

Fall
2021

www.lifetimenetworks.org
info@LNV.ca



FRIENDSHIP • SUPPORT • COMMUNITY

Busy times at Lifetime!

What a summer/fall this has been!

Lifetime welcomed Dylan Williams, a new Manager to the Community Engagement Program. Dylan comes from the Networks Program with a wide range of experiences, skills, and talents. Dylan is a local stand up comedian in his spare time!

A number of Lifetime family members participated in Strategic Planning September 9th and 10th. Four Strategic Pillars were identified to guide Lifetime through the next three years. They are: Financial Sustainability, Advocacy/Social Justice, Organizational Infrastructure Sustainability, and People Sustainability. Over the next month, the work completed by the 23 members of the Strategic Planning Team will form the steering document. The Strategic Plan will be available on Lifetime's website by November 2021.

Thank you to Thom M, Lahana L, Elisa W, Alex A, Chery A, Melissa B, Mike M, Molly P, Pascal B, Tasia S, Nicole B, Julie M, Melissa M, Dylan W, John O, Janet D, Marie W, Roger P, Nick L, Doug N and Carlene for sharing your time and expertise. It was an honour to collaborate with you.

From September 15 through 17,

Lifetime was surveyed by CARF Accreditors from CARF International. This is quite an onerous process involving interviews and evidence pertaining to over 800 standards reflecting best practices in the areas of Leadership, Strategic Planning, Input, Legal Requirements, Financial Planning, Risk Management, Health and Safety, Workforce Management, Technology, Rights of Persons Served, Accessibility, Performance Management and Improvement, Individualized Services and Supports, Employment Services, Respite and Community Integration.

The Continuous Quality Improvement Team meets twice each month to review goals and evidence to meet best practices. The Management Team made up of Nicole Baker, Julie Mason, Melissa MacDonald and Dylan Williams guides this Team. Nicole is responsible for all group programming including Citizen, Employment, Life Based, Inclusion Works, Employment, and Theatre and offers Quality Assurance support to Namaste. Julie oversees Human Resources including Employees and Volunteers. Melissa manages the Networks Program, Respite and shares Community Engagement with Dylan. Dylan also oversees Best

Buddies, Dynamic Duos, Sessionals, and the new Friendship Coordination Program. Carlene Thompson, Director of Finances, superbly manages the finances of Lifetime.

The Survey went extremely well with the Surveyors citing Lifetime as a model of person centeredness and best practises. I am delighted with the ongoing collaboration and integrity of this Leadership Group.

And then we get to the renovations! Reconstruction began September 20th, with estimated completion in December. We will be holding an open house as soon as the dust clears. This has been an extremely successful summer and fall! Thanks for all you do to add to the special place that is Lifetime Networks.

-Wendy-Sue



The deconstructed downstairs of Quadra building

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

Best Buddies



Best Buddies is starting up again for a new semester! Club Days were last week, and we have a long list of Peer Buddies.

If you're interested in being matched with a buddy to go for coffee, hikes, and attend the Best Buddies events, follow the link:

<https://form.jotform.com/212166721959260>.

Best Buddies will take place both virtually and in person this year, with some small group events like an IMAX movie, games night and yoga! Buddy pairs are welcome to meet up either in person or online.

If you have any questions, please contact Zia@Lnv.ca

Inclusion Works!

The InclusionWorks! program emphasizes community inclusion and development of life skills in a fun, experiential manner. Throughout the spring, participants worked hard at their community garden in Colwood, learning to grow and harvest a bounty of fruits and vegetables to cook in program and preserve for selling. Embracing the summer weather, participants and staff have been active members of the community, exploring volunteer opportunities, local parks, and new experiences. In recent months, participants have established themselves in the Bear Mountain community as trail stewards for the Nature Trails Society, learning outdoor safety and trail maintenance skills.

With the skills learned in program, participants worked together to make their garden harvest into meals to support their team supervisor Mark as he and his wife welcomed their baby daughter Harper into the world!



Fun times prepping and cooking together!

Networks

The Networks program has continued to move forward during the pandemic and has seen new Network Facilitators added to the team as well as new Friends added to the Networks. With much of our daily lives being carried out in new ways, the Networks have had to be innovative in their approach to continue social connections. Many networks have met on Zoom and other virtual meeting platforms. As well, they hosted a Musical Bingo event on Zoom during the spring. Network friends competed together and had three teams that called “BINGO” first and took the prize!



Birthday celebration with friends at Dairy

Now that things have opened up a little bit more for the summer months, some networks have begun to safely meet in person while staying aligned with provincial guidelines and recommendations. While being optimistically cautious, focus people and their friends, like the rest of us, are hoping for days when meeting with our friends online is unusual rather than the norm. For now, the networks are grateful for seeing each other, whether in person, or online in an amped-up game of Musical BINGO.

For more information about the Networks Program, contact info@LNV.ca.

Employment

Three of our individuals found employment during the last season, which makes us in the Employment Program very happy and proud.

All three have been looking for the right job for a while and finally have succeeded with their goals. Their employer is very happy with the new additions to the company and is looking forward to have them there for a long time.

Special kudos to Michael for going out and finding himself a job, this shows determination and perseverance.

Congrats to Cam, Jon and Michael. We are very proud of you!



Lifetime Networks' Clothes Drop bins have redirected **over 140,000 lbs of textiles, household items, and books** from our landfill in the first 8 months of 2021!

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

L.I.F.E.-Based



Nicole hard at work!

It has been an exciting time for the L.I.F.E.-Based program – we are growing! Through the summer, both the L.I.F.E.-Based staff and participants have increased in numbers, adding a new Coordinator and Facilitator to the staffing team as well as five new participants. We welcome these changes with open arms and are eager to continue supporting folks in the four pillars of L.I.F.E. – learning, inclusion, friendships (and relationships), and employment.

Curious about what a L.I.F.E.-Based Facilitator does? A L.I.F.E.-Based Facilitator connects 1:1 with participants to build a relationship and then facilitate access to community resources and opportunities. They will help a participant reach goals by connecting them with community in a way that is meaningful, valuable, and sustainable, so that there is less reliance on paid support. Further, if that opportunity does not exist, the Facilitator will help you build the opportunity.

Nicole's Story

Nicole has been a part of the L.I.F.E.-Based program since the very beginning of the pilot, almost two years ago. She was previously employed in the food industry, which was hit extremely hard by COVID-19. Nicole began working with Jenna, a L.I.F.E.-Based Facilitator to re-evaluate Nicole's wants in terms of employment. Nicole is very caring and absolutely loves animals. Through a Work Experience Grant received by Lifetime Networks, Jenna built a relationship with Paws on Cook, a local pet store. Nicole completed a 12-week work experience with them and did such a great job that they offered her part-time employment after the experience ended. Nicole has now been working at Paws on Cook for 1 month and is enjoying the opportunity to apply her skills in an environment that she is passionate about!

NEW Friendships!

We are excited to announce a NEW Friendship program at Lifetime Networks! Jessie, the coordinator, will support individuals who have identified a mutual interest in developing a friendship.

Jessie will work directly with the participants, and collaborate with their families/primary caregivers to offer coaching around reciprocal friendships, and support new connections being formed.

Please reach out to Jessie at Jessie@Lnv.ca for more information.



Jessie is ready to help friendships bloom!

Theatre Troupe



Theatre troupe would like to say how nice it's been to finally be in person together (most of us, some fine folks are still doing great work on zoom).

We have been enjoying working on ideas for our next show, hopefully performed in person in February! Keep your eyes peeled for updates here in the newsletter! It'll be a musical, it'll be big and fun and it will look at the different experiences our folks have had with the systems in our society. At February's musical, we will also be showcasing last summer's site specific film piece about the animals saving our forests, featuring Emily Carr and Beatrix Potter.

Outside is a great place to practice theatre!

Summer Inclusion Service



Smiles and flowers during an independent week.

Lifetime Networks inherited the Summer Inclusion Service (SIS) program from Recreation Integration Victoria in the summer of 2020. Because of COVID-19 restrictions, the program started off small with 2 Inclusion Facilitators supporting 13 families.

This year, our request for 10 Inclusion Facilitators was granted through the Canada Summer Jobs Grant 2021. This meant we were able to support more than double the amount of children from 2020. 30 kids were supported to go to Summer Camp this year, and one child attended an overnight camp at Camp Pringle!!

Big thanks to all our families and Inclusion Facilitators who helped make this summer so successful!

Upcoming Events

LifetimeNetworks.org/events

Fall Sessional Programs

begin the week of September 20, 2021

Royal Victoria Marathon

October 10, 2021

You can join the Lifetime Networks Runners!

<https://raceroster.com/events/2021/44603/royal-victoria-marathon-presents-the-royal-flush-5-virtual-events/pledge/team/15>

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!



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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: _____

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