

Continuity News

Winter 2024

A “Circle of Friends” Celebration of 25 years of friendship

Karen feels lucky to have a circle of friends all from Winnipeg. Karen, who lives with Cerebral Palsy, a lifelong physical condition, knows of enduring affection, esteem, trust, and respect because of support from her remarkable circle of friends. Each friend in their own separate way makes it possible for her to participate in the Winnipeg community. Yes, paid staff can assist her, but it is Karen's circle of friends who recognize her individuality, abilities and gifts and who really help her to live life fully. It is that spark of friendship that ignites happy days, a full heart, and a bright future. These lovely folks look past Karen's disability. Karen is a friend.



Karen knows the value of friendship and is proud to celebrate a "silver jubilee" with tried-and-true friends. Twenty-five years is no small feat. This joyful celebration of their journey together is indeed a wonderful example of friendship. Original members as well as those who have asked to join the circle over the years came together to have fun, enjoy worthy company and yummy food. Each contributed to the success of the anniversary, and all enjoyed an assortment of tasty snacks and treats. Gracing the table was a delicious cake with yellow roses which signifies friendship.



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Karen and her friends, as a group or as individuals, take immense pleasure going for coffee, dining out, attending movies, concerts and sporting events. There is always an abundance of laughter during those happy times together. As well, friends joining Karen on a variety of her Winnipeg staycation adventures is always a highlight. Karen's friends know what makes her happy and they have her best interests at heart.

A circle of friends is also a circle of support. In life there are difficulties and sad times that occur, and Karen's friends provide solace and understanding marking the true example of friendship. The circle of friends provides a stable and reliable presence for Karen.

Karen loves each friend and is grateful for their kindness, loyalty, and their love.



Message from the Office

Happy New Year! It's time to say goodbye to 2023 and turn the page and welcome in 2024.

We hope that you enjoyed (or survived) the holiday season and had the opportunity to get some rest and relaxation amidst the hustle and bustle that the holidays can bring.

What does the start of a new year mean to you? Are you a person who likes to make New Years Resolutions and set goals for the year ahead? Are you happy that the holidays are over and you can get back to your daily routine? I like to think of it as a blank page in a new chapter and it's a chance to start fresh, let go of what has happened, make changes if needed and move on. What will that first page in this next chapter look like? That is up to you!

We know that the holiday season and winter in Manitoba can be a difficult time. If you, or someone you know, needs some support and someone to talk to, please know that we are here. If you are ready to make progress on your goals and plans for the future, then we can provide you with the resources and encouragement along the way.

From the board members and staff of Continuity Care, we wish you a very Happy New Year and hope that it brings you good health, happiness, and success.

Call for Volunteer Board Members & HR Committee Members

We are looking for people who would like to contribute their time, skills, experience, and passion for improving the lives of people with intellectual disabilities and their families.

Join us as a board member - You must be over 18 years of age, be a current member of Continuity Care and have the time and the ability to meet monthly (with the exception of December, July and August). Virtual option is available.

Join our Human Resources Sub-Committee – You must be over 18 years of age and have the time and ability to attend 4-6 meetings throughout the year and have an interest, skills and experience with Human Resources, employment legislation and a passion for policies and procedures.

If you are a good fit with either of these opportunities, then please contact our office for more information by phone at (204)779-1679 or by email at info@continuitycare.ca

Call for Volunteers - Mike Keane Celebrity Hockey Classic

We are excited to be a part of the 11th annual Mike Keane Celebrity Hockey Classic. This event is a huge financial support for us. The event will take place on:

Wednesday, January 31 & Thursday February 1, 2024

We are reaching out to our wonderful volunteers to lend us their time for a variety of tasks based on your availability during the evening of January 31st or daytime (8:00 - 4:00) on February 1st. We will email a poster within the next two weeks with more information. Contact the office at (204) 779-1679 or email info@continuitycare.ca



Remembering Terry Williams



We said a sad farewell to one of our board members and friend, Terry Williams, who passed away suddenly on September 4th, 2023. Terry joined the board in 2011 and contributed his time and talents in a variety of different ways. He was the Chair of our Human Resources Committee and provided our staff and fellow committee members with direction and support. Terry was also the lead driver for the Mike Keane Celebrity Classic for several years and enjoyed transporting the NHL pros and special guests (including the Stanley Cup and handler) during this event. Terry graciously offered to help out with various events, including our recent anniversary and family fun nights too.

Terry will be fondly remembered for his warm and friendly smile, his funny stories, his musical talents and his genuine care and compassion for others.

Our sincere condolences to Terry's wife, Janet, his children, grandchildren and his many friends and colleagues.

He is missed already and by so many.



Baby Boomer Café

We have exciting news to share with everyone at Continuity Care! Baby Boomer Café is now the **Family and Friends Group**.

This caring community of members was initiated by the Steinkopf family to address the need for parents with children with intellectual disabilities to ensure their children continue to have a place to socialize and build relationships. Over time, the dynamics of the group changed to include parents, siblings, and caregivers of all generations, and it was felt that a new name for the group was needed. After much discussion, we chose "Family and Friends Group".

Our goals are:

- * to work more closely and collaboratively with Continuity Care;
- * grow the number of events during the year;
- * increase the number of families that we support in a warm and safe environment; and,
- * regenerate the organizing committee to ensure we have sufficient resources and new ideas to help keep the Family and Friends Group a fun and exciting place to gather.

If you think this might be a place for you to bring your family member(s), please come out to **our next Family and Friends Group event which is being held on January 27, 2024 at the Kildonan Community Church**. There will be food, beverages, stories, singing and fellowship. Space will be limited. More details to follow in the new year.

For more information about Family and Friends Group, please call the Continuity Care office at 204.779.1679 or email: info@continuitycare.ca

Family & Friends Group (formerly Baby Boomer Café)

On a late summer day, September 10, 2023, 46 people (from the ages of 1 - 92) attended an awesome Baby Boomer Café at Kildonan Park and we welcomed some new faces to our event.

Everyone had a great time connecting with others, singing, laughing, playing sports, and eating! Mike's Scavenger Hunt was lots of fun. Gisela led an army of folks in the exciting cornhole tournament. Albert marshalled the sport of bolo.

Gathering around the bonfire, singing songs with Maestro Bob, dancing, and toasting marshmallows was indeed special. The potluck supper was absolutely delicious! Chef Ray was the barbecue pilot. Special thanks to everyone who participated and contributed such yummy food!

We also acknowledge those that were able to make a donation to the Baby Boomer Cafe. Finally we appreciate all the set up assistance Max, Sharon, Gisela, and Patti provided, along with the clean up help by Lorraine.

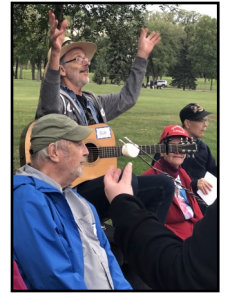
What a wonderful event!



We had a nice turn out of 14 people at Mozienko Lanes for Bingo Bowling. Everyone played including Willie who had never bowled before! We had 4 teams and everyone was competitive. Max had a couple of interesting throws with his ball going between two pins. Wasn't sure how that was possible. LOL!

Afterward prizes were awarded. The top team consisted of Jocelyne, Geoff and Nancy and then we cut into some celebratory cake.

We'll have to do this again sometime. It was great fun.



GOODBYE 2023

WELCOME

2024



**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.

2-120 Maryland Street, Winnipeg, MB R3G 1L1

P: (204) 779-1679

F: (204) 786-6766

info@continuitycare.ca

www.continuitycare.ca



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