



CONTINUITY NEWS

Supporting families in Manitoba to plan for an enriched quality of life for their family member with an intellectual disability

JANUARY 2014

2014 Mike Keane Celebrity Hockey Classic



We are very pleased to announce that Continuity Care is participating in *The 4th Annual Mike Keane Celebrity Hockey Classic!* This exciting tournament is taking place on **February 12th & 13th, 2014** at the **MTS Iceplex (3969 Portage Ave, west of the perimeter)**. This event will allow everyday hockey enthusiasts to team up with former NHL greats to play hockey and raise funds for The Winnipeg Jets True North Foundation and Continuity Care.

Continuity Care is once again the official *“volunteer provider”* for the tournament and we are looking for approximately 30 people who would be available and interested in helping out the evening of Wednesday, February 12th and throughout the day on Thursday, February 13th at the MTS Iceplex (near Assiniboia Downs) with a variety of tasks. You do not need to commit to the entire day, as we will assign you to a job and shift based on your availability.

Another way to show your support for this important fundraising event is by sponsoring a hockey player on one of the 18 teams that will be participating in the tournament. Each team is sponsored by a Manitoba business or corporation. One of the teams entered in this year’s tournament is **The Frontiers North Cardinals**, co-sponsored by Frontiers North and Cardinal Capital. This team will be representing Continuity Care as Merv Gunter (owner - Frontiers North) and Brian Coughlin (V.P. of Business Development - Cardinal Capital) are both Board Members of Continuity Care.

The players on each team will be collecting donations towards their own fundraising goal and the total amount raised by the team will determine their ranking on Draft Night. The team with the highest fundraising total will get the first choice of NHL pros on draft night and they will also play against all of the NHL pros in the final game of the tournament.

Please show your support for Continuity Care and consider making a donation to **The Frontiers North Cardinals** or a team/player of your choice by visiting the Mike Keane Celebrity Hockey Classic's website at www.keanehockeyclassic.com. Official tax receipts will be issued for donations of \$20 or more.

Hockey fans can come out and support this event as a spectator on **Thursday, February 13th**. Tickets will be available at the door for \$10. This allows access to watch games throughout the day and for the final game which features the NHL pro’s playing against the team that ranked #1 in the draft.



We thank everyone for their support and look forward to sharing the excitement with you! We would also like to take this opportunity to express our appreciation to The Winnipeg Jets True North Foundation for their continued support.

INSIDE THIS ISSUE

Mike Keane Celebrity Hockey Classic	page 1
Family Fun Night	page 2
Making Waves	page 2
Manitoba News	page 3
Resource Library	page 3
Baby Boomer Cafe	page 4
Holiday Greetings	page 4

WE PUT THE "FUN" IN CONTINUITY CARE'S FAMILY FUN NIGHT

Continuity Care's Family Fun Night was held on Saturday, October 5th, 2013 in the gym at the Robert A. Steen Community Centre. It was a great success, especially if you are measuring by the amount of smiles and laughter of the 66 people who attended this fun filled event. The gym was decorated with a colorful fall theme and as guests arrived, they were treated to guitar tunes played by Chris. Once people had arrived and were settled, they enjoyed a meal of pizza and salad, followed by cookies and ice cream for dessert. After supper there was time for more visiting and guests circulated around the various activity centers; including crafts, games, BINGO and bowling. Door prizes were drawn throughout the evening and a chance to win more prizes as part of the activities. A few members showed off their moves on the dance floor towards the end of the evening. Overall, a good time was had by all and the feedback we have received from those who attended was very positive. The goal of the event was to provide our members (new and existing) with an opportunity to get together and enjoy some time together as families. We hope that we can build on the success of this event next year and make it an annual event.

A bouquet of thanks to the Family Fun Night Committee Members: Jane Schledewitz, Linda Ormonde, Liz Allen and Suzanne Swanton and to the additional members who volunteered their time and talents at the event: Chris, Sam, Joyce, Katherine, Irma, Brian S., Brian O., Dan and Abby.



Making Waves: Affordable Swimming Instruction for Children with Special Needs

The Winnipeg chapter of Making Waves is a non-profit group that was founded in 2011 and has now grown to over 100 kids and 50 instructors! Making Waves provides affordable and accessible one-on-one swimming instruction to children with special needs.

Making Waves offers:

- one-on-one instruction for your son or daughter
- a safe environment for your child to learn how to swim
- volunteers run the program and are well educated on swimming instruction and safety
- a chance for friendships and fun that every child deserves
- summer camps
- summer activity days

Children ages 3-18 with any disability, diagnosed or not, are welcome and encouraged to participate. The cost is \$20/session, which includes 10 lessons. One-on-one lessons are held Saturday evenings at Seven Oaks Pool at 444 Adsum Drive, and run for half an hour. Parents are welcome and encouraged to watch. Paid lifeguards employed by the pool are always on duty. The majority of our instructors are university students who volunteer their time to benefit the kids. The combination of volunteers and fundraising allows us to keep costs to a minimum.

On January 5th, 2014 at 1:00pm, there will be a registration and parent information session at Breezy Bend Country Club at 7620 Roblin Blvd. If parents are unable to attend but still interested in enrolling their children, they can contact Cameron Krisko at: info@makingwaveswinnipeg.org or (204) 612-4440.

Bill 26, The Accessibility for Manitobans Act, Becomes Law

Landmark legislation that will remove barriers and improve accessibility for all Manitobans received Royal Assent on December 5, 2013, and became law. Bill 26 received all party, unanimous support when it passed third reading on December 3rd, 2013 which is significant, as it was International Day of Persons with Disabilities.

"Nearly one in six Manitobans has a disability and this number is expected to increase, due in part to an aging population," said Jennifer Howard, Finance Minister and Minister responsible for Persons with Disabilities. "This legislation will lay out a framework to guide the development and implementation of accessibility standards to improve the independence and social inclusion of Manitobans where they live, learn, work and play."

The main goal of The Accessibility for Manitobans Act is to prevent barriers by working with the public and private sectors on long range plans. "Now that the legislation has become law, we will need to create a greater public awareness of the benefits of full accessibility by working with stakeholders and general public to change attitudes, policies and practices," said Jim Derksen, chair, Manitoba Accessibility Advisory Council.

It was a five year journey to reach this important day in Manitoba's history and it involved the hard work, determination and collaboration of many individuals, family members, disability advocates and organizations, community and business leaders, as well as representatives from government, in particular Minister Jennifer Howard, PC Critic Leanne Rowat and Liberal Leader, Dr. John Gerrard. Barrier Free Manitoba played a huge role in keeping this important legislation moving forward and we thank the members of the Standing Committee: Dale Kendel (Community Living Manitoba), David Steen (Society for Manitobans with Disabilities), Jeannette DeLong (Abilities Manitoba), Janet Forbes (Children's Coalition), Oly Backstrom (Manitoba Supported Employment Network) and Patrick Falconer (Consultant). "Good intentions don't move mountains, dedicated and committed people can and do!" (Source: <http://www.barrierfreemb.com/> & <http://www.gov.mb.ca/dio/>)

Continuity Care Resource Library



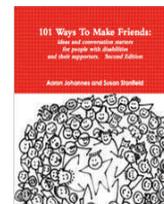
101 Ways to Facilitate Making Friends - How to Engage and Deepen Support Networks for People with Disabilities

by Aaron Johannes, Jim Reynolds and Susan Stanfield



101 Ways to Make Friends - Ideas and Conversation Starters for People with Disabilities and Their Supporters

by Aaron Johannes and Susan Stanfield



Members' Book Picks

Mother of the Year and Other Elusive Awards - by Kalyn Falk (a Winnipeg author)



Kalyn throws open the doors into the world she shares with her autistic son, Noah. While she is frank about experiencing the darkness of grief and worry, her story is remarkable for exposing the laughter, the deep connection with others, and the optimism that so obviously buoy her. In telling her story, Kalyn reminds the reader, and in particular every parent who has faced challenges with a child (and truly, few have not) of the hope and joy that is to be found even amidst isolation and struggle.

Baby Boomer Cafe'



On Saturday November 30th, 2013, we held our Baby Boomer Café at the Kildonan Community Church. Twenty four attended and a good time was had by all. It was a real celebration of Hanukkah, Christmas and even a birthday too. We began the Cafe by welcoming Monique and her sister, Aline, as new members to the Café. Albert Yanofsky and his family lit the Hanukkah Candle and led us by sharing a special

Hanukkah prayer before we began to eat. The food was scrumptious as usual with everybody cooking their favourite dish and sharing it. We lit the candles on a birthday cake and sang happy birthday to Terrylinn Johnson. Family members then lit candles to remember loved ones who have passed on. Crib and cards were played by some and the music led by Bob Hanley was lively and fun. Everybody sang "Here Comes Santa Claus" and "Jingle Bells" as Ben Friesen put on his Santa Claus Hat and passed out candies.

The Baby Boomer Café is an opportunity for adult siblings and their brother or sisters with a disability to spend time together. There are 3-4 Café's planned each year and gatherings include musical entertainment, playing games, honoring the memories of past members, celebrating faith and family traditions and sharing a meal together. Our celebrations have a serious purpose as well. As our parents pass away, our siblings with a disability need relationships and friends more than ever. The Baby Boomer Café is a place where you and your sibling can build relationships and community.

We always look forward to the next Baby Boomer Café and welcome new members with open arms.

Submitted by Heather Friesen



Holiday Greetings

Wishing you peace, joy, good health and prosperity as we say farewell to 2013 and welcome 2014. We value our relationship with you and look forward to working with you in the year ahead.

Happy New Year from the Board Members and staff of Continuity Care.