

Spring 2023



FRIENDSHIP • SUPPORT • COMMUNITY



CITIZEN MONTHLY HANGOUTS

The Citizen participants meet monthly at the Ukranian church to have pizza, play board games and to watch a movie. The gathering allows the participants to connect with their peers, motivate each other and collaborate on divergent activities. New participants have a golden opportunity to get to know the other participants, which augments everyone's enthusiasm. Overall, the participants thoroughly enjoy these monthly hangouts. We look forward to the upcoming monthly hangouts, which will incorporate more fun activities that will allow the participants to have a delightful time.

THE 2023 ANNUAL GENERAL MEETING EXECUTIVE DIRECTOR'S REPORT

Hello,

Here we are again at Annual Report time, reporting on the year 2022.

There are always many amazing events, happenings and opportunities for us all throughout the year.

Lifetime offers many program options including Networks, where it all started, continuing education, PODS Groups, Theatre, Employment, LIFE Based, Friend and HOPE projects, Inclusion Works, Namaste, Dynamic Duos, Respite, Best Buddies and Sessionals. Running through, over, under and around all the offerings at Lifetime is the intentional development of relationships. Isolation and loneliness are devastating to our health. Lifetime is based on welcoming and connecting people.

I have listed a few of the highlights from 2022. For additional information, please check our website or give us a call. Enjoy a quick romp through Lifetime 2022!

TRAINING AND PRESENTATIONS

- Gender Diversity Training
- The History of Institutions in the Community Living Sector
- End the Stigma – Mental Health Support
- Trauma Informed Practice
- Beyond Outlook and Excel
- Taking Care of Our Friends
- \$5 A Day Resource
- BC Housing Training Session
- Committees/Groups
- My Circle of Friends Training

VOLUNTEER ENGAGEMENT

- Networks 1700 volunteer hours
- Dynamic Duos 95.5 volunteer hours
- Sessionals 233.5 volunteer hours
- Theatre 315 volunteer hours
- Total Volunteer hours for 2022 2344 hours

SOCIAL MEDIA STATISTICS

- Facebook in the last three months of 2022
- Accounts reached increased by 94% over the previous month
- Engagement increased 38% over the same period
- Instagram in the last three months of 2022
- Accounts increased 64.1%
- Engagement and stickiness increased 26%

NEW PROJECTS AND PROGRAMS

- My Circle of Friends Project
- HOPE Project
- Equal Work Equal Pay Project
- Respite Program at Namaste House
- Community Dungeons and Dragons

RENOVATIONS COMPLETED AND PEOPLE MOVED IN!



EXECUTIVE DIRECTOR'S REPORT CONTINUED...

PROFESSIONAL MEMBERSHIPS AND COMMITTEES

- Inclusion BC
- BC CEO
- Provincial Outreach Program – Fetal Alcohol Spectrum Disorders
- BC Yukon Human Resources Professionals
- Multiple Complex Needs Working Group
- BC Housing Community Partner Group
- CARF Best Practices Working Group
- Provincial Employment Accessibility Group
- Victoria Chamber of Commerce
- Think Local
- CLBC Regional Advisory Committee

EVENTS

- Gala November 2022 – Gala 2023 is set for October 13
- Earth Day April 2022 – Earth Day 2023 is April 22
- Think Local Celebration
- Cool Treat Day!
- Christmas Bag Give Away
- 'One Day Celebration' – One Day 2023 is September 9
- Music Bingo
- Hot Cider Meet Up
- Holiday Breakfast
- Single and Mingle Event

Thank you to the individuals and families who choose to contract with Lifetime Networks for their 2022 supports.

Thank you to the Lifetime volunteers and staff who care, inspire, plan, coach, share, laugh and make a huge difference to individuals and to families, including mine.

Thank you to the Management Team Mike and Molly; and thank you to the Director Team Nicole, Julie, Mel, and Dylan, for sharing your wisdom and expertise with me and with our entire Lifetime Family.

Thank you to Carlene who manages all Lifetime finances with skill. Carlene ensures we provide the most support we possibly can with the dollars we have. Carlene is also the brains behind our fundraising.

Thank you to the Lifetime Board. They are a long time Board who govern with thoughtfulness and prudence. They are also a very enjoyable group to meet with monthly.

And here we are ... launched into 2023! It will be a wonderful year! I am glad we are all on this journey together.

Respectfully submitted,
Wendy-Sue
Executive Director



Spring Sessionals

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

Please note, registration ends April 14, 2023

MONDAY

Social Cooking

3:30 - 5:00

April 17 - June 12

\$180 (8 sessions)

STAT May 22

Explore foods from around the world and learn new skills along the way!

Music In person

6:30 - 7:30

April 17 - June 12

\$96 (8 sessions)

STAT May 22

Meet new friends, make some noise in this fun, casual atmosphere

TUESDAY

Zoom Music

5:30 - 6:30

April 18 - June 13

\$90 (9 sessions)

Meet new friends and make some noise in this fun, casual atmosphere

WEDNESDAY

Book Club

3:30 - 4:30

April 19 - June 14

\$128 (9 sessions)

Learn to love reading, build your skills in a relaxed small group!

Photography Class

6:30 - 8:00pm

May 3 - June 28

\$182 (9 sessions)

Learn composition and lighting - bring your iphone, ipad or digital camera. Group will go on outings, please bring a support if you need.

Music Bingo

7:30 - 9:30

April 19 - June 14

\$108 (9 sessions)

Play it Loud Bingo! Meet us at Darcy's Pub Downtown for some music bingo and prizes

THURSDAY

Art Studio

6:30 - 8:00

April 20 -

June 15

\$182

(9 sessions)

Dabble in paint, create a collage, mold with clay and more!

FRIDAY

Friday Social

6:30 - 8:30

April 21 -

June 16

\$236

(9 sessions)

Join in games, activities, share things that interest you while meeting new friends!

SATURDAY

Gal's Group

10:30 - 12:30

April 22 -

June 17

\$236

(9 sessions)

Hang out and plan activities that you enjoy!

2023 APPRECIATION AWARDS!

- **Legacy Award** - Namaste Transition to Community Society - Terry Flatt
- **'The Extra Mile' Award** - Brittany Coles-Webb
- **Employee of the Year**- Thom McMahon
- **Employee Appreciation: 5 Year** - Christopher Alexandre, Jeff Barnett, Dana Crow, Chelsey Cullihall, Maggie Fung, Sean Hindle, Matthew Hutchison, Hannah Johnson, Emily Mayberry, Shannon Molloy, Shannon Radford, Sean Storey and Catherine Wright
- **Employee Appreciation: 10 year** - Rachel Knoop



- **Network Friend of the Year** - Gerri McNalley
- **Employer of the Year** - Commercial Building Cleaning
- **Community Supporter of the Year** - Foundry
- **Pieter Van Rheenen Scholarship** - Ancil Tom

2023 GREATER
VICTORIA
BUSINESS AWARDS
THE CHAMBER.

COMMUNITY BUILDER OF THE YEAR
LIFETIME NETWORKS
☆☆ FINALIST ☆☆

The Community Builder of the Year Award honours a business, non-profit organization, or public sector agency that demonstrates a commitment to the community beyond their usual business practices; has a long-term desire to build diverse, inclusive and balanced communities; makes a sustainable and tangible impact in the region; and displays a clear commitment to social responsibility.





To all the family and friends who have donated to Lifetime Networks in memory of a loved one who has passed.

All funds 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 email Carlene@lnv.ca

UPCOMING EVENTS

- Move Around the World - April to September
- Earth Day Clothing Drive - April 22nd, 2023
- Wills & Trusts Info Session - Spring TBA
- Summer Picnic – August 2023
- Royal Victoria Marathon – October 8, 2023
- Gala & Auction - October 13, 2023

www.lifetimenetworks.org/events

LET'S GET SOCIAL

 /LifetimeNetworksVictoria

 /Lifetime Victoria

 /Lifetime Victoria

AUTISM FUNDING

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

THANK YOU!



SCAN ME



TO DONATE