

## Message from the Executive Director...

I have been wondering if we are ever going to see spring but you know the old proverb **"No matter how long the winter, spring is sure to follow."** So I am sure the warmer weather is just around the corner! I hope everyone had a great winter and you are looking forward to our awesome Manitoba spring!

We certainly had some very busy months full of great learnings and wonderful energy. In September, LIFE had an extremely powerful and successful Family Gathering—A Conference for Parents. In fact, because it was so inspiring we are co-hosting **Family Gathering 2018—on March 23<sup>rd</sup> and 24<sup>th</sup>**. There will be a continuation of the great conversations and we will begin new ones. I urge you to try to attend— you will not be disappointed!



Friday March 23<sup>rd</sup> and Saturday March 24<sup>th</sup>  
 9:00 am to 4:00 pm

Victoria Inn  
 1808 Wellington Avenue  
 Winnipeg, MB

A Conference for Parents and other family members in a caregiving role.

Want more details?

<http://www.innovativelifeoptions.ca/upcoming.html>

Life also has been co-hosting an *Information Series* with Inclusion Winnipeg. We have had some excellent workshops with great discussions. Throughout the winter, we had presentations from the Ombudsman office, the Human Rights Commission, EIA and more. It was great to see those of you that attended, but if you were unable, we will be planning more sessions in the future! We will keep you posted.

The Board of Directors and the LIFE Team also came together to create a LIFE PATH entitled *"This is Us—Ahead by a Century."* Just as many of you create a PATH for your life journey, we also found it to be a great strategic tool. Our PATH goals are truly fulfilling our organization's vision:

*to INSPIRE...to INNOVATE ..to INCLUDE!*

If you want to talk about our PATH, I would love to hear from you. Please feel free to call or email – my door is always open!

We are excited about what the future will bring and we are ready to be creative, innovative and always focused on creating the best lives we can for each other in our community.

*Jattie*

## Do you know about? The Accessibility for Manitobans Act

Manitoba's Accessibility Standard for Customer Service under The Accessibility for Manitobans Act, is the first building block of the act and will come into full effect November 1, 2018. Accessible customer service is not necessarily just about ramps or automatic door openers, it is also about understanding that we as customers and clients have a variety of needs. Accessible customer service means that organizations and businesses provide products or services in an efficient, fair and respectful manner to people of all abilities.

An accessibility barrier is anything that limits or prevents a person from being able to receive information, services and goods, or to access space or activities such as:



**Accessibility barriers** which limit or prevent a person from being able to get information, service and goods or to enter a space or be part of an activity.

**Attitude barriers**, including stereotypes and assumptions, such as assuming people who cannot communicate verbally have nothing to say.

**Physical barriers** which prevent people from accessing a service. Examples include store aisles too narrow for a person with a walker or wheelchair, or parking lots without spaces designated for people with disabilities.

**Communication barriers** that prevent people from understanding information. An example is a sign that is too small or confusing.

**Technology barriers** often relate to information and communication. An example is a website that cannot be used by people who are blind and use a screen reader.

**Systemic barriers** are those practices or policies that prevent many customers from accessing your service.

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*To learn more about Manitoba's Accessibility Standard for Customer Service:*

<http://www.accessibilitymb.ca/customer-service-standard.html>

LIFE will review our customer service and is committed to working toward better accessibility for all.

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## Are you interested in joining the Board of Directors for LIFE?



The Board of Directors of Innovative LIFE Options would like to extend an invitation to join our dynamic, thoughtful, passionate Board! We meet 5-6 times a year and are a big part of our vision to inspire, to innovate and to include.

Positions available: Members' at large

Please email [patti@icof-life.ca](mailto:patti@icof-life.ca) or call 204-784-4814 if you are interested in putting your name forward!

## Social Enterprise

In the spirit of our vision—*to inspire , to innovate and to include* we are exploring different and better ways of doing business without ever compromising the great work that happens at LIFE.

Over the past few months, we have been talking about the concept of social enterprise. You may wonder, what is a social enterprise? Well, social enterprise is a business model that puts the interests of people and the planet in the forefront. In simple terms, a social enterprise can be defined as an organization that invests back into a strong social or environmental mission- that is, it attempts to create benefits for people and the planet.



Social enterprise exists in almost every industry, from healthcare to energy, from retail to recycling, from employment to sport and from housing to education. Whatever they do, they do it differently from other businesses because they are centrally driven by a social and environmental mission and they are focused on the needs of the community they serve. Over the next year, we are going to explore an opportunity to create a social enterprise within our organization—one that would provide information, workshops, resources and tools to not just ICOF, but beyond.

**We are excited about this endeavor  
and look forward to sharing our learnings with you.**



## UPCOMING EVENTS

### Financial Knowledge Workshop Series

Facilitated by Liz Allen

We all need some financial guidance and knowledge to assist us in making responsible decisions about our money. Innovative LIFE Options will be offering a series of **FREE** Financial Management workshops aimed to educate individuals with intellectual disabilities and their support circles to increase their financial literacy.

<p><b>Managing Your Own Finances</b> This workshop will provide you with the opportunity to develop skills in managing your own day to day finances.</p>	<p><b>Thursday March 15<sup>th</sup></b> <b>6:30pm - 8:30 pm</b> <b>120 Maryland Street</b></p>
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<p><b>Supporting Financial Learning</b> This workshop is for families, network members and support staff to find creative ways to support people with intellectual disabilities to achieve a greater degree of financial independence.</p>	<p><b>Tuesday March 27<sup>th</sup></b> <b>7:00 pm - 9:00 pm</b> <b>120 Maryland Street</b></p>
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**To Register:** email [info@icof-life.ca](mailto:info@icof-life.ca) or call 204-784-4810

Special thanks to Community Living Manitoba who received funding from the Government of Canada, Employment and Social Development Canada under the Social Development Projects for People with Disabilities

## Saturday, June 2nd

**AGM**

**Riverview Curling Club**  
**420 Maryland Avenue**  
**Brandon**

More details at the end of April!

Ready to book your hotel?

**Victoria Inn**—1-204-725-1532

**Days Inn**—1-204-727-3600

Group Number: 383992

**OR**

Group: Innovative Life Options

Room rate: \$115.99 plus tax, single occupancy  
\$125.99, plus tax, double occupancy

Room Rate: \$125, plus taxes