

# Spring 2022

[www.lifetimenetworks.org](http://www.lifetimenetworks.org)

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250-477-4112



FRIENDSHIP • SUPPORT • COMMUNITY

## Being a Citizen Blossoms Outdoors!



Truly, the past couple of months have been riveting. To begin with, individuals in the 'Being a Citizen' program started participating in art workshops with Gen Chandler, an experience that encouraged self-expression and creativity. With the guidance of our art expert, the participants made not only Easter crafts but also marine creatures that went hand in hand with marine biology lessons. To break the monotonous science lessons that occur within the traditional classroom walls, participants went outside amidst nature to explore, which boosted classroom engagement. Natural disasters and volcanic eruption experiments turned out to be the most liked and engaging topics among participants. Besides that, the budgeting group had a lively discussion on how "that mocha frappe could have been a mutual fund."

The upcoming discussions will focus on divergent topics like self-care and internet safety. Moreover, we are giving equal importance to activities like swimming, exercising, making crafts, painting, and Zumba. They serve as great opportunities to make new connections and build on existing ones.

*Soaking up the first rays of Spring!*

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



# Wendy-Sue's Birthday!

On March 17 2022 we were honoured to celebrate our Executive Director, Wendy-Sue's 60th birthday. Wendy-Sue has been with Lifetime Networks for more than 22 years. She started as the first employee working only 10 hours per month. We have come a long way from those early days with her leadership. She was thrilled to have so many people stop by. Some noted guests were founding families, Doug and Sandra Ross, Wyatt and Joan Sabourin, Alistair and Patricia Murray, Drew Denny and Janine, Will, and Carolina Diddens. Carolina shares the same birthday as Wendy-Sue so it was extra special to see her. Thanks to all the staff for their help in setting up this surprise and to all the staff, families, volunteers and individuals who took the time to come by, sign the card and wish Wendy-Sue a Happy Birthday.



*Just a few of the wonderful people who came to celebrate Wendy-Sue on her birthday!*

# Executive Director Report from the 2022 AGM

Hello All,

We have had a year full of engagement with many of our staff, supported individuals and families, even through year two of the pandemic. I am grateful for the care all have taken to look after themselves and each other. We checked in with each other, watched for signs of weariness and loneliness, and embraced 'Be Kind, Be Calm, Be Safe'. Nicole Baker and her OH&S Team did an impressive job of writing and rewriting our COVID safety plans and following through with the implementation of the plans.

Julie Mason looked after us all as we navigated work from home plans, keeping us in line with labour standards and best practices. Thank you Nicole and Julie.

During this pandemic year Carlene continued to do a stellar job managing our finances, kept everyone paid, and provided guidance and support.

Lifetime continues to be a part of Equal Pay BC; a coalition of workers and employers in the community social services sector who believe in equality for all workers, whether they belong to a union or not. The BC Government provides more funding to pay union workers than non-union workers. At Lifetime, we use fundraising dollars to supplement and increase wages for our staff. The coalition continues to advocate for equal pay for equal work.

In February 2021 Lifetime moved from Shelbourne to our new building at 2553 Quadra. The move went smoothly and it was so nice to be in a space we own. In 2021 Lifetime continued to lease other space around town including Lambrick House, Lambrick Church, and Victoria Operatic Society.

We also started renovations to the bottom floor of Quadra. The original completion date was August 2021 and yet the renos continue to this day! Painting is now complete, cabinets are on location and it is looking hopeful.

At Lifetime we strive to gather and respond to feedback and suggestions from those we support, their families and other stakeholders. Through the Annual Survey, Lifetime Coordinators and Managers received word that the Person Centered Planning Process was not quite hitting the mark for folks. We undertook an extensive review process and are pleased to hear positive comments from those who have tried it.

In September Melissa McDonald stepped into the Manager role for Networks. This has been very positive for the Networks program and has resulted in an increase in Networks as well as an increase in Network Friends. Between all the programs at Lifetime 9843 volunteer hours, including Network Friends, were provided in 2021.

Also in September Lifetime was proud to receive another three-year accreditation through CARF. Comments from our surveyors included: "Lifetime Networks is an exciting organization, offering great opportunities in the community for its participants. The surveyors commented on hearing remarks such as 'always shows respect', balances routine with flexibility', and 'as close to perfect as possible'. The staff members provide services based on the participants' choices and preferred lifestyles and spend a lot of time getting to know the participants. The organization presented as one that could be a model for other non-profit organizations that serve a similar population".

September was a busy month! We also started strategic planning. Thank you to all who participated. The 2022 three-year plan will be posted on our website.

In November amalgamation with Namaste was complete. We are delighted to welcome Namaste individuals and staff to the Lifetime Family. *(Continued on next page...)*



**Use our website to find a bin near you!**

[LifetimeNetworks.org/Get-involved/#Clothesdrop](https://LifetimeNetworks.org/Get-involved/#Clothesdrop)



Another exciting event in November was Melissa MacDonald receiveing the provincial Widening Our World (WOW) Award for her support and advocacy of those with multiple complex needs. This population is vulnerable and many do not have homes, and live with addictions and mental health issues. Melissa and her Team coordinated meal prep, meal drop-offs, tents, blankets, walks and health checks. She supported three families that lost their adult children last summer. Those families were very grateful for her care, compassion and acceptance. This is a challenging group to support, especially with the additional barrier of a developmental disability. We are proud of Melissa and the difference she makes.

The entire staff are committed to advocacy and social accountability. Collectively as a Staff Team they contribute time and expertise to Camosun College, Victoria Chamber of Commerce, Young Leaders of Victoria, UVic, Justice System, BC CEO, Inclusion BC, CESSA, South Island Community Counsel, Island HR Group, and many other entities both on the Island and in the Province.

This past year the Lifetime Family has offered 260 virtual programs, delivered 570 meals to our folks feeling isolated, found employment for 21 people, created 126 new friendships, supported 57 people to vote, went on 416 hikes, supported 325 families, established 4 perspective Networks, and welcomed Dylan to the Management Team, all during Pandemic Year 2!

Lifetime has an amazing staff Team and as we know, every amazing staff team has solid leadership. Thank you Managers - Nicole, Julie, Melissa and Dylan. The care you show for our individuals and families, for the staff team and for Lifetime generally is what makes Lifetime the special place it is.

Thank you Lifetime Board. You continue to provide wisdom and over sight in all areas of governance. It is a big commitment. I am grateful to have each of you as Directors and I look forward to 2022 together.

Respectfully submitted,  
Wendy-Sue  
Executive Director

## Energizing Breaks to Keep You Going

Energizing Break Activities can help improve your sense of well-being, focus and productivity. Do these activities alone or with co-workers to improve health and feel better. For example, do an energy shake (stand up at your desk, sit on your chair or in a place you are comfortable, and shake all over), drink some water, have a mini dance party at your desk. It sounds repetitive to say: “go for a walk, a run, do a workout, it’ll make you feel better, etc.” However, Nike has three simple words for you: “Just Do It!” Who knows, you may even like it!

### Spring Word Search

I	E	P	U	O	R	T	E	R	T	A	E	H	T
N	B	O	U	T	R	E	A	C	H	S	C	C	E
C	D	B	S	U	E	A	P	N	H	U	H	O	N
L	O	L	U	S	S	H	N	I	D	N	O	M	E
U	T	U	A	R	P	R	S	G	H	S	C	M	T
S	N	E	L	E	R	G	F	C	E	H	O	U	W
I	U	S	H	W	I	E	E	A	A	I	L	N	O
O	H	P	G	O	N	E	W	P	C	N	A	I	R
N	G	S	E	L	G	P	E	O	H	E	T	T	K
B	G	T	G	F	E	I	C	B	R	N	E	Y	S
I	E	E	I	S	B	S	U	P	P	O	R	T	W
R	N	B	E	S	T	B	U	D	D	I	E	S	H
D	T	E	N	G	A	G	E	M	E	N	T	N	U
S	N	E	F	R	I	E	N	D	S	H	I	P	S

Orange  
Theatre Troupe  
Inclusion  
Networks  
Spring  
Flowers  
Engagement  
Community  
Friendship  
Best Buddies  
Egg Hunt  
Support  
Birds  
Chocolate  
Outreach  
Sunshine  
Blue



# Summer Inclusion - Third Year Running!



This Summer, Lifetime Networks will be running the Summer Inclusion Service (SIS) program for our third year in a row! 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 Support Workers for one week. In 2021, we had upwards of 30+ kids attend summer camps!

For this year, families can apply to SIS as early as April 1st 2022. Applications are accepted on a first come first serve basis. Other factors influence our acceptance of applications as well, like Inclusion Support Workers availability and the success of potential matches. (picture attached from last year)

*Noah and Maya during an Independent Week*



*Tie-Dye and Tea Parties for the Gals' Group Sessional*

# Steps Challenge!

**By popular demand please welcome Two Annual Step Challenges!**

September 21, 2022 - Fall Step Challenge  
March 21, 2023 - Spring Step Challenge

Put in a Team, challenge yourself, challenge others, enjoy camaraderie, be active!  
See you in the fall!

**Visit [www.lifetimenetworks.org/events](http://www.lifetimenetworks.org/events) for more information about upcoming 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](mailto: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: \_\_\_\_\_

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