

Winter 2021

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FRIENDSHIP • SUPPORT • COMMUNITY

Reflections on 2020

Happy New Year, Lifetime Networks Family!

It is becoming cliché, although true, 2020 was quite a year! I am extremely proud and honoured to be part of a staff team that is unwaveringly creative, flexible and committed, and to be a part of the lives of those we serve, their families, and their supporters. Lifetime is thrilled to be recognized by the Victoria community through two awards; Lifetime is voted the recipient of the '100 Women Who Care' Award, as well as voted Victoria's Favourite Charity in the Times Colonist's Readers' Choice.

I would like to share the following article the Times Colonist published on December 27 to recognize these achievements.

"I believe in community inclusion and I gain so much through spending time with folks with diverse abilities. I love that I am able to meet new people and grow as a person."

Lifetime Networks is a local not for profit agency with a family that includes people we serve, volunteers, staff, community members and supporters. Our goal is to create opportunities for people with diverse abilities. We provide friendship and supports so all people can live rich and rewarding lives in our community – safely and with friends that care.

Lifetime Networks specializes in

developing friendships and supports for people with diverse abilities. Connecting with people and making friends can be very difficult, in fact sometimes almost impossible! At Lifetime Networks, we believe friendship and connections are a cornerstone to a fulfilling life. Through Personal Support Networks, we develop and maintain lasting friendships, true reciprocal unpaid relationships.

Volunteers and staff offer connection through continuing education classes, friendship pods, art studio, music, social groups, employment support, personal support networks, theatre, Best Buddies, Dynamic Duos, and outreach support. It is all about the people we support: their interests, dreams, and goals. We currently offer 35 facilitated activity pods, connecting people through shared interests.

During the past nine months many of our programs, offered virtually, provided an ongoing sense of belonging, connecting friends through virtual cooking, dance parties, literacy classes, art sessions, theatre, games, socials and regular daily check-ins. Staff prepared and delivered 570 meals to ensure marginalized folks in the Lifetime Networks family were fed, safe, and cared for.

"The ability of staff to offer quality virtual programs quickly during COVID, and the ongoing outreach has been a highlight!"
"Lifetime Networks creates a wonderfully supportive environment that allows the unique qualities of my loved one to shine. Many thanks to this amazing organization."

- Pam

"Thank you for your unwavering attention to individuals. You walk the talk of inclusion and of celebrating individual differences as a contribution to society, not a barrier." - Irene

"People at Lifetime Networks respect my decisions and choices big time!"

-Maureen

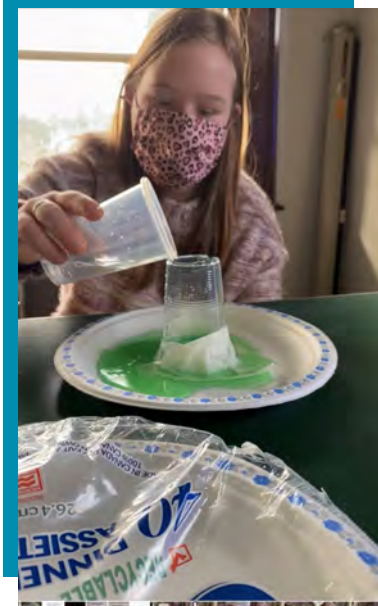
The past ten months have been a journey. I am thankful we shared this together.

-Wendy-Sue



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

Being A Citizen



Hannah concentrates on an experiment

Put on your thinking caps...and your safety goggles...and jump into SCIENCE THURSDAYS!

Every Thursday, the Citizen crew learns cool facts about the world we live in. Each Science day consists of learning from our favourite scientist (none other than Bill Nye the Science Guy!), an interactive jeopardy game to solidify key concepts, and partaking on fieldtrips with Miss Frizzle and her class on the Magic School Bus. But that's not all! The participants also engage in their own science experiments to test out and apply concepts for themselves. Sometimes, things can get a bit messy, as we try out everything from volcanic eruptions to containing storms in a jar. Other times, we see fascinating phenomena of shriveling and expanding eggs, and rainbows suspended in cups! Science is everywhere! We certainly had fun learning about fluids and viscosity and created our own snow globes, and again about magnets and created our own compasses! So many wonders of the world to discover...What will we learn next?

Community Engagement

Happy New Year from the CE Team!

Covid has forced Community Engagement to adapt our programming in many ways. Many of our participants have opted to switch to virtual programming. In the picture, you can see Aviv learning multiplication over Zoom, using colourful buttons and a calculator. For better or for worse, video calls in general have become a norm for people to connect, play games, or learn something new.

When people choose in-person supports, we have various protocols in place to make it safe to get exercise: physically distanced walks in neighbourhoods, hikes outdoors in beautiful locales like Frances King Park, Mt Douglas, and Thetis Lake. Participants who choose to keep fit at rec centres have adjusted to new routines of booking gym and pool visits.

For essential needs, CE has been very busy cooking and delivering meals for people, helping folks get to and from medical appointments, and teaming up with other programs such as Networks in times of medical crisis to make more in-depth support plans designed to avoid crises in the future.

Over the holiday season, we did our best to keep that joyous holiday feeling and sense of family and community. We organized hampers, got people out to see the Christmas lights, and supplied meals, extra clothing, blankets and camping gear for our most vulnerable individuals.

We continue to think of creative and engaging ways to provide the best person-centered support that we can for individuals and small groups, whether in-person or remote. Please stay tuned for some fun and exciting programming options coming to you soon!



Aviv solves math problems remotely

The Big Move! Part 1

One of the first things we did during 2021 was MOVE! It was a large endeavour. Goodbyes were said to the Shelbourne office during the last two weeks of January. Now most of the admin staff of Lifetime Networks are operating out of 2553 Quadra Street, Lifetime Networks' very own building! Renovations will begin soon on the ground level, to prepare program space and modular rooms. Part 2 of the move will happen summer 2021, when programs and remaining office staff shift over to Quadra from Lambrick House.

We are looking forward to the future, when it will be safe to have an open house and show off the official Lifetime Networks headquarters!



Dynamic Duos

Want to go for a bike ride or grab a coffee and wish to have someone to join you?! Dynamic Duos is accepting participants and volunteers! Contact Jessie at Volunteer@lnv.ca for more info.

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

Inclusion Works!

Inclusion Works continues to change and adapt with the current climate. We are thrilled to call the Lambrick Park Church our full-time home, as we have never had our very own space before! In addition to our in-person programming, we have continued our daily virtual programming via Zoom – this can create some unique and comical moments as we blend it all together!

Some highlights from our in-person programming include: many eventful and colourful chess matches between Max and Robert, lots of focused and diligent song-writing by Justin, tons of extremely studious and determined studying of native plants by Raven, and attention to detail around current and new events with Spencer J. Some highlights from our virtual programming include some exceptionally art from everyone during our 'Happy Mistakes' Art hour, some gentle and relaxing yoga and strength exercises, various discussion around practical driving skills and preparing to take the L-test.

We also try to spend whatever time we can outside – sometimes playing physically-distanced basketball or hockey, and even shovelling snow! We have been collecting material in order to build a modular farm stand to better aid us with our harvest from the community garden this summer. We have been working on our math skills while also refining our Spanish-speaking skills.

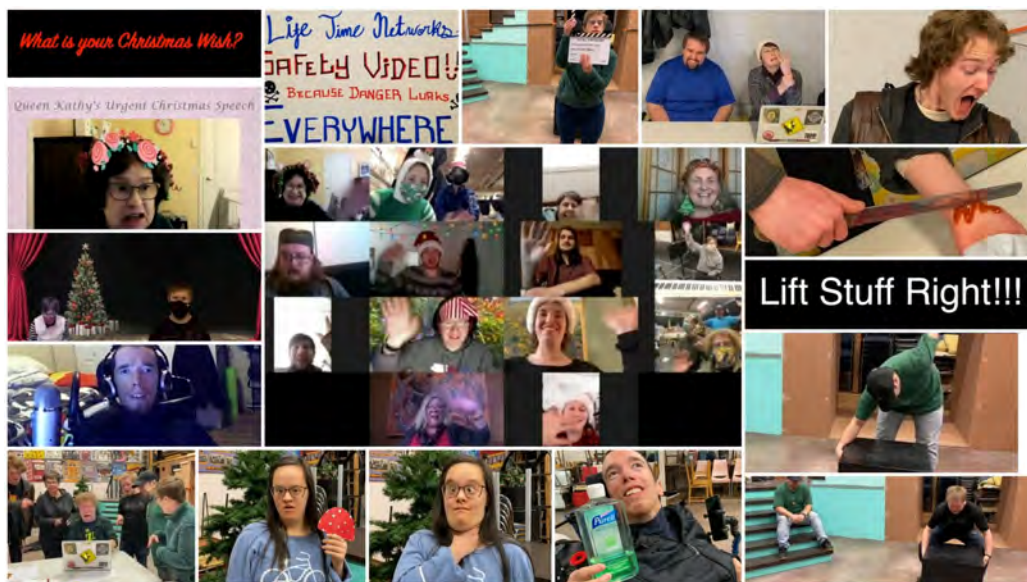
IW is excited to see what 2021 will bring!



IW participants enjoy a summer bbq outside

Theatre Troupe

Instead of our usual in-person Christmas Show, we created a surprise Online Christmas Special! It was a combination of last year's Christmas Spectacular; individual Christmas wishes; a work safety video created in 2019 that will be used in Lifetime's orientations; and newly created songs and videos.



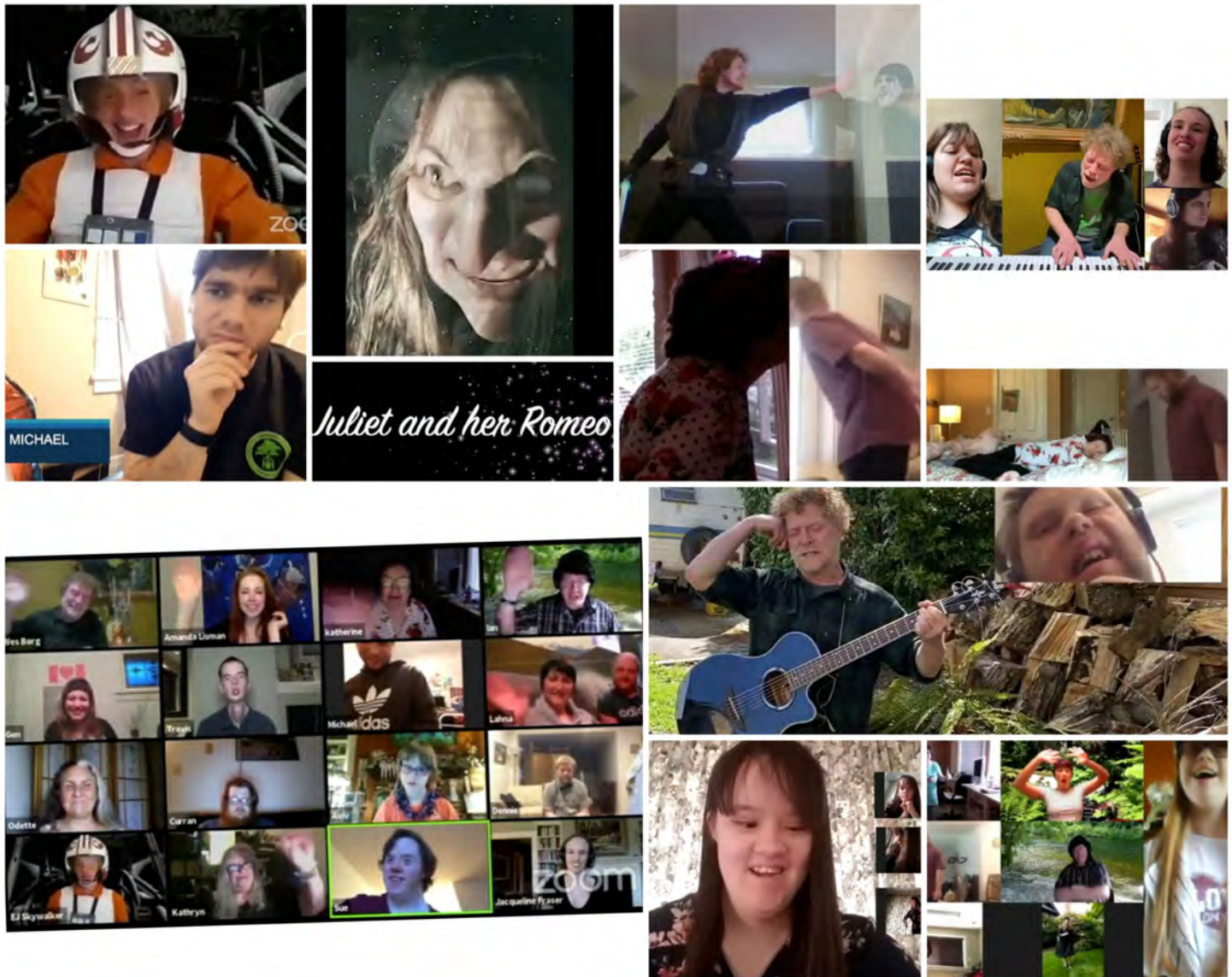
Find the Spectacular here:

<https://youtu.be/nTqstR7BFIs> or navigate to Lifetime Networks' Youtube channel for more content!

Spotlight on The DeviANTS Theatre Troupe

Imagine doing theatre through a computer! Not so easy, eh? Well, Lifetime Networks' Theatre Troupe did it several times, and did it well. As we say in the theatre, "the show must go on." Despite COVID, our Spring 2020 show was a hit! We created and compiled video of EJ Skywalker (Emmett) fighting the Krone-A-Virus (Gen); of Romeo (Dennis) and Juliet (Kathy) meeting, marrying, and dying of COVID; footage of Aviv performing "Try Everything" with backup dancers; as well as individual interviews and past show footage. We proudly livestreamed our show on Youtube for an online audience.

Find the Spring Show here: https://youtu.be/CTT6_70hz4c



When we could finally meet in small groups face-to-face, we got creative with what we had. Since we were gathering in the beautiful backyard of Kathryn Popham's home, which historically was a part of Emily Carr's family farm, we decided to create a film about that famous local artist. In the piece, Emily Carr and Beatrix Potter (who lived during the same time period) become friends and protect the forest animals from Trump's insatiable logging. We used hand puppets, giant puppets, music, dance and costumed acting.

We had so many talented participants creating this piece: a videographer (Josh B.), costume designers/builders (Emmett, Sequilla, Gen), an assistant director (Cassidy), songwriters (Gen, Vinnie, Kathy, Nick, Dennis), singers/rappers (Sequilla, Gen, Vinnie), and many actors (Joanna, Ben, Gen, Sequilla, Kai, Travis, Sam, Kathy, Emmett, Ian, Koko, Vinnie, Emette, Josh S). Stay tuned for its release in 2021!



A big thank you and congratulations to our wonderful Theatre Troupe team for achieving such creative and impressive work throughout these strange times. We will continue to do great work no matter the challenges we encounter! The show WILL go on!

Here is the link to the channel where our past and future shows will be uploaded:
<https://www.youtube.com/playlist?list=PLSt6epau7TRBr4cDBJzAIMOBzzp6-0jAR>

L.I.F.E.-Based

The L.I.F.E.-Based pilot has ended! After multiple extensions, what began as a 9-month pilot has endured as a two-year project. Throughout these last couple of years, we have encountered countless challenges and learning opportunities, the most significant being the COVID-19 pandemic. We have learned to adopt the novel L.I.F.E.-based support structure, while also finding ways to make it our own. We are now thrilled to offer it as a legitimate service option! The L.I.F.E. acronym represents Learning, Inclusion, Friendships (and relationships), and Employment. The L.I.F.E.-Based program supports people to establish themselves in community and create a life outside of paid programming. The goal of the program is to help people connect with community, and develop the confidence and natural support required to maintain that connection without relying on support from a paid staff member. To encourage maximum independence, the support phases in and out as needed, depending on where a participant is at in relation to achieving their goals.

Gen's Story

Gen has been a participant in the L.I.F.E.-Based pilot since day one. She has an incredible talent for art, and a love for working with children. She wanted to use her L.I.F.E.-Based support to find a way to merge these things together. Jenna, in her role as Facilitator, utilized her personal network to gain access to a representative from the Burnside Gorge Community Centre. Through this connection, she was able to secure Gen the opportunity to host a virtual Christmas craft for the Centre's annual pancake breakfast. Once this opportunity was established, Jenna supported Gen with the planning, execution and delivery of the virtual session. The craft was a major success! After the event, the Burnside Gorge Community Centre invited Gen to continue her involvement. Jenna is current working with Gen to establish the specifics of what this ongoing partnership will look like.

View the link below to see the virtual snowman craft session created by Gen!

https://www.youtube.com/watch?v=gfxlV1H53_Q



Gen demonstrates Christmas crafting like a pro



Lifetime Networks' Clothes Drop bins have redirected 69,640 lbs from our landfill in 2020 alone! This is a key fundraising piece for Lifetime, especially with the lack of ability to hold fundraising events at this time. All funds raised from the Clothes Drop program go back into providing sustainable employment, and affordable programming for people with disabilities, as well as supporting our partner, Big Brothers Big Sisters of Victoria.

Use our website to find a bin near you!

LifetimeNetworks.org/Get-involved/#Clothesdrop

Upcoming Events

Spring Sessional Programs

begin the week of March 22, 2021

lifetimenetworks.org/events

Autism Funding

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

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**.

We're on Social Media!



/LifetimeNetworksVictoria



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/Lifetime Networks

Thank you to everyone who participated and donated to our Summer Step Challenge and our #GivingTuesday campaign!

Thank you to everyone who voted for us in the Times Colonist Readers' Choice Awards!

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: _____

WE HAVE MOVED TO 2553 Quadra St. Victoria BC V8T 4E1
Phone: 250-477-4112 Email: info@LNV.ca Website: www.lifetimenetworks.org