

Spring 2019

www.lifetimenetworks.org
info@LNV.ca
250-477-4112



FRIENDSHIP • SUPPORT • COMMUNITY

June 15th Annual Gala Dinner and Auction!

Come Celebrate with Us! On June 15, 2019 Max Furniture and The Wilson's Group will host Lifetime Networks' 16th Annual Gala Dinner and Auction in our new location at The Delta Ocean Pointe Resort. Over the past 15 years this event has raised over \$750,000.00.

Lifetime Networks has been fortunate to have many long time Gala supporters. Country Grocer, 1550's Pub Style Restaurant and LA Limousine have been supporting this event from the beginning. Other supporters include: Magicuts, Inclusion BC, Flaman Fitness, Urban Signs, Smart Dolphins, University of Victoria Social Science, Cedric Steele Realty Ltd. Maximum Express, Il Terrazzo Ristorante, Tigh-Na-Mara Seaside Spa Resort, Marcia DeVicque GlassWorks and many more.

In 2015 Lifetime Networks became a member of the Chamber of Commerce. We were honoured in 2016 to be the runner up as Business of the Year and in 2017 we were named Non-Profit of the Year. As exciting as these honours were, the greatest benefits we have received through our membership with the Chamber are our connections with Al Hashim of Maximum Express, Rahim Khudabux of Max Furniture and John Wilson of Wilson's Group. In 2017 with Al's help, Max Furniture and Wilson's Group signed up to be our Title Sponsor at the Gala. Since then they have been amazing supporters. They exemplify philanthropy. Each gives back personally and through their businesses to the Greater Victoria community, setting a great example for all.

Money raised through our fundraising efforts go to support programs for people who would otherwise not be able to afford them; one example is a Network for a woman in her early 50s. Her daughter was attending school full time and working two jobs to support herself and her Mom. Upon hearing this it didn't take much to come to the decision to subsidize this Network, which has made a huge difference in both their lives. Providing such assistance would not be possible without the support of our sponsors, donors and attendees of our Gala.

To buy tickets to the event, to donate, or to sponsor please contact Carlene at 250-477-4112 or Carlene@Lnv.ca



Follow Us On Social Media!



Lifetime Networks Victoria



Lifetime Networks Victoria



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Lifetime Networks Victoria



Lifetime Networks

www.lifetimenetworks.org | info@lnv.ca

Fostering networks of friendship and support
for people with diversabilities to enhance community.

Being a Citizen: The Next Generation

The Original



What a winter we've had! Despite the weather, we've been keeping busy making delicious recipes, filming news stories, writing fan fiction, and continuing to develop our literacy and numeracy skills.

Spring brings new beginnings, and we have some big changes on the way for our Being a Citizen program. We are saying goodbye but not farewell to seven of our participants who have been attending weekly Citizen classes for years.

The next step in their journey of lifelong learning will be a brand new holistic program. L.I.F.E.-based Service is a new support option aimed to promote community engagement in various forms, such as employment and maintaining friendships, in the next stage of adulthood. With this transition, we will have more room for new faces to join the Being a Citizen program.

Being a Citizen and L.I.F.E.-based Service will work together moving forward to allow our 'graduated' Citizen members to provide mentorship and guidance to participants still currently in the program. Lifetime Networks is thrilled to be involved in this new support option to encourage the continued growth of our individuals. A reminder to all of us to keep striving for what's next! For more information on the Being a Citizen program, visit our website: www.lifetimenetworks.org

- Emilie Longtin

The Remix



Community Engagement

Congratulations to Drew Denny! He went to the Special Olympics provincial tournament in Vernon with his curling team the 'Victoria Vipers' and they won GOLD!

Drew has been curling for approximately 15 years with S.O. and has competed many times with teams from Vancouver Island and the mainland. He has won quite a few awards over the years but this is his first gold medal at a Provincial Games level where teams from all over B.C. compete. The next level is the Nationals held next February in Thunder Bay Ontario.

The Vipers have five members and meet once a week from October to February at the Victoria Curling Club. All Special Olympics sports are coached by volunteers and without them many of these athletes would not have the opportunity to enjoy the fellowship of sport, personal achievement and the excitement and challenge of competition. Winning is great but for Drew and his teammates the S.O. motto "let me win but if I cannot win let me be brave in the attempt" sums up the spirit of their competitions.

- Patricia Murray



A New Way to Learn About Relationships



Our Healthy Relationships class, launched last September, has been a real hit. Due to this success, we decided to adapt our PODS model to expand the reach of the Healthy Relationships program. PODS allows two or more individuals with similar goals to meet up together in the community and explore common interests. Our first Relationship POD consists of three individuals who want to learn more about how to have healthy, safe, and fulfilling relationships in their lives. This includes personal relationships with friends and family members, romantic relationships, and the relationship with one's self. They meet once a week with a support person who provides structure and guidance as they explore these topics together.

- Lyndsey Wheat

Lifetime Networks Presents: Employment Coffee House

This is an opportunity for job holders and job seekers to come together and share stories, build resources and broaden networks. Every Wednesday from 3:30 – 5:30pm drop by Lifetime Networks for a cup of coffee and a chat. This is a great opportunity for individuals who are employed to discuss any questions or issues that come up at work, and receive advice and support from their peers. An employment staff person will also be present to offer guidance. **The best part? It's free!** RSVP to info@Lnv.ca and tell us your favorite afternoon snack!

- Lyndsey Wheat

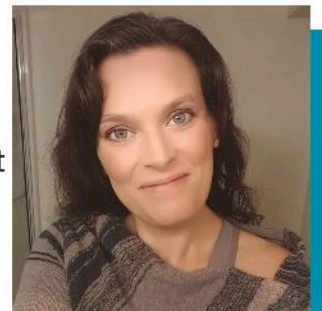


Attention Job Seekers!

Do you want to find a job, but don't know how to begin? Are you interested in brushing up your resume and interview skills? Are you looking for guidance on appropriate workplace behaviour? Confused about paychecks? Come to our Employment Skills for Success workshop! We go over all these topics, and more! The workshop runs every Thursday from 3:30 – 5:00pm. Only \$50 to attend from now until the end of June. **Contact info@Lnv.ca for more details or to register.**

Welcome Frances!

Frances is the newest member of our Lifetime Networks team, taking over for Sarah Leangen in the role of HR Specialist. Born in Winnipeg, Manitoba, Frances moved to Victoria last June. Since then she's experienced her first snow day and her first real spring. Frances comes to us from the Family Maintenance Enforcement Program in Victoria where she worked as Enforcement Officer. Her previous HR experience includes HR Manager for Home Depot and HR Manager for NRG Research Group. In her spare time she likes to hula hoop, foster animals and spend time with friends and family.





SUMMER 2019

FRIDAY BBQS

4:30 - 7:00 pm

July 5, 12, 19 & 26th
August 2, 9, 16 & 23rd

\$140/month

#102-4090 Shelbourne Street, Victoria B.C.
Please Register at 250-477-4112 or info@Lnv.ca

To help provide lasting friendship and support to people with disabilities,
I would like to make a donation to Lifetime Networks.

☐ My cheque for: ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$_____ is enclosed.

☐ Please charge: ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$_____ to my:

☐ Visa ☐ Mastercard

Card #: _____ Exp: _____ CSC: _____

Name: _____ Signature: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Phone: _____ Email: _____

Networks - Spring Into Action!



We have been busy in the Networks program, and have helped launch four new Networks in the last several months. The Networks program supports individuals to find and build friendships with members of the community who have similar interests and are also looking for new friends. Each Network has a Facilitator who helps to mentor, organize and support the budding relationships. For some of the people who have Networks, the monthly fee can be a barrier. We truly believe in the power of friendship, so a lot of our fundraising dollars go toward subsidizing individuals to access the Networks program. One of our fundraising activities is to reach out to our staff to ask if they are interested in making a regular donation to Lifetime Networks that is deducted from every paycheque. As the result of a recent request, 8 of our

amazing staff members signed up to donate! We are so grateful to each of you for helping us to build friendships and inclusion through the Networks program.

- Heather Bergink

InclusionWorks!

Has had a wonderful start to the New Year! We are expanding our palate and culinary skills by preparing lunch on Mondays. We stay in fantastic shape at Bootcamp! We continue to develop infrastructure in our Colwood greenspace - this summer should be an excellent initial growing season for us. The group has also begun refinishing wood furniture. We are also excited to be celebrating growth in individual employment. Bring on summer!

- Mark Sheppard

Theatre Troupe: *Journey to Breakfast Sandwich Island*

Join professional adventurers Kai and Travis on a harrowing quest to discover the legendary lost "Breakfast Sandwich Island". Thrill as they battle pirates, sea monsters, jellyfish and the terrifying mental control of "Confusion Island"!

Featuring completely new material written entirely by the group, and special appearances from Queen Kathy, Ben & Jacquie, Gladys the Fairy, Grant the Shark, The DeviANTs and Pamela Williamson's Hawaiian Spectacular! The Lifetime Networks Theatre Troupe is proud to present a new masterpiece of comedy, music, and high drama written and performed by the members themselves, backed up by The Derwin Blanshard Orchestra and presented in the beautiful and historical Langham Court Theatre in 3D!

This production will contain occasional mature themes.

Where/When: Langham Court Theatre, Friday May 10, 7:00-8:30pm

Tickets: \$15.00. **Please go to:** <https://www.langhamtheatre.ca/boxoffice/buytickets/> or visit the Langham Court Theatre Box office to purchase.

- Nicole Baker



Events

Spring Sessionals

April 1st-June 22nd

Earth Day

Saturday, April 13th

9:00am-3:00pm at

Lifetime Networks &

Sooke Elementary

Theatre Troupe

Friday, May 10th 7:00pm

at Langham Court

Theatre

Summer BBQs

Fridays 4:30-7:00pm

July 5, 12, 19 & 26th

August 2, 9, 16 & 23rd

Lifetime Networks' 16th Annual Gala & Auction

Saturday, June 15th

at 6:00pm

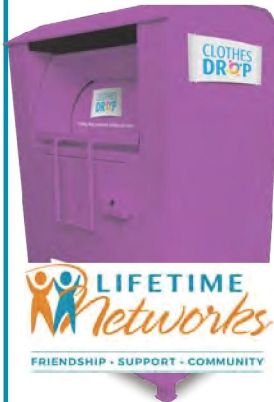
Delta Ocean Pointe

Resort

Visit our website for more!
LifetimeNetworks.org/Events

OH&S Newsletter 2019

The Joint Occupational Health and Safety committee wishes to acknowledge the many improvements to Lifetime Networks' Occupational Health and Safety Program made by Sarah Leangen during her time as our committee Co-Chair. She will be missed and we wish her continued success in all future endeavors. The committee will begin seeking nominations for a new workers' representative co-chair. Those staff members wishing to submit a nomination can do so via email to Nicole Baker at Nicole@Lnv.ca by April 15, 2019. **Safety tip of the month:** remember to be extra vigilant on ramps and in entryways to avoid slips, trips, and falls during this wet season.



Lifetime Networks' Clothes Drop bins have prevented 85,000 pound from reaching our landfill this year. We have 12 bins located in the Greater Victoria area. These bins have also raised over \$30,000.00 and created employment for two members of our community!

All funds raised from this program provide sustainable employment, and affordable programming for people with disabilities.

Use our website to find a bin near you!

Or contact us and we can pickup!

Call us at [250-477-4112](tel:250-477-4112) or visit

LifetimeNetworks.org/Get-involved/#Clothesdrop



Thanks to all who attended our March 20th Annual General Meeting!
Congratulations to all our Award recipients!!!

5 Year Awards: Heather Bergink, Melissa Broadhurst, Travis Graham, Melissa MacDonald, Mike Mackereth, Cyllene Richmond and Alex Saunders.

10 Year Awards: Lynn Smedley, Martina Wanders-Struchtrup and Gemma Fraser.

Volunteer of the Year – Katie Jackson from Best Buddies

Employee of the Year – Sean Smerdon

Peiter Van Rheenen Scholarship – Cam Jacklyn

Special thanks also to our guest speaker, Karla Verschoor, Executive Director of Inclusion BC.

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