

forward to connecting with you this year through our workshops, support groups, family events and on an individual basis as well.

Take good care,



Suzanne Swanton
Executive Director



Some simple tips and strategies that you can try, which are low/no cost are:

- take a walk outside
- eat more fruits and vegetables
- drink more water
- say no to things
- take a bubble bath
- listen to music
- try not to think about work when at home
- turn off your devices
- read a book, do a puzzle or find an activity you enjoy
- spend time with a friend
- take a short nap (20-30 mins)
- take breaks to move and stretch your body
- try to focus on the positives
- focus on one thing at a time
- meditation
- laugh
- and breathe



You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

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RAINBOWSTAGE

We were most fortunate to receive complimentary tickets for Rainbow Stage this year. Some of the tickets were for the Baby Boomer Café and for the rest of the tickets an email was sent to our members to claim tickets on a first come, first served basis. Thank you Rainbow Stage for helping our members make some memories.



“Our son Kelly attended Rainbow Stage with a support worker from his group home on the beautiful summer evening of August 14. He ordinarily shies away from crowds and noise, but the show captivated him and he thoroughly enjoyed himself. Thank-you so much for providing the opportunity to him.”
Kelly`s mom



“12 people enjoyed the first mini BBC - Rainbow Stage “Beauty and the Beast” Performance at Kildonan Park! A great musical and fun time was had by all, under the cover of the evening stars. Thank you to Continuity Care for arranging for 8 tickets to be donated to us. We hope to make Rainbow Stage an annual BBC event every summer. My favourite character was the “Beast”. Gisela and Grace were “Beauty” fans. Go figure!”
Albert Yanofsky for the Baby Boomer Cafe

BINGO & MINGLE!

We had such a great response to our two previous BINGO events, we have decided to expand this event by moving to a larger, accessible venue and adding in a meal and some time to mix and mingle.

Please join us for some fun games of BINGO, pizza and snacks and enjoy the company of family and friends. Who knows you may meet someone new?

You will need to RSVP for this event by October 17, 2018

Please call Patti at 204-779-1679 or email info@continuitycare.ca.

Let us know if you require any accommodations or have allergies.



Saturday, October 20th, 2018
Sturgeon Heights Community Centre
210 Rita Street
1:00 pm – 3:30 pm
Bus Routes: 11, 21, 83

Cost is \$5.00 per person
(Includes pizza, snacks, drinks
& 2 BINGO cards)
Support workers are free (but can
pay and play if they want)
Door prizes & game prizes!!



Abilities Manitoba has launched a campaign to raise wages for direct support staff to a rate 50% above minimum wage, in partnership with the Family Advocacy Network and the Alliance of Direct Support Professionals of Manitoba.

Ways to get involved:

ONLINE PETITION: Please sign and encourage others you know to sign our petition at <http://bit.ly/DSPpetition>.

POSTCARDS: So far, 9000 postcards have been distributed to collect signatures. Postcards are available at Continuity Care's office and will be given out at upcoming events. We have also included postcards with this newsletter (for those who receive by regular mail). Once signed, mail directly or you can drop off to our office and we will deliver them together in one batch to the Abilities Manitoba office.

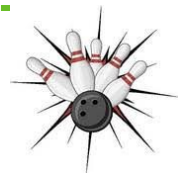
SOCIAL MEDIA: Please follow Abilities Manitoba on [Facebook](#) and [Twitter](#) and like, share and re-tweet their posts. More video clips will be launched throughout DSP Recognition Week and beyond. We will also be sharing posts on Continuity Care's Facebook page.

DSP CELEBRATION: Was held on Sept 13 on the grounds of the Manitoba Legislature to celebrate DSP's and show our province that the work of DSP's is critical!

They have launched a fantastic video that can be viewed at: <http://www.abilitiesmanitoba.org> that honours the work of direct support staff and calls on the province to improve wages. It's also on you tube at <https://www.youtube.com/watch?v=DSPVideo> #SHOWUSASIGN

Please show your support for the Direct Support Professionals in Manitoba!

Bowling with Baby Boomer Café



Join us for an afternoon of fun, friendship, & snacks!

Space is limited, **please let Albert or Sharon know before/by Sunday, October 14th at 204-334-1839.** Tell us the names of who are coming, phone number to reach you, and any food allergies.

Sunday, October 28, 2018

1:30 pm – 3:30 pm

Mosienko Lanes

1136 Main Street at Redwood

Cost: \$2.50 for 1 game

\$5.00 for 2 games

Snacks and water provided

Baby Boomer Café Annual Outdoor Café



Almost 50 people on Sunday, July 15th, had a wonderful time at the 2018 Birds Hill Park BBC! We had lots of yummy food, appetizers, desserts, salads galore, delicious chicken, hot dogs, fruit, s'mores, munchies & especially the freshly baked pita and hummus from Kenora. 7 new people attended, some as far away as Edmonton, Alberta and of course Max Steinkopf from London England / Kenora. Thank you to everyone who participated and helped out with singing and contributing food.

Cougar



Special congrats to the Chefs extraordinaire, Sharon and Evelyn Yanofsky and the world famous and prestigious maestro, Sir Bob Hanley, who provided us all with fabulous musica! Kudos to Mike Maunder and Gisela Runge for assisting with organizing this truly fun and enjoyable event.

Did anyone notice the young black cougar in the upper tree branch? Thank you Aaron Yanofsky and Adam Gordon for actually "climbing" the tree to rescue the baby cougar!

Our traditional candle lighting ceremony reminded us all that the BBC Community has a rich history with so many amazing people, past, present, and no longer with us, that have contributed in so many valuable ways over the past 2 decades, to make our many celebrations a reality! A great time was had by all!



Reported by Albert Yanofsky, BBC News

What's Happening!

A Late Afternoon with David Lepofsky

Barrier-Free Manitoba is proud to be hosting a FREE public lecture and interactive Q&A session with the one and only David Lepofsky.

Thursday, October 4, 2018

5:00—7:00 p.m.

Carol Shields Auditorium at the Millennium Library

Launch Into Life!

Transition Planning Workshop Series

This workshop series helps families create an *Individualized Transition Plan* for individuals with Autism Spectrum Disorder.

Dates: Tuesday, Oct 2nd, 9th, & 16th, 2018
OR Tuesday, November 6th, 13th, & 20th, 2018

Time: 6:30 pm — 8:30 pm

Cost: \$25

(includes materials & *Transition Resource Guide*
To register, contact Anne at anne@edsm.ca



We invite you to become a Continuity Care member

One-year membership \$25

One-year agency membership \$50

Lifetime membership \$250

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