

Spring 2020

www.lifetimenetworks.org

info@LNV.ca

250-477-4112



FRIENDSHIP • SUPPORT • COMMUNITY

The Sandwich Initiative

Hello!

Covid-19 has made it even more difficult for many individuals who don't have a home and had a lot of the resources they relied on close on them. The closed resources meant that getting food out to the individuals was difficult. After my friend Paul responded to a post from the "Covid-19 Coming Together" Facebook page, we started doing the sandwiches as we felt we could do something to help others. That night with Paul, we came up with the name "The Sandwich Initiative" and made a Facebook group page. After the first few days, with the help of many volunteer households, each different household was making 150 sandwiches in a day, and as of now the sandwich initiative has made over 4,380 sandwiches.

I wanted to be a part of this as I love helping others and putting a smile on their faces. This has made me feel super good knowing that the individuals are still getting food because for some individuals, this might be the only food they have in a day. We are all in this together, so I feel it's important for us to work together too!

From: Adam



We're on Social Media!



/LifetimeNetworksVictoria



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/Lifetime Networks

www.lifetimenetworks.org/

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

Being A Citizen

As a program, we've been doing our best to make sure all of our participants are able to stay connected, both to staff and to each other! We've been organizing a series of daily events and activities, in conjunction with Theatre Troupe and Inclusion Works! In addition, staff have a routine of personal phone check-ins with participants. Some examples of group activities have included Hamster Olympics and Fried Chicken Sandwich livestreams, countless zoom check-ins, daily trivia and science classes. The feedback has been great for all of our activities.

We invite any and all participants from every program to join us for as many of the activities as they wish! Our more academically oriented units require participation, but we hope to see as many of you as possible!

Virtual Schedule	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
10AM	ZOOM Check in	ZOOM Check in	ZOOM Check in	ZOOM Check in	Music with Pascal
11AM	Literacy with Mike	Science with Spencer	Gameshow	Science with Spencer	Let's Dance with Mark and Courtney
12PM	Trivia	Trivia	Trivia	Trivia	Trivia
1PM	Monday Matinee	Home exercise with Mark	What's Cooking? Fried Chicken Sandwiches	Ashley's Garden	Healthy Relationships
2PM			What is health?		What is health?
3PM					ZOOM Check out
4PM					
		Citizen Facilitated Zoom room	Facebook Live activities	Inclusion Works! Facilitated Zoom room	

Community Engagement: PIES

PIES stands for People Inside Eating Stuff, and is a special iteration of the PODS (People Outside Doing Stuff) program. PIES and PODS are on hold but we wanted to give an update!

PIES was created as a person-centered solution to three of the participants' expressed needs. MS did not enjoy the large group nature of Friday cooking and would often self-isolate. DT was already in a cooking group on Wednesdays. GW was looking for some less formal in-office-type programming. These individuals had expressed a desire to spend time together outside of program, but this was made complicated by their living situations as well as concern for their safety if they were unsupported out in the community. PIES was cooked up as an opportunity for them to spend time together as friends, in the community, in a casual setting, whilst also practicing life skills such as grocery planning and shopping, budgeting, interpersonal negotiation, cooking, and cleaning. The participants take turns being the one to decide the menu, taking into consideration the "two vegetable" rule, and the preferences of the rest of the group. During the grocery shop, one person is tasked with keeping track of the ingredients and spending. To further encourage their understanding of budgeting, the group can choose to use any leftover grocery money to save up for other outings such as the board game café, or a pub visit (no alcohol).

L.I.F.E.-Based

In the midst of all the strangeness and isolation in the world, let's take a moment to celebrate some of the great things happening with our L.I.F.E.-Based folks!

Upon entry into the pilot program, Brayden's goal was to pursue his passion for baking. He dreamed of finding a job where he could work with his hands to create aesthetically beautiful and delicious treats. However, with little hands-on commercial baking experience, Brayden had to determine what steps he needed to take to achieve his dream.

Brayden decided that his first step was to gain additional hands-on baking experience. Using a contact of one of his L.I.F.E.-Based Community Support Workers, he was able to secure a volunteer position at the Shelbourne Community Kitchen. Since August of 2019, he has been baking for the service users of the kitchen one day each week!

With a secure plan in place for increasing his experience, Brayden decided that his next step was to update his baking credentials. With support from another L.I.F.E.-Based CSW, Brayden has been working tirelessly at preparing for the admission tests for the Culinary Arts Program at Camosun, and the Professional Baking and Pastry Arts Certificate Program at VIU. Brayden is also enrolled in two mandatory pre-requisite courses for these programs. Way to go Brayden!

Kris's primary goal was to use his L.I.F.E.-Based support to find a way to contribute to his community. He has since secured two meaningful volunteer positions at two different community organizations. On Tuesdays, Kris supports the administrative team at the Victoria Disability Resource Centre (VDRC). He inputs and updates information from parking placard applications into a secure database. This task helps the VDRC keep up-to-date information on all of their service users. On Thursdays and Fridays, Kris provides companion support to residents at The Lodge at Broadmead, which is a veteran's memorial care home in Broadmead village. With Kris's interest and familial relations to the military, he is able to provide interesting and engaging conversation to many of the residents. These conversations are meaningful to both him and to his companions. Keep it up Kris!

Networks

The description of the Networks program at Lifetime Networks begins: "Connecting with people and making friends can be very difficult, in fact sometimes almost impossible!"

When we initially wrote those words and dreamed up the Networks program, we did not imagine a global pandemic to which the responsible reaction was physical distancing. We were thinking of all the other barriers to developing friendships, such as a lack of experience, lack of confidence, lack of reliable transportation, lack of financial resources, lack of organization and/or communication skills.

With this additional barrier of not being able to meet up with our Network friends in person, the folks in the Networks program are getting creative in the ways they stay in touch with their friends. We are reaching out by phone, video chat and social media to the individuals supported, their families, staff & friends to make sure that everyone has support to meet their needs during this uncertain time. We have launched a brand new Facebook group for folks in the Networks program and are experimenting with playing games together online, watching favourite TV shows and then discussing them, planning activities for the future when we can meet face-to-face again, and texting each other funny photos.

OH&S

The Occupation Health and Safety committee want to pass on a few friendly reminders to everyone in these very uncertain times:

- Please continue to practice physical distancing and practice frequent hand washing.
- Remember to go outside and get some sunshine! Vitamin D is very important to our wellbeing.
- Continue to drink many fluids. Warm fluids are especially encouraged right now.
- Ensure you are consuming fruits and vegetables as part of your well-balanced diet.
- Ensure your workstation at home follows the same ergonomic principles as your workstation at the office. Take breaks to stand up and stretch!
- Stay connected with members of the community who may not have many natural supports.

We will follow public health orders but hopefully this can happen as planned!

Lifetime Networks' SUMMER PICNIC

AUGUST 29 2020

11:30 AM - 1:30 PM
MOUNT DOUGLAS PARK
(FIELD AREA ABOVE THE LOWER PARKING LOT)

Please RSVP: 250-477-4112 or
info@LNV.ca

Bring a lawn chair/blanket, your own plate/cutlery/beverage, a salad or favourite dish to contribute to the food table, games, musical instruments, etc. Sandwiches and dessert will be provided!

Lifetime Networks is keeping up with resources during the pandemic.

Visit

lifetimenetworks.org/resources for some activities (including colouring pages to print at home, online games) as well as links to government resources and other important information.

Thank you

to all the family and friends who have donated to Lifetime Networks in memory of a loved one who has passed.

All monies donated are added to the Pieter Van Rheenen Scholarship fund. To make a donation or to inquire about leaving a legacy gift, please contact Carlene at 250 477 4112 or **Carlene@Lnv.ca**.

Employment Support

A big 'shout out' to one of the program's participants who has been hired by a local theatre organization! This is a success that is most exciting and inspiring.

Lifetime Networks is excited to announce that our Employment Program has grown! Our employment program now has a team of two. We have welcomed another Employment Specialist, Chery Angelica, to the program. Chery has a degree in Social Work and Legal Services, and brings a strong background in supporting people with disabilities to her new role.

Together, Employment Specialists Tricia and Chery provide services which include: the discovery and exploration phase, job development, job coaching, and job maintenance/retention. They offer workshops for job seekers and job coach training sessions. Currently the Employment Support program is recruiting Job Coaches; please contact Chery at employmentsupport@LNV.ca if you are interested in supporting employees on the job.



InclusionWorks!

Best wishes from the Inclusion Works family to everyone in these odd times. IW participants, staff and families have worked well together to make our transition to virtual supports. We now facilitate virtual workouts, lessons, live check-ins, and arts and crafts. Staff are so impressed by how well the participants (and family members) have embraced technology, and how well they have kept in contact with us during this difficult and peculiar time. Staff continue to maintain our developing community garden at the Kjosa house, and it will certainly be blooming by the summer!

17th Annual
Gala, Dinner, and Auction
OCTOBER 30 2020
at the Delta Ocean Pointe Resort
6:00 PM - 10:30 PM
\$85 per person
For tickets please call 250-477-4112
or email Carlene@LNV.ca

max
FURNITURE

THE WILSON'S GROUP

Upcoming Events

Summer Picnic

August 29

11:30 am - 1:30 pm

Fall Sessional Programs

begin the week of
September 21st

Gala and Auction

October 30

For more events and
information, keep an
eye on our social
media or visit our
Events page!

LifetimeNetworks.org/Events



"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver."
- Mr. Rogers

Autism Funding

If you have Autism Funding, those funds can be used to purchase services through Lifetime Networks.

**Thank you to all of our donors and sponsors.
Together we are making a difference!**



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: _____