

# Continuity News

Fall 2021

## Continuity Care's Annual General Meeting

Our second virtual AGM was held on June 15<sup>th</sup> and it was a great success. We had 31 people participate and it was wonderful to see the mix of board members, lifetime members and some new members as well.

Sherry Desilets, our new board president, chaired her first AGM by welcoming everyone to the meeting, introduced the Board Members and then shared her President's Report.

Merv Gunter, our Treasurer, presented the Finance Committee report. Overall, our organization has weathered the pandemic quite well financially; thanks to the grants we have received from The Winnipeg Foundation and the various government COVID grants and wage subsidies. We are grateful to be in a positive financial position and to have been able to maintain our current operations and staffing.



The new slate of board members were presented and voted in and Karen Leggat recognized two long term board members: Linda Ormonde and Adeline Berg. We thank both of them for their many years of service and contributions to Continuity Care and will miss them both around the boardroom table.

Suzanne Swanton, our Executive Director presented her report and touched on the successes, challenges and lessons learned during what has been a very challenging year for our organization, staff and most importantly our members.

In lieu of a guest speaker, we invited four members to share their personal stories of how COVID and the pandemic impacted their families. We would like to thank Wendy,

Jewel, Stephen & Donna and Maria for sharing their heartfelt and honest perspectives with us. It is so important for families to be able to tell their stories and to be heard and supported.

Terry Williams closed out the AGM with a song on his guitar which was a great way to end the meeting. We would like to once again thank everyone for being a part of our AGM. If you would like to receive a copy of our Annual Report for 2020-2021, please contact our office. It will also be available on our website.

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## Message from the Office

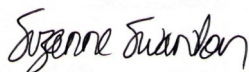
It's unofficially the end of summer now that the long weekend has come and gone. It feels like Fall is here and the pace is picking up as we transition back to work, school and our regular routines and schedules. I hope that you were able to enjoy some downtime this summer to rest, recharge your batteries and reconnect with family and friends.

I was hoping that by Fall, we would be able to resume our operations to pre-COVID ways, but we aren't quite there yet. Patti and I are back to working from our offices at 120 Maryland. Chanique and I share an office, therefore, we need to work out how we can do that safely. In the meantime, she is still working from home. We have decided to err on the side of caution given that we are an organization that supports vulnerable people, therefore, we will continue to offer our groups and workshops virtually using Zoom and teleconference for the next few months. We can accommodate in person meetings with members but want to ensure we are doing so safely and following the current public health guidelines.

We are excited to offer some new workshop topics and group opportunities in the coming months, so please take a few minutes to read this edition of our newsletter and bulletin and hope to see you soon.

Take good care,

Suzanne Swanton, Executive Director



## Are you 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.

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 here in Manitoba.



Workshop facilitators will share resources related to the 5 Domains of: Health and Well-Being, Communication and Social Relationships, Independent Living Skills and Self-Advocacy, Education and Employment and Legal and Financial Issues.

This workshop series is aimed at parents and young adults, aged 15-21, and we invite you to participate in the sessions together if possible. We are gathering a group of 8-10 families and will schedule the next workshop series (virtually using Zoom) based on the preferences of the group. The cost of the workshop is \$25.00 per family and includes all materials.

If you are interested, please contact our office at (204)779-1679 or at [info@continuitycare.ca](mailto:info@continuitycare.ca)

## A Sharing Circle of Support

A “Sharing Circle of Support” or “Sharing Circle” is Continuity Care’s term or model of a support network for a person with an intellectual disability.

Many families wonder and worry about what might happen to their child or loved one with an intellectual disability when they pass away. A Sharing Circle of Support can give you that peace of mind. Creating a network around someone can give you reassurance that there will be people to support and look out for them, now and into the future.

So, where do we begin? The beginning stages can feel intimidating and at times, overwhelming. That is why Continuity Care created the Sharing Circle of Support program and as a facilitator, I am here to help and provide guidance along the way.

I will start by getting to know the person. What are their interests, strengths, hobbies, passions, struggles and challenges? What makes them who they are?

Next, learning more about who’s currently in their life – friends, family, acquaintances, paid staff. We will create a list of potential members – this step sometimes leads to concern among families, as it can feel like there aren’t many close people to choose from. Have no fear, we will think outside the box and work through this together. We will then reach out to these individuals and provide more information to them and see if they are interested in being a part of your loved ones Sharing Circle. This can feel a little intimidating, and oftentimes caregivers feel like they are ‘asking too much’ of someone, but in my experiences, people are often grateful to be asked; they feel honored.

Lastly, maintaining the circle – as a facilitator, I am here to help plan gatherings, and host more formal meetings when we need to. A Sharing Circle is meant to be fun. Sure, there will be challenges along the way, but the power of a Sharing Circle is like none other. I have seen it in my work, especially during Covid when individuals have felt more isolated than ever. Having a network has provided individuals with community, connection, conversation, security, and friendship. Having a network allowed them to learn new perspectives, seek advice and support from members, and engage in meaningful conversation and activity.

Covid may have forced us to change our ways of doing things, but it sure hasn’t stopped our Sharing Circle of Support program, if anything, it has strengthened the need for it. Relationships and connection are key to living a great life and everyone deserves to have that.

If you would like to learn more about our Sharing Circle of Support program, please reach out to our office. I would be happy to talk more about this with you. This is a free service available to our members.

Chanique Phillips  
Member Outreach & Support Facilitator



## Baby Boomer Café Corner

The Baby Boomer Café held 3 special, virtual sing-along events this past year on March 27th, June 12th and August 8th.

During these isolated and challenging times the sing-along café's have helped us feel better and more connected with each. Each café gave us a unique opportunity to check in with one another, share our feelings, laugh, play a few games, participate in scavenger hunts, listen to music and for some of us sing together for the first time in over 16 months!



All together we had a total of 62 people join in and have fun over all 3 celebrations.

Special thanks to Chanique from Continuity Care for all her technical support, Maestro Bob for coordinating the music, Mike and Gisela for leading the activities, and everyone who participated from Winnipeg, Clearwater Bay, Toronto and even across the globe in England!

Hope to see you all at the first, live, Fall potluck picnic at Kildonan Park.

Happy September to all!

Albert Yanofsky

For the Baby Boomer Café

Fall Potluck Picnic

Kildonan Park (north picnic shelter)

Sunday, September 26, 2021

Time: 1:00 - 4:00 pm

Look for the Canadian Flags around the shelter

Watch your email for the poster with more information.

### Family Survey

The Department of Families and the Family Advocacy Network (FAN) want to learn more about how the COVID-19 pandemic has impacted families of loved ones involved with the (CdS) and (CLdS) programs. An on-line survey is now available by clicking this link: [MBengage](#) and will be open for feedback until October 7, 2021.



**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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