

Fall 2020

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



FRIENDSHIP • SUPPORT • COMMUNITY

Keep Calm and Network On

In March 2020 many things stopped for a little while, but not the Networks!

After the recommendation to stay at home and only go out when necessary, the friends in all Networks got in touch with each other via emails and phone to make sure that everyone was ok and had the support they needed. Groceries were dropped off, errands were run for those more susceptible to the virus and moral support offered to those who felt helpless and confused. After a short while, many of the Networks set up “virtual meetings” and saw each other on a computer or cell phone screen, and embraced the challenge of using technology that was, until then, unknown to them. In April, May and June most people got used to this kind of meeting, along with weekly phone calls and funny pictures over text, good old-fashioned post cards, little packages left on doorsteps, ice cream deliveries and many additional creative ways to connect.

Everyone was very happy when we were able to meet each other again face to face, and almost

all Networks have gathered in person again to celebrate in their own way: waving to each other from one balcony to another, going out for a swim, having a picnic at the beach or in the yard. The time with COVID really shows that Networks can be relied upon; the friendships were tried and stood strong.

The Networks program builds small, lasting circles of volunteer friends from the community around individuals with diversabilities.

If you are interested in becoming a Network Friend, or would like a Network for yourself, please contact Heather (heather@LNV.ca).



Nicole, Damon, and Dennis enjoyed some socially distant fun outside



The first physically distant balcony visit Heather and David were able to make with their Network friend Douglas at his home. Can you spot Douglas down below?

We're on Social Media!

-  /LifetimeNetworksVictoria
-  /LifetimeNetworksVictoria
-  /LNVic
-  /Lifetime-Networks-Victoria
-  /Lifetime Networks

www.lifetimenetworks.org/

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

Being A Citizen



As we near the end of the summer, it's the perfect time to reflect on what has been a very different year. There was no camping trip, no tour of the Aviation Museum, and no day at Fort Rodd Hill. These are usually the obvious highlights of my summer, but this year, thanks to the people that come to Being a Citizen, the real highlights remained. It was just yesterday that I shared a few laughs with Vinnie. His smile will stay in my memories forever. The laughing and the fun we had this summer, because of the will of our people to push through this strange time, was incredible. Thank you all for making me forget about what we were missing this year.

We have had new friendships built, old ones reunited, and a new summer activity that became extremely popular! GOLF Pod was an idea from a participant that had people waitlisted to join. It's become a highlight for Lifetime Networks' social media, and a bright example of new friendships created. The participants join GOLF Pod from Being a Citizen, Inclusion Works, and Community Engagement. The group will continue in the fall. Now that Max has shot one into the bucket, the competition to match it will be intense! Almost as intense as trying to lure Pascal away from supporting this group.

Let's keep the friendships building as we move into fall and lessons begin again.

-Mike Mackereth, Program Co-ordinator



Best Buddies

September is quickly approaching, and with it... Best Buddies 2020-2021! In light of COVID-19, things will look a little bit different this year.

The most notable difference relates to the major group events. Due to the dangers associated with large group gatherings, we will not be hosting any large events this year (Meet & Greet, Karaoke, etc.). However, we are still open to smaller group events like Inclusion Swim and movie nights at the Cinecenta cinema. With limited numbers and strict adherence to COVID-19 procedures and policies, we are confident we can all contribute to the maintenance of safety for all involved.

Since the UVic Fall semester is online, a number of students will not be returning to Victoria in September. For this reason, we will not be recruiting new volunteers. Best Buddies will only be open to those who participated last year. If possible, we are hoping to carry over all matches from the 2019-2020 season. In terms of buddy connections, we will be encouraging both socially distanced in-person meet ups, as well as virtual chats/get-togethers.

In this time of isolation and loneliness, we see the value in maintaining as many social connections as possible. Best Buddies is a valuable form of connection for many people, so we are committed to doing everything we can to ensure it remains a fun-filled experience!

Dynamic Duos

Lifetime Networks is proud to announce the launch of our new program, DYNAMIC DUOS! As with all our programs at Lifetime Networks, we envision all people with disabilities to have equal opportunities to be active in their community. The Dynamic Duos program is a service that connects participants with volunteers to provide assistance overcoming barriers to participation in recreational activities. If we have learned anything from the current global pandemic, it is the importance of accessing outdoor recreation and the benefits of active living and building friendships. Active living not only contributes to our physical well-being, but our social, mental, and emotional well-being as well. As we are moving forward during the pandemic, both participants and volunteers can be assured that the Dynamic Duos Program will be following the current COVID protocols to ensure everyone's safety.

Email Jessie at Volunteer@LNV.ca for more information or to sign up!



FRIENDSHIP • SUPPORT • COMMUNITY

We are proud to announce the launch of our NEW program!! The Dynamic Duos program connects participants with volunteers to provide assistance and companionship to enjoy leisure or recreational activities in the community



Hiking!



Eating!



Biking!

Want to find out more? Contact Jessie at volunteer@lnv.ca

Employment Program

A quick update from the Employment Program:

Two of our fine folks have found employment and are now working steadily. Both have been super motivated to find work. We are happy to report that their lucky employers have found positive and personable employees. Through hard work, as well as being approachable and reliable, these two have succeeded!



Congratulations Keltan!



Congratulations, Tula!

Inclusion Works!

It has certainly been a summer of perseverance and learning for the Inclusion Works family. We had become fully immersed and engaged in our virtual programming during the spring. Virtual programming was able to include natural and health science, discussions of social issues both past and present, and all sorts of home fitness, while keeping it light with a weekly goofy fashion show and visits from 'obscure staff relatives.' We have now fully transitioned back into our regular in-person programming, and we all continue to learn as we go.

Some highlights since we have been back in person include: a few trips to Quasar's Arcade, a movie matinee, some token sunburns, numerous homeruns and bat flips on the baseball diamond, and pounds of sand in our shoes from visiting various beaches – along with an enormous and bountiful harvest from the Kjosa house garden.

Inclusion Works is also taking this current transition time to analyze the services we are currently providing. Inclusion Works has vowed to have a more 'individual focus' as we head into the fall to ensure we are capturing everyone within our family. With this new focus, we still want to ensure we maintain our fun and happy ethos, all while supporting participants to continue to stand taller and further gain confidence and independence. We look forward to tackling the fall together as it comes.

Sessionals

The Sessionals program took a break for the Spring and Summer sessions due to the ongoing coronavirus pandemic. We really appreciate everyone's patience and understanding as we scrambled to cancel these programs and re-register participants for future programs. Our Sessional program instructors, especially, deserve recognition and praise for their care and attention to each participant and family. They called each person individually to check in and say goodbye for the season after the unexpected cancellation of these programs.

As sad as those sudden "goodbyes" were, we are looking forward to some "hellos" as we start up some modified Sessionals this fall.

Cam will be leading our Music group over Zoom for the fall term, because we know that a group of people singing together indoors is one of the quickest ways to spread the coronavirus amongst people. We have cancelled the Monday Social Cooking group because preparing and sharing food in a group is not a safe activity at the moment.

We are excited to be welcoming back to the Shelbourne office the Literacy, Art Studio, Friday & Saturday night Socials and Gals' Group. These groups will be starting up again with smaller group numbers, more cleaning and disinfecting and new health and safety protocols.



Cam and a friendly gorilla play a song together last Halloween

There are still several spaces available in some of these groups. If you are interested in registering, please call 250 477 4112.

Summer Inclusion Service

This year, Lifetime Networks inherited the Summer Inclusion Service (SIS) program from Recreation Integration Victoria. This program provides one-to-one support so a child with a support need can engage and fully participate in a summer camp of their choosing. If a child does not wish to participate in summer camp, parents/caregivers can apply for an Independent Week – a week of community-based activities that the family plans. Regardless of the type of support provided, SIS provides an Inclusion Facilitator for one week. As with most Lifetime Networks programming, SIS looked a bit different in the face of COVID-19. To accommodate reduced demand for the program, we offered second support weeks to those that applied. As a result, some of the children got to work with more than one Inclusion Facilitator. Some children, like Colm, even got a taste of summer camp plus Independent Week support! Colm attended the Ultimate Day Camp at Camp Pringle with Matt and ended the summer off with an Independent Week with Zia. Kids like Colm gave us an awesome first look at how the SIS program can make a difference!

For next year, families can apply to SIS as early as April. Applications are accepted on a first come, first serve basis. Other factors influence our acceptance of applications as well, like Inclusion Facilitator availability and the success of potential matches.

See you next year!

Upcoming Events

Fall Sessional Programs

begin the week of
September 21, 2020

Unfortunately, this year we will not be able to host the Gala and Auction, nor the Goodlife Fitness Marathon.

Visit

lifetimenetworks.org/resources

for links to government resources such as financial aid, and other important information as well as some activities (including colouring pages to print at home, online games, etc).

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, contact Carlene at 250-477-4112 or Carlene@LNV.ca.

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: _____



Lifetime Networks' Clothes Drop bins have redirected 112,000 lbs from our landfill since starting a contract with Big Brothers Big Sisters Victoria in June 2019. This is an important fund-raising piece for Lifetime.

We have 12 bins located in the Greater Victoria area.

All funds raised from this program go back into providing sustainable employment, and affordable programming for people with disabilities.

Use our website to find a bin near you!

LifetimeNetworks.org/Get-involved/#Clothesdrop

Autism Funding

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