

Continuity News

Winter 2021

Message From The Home Office

Happy New Year! I think that we are all ready to put 2020 behind us and are looking forward to what is to come 2021. I hope that even though the holidays were different this year, you were able to find a way to connect with family and friends and create some special memories.

Our friends and colleagues from the organizations at 120 Maryland had a virtual lunchtime holiday party instead of our usual potluck, games and gift exchange. It was wonderful to see everyone, catch up and have some fun playing a few new games. In the spirit of giving, we contributed towards two very full hampers, which were delivered to two couples who are known through our organizations. The couples were so appreciative of this act of kindness, caring and generosity. This will be one of the special memories for me this holiday season.

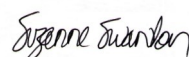
One of the best gifts has been from Mother Nature who has given us this pleasant weather, which has motivated many of us to get outdoors and enjoy some winter activities. The sunny days (which are now getting longer) and the milder than usual temperatures also help to boost our moods and fight off the winter blues.

Patti, Chanique and I are still working from home until the public health order change and we are allowed to return to our offices at 120 Maryland. For now, we will continue to offer our programs and services virtually, by Zoom and teleconference and keep in touch by email and phone. We are working on some new ideas for workshops and resources and have a busy few months planned to help us all get through the remainder of the winter season.

We recognize that many people are experiencing COVID exhaustion, however there is a glimmer of hope that things will improve, as case numbers decline and the vaccine is now rolling out. It's still important that we follow the provincial guidelines and do what we can to keep ourselves and our loved ones healthy, safe, informed and connected.

Please remember that we are here to assist you. If you are feeling isolated and need someone to talk to, please call and we will be here to listen, help you connect with others and access services and supports you or your family member needs. This too shall pass and there are brighter days ahead.

Cheers to 2021!



Executive Director



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Baby Boomer Café – Remembering Justine



We're sad to report the passing of Justine Steinkopf, who had just turned 70 this year and will always be remembered as the life of the party at Baby Boomer Café gatherings.

Justine was a bright light at our gatherings. Her five siblings live far away, but they always made arrangements for someone to bring Justine to a café because they knew how much she loved a good party. A highlight of her summer was always the café held in Birds Hill Park when brother Max would arrive from Lake of the Woods with a bowl full of hummus and his own good spirits.



Justine loved the cafés, partly for the delicious food that everyone brought (it was always a bit of a challenge ensuring she had the right mix when all those big desserts beckoned) but mostly for the companionship. Anyone who knew her will always remember the huge smile that would spread across her face when she recognized you.



She loved the singing, the dancing, and particularly the ritual moment at each café when we light candles to remember those who came before us. She would always light a candle for her father Maitland, and mother, Helen. It was an opportunity for us to remember the work that many parents like Maitland and Helen had done to create a society that welcomed those with disabilities.



But mostly, Justine loved the party. When she turned 60 in 2010, her siblings organized a real blast at the Hotel Fort Garry with Burton Cummings serving up the music. And the music was always a highlight at the Baby Boomer Café served up by our own own maestro, Bob Hanley.

We'll miss Justine's infectious smile and the way she always enjoyed and honoured our rituals, whether lighting the Hanukkah candles or lighting our candles for those who had gone before.



Now she is one of those and we will light a candle honouring her and other pioneer members of the Café when Covid allows us to get together once again.

We send our sympathy to her five siblings, Marilyn, Aliza, Max, Jocie, and Winifred.



Justine's family requested that donations can be made in Justine's memory to Continuity Care - to be directed towards the Baby Boomer Café (formerly known as Sib to Sib). We are grateful for these gifts to help ensure that the Baby Boomer Café's continue for the enjoyment of others now and in the future.

Essential Care Partners:

An Important Role for People with Disabilities

COVID-19 has created many barriers for access to health care and essential services for a person with an intellectual disability. The Public Interest Law Centre (PILC) and Family Advocacy Network of Manitoba (F.A.N) has worked tirelessly to create two templates for you to complete and present to the service providers. (If you require a printed copy of these templates, please contact our office.)

1. **Accessing Services Template:** this letter is to be used when you experience barriers to access services. [Services Template Link](#)

2. **Health Care Services Template:** this letter is to be used when conveying to health care providers the need for your essential care partner to be present. [Health Care Template Link](#)

We are pleased to report that Shared Health Manitoba has revised their visitor guidelines to include Essential Care Partners. Here is a link to the document on their website:
<https://sharedhealthmb.ca/files/covid-19-inpatient-visit-principles-level-red.pdf>

We would like to thank PILC and FAN for their hard work and advocacy to create these templates so all voices can be heard. We would like to thank Christina Stewart and Cam Slimmon for sharing their stories and raising awareness about this important issue.

Continuity Care was also involved in the advocacy efforts by writing letters to provincial health care and government officials on behalf of our members, board and staff.

Province of Manitoba launches Rapid Recruitment Initiative

There are currently jobs in communities across Manitoba available immediately! With the province in a pandemic crisis and the pressure building on the social services industry, these important and necessary jobs have recently become available.

You can start a new, meaningful career path, as a disability support worker supporting Manitoba's most vulnerable. The Direct Service Provider "Rapid Recruitment Initiative" is looking to recruit Manitobans for entry-level full-time employment in the disability field.

Direct service providers are needed to support adults with intellectual disabilities in their homes, at their workplaces and in other community settings. Direct service providers support adults with intellectual disabilities by:

- Providing support in personal care, hygiene and household skills
- Completing general household tasks
- Providing physical and emotional support
- Assisting with activities that encourage development of daily social and life skills
- Performing administrative duties and maintaining lines of communication.

If you are looking for an introduction into the field of social services, this may be the opportunity you have been waiting for.

Successful candidates also have access to a free accelerated-learning online course on the fundamentals of disability support that has been developed by Red River College.

For more information on how to apply, follow this link: [Disability Recruitment MB | Jobs with potential, work with purpose. Available right now!](#)

Winter Thrive Pack

Looking for something to do? Abilities Manitoba staffers, Branden DeFoort, Wendy Humphrey and Leanne Fenez, developed The Winter Thrive Pack to help people get through the winter (and pandemic) in a healthy and safe way. It is full of fresh inside and outside activities that will help drive the boredom away. To find the Thrive Pack, follow the link below and you will see the link on their homepage. <https://abilitiesmanitoba.org/>

Vowels of Choice

People First of Manitoba, in conjunction with Abilities Manitoba, enVision Community Living, St Amant, and Brannek Video Productions, has made this helpful video geared towards self-advocates and direct support staff, offering a plain language description of the elements of informed choice.

Please, share this Vowels of Choice video with your networks.

<https://vimeo.com/481875759>



Folklorama—The Virtual Experience

Folklorama is excited to bring Manitobans FREE virtual workshops & entertainment right to their home. To sign-up, click this link <https://folklorama.ca/events/> to the events calendar, choose the workshop you want to attend and register! Upcoming workshops in January:

January 15 - "A Voyageur Adventure"

January 22 - "The Songs of the Pow Wow. Sounding the Drum"

January 29 - "For the Love of the Bead"

The Family Advocacy Network (FAN) of Manitoba

FAN is a network of parents, family members, & caregivers of people with an intellectual & developmental disabilities who support, share experiences and resources. Please visit their website: fanmb.ca for more information.



We invite you to become a Continuity Care member

One-year membership \$25

One-year agency membership \$50

Lifetime membership \$250

Leave a Legacy

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