

# Continuity News

Spring 2022

## Message From The Office

Spring has officially arrived, however, winter is not quite ready to leave us yet! This has been an unusually cold, snowy and long winter for us here in Manitoba. Added to that is the ongoing effects from the pandemic, the political unrest and conflicts happening in our own province, country and around the world. With all of these layers, added to our usual day to day challenges, struggles and stressors; it is understandable that we may be feeling “off” and not like our “usual” selves. Much of what is happening is external to us and not within our ability to control. This can be overwhelming. What we can do is focus on the things that we do have control over and how we choose to react and respond to situations and the stress we are experiencing.

Some strategies we can try are to be patient, compassionate and kind to ourselves and to others. Try not to be judgmental of others and be respectful of others opinions and feelings. Practice self care or “conscious maintenance” which is a term that one of our members shared at a recent workshop. We liked that reframe, as maintenance is something we need to do and keep up with, on things we rely on like our vehicles, computers, appliances and homes. If we don’t maintain or repair them, then they can fall apart and stop working. That same concept applies to humans too. If we don’t take care of ourselves, then our physical, emotional, mental and spiritual health will deteriorate.

We hope that we here at Continuity Care can be part of your maintenance plan. If you are feeling isolated and would like to connect with others, please join us for our upcoming parent and sibling groups and workshops. Please know that we are here to listen and can assist by sharing resources and connecting with services and supports to assist you and your family.

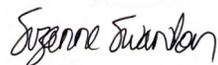
### Inside This Issue

Update on Bill 72	2
Anniversary Event	2
Help Us Grow 2.0	2
Book Review by Cathy Laver-Wright	3
Thank you to The Thomas Sill Foundation	3
Baby Boomer Café	4

We are looking forward to Spring and connecting with you all again soon, whether it’s in person, by phone, email or virtually.

Take good care of yourselves and each other.

Sincerely



Executive Director



## Update on Bill 72 and Manitoba's New Disability Support Program

Continuity Care has continued to stay involved and informed on the development of Manitoba's new Disability Support Program and are part of a small committee of advocates who meet with representatives from EIA and the Department of Families on a regular basis.

Here is a brief updated provided by the representatives who are working on the development of this new program:

“Bill 72, the Disability Support Act and related amendments to the Manitoba Assistance Act received Royal Assent in October 2021. The Disability Support Act provides the legal framework for the new income support program for persons with severe and prolonged disabilities, which is expected to begin implementation within the 2022/23 fiscal year. The Department of Families is now working to develop program parameters, in consultation with a new Community Advisory Committee. The Community Advisory Committee is comprised of eight Manitobans from across the province, including professionals, service providers, and persons with lived experience of disability, and meets regularly to receive updates and provide feedback on program features. In the coming months, the Disability Support Regulation will be drafted and made available for public feedback. Additional public engagement sessions are also planned, and will soon be advertised. If you have any questions or comments, you can send them directly to the Department of Families by email at [disabilitysupport@gov.mb.ca](mailto:disabilitysupport@gov.mb.ca)



### Save the New Date for Continuity Care's 25th & Baby Boomer Café's 20th Anniversary Event



Please note that this event has been postponed (once again). The new date will be **Thursday, October 6<sup>th</sup>, 2022**. The planning committee felt that the May date was too soon after the lifting of the vaccination and mask restrictions and that our members may not feel comfortable attending a larger, indoor gathering quite yet. Please reserve this date in your calendars and watch your email/mail for the Save the Date cards.

We are also looking for a photographer for this event; preferably a self advocate who is looking to gain some experience or grow their business. If you, or someone you know, would be interested in this opportunity, please contact our office at (204)779-1679 or email us at [info@continuitycare.ca](mailto:info@continuitycare.ca)

### Help Us Grow 2.0

Continuity Care will be launching a new fundraising campaign this Spring. We have decided to name it “Help Us Grow 2.0” as a throwback to our former Tomato Fundraiser.

We have teamed up with Shelmerdine's Garden Center for this fundraiser and will be offering Shelmerdine's gift cards for purchase. After this long and cold winter, who is ready to take their mitts off and get their green thumbs ready to grow? Stay tuned to your emails for more information on this new fundraiser. We hope that you will be “rooting” for us!!



### *Wintering: The Power of Rest and Retreat in Difficult Times* by Katherine May



One of the gifts of this pandemic was my discovery of podcasts and audiobooks. Both expanded my world mentally as well, the voices of podcasters and authors kept me company when physically I was so confined for periods of time. In listening to this podcast <https://onbeing.org/programs/katherine-may-how-wintering-replenishes/> I was introduced to author Katherine May. I quickly downloaded her book (Libby is the app to use where you can borrow library audiobooks for free. I used this on my phone. It's so portable for listening on walks, in the car or when doing dishes).

Katherine May is a wonderful storyteller. She is authentic in her presentation and keen observer of self and the world around her. 'Wintering' was the perfect book to help explain the reasons and art of resting and retreating. It gave words to what I had experienced in my own life where I had withdrawn, built up my strength and gone back out in the world again but felt I was not the norm in the busy, coping world around me. It gave meaning to what was currently happening in the pandemic which really, was forced rest & retreat (although many of us found ourselves just as busy as before, just in different ways), explaining the cyclical nature of life in a way that related it to our own lives.

As we come out of one of the coldest, snow ridden winters we've had in many years, this book spotlights the importance of rest and speaks to its necessity when we listen to our bodies, our feelings and we allow our personal intuition permission to take the lead. Katherine provides the voice for that intuition and describes the permission we need to give ourselves to 'winter' as she aptly describes her life experiences in relation to 'wintering'.

One of my favourite take away from this book were Katherine's daily 'cold dips' in the English sea and the benefits she felt from being immersed in the cold as well as a daily ritual in her life. I did try cold showers and swam in Falcon Lake at Thanksgiving for 4 days straight which did bring me such a feeling of wellness, something I never thought I'd try.

Further discussion about Katherine's own autism diagnosis (at 39), about her book 'Wintering' and her other book 'The Electricity of Every Living Thing: A Woman's Walk in the Wild to Find Her Way Home' and just her journey with motherhood, I've included in this podcast interview by one of my FAVOURITE people, Deborah (Debbie) Reber of 'TiLT Parenting' and author of 'Differently Wired: A Parent's Guide to Raising an Atypical Child with Confidence and Hope'.

<https://tiltparenting.com/2021/11/16/katherine-may-autism/>

### **The Thomas Sill Foundation Grant**

A very special thank you to the Thomas Sill Foundation for the grant they provided to us for expenses related to our new Strategic Plan for 2022 – 2025.

We truly appreciate the support from the grants team in our journey to develop and grow as an organization in order to better serve our members and the community.

**THE  
THOMAS SILL  
FOUNDATION  
INC**

# Baby Boomer Café

A warm hello to everyone from the Baby Boomer Café! We are so excited to share our plans for the upcoming year and let you know what we have been up to. In person cafes were not permitted, yet we wanted to stay connected in other ways. As a result, we have held numerous sing-a-longs using Zoom to bring us together. One of our primary joys is through singing and this venue allowed us to see each other, share stories and sing familiar songs to lift our spirits.

As the pandemic is gradually slowing down, and with the aid of vaccinations, there is hope to see each other again this year. Safety of all our members, families and friends is of utmost importance. Outdoor events seem to be one of the safer ways to spend time together, to have a meal together, socialize with each other, and of course sing some songs! **We are happy to invite you to our first outdoor gathering in 2022 to be held at St. Vital Park, where we have reserved a sheltered picnic site on Sunday, June 5<sup>th</sup>, from 12:30 to 4:30 pm.** The BBC committee will provide the meal as we want to continue with safety precautions around food distribution. We have lots of space to social distance as needed. We will send an email with more information.

Tentative plans are to hold a couple of other activities as a group, such as 5 pin bowling and mini golfing. We remain cautious to hold our indoor events, however, are hopeful that we can proceed.

The Baby Boomer Café is a place for us all to build relationships and community. We would love to see some new faces and make new connections. Our cafe is open to those with intellectual disabilities together with their family and friends. Please consider coming out to one or more of our events and see for yourself! Please contact the Continuity Care office for more information.



On behalf of the Baby Boomer Café,  
Gisela Runge

## Workshop Ideas?

We could use your help! Do you have topics that make you go hmmm? Let us help by creating a resource to answer those questions. If you have an idea for a workshop topic, please let us know. Send your suggestion to



[info@continuitycare.ca](mailto:info@continuitycare.ca)



**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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