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Fall, 2012

Connections Newsletter

IN THIS ISSUE

- News from the Executive Director
- *LIFE is Good in The Company of Friends* Campaign
- News from an Entrepreneur
- Making the Most of LIFE Conference



Calendar of Events:

Making the Most of LIFE Conference

Winnipeg—October 15

Brandon—October 20

**Mark your calendars
Register Now!**

News from the Executive Director

Yes the summer is coming to a close....It's hard to let go of the ease of summer, but there are so many stories of people taking time to visit, travel, swim and just play.

We had a wonderful time at our LIFE Annual General Meeting on June 2nd in Brandon. Over 70 people attended and after the business meeting was over, enjoyed a barbeque and fun games. Pictures are posted on our website. www.icof-life.ca

The LIFE staffing team is now busy planning for the fall/winter season.

In this newsletter we are focusing on 2 big events:

- The *LIFE is Good in ICOF* Campaign
- The Brandon and Winnipeg LIFE conferences

I'm disappointed to report that Margo Powell has decided to remain in Saskatchewan at this time and therefore will not be working with us on the *LIFE is Good* Campaign. The good news is, Lynda Dobbin—Turner, our Senior Coordinator will be taking

over the special project. Lynda is VERY excited about moving forward and has already come up with many creative and innovative ways to raise the profile of "*In the Company of Friends*" in your community and around the province. You'll read more about some of that in the pages of this newsletter.

This year our team has planned two challenging and inspiring conference days—one in Winnipeg and one in Brandon called *Making the Most of LIFE*. The conference is open to all ICOF employers, their staff, support network, family and friends. This year we have contracted with a guest speaker, Bob Jones. You can read more about Bob on the back page. Bob has spent 2 days with our staff and Board team for the past 2 years. His is inspiring, thoughtful, wise and has much to teach us.

We all look forward to seeing as many of you as possible. As always, please keep in touch if there is anything you want to discuss. Enjoy the rest of the lovely Manitoba weather!

Marsha

LIFE is Good in the Company of Friends



News from the Senior Coordinator

LIFE is Good in The Company of Friends!

You know that, and so do we...but the majority of Manitoban's with and without disability may not have heard of this wonderful option! People don't know that there is a model of support where they are encouraged and supported to direct their own lives, and manage their own money with the assistance of a network of family and friends that know them best.

So this year, we are making every effort to try and change that with the *LIFE is Good in The Company of Friends* Campaign.

We want to ensure that people who might be eligible to consider ICOF as an option know about it, and we're using a variety of tools and means to do that. This includes looking for opportunities to set up display booths with information at local job fairs and conferences. To expand our options, we have also teamed up with some ICOF employers, like Milli Flaig-Hooper, so that we can promote their products and provide information at the

same time. Although we do a number of presentations upon request, this winter, we plan to do more around the province, where ICOF employers will be invited to come and share their stories themselves. Along with the opportunities to share information in person, we are also looking at getting into as many Manitoba communities as we can through local newspapers. There we can share success stories of people already in ICOF, and provide

information about the model. It's a busy and exciting time!! We hope that ICOF employers and network members who would like to share their stories either in written form, or through video, or have ideas of options we haven't considered, will connect with us so that we can work together to ensure that all Manitoban's know that indeed *LIFE is Good in The Company of Friends!*

Lynda

You can find us at:

Our Website:
www.icof-life.ca

Through a Youtube Channel,
where you can paste stories

On Twitter:
[@LIFEisGOODICOF](https://twitter.com/LIFEisGOODICOF)

On Facebook:

<http://www.facebook.com/LifeIsGoodInTheCompanyOfFriendsicof?ref=hl>

If you are interested, please tell your Resource Coordinator or contact Lynda directly at lynda@icof-life.ca

News from an ICOF Entrepreneur

Special Thanks to Milli Flaig-Hooper for sharing your story and your talents

When the call went out to ICOF employers to participate in bringing awareness to communities around Manitoba by working with LIFE in the *LIFE is Good* campaign, Milli Flaig-Hooper was the first employer to respond. We are very glad that she did!

By allowing LIFE to promote her products at various Farmer's Markets and Craft Sales, Milli has enabled us to have a presence at these events, raising awareness of "*In the Company of Friends*" as a model, but more importantly, sharing the gifts and talents that people with disabilities have to offer.

Milli is a very accomplished paper maker, and operates her own business called "The Paper Fifrildi" (the Old Norse word for Butterfly).

The recycled paper reflects her creativity and each final sheet of paper is unique. All the paper used is in its original color with hardly any waste; nothing else is added, except for an occasional embellishment. Her interest and ability have grown to produce some very interesting pieces including cards, pictures for framing, earrings and fridge magnets.

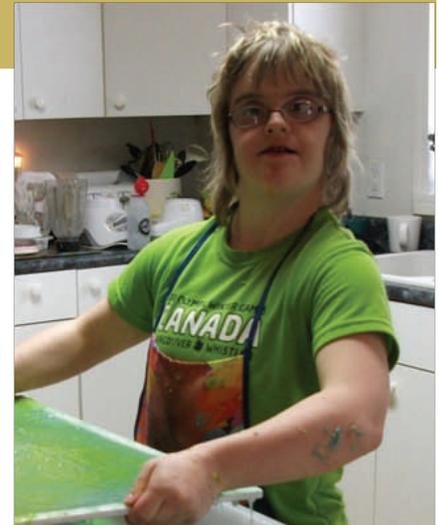
The flexibility of "*In the Company of Friends*" has allowed Milli to pursue her entrepreneurial endeavor and be supported in a way that makes the most sense of her and her network, ensuring that she has support where she needs it, but is free to express her own creativity her way!

Milli is a member of the Manitoba Crafts Council, the Winnipeg Beach Arts and Culture Co-Operative (www.watchthewave.ca) and the International Association of Hand Papermakers and Paper Artists (IAPMA). She also recently became a member of Arts and Disability Network Manitoba. There have been articles written about her in the Interlake Spectator, the Enterprise News and www.cartizan.com.

Besides papermaking, Milli also enjoys sports, music, game shows, knitting, yoga and a fine glass of white wine.

Milli has been able to show many people over the years that having an extra chromosome (Down Syndrome) and autism should not limit your abilities.

Thank you Milli for allowing us to represent your talents through the *LIFE is Good In The Company of Friends* campaign!



**Are you an
ICOF Entrepreneur?
Then we are looking
for you!**

It's not too late to showcase your work through the *LIFE is Good in The Company of Friends* campaign!

Promote your talents either through our newsletter or at local events we attend.

Contact your Resource Coordinator or Lynda, the Senior Coordinator for more details.

**LIFE is good
In The Company
of Friends!**



www.icof-life.ca

LIFE is pleased to present two—1 day conferences entitled:

Making the MOST of LIFE

LIFE is excited about two—1 day conferences being presented in Winnipeg and Brandon. This event will be of interest to ICOF employers, their support networks, their staff, family and friends.

We are excited to present **Bob Jones** as the morning keynote speaker. Bob will lead us in a discussion about *building reliable supports* which is about supporting a person to ensure they have a rich and rewarding life as a member of the community. It goes beyond supervising or accompanying people around their communities. Reliable supports involves listening to a person, knowing a person and connecting a person to places and people in a more meaningful way.

Bob Jones has over 30 years experience developing inclusive supports for individuals with disabilities. His focus is on supports that maximize the gifts, talents and hopes of individuals supported.

His experience is vast including direct support in residential and vocational settings, training and educating direct support workers, involvement on community boards and the planning and evaluation of support services in Canada and the United States. Bob is also a member a support network.

Come and learn new concepts, meet others from around the province and sharpen your skills in topics such as building reliable supports, building team spirit, journey to discovery and moving into action.

With this newsletter, you have received a registration package for the conference! Send in your registration early! We look forward to seeing you! Contact Crystal, Conference Coordinator with any questions 204-797-0257 or email: crystal@icof-life.ca.

News from the Office Manager

We have several new resources in our office that are available to borrow:

- 10 Things Every Child with Autism Wishes you Knew
- Autism—Handle with Care
- Autism—A New Understanding
- Friendships, Feelings and Futures
- 3 Book Series—Living on Your Own, You and Your Personal Assistants and You and Your Budget

Throughout the years, we have accumulated some older electronics (2 laptops –operating systems do not work, 3 scanners) that require either repair or patience to find the instructions on line! We also have a variety of binders in different sizes and a good working vacuum that we also no longer use.

All of these items are free—no charge to you!

Please contact Lauren—info@icof-life.ca or 204-772-3557.

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