



CONNECTIONS

Life is good

Innovative LIFE Options 

MARCH 2024

A Message from our Executive Director - Happy Spring Everyone!

“Be happy - not because everything is good, but because you can see good in everything.”

(Anonymous)



It's official - Spring has arrived! For me the start of spring is like the beginning of a new year. It is a great time to declare a fresh start! I was just reading about how many people look at spring as a rebirth after those long days of winter. For some spring signifies coming out of the darkness. In spring we tip the balance from longer nights to longer days. There's even some science to the joy of spring. Research suggests that for many people, the extended daylight boosts mood, well-being and energy. Dopamine – a neurotransmitter associated with attention, motivation, pleasure and mood – seems to increase with more exposure to sunlight. So get out there and enjoy the beautiful Manitoba sunshine.

The coming of spring has us ready for some exciting new adventures to begin. Two family gatherings happening in April and May, as well we are seeing an increase in the interest about ICOF - In fact, our ICOF Advisory Council is planning to host an

Open House this spring to showcase the ins and outs of ICOF, and hey just around the corner is the Spring Fling and market! And of course before the spring season is over we will Igniting our Spirit at our June AGM and this will also be the start of our LIFE 25th Anniversary journey! Your ideas of how to best celebrate are very welcomed! And before spring is done take a look at the LIFE website. We are making some amazing changes creating a more accessible, more pleasant website experience!

Please remember do not let those April showers that bring May flowers keep you away - feel free to call or come visit me – bring your ideas about how LIFE can best celebrating 25 years or just come and share your thoughts, concerns, or whatever! My door is always open.

Patti



4-120 Maryland Street
Winnipeg, MB R3G 1L1

LIFE NEWS

A Word from the LIFE Board

It's amazing how quickly times flies. It seems like we just started our work for this year and we are now approaching the AGM! The Board is so thankful that our wonderful Executive Director, Patti, keeps us up to date and on track and that she is surrounded by the very best staff team.

This has been a very difficult year for the organization and the support networks who have experienced the loss of several ICOF employers. Death is never easy but our hope is that the depth of the relationships that are created through ICOF have made it at least a little less difficult.

The Board, together with the staff team, continue to raise awareness of ICOF and LIFE in order to encourage others to consider this wonderful option and to advocate for a successful transition into the model. Soon we will have a newly updated website and if you haven't already, you can check out and listen to some of our podcasts.

Finally, we are reviewing Board Governance to determine what we are doing well and where we need to do better. It's important to be open to new ideas and strategies and to continue to operate at the highest level. Please feel free to let us know your thoughts.

Leslie Udell,
Board Chair



PROJECT UPDATE



The Community Based Assisted Decision Making Pilot Project members have been travelling to communities throughout Manitoba to hear from families and self-advocates, build peer support networks and cultivate conversations about assisted decision-making and support networks.

Innovative LIFE Options Staff continue to be very involved. Carleigh the LIFE community navigator has met with a number of families and self-advocates! And over the winter months, LIFE staff members, Laurie and Michelle, shared their knowledge and expertise regarding creating support networks and gaining a better understanding of assisted decision making by facilitating a three day workshop for a number of service providers from various organizations. It is great to see so many people interested and exploring the benefits of support networks and valuing decision making.

In April and May the project will host two more Family Gatherings! Dauphin MB April 5-6 and Brandon May 4th. You can find the details for both events on the next couple of pages!



The Family
Gathering
2024

FAMILY GATHERING DAUPHIN REGISTRATION IS NOW OPEN



EVENT DATE

APRIL 6, 2024, 9 AM-4:30 PM

MIX N' MINGLE

APRIL 5, 2024, 6:30-9 PM

The Family Gathering- Dauphin is part of the Community Based Assisted Decision-Making Pilot Project. It is a unique opportunity for parents/caregivers of individuals with a developmental, intellectual disability and/or autism. We invite you to come together, connect with each other and learn some useful information.



<https://forms.office.com/r/9hYPSduT9D>

To register for this event online you can scan our QR code or use the link.

For more information check out our website at www.120marylandgroup.org or email us at cbadmproject@aclmb.ca or phone Audra at 204-391-2851

ATTENTION!
PLEASE!

Anyone travelling to Dauphin from surrounding areas requiring accommodations due to distance should contact Audra ASAP at 204-391-2851 as rooms will only be held until March 6, 2024.



Project funded by **Manitoba** 

The Family
Gathering
2024

FAMILY GATHERING BRANDON REGISTRATION IS NOW OPEN



EVENT DATE

MAY 4, 2024, 9 AM-4:30 PM

MIX N' MINGLE

MAY 3, 2024, 6:30-9 PM

The Family Gathering- Brandon is part of the Community Based Assisted Decision-Making Pilot Project. It is a unique opportunity for parents/caregivers of individuals with a developmental, intellectual disability and/or autism. We invite you to come together, connect with each other and learn some useful information.



<https://forms.office.com/r/pPGp53ivcS>

To register for this event online you can scan our QR code or use the link.

For more information check out our website at www.120marylandgroup.org or email us at cbadmproject@aclmb.ca or phone Audra at 204-391-2851

ATTENTION!
PLEASE!

Anyone travelling to Brandon from surrounding areas requiring accommodations due to distance should contact Audra ASAP at 204-391-2851 as rooms will only be held until April 3, 2024.



Project funded by



Innovative LIFE Options 

Save the DATE

LIFE'S 24TH AGM

Ignite your Spirit

SATURDAY, JUNE 1ST

11:00 AM TO 2:00 PM

Riverview Curling Club

420 Maryland Avenue

Brandon, Manitoba

BRANDON HAS A VARIETY OF HOTEL OPTIONS. IF YOU ARE PLANNING ON SPENDING THE NIGHT OR WEEKEND, BOOK EARLY TO AVOID DISAPPOINTMENT.

New Learning Opportunities



Prepare for a spring season brimming with valuable opportunities for personal and professional development.

Support Network Cafe Gathering - How Can we Make Life Easier?- An inviting Zoom event tailored for support network members on April 22nd @ 6:30 pm.

Effective Team Meetings - An engaging Zoom session designed for team leaders on May 22nd.

The Manitoba Training group, in partnership with Abilities Manitoba, is excited to start sharing Social Role Valorization learning opportunities in Manitoba. The committee has completed one leadership level training in November, and is hosting another in April.

Social Role Valorization, based on the work of Wolf Wolfensberger, is a method for improving the lives of vulnerable people by examining and supporting the development of valued social roles and examining the wounds received by devalued people.



For more information, you can contact:
Abilities Manitoba

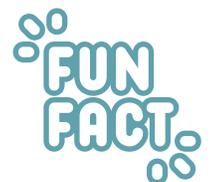
Email: info@abilitiesmanitoba.org

Phone: [431-688-6108](tel:431-688-6108)



<https://tabletalkondisabilitymatters.podbean.com/>

Did you know that we have created podcasts to discuss a variety of disability related topics including In the Company of Friends? Check them out!



Community Navigator NEWS



Are you curious what resources may be available for you but have felt uncertain about where to start?



As a Community Navigator, I like to:

1. Listen to your story and assist in identifying what you're seeking
2. Show you the options
3. Explore the best pathways



Recently I had a young man connect with me asking if I knew of any volunteer opportunities with his community's Recreation Hockey League. After a bit of research and a phone call with a local hockey captain, we found out there was an opportunity just waiting for him. He is now a hugely important member of the team! He helps the team prepare all of the supplies they need on game days to play an awesome game. All it took was a bit of exploring and a couple of phone calls for this magic to happen!

What opportunities are waiting for you?

Call or email Carleigh to find out more!
communitynavigator@icof-life.ca or 204-772-3557



Options for Services NEWS



Options for Services Can Help with that!

Our amazing contractors

Wanda, Clarence, Karen, Taylor, Arron, Neetika and Lee!

Thank you for your efforts and continued great work!



We are available anywhere in Manitoba with the use of online platforms.

Payroll

We know that paying your employees can be complicated. Our certified payroll contractors can run payroll for you and provide peace of mind.

Hiring

Is staff turnover stressful? Let our experienced hiring contractors do the legwork. From advertising, to screening, to references checks, we have you covered. You make all the decisions and interview; we can take care of the rest.

DID YOU KNOW?

Options for Services can assist people to set up a family managed individualized day service. Do you know of someone who might like more information?

You can finally pay your OFS invoice with a quick and easy e-transfer. Just send it to Innovative LIFE Options at info@icof-life.ca and don't forget to add the number to the notes section.

NEW

We want to do more. Please keep an eye out for a survey in the spring and let us know your ideas of what else OFS can do that would be helpful and take a load off. We have some ideas, but we want to hear from you! Please stay tuned as we roll out additional services.

Please reach out! Michelle Pinette 204-772-3557 ext. 3 optionsforservices@icof-life.ca



Happy
Birthday

Edith celebrated her 80th birthday February 11th with friends, network and staff. Edith was surprised when guest Patsy Cline impersonator arrived at her party to sing all her favourite songs. Edith sang away and clapped to the music but requested Patsy sing her favourite song again "I fall to piece's" Her music touched many and brought a tear to Edith eyes.

80th



A vertical poster for the ICOF Spring Fling event. The background is a bright yellow. The top and bottom edges are decorated with a border of colorful flowers in shades of pink, blue, and white. The text is centered and reads: "ICOF" in a pink, outlined font; "SPRING FLING" in large, bold, dark blue letters; "GENERAL ADMISSION" in white letters on a blue brushstroke background; "Holy Eucharist Parish Centre" and "460 Munroe Avenue, Winnipeg" in black; "Saturday, April 20, 2024 12 - 5 pm" in pink; "Tickets: \$10" in black; and "Featuring: Marketplace, Rainbw Auction, Food, BINGO, Prizes, and Photo Booth" in black.

ICOF
**SPRING
FLING**

GENERAL ADMISSION

Holy Eucharist Parish Centre
460 Munroe Avenue, Winnipeg
Saturday, April 20, 2024 12 - 5 pm

Tickets: \$10

Featuring: Marketplace, Rainbw Auction,
Food, BINGO, Prizes, and Photo Booth

A vertical poster for the ICOF Spring Fling event. The background is a light purple. The top and bottom edges are decorated with a border of colorful flowers in shades of pink, blue, and white. The text is centered and reads: "ICOF" in a pink, outlined font; "SPRING FLING" in large, bold, dark blue letters; "VENDOR ADMISSION" in white letters on a blue brushstroke background; "Holy Eucharist Parish Centre" and "460 Munroe Avenue, Winnipeg" in black; "Saturday, April 20, 2024 12 - 5 pm" in pink; "Tickets: \$20" in black; and "Includes Vendor Table, 2 Slices of Pizza, Drink, and Popcorn" in black.

ICOF
**SPRING
FLING**

VENDOR ADMISSION

Holy Eucharist Parish Centre
460 Munroe Avenue, Winnipeg
Saturday, April 20, 2024 12 - 5 pm

Tickets: \$20

Includes Vendor Table, 2 Slices of Pizza,
Drink, and Popcorn

For Ticket and Market Vendor Information contact:

Dana
dana@icof-life.ca
204-803-3836

Betina
betina@icof-life.ca
204-720-7515