

# Continuity News

Spring 2021

## Message From The Home Office

Hello and Happy Spring! It looked like Spring had arrived, but now it looks like Mother Nature and Old Man Winter are still in negotiations. So don't put away the shovels and change over those winter tires just yet. Even though we have enjoyed a milder than usual winter, it's always nice to look forward to the arrival of Spring.

It's been over a year now since COVID-19 arrived in Manitoba and the pandemic continues to impact our daily lives. As we continue to struggle with the ongoing challenges and restrictions, let's make an effort to check in with others. When you are out and about say hello to others, give a friendly wave, make eye contact and don't forget to smile. These are simple gestures that can make a difference and help to brighten up someone's day. Of course, we will still need to be vigilant and keep following the protocols to help prevent the variant cases from growing. There is hope as the vaccine rollout progresses in our province.

At Continuity Care, we continue to work from home, but are starting to think about returning to our offices at 120 Maryland. We will continue to provide our services and supports by phone, email and virtual meetings. Now that the weather is warmer, we can have some outdoor meetings and visits.

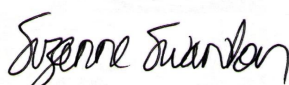
As we start this new fiscal year, I am pleased to share that we have extended the Member Support & Outreach Facilitator position for another year. Chanique has been such a valuable addition to our Continuity Care team and I am proud of what we have been able to accomplish this past year and look forward to what we have planned for the coming year. Our Human Resources Committee is working on a survey that will be sent out to members in the coming months, as a way to evaluate the impact of this position for our members and our organization.

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2021 is an important year for Continuity Care as it's our 25<sup>th</sup> Anniversary. We were planning an event to celebrate this milestone, but have decided to postpone these plans until 2022. In the meantime, we will host a virtual AGM in June and hope that you will join us for that.

Take good care of yourselves and each other,



Executive Director



## Are You Ready to Launch into Life!

Transitioning into adulthood and the community beyond high school can be challenging for young adults living with ASD and/or developmental/intellectual disabilities and their families. Comprehensive transition planning can help to manage the challenges during this time and maximize the potential for each person to live a full and meaningful life.

The Launch Into Life! Program was developed at the Ability Hub in Calgary to help families prepare for and respond to key life transitions, and to guide the journey from adolescence to adulthood.



Continuity Care staff have been trained to offer this workshop series in Manitoba to assist young adults and their families in creating an *Individualized Transition Plan* and vision for the future.

The content is organized into 5 Domains which include:

- Health and Well-Being
- Communication and Social Relationships
- Independent Living Skills and Self-Advocacy
- Education and Employment
- Legal and Financial Issues

This workshop is aimed at young adults with disabilities and their families and we invite you to attend and participate in the sessions together. There is approx. 6-8 hours of content and we have delivered the sessions either on a Friday evening/full day Saturday OR three weekday evenings. During COVID, we have shifted to offering the workshops virtually using Zoom.

The cost of the workshop is \$25.00 per family and includes all materials.

We are looking for a group of 8-10 families to participate in our next session and will schedule dates based on the preferences of the group. If you are interested, please contact our office at (204)779-1679 or at [info@continuitycare.ca](mailto:info@continuitycare.ca)

## Are you in need of disposable masks?

As a member organization of Abilities Manitoba, we are able to obtain a supply of disposable, non-medical masks to distribute to our members. If you are in need of masks, please contact our office and let us know how many you require. We can assist with contactless pickup/delivery or send out by mail.

Click on the image for how to wear a disposable mask safely?



# Helpful Contact Information for Employment and Income Assistance (EIA)

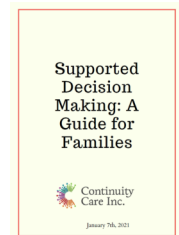
This information was shared by a representative from EIA at our recent workshop: Who's Who: Roles and Responsibilities. We thought it was valuable information and wanted to share it more broadly.

- **EIA Website:** [www.gov.mb.ca/fs/eia](http://www.gov.mb.ca/fs/eia)
- **EIA Call Centre:** 204-948-2888 or 1-855-944-8111 (toll-free)
- **EIA General Email:** [EIA@gov.mb.ca](mailto:EIA@gov.mb.ca)
- **Disability and Health Supports Unit (DHSU):** 204-945-4393  
Email: [disandhealthsupports@gov.mb.ca](mailto:disandhealthsupports@gov.mb.ca)
- **EIA Medical Transportation Unit:** 204-948-7433

## New Continuity Care Resources

Continuity Care has prepared two new resources that we are hoping will make a difference in the lives of the families we support.

The ***Family Guide to Supported Decision Making*** was born out of a workshop that we held on this very topic. Supported Decision Making can be quite complex and there is not one singular way to do this. Many families in the workshop felt, “if only there was a guide for this”.



The ***Getting to Know the Person Better—Activities and Interests Profile*** was created to support the wellbeing of an individual with a disability and ensure that their support needs, hopes, dreams and interests were shared with those that would be involved in their lives and in their care. This profile could be helpful in situations such as:

- New staff in and out of shift staffed homes during the COVID-19 pandemic
- High staff turnover
- For new respite workers that may begin working with an individual
- When an individual transitions from the family home into a shift staffed home



If you would to receive a copy (electronic or printed), please reach out to our office and we would be happy to send you a copy. Phone: (204) 779-1679 or email: [info@continuitycare.ca](mailto:info@continuitycare.ca)

## Baby Boomer Café Corner



On Feb. 5, 2021, the Baby Boomer Café and Continuity Care community were saddened to hear about the passing of a special friend, Ben Friesen.

Ben was a strong supporter and advocate for the Baby Boomer Café for almost two decades. Ben and Heather were generous with their time, hosting meetings, assisting to organize events,



helping others, and would often pick up and drive people to our Cafés in Winnipeg from Steinbach. Ben was a kind and compassionate person, with a gentle sense of humor. He enjoyed interacting with everyone. We will cherish the wonderful memories of Ben singing and playing on his guitar, while always encouraging his sister-in-law, Bev, to have fun singing and playing the drums. Our sincere thoughts and condolences go out to his wife Heather, family, and friends.

On March 27, we stepped into the virtual and exciting world with our first Baby Boomer 'Zoom' Café. 25 participants from around the globe joined in for an hour of fun & online games, laughter, conversation, singing, and friendship. Our special sing-a-long, conducted by our distinguished musician and guitarist, Sir Bob Hanley, was very enjoyable. This was a great opportunity for all of us to check in, see, and reconnect with one another in a safe and fun manner. Thank you to everyone who zoomed in to our event, Gisela for organizing this, & Chanique and Suzanne from Continuity Care for all your "mute/unmute" and zoom supports.



Upcoming Café's TBA: mid June - Zoom Café & early Sept. - Kildonan Park Café

### AGM - Save the Date!

Continuity Care's AGM is planned as a virtual Zoom event this year. Keep your calendar open for

**Tuesday, June 15, 2021**  
**6:00—8:00 p.m.**

More information will be shared soon.



**We invite you to become a  
Continuity Care member**

**One-year membership \$25**

**One-year agency membership \$50**

**Lifetime membership \$250**

**Leave a Legacy**

**Continuity Care Inc.**

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