

Winter 2022

www.lifetimenetworks.org
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250-477-4112



FRIENDSHIP • SUPPORT • COMMUNITY

Best Buddies is off to a great start!



Best Buddies 2021/2022 is off to a great start! This year we have collaborated with CARSA (Centre for Athletics, Recreation, and Special Abilities) to put on some of our events. In the Fall we had our first ever “Best Buddies Boogie” where we had inclusive dance classes like “A Class in Sass” which was an urban/hip-hop style, and a “Broadway” class. It was a great turnout and a lot of fun!

The next event, which is the first Best Buddies event of this year, is an inclusive indoor rock-climbing event at CARSA!

Best Buddies runs through the school year, September – April. If you are interested in joining Best Buddies or have any questions, please reach out to BestBuddies@Inv.ca.



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

L.I.F.E.-Based

With the new year, brought new opportunities to the L.I.F.E.-Based program!

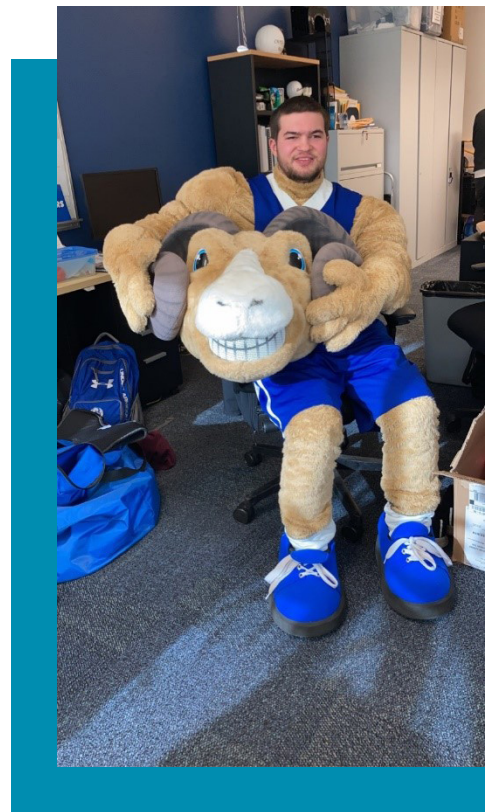
Wally's Story

Wally has been a part of the L.I.F.E.-Based program for almost a year now. He came to Lifetime Networks with a passion for performing, an active history in sport and as a student of the Employment Training Program at Camosun College. Knowing that Wally was looking for more ways to get involved in a team environment and learning that he exudes enthusiasm in all that he does, Jenna – the L.I.F.E.-Based Facilitator working with Wally – found an opportunity to connect and highlight these things. Wally is now working as Rampage, the Camosun Chargers Mascot!

From the initial stages of building a relationship with the Event Coordinator, to Wally doing what he does best and entertaining the fans, it took many back and forth conversations. It is the L.I.F.E.-Based Facilitator's role to build a relationship with the employer, continue to support both the individual and employer through all of the orientation and training, and when confidence and systems are in place, paid support can take a step back. L.I.F.E.-Based is built on custom and flexible support. As Wally was offered this position, COVID-19 restrictions were put in place that limited fans from attending sport games. However, due to the established relationships, Wally was still able to go out there and do his job. And when restrictions changed again within a week, everyone was able to stay on the same page and move forward with Wally working independently, engaging with the teams and dancing for the fans!



Wally bringing team spirit to the Camosun Chargers and fans!



Despite all difficulties the pandemic has thrown at us, the Networks know how to party!

Quite a few networks have learned to how to handle Zoom and other virtual meeting platforms; families, focus people and friends supported each other in becoming more tech savvy, and opened up new venues for connection. This way the Networks Family could enjoy two 'musical bingo' meets with fun and prizes!

However, since many missed seeing each other in person, so Mel, our new Networks Manager (Welcome Mel!) also organized the 'hot chocolate event'.

In the grey (and wet) Victorian Winter, before Omicron hit, the hot chocolate event appealed to many networks, who met up physically distant, but socially united outside of Lambrick House for a hot beverage and some nice treats under canopies, disregarding the pouring rain.

This is just one example of the resilience of the networks. Throughout the pandemic, we also increased the number of friends in the networks significantly, which also means that each of these new friends gained a whole new network of friends!

In 2022 we are looking forward to starting even more Networks, so even more people can enjoy the benefits of companionship and support!



Warm hearts and beverages at Lambrick House.



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





Spring Sessionals

April 4th – June 25th

To register, please email Alex at APask@Lnv.ca or call 250-477-4112

Please note, late registration ends April 11, 2022



MONDAY

Social Cooking

3:30 – 5:00pm

April 4 – June 20

*Closed May 23

\$242

Music Sing- A-Long on Zoom

6:30 – 7:30pm

April 4 – June 20

*Closed May 23

\$132

TUESDAY

Music Sing- A-Long on Zoom

5:30 pm –

6:30 pm

April 5 –

June 21

\$120



WEDNESDAY

Literacy

\$144

3:30 pm –

4:30 pm

April 6 –

June 22



THURSDAY

Art Studio

6:30 pm –

8:00 pm

\$236

April 7 –

June 23



FRIDAY

Friday Social

7:00 pm –

9:00 pm

\$284

April 8 –

June 24

*Closed April 15



SATURDAY

Gals' Group

10:30 am –

12:30pm

April 9 –

June 25

*Closed April 16

\$284

Employment Program News

The end of December marked the end of the Work Experience Opportunities Grant! Together with L.I.F.E.-Based, the Employment Program was able to provide 12 weeks of workshops and 12 weeks of work experience in the community for five participants. All five are now currently employed or are in the process of being employed! We offer thanks both the participants, as well as the employers that partnered with us.

Seasonal employment opportunities allowed a few job seekers to find work and earn some extra money over the holidays. Mark's, London Drugs and The Salvation Army have been great to work with. The new Walmart location that will be opening at Hillside mall has hired two job seekers from the Employment program! They are doing great with their training and work at the Uptown location and are looking forward to the move to Hillside.

The Employment Program is working on a few goals for this year and we are looking forward to offering some new opportunities, so stay tuned!

Theatre Troupe

Theatre troupe has not been idle! We moved to a new location, we got selected to be in an online film festival (ArtsxSDGS festival, Jan 12-18th 2022) and we are still working on our future show about mental health!

Our film festival piece, "Emily and Beatrix", was created over two summers in the historic garden where Emily Carr had her studio! Creating our own version of history, we brought Beatrix Potter to Canada. She became friends with Emily Carr and even helped her solve the mystery of the missing paintbrushes (which was really just a cry for help from the forest animals who's homes were in danger).

We are very proud to have been part of a film festival and hope to have a red-carpet style screening at some point in the future!

Keep your eyes peeled for more info about our upcoming show!



Upcoming Events

Annual General Meeting

Wednesday, March 16, 2022

Step Challenge (TBA)

Watch for details!

lifetimenetworks.org/events

Correction to Fall Newsletter:

Jessie B and Martina W were a valuable part of the strategic planning group. Their names were missed in the Fall Newsletter. Thank you again to all who participated.

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



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/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: _____

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