

Spring 2021

www.lifetimenetworks.org

info@LNV.ca

250-477-4112



FRIENDSHIP • SUPPORT • COMMUNITY

Events: Physically-distanced and outdoors!

We've got a virtual Marathon Team!

The Lifetime Networks Runners are getting warmed up to participate in the Royal Victoria Marathon's virtual event: the Royal Flush. (Poker, not the other kind.) It's a series of different lengths to run or walk. Participate on your own course, at your own schedule, perhaps with a physically-distanced buddy or two.

[You can find our Lifetime Networks Runners team page here!](#)

Clothes Drop continues to be our best option for fundraising in 2021. We will not be able to host a Gala, Dinner, and Auction this year, but there are starting to be a few events we can participate in. Fingers crossed for 2022's Gala!

In the meantime, Lifetime Networks is hosting a **Clothing Drive with Max Furniture**, in honour of Earth Day 2021. Rahim Khudabux and his mentor and business partner, Al Hasham of Maximum Express Couriers have been longstanding supporters and sponsors of Lifetime Networks. We're very happy to partner with Rahim and Max Furniture for this fundraising event.

Our goal is to **MAX OUT THE MAX TRUCK** by filling it full of clothes! You can participate on Saturday April 24, from 10 am - 2 pm, at Max Furniture, 3460 Quadra St. All the details are on page 3 of this newsletter.

For those who can't make it on April 24, we are always accepting donations of gently used clothing and textiles to our purple bins around town. You can also drop off donations of refundable bottles and cans directly to the Bottle Depot! Just mention to the clerk that you want to donate your bottle refund to Lifetime Networks. They'll put it on our account.

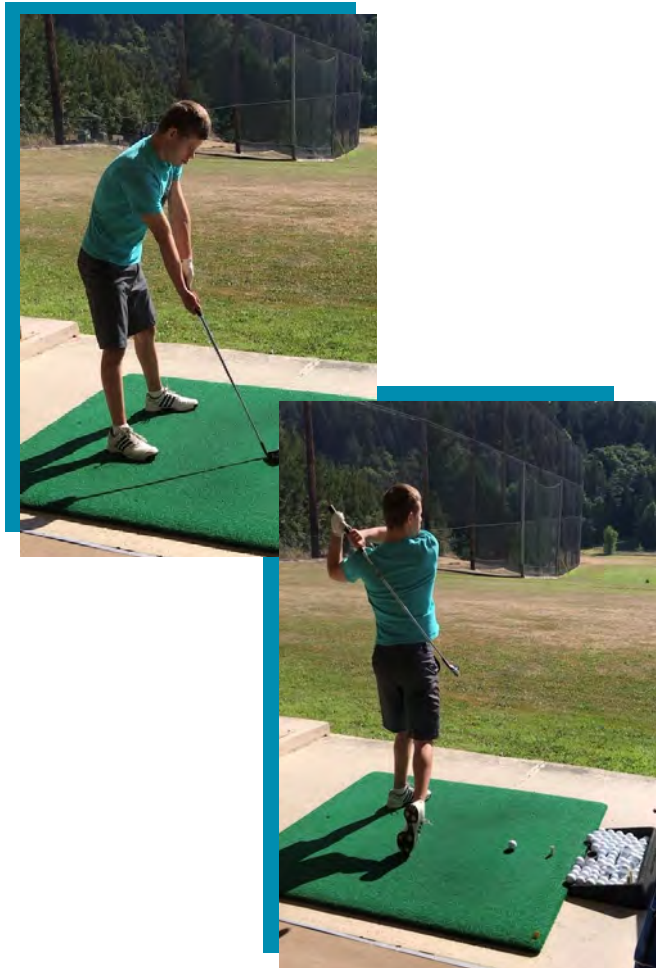
Quadra Building mini-update: Check out our new sign!



With this sign, plus the renovation company booked, we are that much closer to the most important part of the move: holding programs in the customized downstairs of the Lifetime Networks building.

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

PODS: Get into the Swing!



It's April, and that means it is time for the professional's Masters Golf tournament. For the Lifetime Networks PODS program, it means time to start thinking Golf PODS.

It was an extremely popular group last summer, and was our first time offering a weekly golf schedule. We had people on a waitlist even during a pandemic! The group practiced at Blenkisop driving range and finished the summer program with a fall tour at Mt Doug par 3 and Henderson golf courses.

I would love to see more PODS this year and more opportunities to show how talented we are to some of our local courses. If you are interested in golfing this summer, please email Mike@Lnv.ca. If you are a staff member who loves golf, we need you too!

Steven practicing his form last year in Golf PODS.

Community Engagement

Some of the individuals we support have chosen to suspend in-person supports for the time being in favour of virtual offerings.

Stephanie, arts and crafts lover, and long-time participant of Lifetime Networks, has decided to use her support hours to engage in what has been dubbed, "Art door and dash." Her wonderful CSW, Molly, creates art packages which she drops off at Stephanie's home. So far, Stephanie has done a Harry Potter book mark, a pompom garland, easter egg painting. The masterpiece pictured on the right is a wind catcher! This art door and dash is a really great way for both Molly and Stephanie to get creative together until they're able to craft in person!



Stephanie shows off her handmade wind-catcher

EARTH DAY CLOTHING DRIVE



**SATURDAY APRIL 24, 2021
AT MAX FURNITURE, 3460 QUADRA ST
10 AM - 2 PM**

Help us MAX OUT the Max Furniture truck with gently used clothes, textiles, and shoes on April 24 in honour of Earth Day!

Can't make it? Call/text 250-744-7655, or email info@Lnv.ca to arrange a home pick up. Proceeds support Lifetime Networks!



Use our website to find a bin near you!
LifetimeNetworks.org/Get-involved/#Clothesdrop

President and Executive Director Report from 2021 AGM

Hello all,

Well, this has been a year!

At the time our last AGM was originally scheduled, things turned upside down! March 17 2020 I was vacationing on the ski hill, and March 18 2020 we were closing in house program supports at Lifetime. A few one to one in person supports continued under strict regulations, based on recommendations and requirements of the Provincial Health Officer.

The OH&S Team, co chaired by Nicole Baker and Mark Sheppard, jumped into action. That team created a comprehensive Phase 1 COVID Plan, later followed by a practical and thorough Phase 2 COVID Plan. They sourced PPE (Personal Protective Equipment), a term we are now are well familiar with but certainly were not back in the spring of 2020!

Over this time, most staff worked from home, producing interesting, educational, and creative virtual supports. These supports included daily check-ins, games, cooking, fitness activities, continuing education instruction, theatre, music, art, hanging out time, and friendship-building. Everyone at Lifetime was invited to join in any session, which facilitated introductions and connections between people who may not have otherwise crossed paths.

Some of our [supported] folks were nervous going to foodbanks or grocery stores, and their food supplies were running low. To meet urgent needs, staff shopped, cooked and delivered meals for many of our folks in the Outreach Program. The meal delivery also provided an opportunity to check on, at a distance, those who were isolated.

Lifetime provided 260 virtual programs, 12 000 hours of supports, 9 683 volunteer hours, cooked and delivered 570 meals, and supported 250 individuals in 2020. These are statistics to be proud of, and I acknowledge and appreciate each staff who contributed, in any way, to those supports.

During the spring and summer, Lifetime acquired Lambrick House, space at Lambrick Church, and continued to operate out of our existing space at Shelbourne. The extra locations allowed small, in person programs to start again over the summer. People were very happy to see each other, even at a distance and through masks!

During the spring, Lifetime prepared to operate four programs previously lead by Recreation Integration Victoria after they closed in March. The new programs to Lifetime are Dynamic Duos (formerly the Matching Program), Summer Inclusion Service, Equipment Loan Program, and the administration of Teen Community Connections (TCC).

In April 2020, Lifetime completed the purchase of our 'forever home' at 2553 Quadra. We left the Shelbourne office in January 2021 and moved some administration to Quadra. Other staff and individuals continue at Lambrick House and Lambrick Church, as well as at the Victoria Operatic Society, and a building in James Bay. The Quadra move went smoothly. Renovations on the downstairs of the building are in the planning stages and we look forward to welcoming everyone to Quadra in September 2021.

Our CARF Accreditation Survey was set to happen in spring 2020, and

then fall 2020, then February 2021, and is now firmly set for fall 2021! The Strategic Planning Process followed the same path and will also be completed by fall 2021.

Lifetime is honoured to receive two awards in 2020: the Times Colonist Readers Choice 'Not for Profit of the Year' Award, as well as the 100 Women Who Care Award.

Lifetime continues to be guided by thoughtful and wise teams, including the Management team, the Coordinators team, OH&S, and the Positive Behavioural Supports team. I would like to especially mention the Social Media team who have done an excellent job of highlighting information and the agency as a whole; and the Multiple Complex Needs Team who have tirelessly worked to keep those of our Lifetime Family facing additional barriers such as homelessness and addictions, safe, fed and cared for during the past year.

Thank you to the Board who continue to lead with the strongest of ethics and care for Lifetime.

Thank you to all the staff and volunteers; you really are a dedicated and talented group of people.

Thank you to the Management team; they work long hours, they are giving and flexible, and definitely, the team I want supporting my son and family.

We, as families, are very lucky to have this entire Lifetime Family on our team.

Wendy-Sue Andrew
Executive Director

Nick Lapointe
Board President

Employment Program

The Employment Specialists and L.I.F.E Based Facilitator have been hard at work in the community and creating valuable workshops that will continue to run in the future. Together, these two programs at Lifetime Networks are excited to announce we have been approved for the Work Experience Opportunities Grant! The first round of workshops and work experience starts at the end of March. Two participants will be working at companies in the community as well as participating in three weekly workshops, for a total of 12 weeks. These will be paid positions that allow the participants to learn workplace and life skills. Another 12-week program will begin later this year.

The Employment Specialists, Chery and Alex, are also working on improving the Employment Program to better support individuals while fostering self-determination and active participation. We are on the lookout for individuals who would be interested in participating in one hour MentorAbility sessions as either a protégée or mentor. The mentor speaks about what they do at work, what they love about it, and gives advice for anyone interested in the field.

COVID-19 has changed the world of work, yet networking remains the most successful way to find a job. The Employment Specialists regularly reach out to local employers, both virtually and during physically-distanced meetings. If anyone has any networking opportunities or individuals who may be interested, feel free to reach out to Alex (alex.ashby@Lnv.ca) or Chery (EmploymentSupport@Lnv.ca).

Sessionals



Sessionals participants and their creations



Lifetime Networks hosts Sessionals throughout the year that give participants space to come together to socialize, explore new subjects, and learn new hobbies. The winter term ended on the first day of spring and included Music-Sing-A-Long (twice weekly), Literacy, Art Studio, Friday Social, and, Gals' Group; 36 people participated.

Since the pandemic restrictions began, Sessionals instructors have had to get a bit more creative. The programs that have remained in-person added social distancing, reduced capacity, masks, and extra cleaning

Sessionals have continued to provide a space for participants to have a break from the more challenging and disheartening things that are going on in recent times. Gal's Group and Friday Socials are key examples of opportunities for participants to come together on a weekly basis, take walks, do activities, and talk about things that are on their minds. While together, they find support and friendship within a consistent group setting.

Emails will go out when registration is open for Fall Sessionals, which will start in September.

Upcoming Events

Earth Day Clothing Drive at Max Furniture

April 24, 2021 10-2, at 3460 Quadra St

Royal Victoria Marathon Virtual Event: The Royal Flush

Register and participate May to September.

Fall Sessional Programs

begin in September 2021. TBD.

lifetimenetworks.org/events

Autism Funding

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

We're on Social Media!



/LifetimeNetworksVictoria



/LifetimeNetworksVictoria



/LNVic



/Lifetime-Networks-Victoria



/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.

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: _____

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