

A newsletter published for friends of SCE LifeWorks

### Our Mission

To Support adults with intellectual disabilities to work and participate in the community.

### Our Philosophy

All adults deserve the opportunity to live and work in the community where they are respected and rewarded for their efforts, skills and accomplishments.

### Our Cornerstone Policies

We are committed to:

Remaining community based

Not turning anyone away due to the significance of their disability (Zero Rejection)

Providing ongoing support & retraining to the people we support (Life Long Access)

Ensuring our services are person-centered

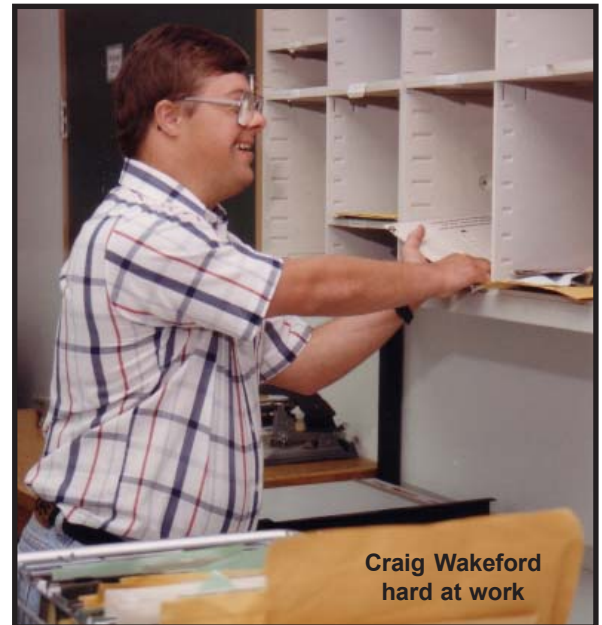
[www.lifeworks.mb.ca](http://www.lifeworks.mb.ca)

## 20 Years of Thinking Outside the Box

SCE LifeWorks, formerly known as Sturgeon Creek Enterprises, is celebrating 20 years of being incorporated as an entity this year. Though services would not be offered until 1987, the act of becoming incorporated on January 16, 1985 represented a statement of intent for a small group of determined parents who wanted to ensure that their sons and daughters would have an opportunity to grow, contribute and flourish as emerging adults.

It was in the early 80's when a group of parents were thinking about what their sons' and daughters' adult lives were going to look like once they finished school. Winds of change were already starting to blow for individuals labeled with an intellectual disability; though sheltered or facility-based workshops were still the norm, there were fledgling efforts being made to support people in the community to find employment. At the time, though, these efforts were time limited and focused on individuals who required relatively few supports.

Between 1985, when Sturgeon Creek Enterprises was incorporated, and 1987, when services were first offered, the founding parents were busy both advocating for funding and ruminating over what services should look like once the organization was off the ground. Many of the founding parents had sons and daughters who would not be accepted for services in either supported employment settings or existing sheltered workshop settings because of their high support needs. They knew that they wanted services that were safe, effective, that provided for individuals with varying support needs,



### OUR FOUNDING PARENTS

KELLY BEAMISH • PETER BUHR  
DR. GORDON GRAHAME • LINDSAY MARRIN  
LAURIE PENNER • HARRY SNYDER  
HELEN TURESKI • TERRY YOUMANS  
ANN ZEBROWSKI

# 20 Years... (continued from cover page)

and that were going to be either sustained or re-accessible according to the client's needs. Here is a little known but interesting fact: until 1986, this parent group felt that a new sheltered facility might fit the bill, and were working to this end. In fact, if plans were followed as envisioned at the time of incorporation, you would now be reading the newsletter of the "Sturgeon Occupational Activity Centre"!

The dialogue of these families progressed, however, and they learned about emerging innovations in service models in the United States. These families realized that they aspired to more than safety and continuity. They came to believe that their sons and daughters belonged in the community because they had skills and gifts to offer. They realized that they wanted their sons and daughters to be valued citizens who worked and fully participated in community life. Michael Klachefsky, who worked with the Manitoba Department of Family Services at the time, was aware of innovative approaches being used in Connecticut to support individuals with varying support needs, and encouraged the families to consider the development of an organization that would provide community-based support tailored around each individual's interests and abilities. The founding families of Sturgeon Creek Enterprises embraced this person-centred, community-based vision.

These families aspired to more than this. They wanted to make sure that there were follow-up supports available for their sons and daughters (a challenge since some funding sources only lasted one year). This would be a worthy investment in continued success, while services would be tapered off as much as possible and "natural supports" (supports by a client's actual co-workers and supervisors) were built up. While clients of other organizations had to go on a waiting list to re-access full supports if a client had to find a new job for some reason, these families wanted a "bridgeback" mechanism so that their sons and daughters (and all clients of the new organization) could immediately re-access services to continue the career journey. Through hard work and effective advocacy, these families found a way to start an organization true to their vision. It was a vision that was very ambitious considering the environment, but these families also believed that their vision was grounded, fair and reasonable.

Twenty years have passed, and SCE LifeWorks now supports approximately 145 individuals to work and participate in their community. Our sister organization, Network South Enterprises, has provided services since 1991, and is guided by the same vision.

It is hard to imagine the grit and determination that these parents required to persist and make their vision a reality. As an SCE LifeWorks employee, it is humbling to know that I and my colleagues continue to play a role in the execution of this vision. Though SCE LifeWorks had grown, expanding services and establishing its place in the city, we continue to hold our actions against the four cornerstone policies that were developed by the founding families. They still challenge us and keep us on a road that I believe serves the people we support in the best possible way.

A big thank you goes out to all of our past and present supporters. Our ongoing gratitude goes to our founding parents for their hard work, persistence, and vision.

## New Partnerships

- Extendicare - Tuxedo Village
- Good Neighbors Senior Centre
- Grapes - Leon Centre
- Kidz Korner
- Magic 'n Motion
- Morguard Investments
- Quintex
- Sign Talk Children's Centre
- Shapes Fitness Centre  
McPhillips Location
- Tan FX - Waverley Location
- Transcona Seniors Council
- Winnipeg Centre Vineyard  
Christian Fellowship
- Winnipeg Convention Centre

*LifeWorks assists people in finding competitive employment that meets both the requirements of the employer and the abilities & interests of our clients.*

*Do you have an opportunity for one of our clients? To find out how your company can be involved, please call our office at 775-9402.*

# Analyn San Miguel



Meet Analyn San Miguel, one of McDonald's newest employees.

Analyn became a client of SCE LifeWorks' Supported Employment Services only a short time ago in January 2005, but her positive personality and eagerness to work led to her finding employment after only one month of job hunting.

"Analyn's strengths are apparent from the first time anyone meets her," says Anselm Clarke, Analyn's Employment

Consultant. "She is polite, engaging and fun to be around and this makes finding jobs a lot easier."

Analyn graduated from Garden City Collegiate and has great support from her brother and both her parents. They have all worked at instilling the importance of not just hard work but being courteous to others. These values have served her well in her job as she measures products to be cooked, answers general customer inquiries, cleans and lines trays and maintains the dining area and her work station.

"Analyn has a willingness to try things and will give her all to ensure that she is doing the best job possible," says Anselm. "I am sure that she will be a success no matter what she does and I am glad that I have a chance to work with her."

When she isn't working Analyn enjoys going to the mall, renting movies and hanging out with her friends.

"I am still learning about myself," says Analyn, "and I want to have fun no matter what I am doing. That's the best way isn't it?"

## Goodbye...

On Thursday April 14, 2005, Bob Manwaring passed away. It would be easier to count the people in the community who hadn't benefited from Bob's vast wisdom, knowledge and experience than those who had. Though Bob's most prominent role was as Director of Continuity Care, Bob assisted and collaborated with scores of individuals and organizations, participating as a leader in the community, a parent, a researcher, a contributor and a volunteer. SCE LifeWorks expresses its gratitude for Bob's enormous contribution to our organization and to the community. Our thoughts are with his loved ones at this difficult time.

## Thanks!

On November 25, 2004, SCE LifeWorks held the 5th Annual Golden Plate Gala.

We thank all our generous sponsors whose contributions helped in making the evening a tremendous success:

Gold Sponsor  
Manitoba Hydro

Silver Sponsors  
Beaver Truck Centre  
Bison Transport  
Delta Winnipeg Hotel

Friends  
Donna Aitchison  
Banville & Jones Wine Company  
Winnipeg Airports Authority

Design & Print Donors  
Kildonan Printing  
LightVisions  
Manny Graphic Design

Food Donors  
Dunn-Rite Food Products  
Independent Fish  
Mariner Neptune  
Mondo Foods  
Peak of the Market  
Sobey's (Northdale)  
Sysco  
To-Le-Do Food Service

Thank you to **Buhler Furniture** for once again donating a curio cabinet to our silent auction. The cabinet always generates a lot of bidding and this year proved to be no exception. Thanks to Buhler for your support, it is much appreciated!

Thank you to artisans **Donna Youmans**, **Sharon Litzenberger** and **David Krindle** for their contributions to the Gala Silent Auction. Their amazing work was a wonderful addition to the table.

And finally thank you to all of the many silent auction donors whose generosity helped make the Gala a success!

# 5th Annual Golden Plate Gala



Eleanor & Ken Friesen (far right) with friends at the Golden Plate Gala

On November 25, 2004, SCE LifeWorks held the Fifth Annual Golden Plate Gala. We are thrilled to announce that it was once again a resounding success!

Our major fundraising event, the gala featured a delicious seven-course meal, expertly prepared by the chefs of the Manitoba Culinary Team, fine wines chosen by Banville & Jones, and fabulous entertainment compliments of the Larry Roy Trio.

We would also like to extend our thanks and appreciation to Caroline Hunter of QX104 for donating her time and talents to serve as our host. She was a huge hit with the crowd! We also would like to thank Sylvia Jansen, Wine Consultant and Educator from Banville & Jones,

who was once again on hand to talk about the wines for the evening, why they were chosen and the importance of matching wine and food for a complete culinary experience.

Thank you to all who attended for your help in making the Golden Plate Gala a success. All monies raised at the Gala go towards supporting our mission of supporting adults with intellectual disabilities to work and participate in the community.

## Personal Achievement Award

One of the highlights of SCE LifeWorks' Golden Plate Gala is the award presentations. Each year, the Personal Achievement Award is given to an individual who has demonstrated a continued effort to meet challenges and achieve goals. This year, we were pleased to present this award to Steve Swiscoski.

2004 has been a year of great achievements for Steve. Personally, physically and socially, Steve's commitment to reaching the goals he has set for himself is both evident and unwavering.

Over the course of the past year, Steve has begun a regular volunteer position that fills him with a sense of accomplishment. Physically, he has dramatically increased his upper body strength through regular physiotherapy sessions and has begun to walk under his own power on the treadmill... a major accomplishment as Steve spends the majority of his day in a wheelchair.

On a more personal level, Steve now independently attends a Brain Injury Support group as well as Church services, no longer relying on staff to take him. He also attends a self-help group where he has developed strong, solid friendships with people who accept him and who call and see him on a regular basis. For Steve, these new friendships along with his new sense of community are the most valuable things he has accomplished.



Congratulations to Steve for being named the recipient of the 2004 Personal Achievement Award.



# Employer of the Year Award

Also presented at the Golden Plate Gala is the Employer of the Year Award. This award is given to a business who employs an individual who is a client of SCE LifeWorks. We were thrilled to be able to present this year's

award to two worthy recipients - Gerard's Deli & Bakery and Palliser Furniture, both of which employ two SCE LifeWorks clients.



Gail Scheer, Board Chair, Oly Backstrom, President & CEO with Lorraine Handley and Gerry Haggett from Gerard's Deli & Bakery

Gerard's Deli & Bakery has been involved with LifeWorks for just over a year, but in that short time has become a strong supporter and employer of our clients.

What began as a cold call for a work experience has now turned into positions for two individuals supported by LifeWorks, both of whom work full-time and earn a competitive wage. They have also provided an invaluable work experience opportunity for an individual, embracing her as part of their team before she moved away from the city.

As a business, Gerard's Deli & Bakery believes in giving all people an opportunity, not just to work, but to grow and take on new challenges, all in an environment of kindness, respect and support.

\* \* \* \* \*

Palliser Furniture has had a long-standing relationship with SCE LifeWorks, having employed our clients since 1998.

Currently, two individuals supported by SCE LifeWorks work in the Genesis Shipping & Receiving department in Palliser, earning competitive wages.

Over the years, Palliser has had, and continues to have a positive rapport with SCE LifeWorks. Most importantly, Palliser has enabled its employees to grow as individuals and develop skills while always being considered an integral part of the team.

Congratulations to both Gerard's Deli & Pastry and Palliser Furniture for being truly supportive employers and for being named SCE LifeWorks' 2004 Employers of the Year.



Gail Scheer and Oly Backstrom with Stan Dueck from Palliser Furniture

SCE LifeWorks' 6th Annual

## GOLDEN PLATE GALA

Mark your calendars for the 6th Annual Golden Plate Gala, taking place at the Delta Winnipeg Hotel on Thursday, October 6, 2005.

Preparations for this one of a kind event are already well underway. Watch your mailbox for further information about the Gala as well as for your opportunity to order tickets.

# The Everyday Philanthropist

## Leaving a Legacy

Every day in Manitoba, people's lives are enriched by the work of not-for-profit organizations in our communities. Meals for isolated seniors, summer jobs for disadvantaged high school students, funding for mental health or cancer research or a live performance by a local arts organization – these are just some of the ways charitable organizations improve our lives.



Financial assistance is essential to support this work. A vast majority of Manitoba residents generously give their money and time to local charities. But many people are unaware that by making a gift in their will or estate plan to the charitable group of their choice they can continue to help people in need or promote a favourite cause. And there may be tax benefits to these gifts.

If leaving a legacy is of interest to you, take the next step. Think about the not-for-profit group or cause you'd most like to help. Maybe you or someone you know has benefited from the service of a particular organization. Maybe you're an active volunteer or believer in the mission of a specific organization. You might want to leave a gift in memory of a loved one or for a certain use.

If you need more help, or you need to know more about a particular organization, do some investigating before leaving a gift. Call the charitable group of your choice. They can tell you more about what they do, what opportunities are available for giving, and how your gift will allow them to continue their good works. Or you can call a professional advisor – an estate planner, a lawyer who specializes in wills and bequests or an accountant should be able to help.

Make a lasting difference in Manitoba... Leave a Legacy. For more information please contact SCE LifeWorks at 775-9402 or visit the Leave a Legacy website at [www.leavealegacy.ca/manitoba](http://www.leavealegacy.ca/manitoba).



**Life affords no higher pleasure than that of surmounting difficulties, passing from one step of success to another, forming new wishes and seeing them gratified.**

-Samuel Johnson

# Families

## Make a Difference

On February 27, 2005, Ron, Jeannette and Joe Kostenuik hosted a house concert in their beautiful new home. The featured entertainment was Courtney Grainger and Christian Dugas, (Courtney is a prominent Cajun fiddle player from Louisiana, while Christian is one of the most sought after musicians in Winnipeg).

The Kostenuik family has a great love for music, and when an opportunity was identified to host a house party, the family jumped at the chance. Though there was only a week to pull the event together, a full house of guests witnessed a wonderful time, complete with traditional Cajun food prepared by the Kostenuiks, family and friends.

A significant portion of the proceeds from the event was donated to SCE LifeWorks (the rest went to the worthy musicians). The Kostenuiks have maintained a strong connection with SCE LifeWorks ever since Joe has been supported by our organization, and we are in their debt as a result. Ron has served on the Board of Directors while Jeannette has served on the Quality Assurance Committee. Jeannette contributed her time and experiences to the making of the "Did You Know" TV spot for SCE LifeWorks that was recently produced and sponsored by The Winnipeg Foundation and CKY television. Whether it be attending events, supporting the Golden Plate Gala, joining the new family-based Social Committee, or making regular contributions, the Kostenuiks have always been generous with their time and resources. The house concert was a fitting celebration of the vigor with which they support their community. Thank you Kostenuik Family!



# Elizabeth Desrochers



Elizabeth Desrochers has been supported by SCE LifeWorks' Individualized Support Service since August of 2003.

A bundle of energy, Elizabeth has a cheerful disposition and brings a lot of spirit to any activity she takes part in. In fact, you rarely see Elizabeth without a grin as she goes about her volunteer commitments, exercise classes and various other activities.

"Elizabeth always has a smile on her face," says Denise Lavallee, Elizabeth's Support Worker. "She is very honest, has a lot of

determination and is willing to try anything new."

Elizabeth volunteers at a daycare centre, where she helps out with the 4-6 year olds. During this shift, Elizabeth sets out lunches, wipes down tables, helps put the kids down for naps and generally jumps in and assists the staff wherever she is needed.

Elizabeth also attends a Ceramics class once a week where she paints pottery, has lunch and socializes with other people in the class. Other weekly activities include going bowling, hitting the day spa for a manicure and visiting the library where she looks at books and goes on the computer.

By far, Elizabeth's favourite activity she takes part in is her Aquafit class, which she participates in 3 to 5 times per week. Elizabeth loves the water and the combination of music and dance moves is right up her alley. Attending Aquafit allows Elizabeth to have fun, get exercise and socialize with the other women who regularly participate in the class.

Since starting with SCE LifeWorks, Elizabeth has tried various jobs and activities to establish her interests. She has also begun showing more independence in her activities, which is a very positive step.

For Denise, the growth in Elizabeth is evident.

"I really enjoy working with Elizabeth," says Denise. "She's like part of my family and seeing how far she has come since I started working with her has been very rewarding. She is much more calm and her whole attitude toward everyday activities has changed (for the positive)."

In her spare time, Elizabeth is involved with Special Olympics, takes part in church activities and enjoys spending time with her family, especially her five nieces and nephews. Future goals for Elizabeth are to gain paid employment and to continue with her exercise and activity programs.

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**The first step towards getting somewhere is to decide that you are not going to stay where you are.**

- John Pierpont Morgan

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## What's Happening

### June 23

SCE LifeWorks Group Event  
Winnipeg Goldeyes  
Vrs. Calgary Vipers

### July 1

Canada Day  
SCE LifeWorks Office Closed

### August 1

Civic Holiday  
SCE LifeWorks Office Closed

### September 5

Labour Day  
SCE LifeWorks Office Closed

### October 6

The 6<sup>th</sup> Annual Golden Plate Gala  
Delta Winnipeg Hotel

### October 11

Thanksgiving  
SCE LifeWorks Office Closed

### November 11

Remembrance Day  
SCE LifeWorks Office Closed

### November

Karaoke Afternoon II (Date TBA)

## Shop at Sobeys & Donate to SCE LifeWorks!

When you buy Sobeys/IGA Gift Certificates from SCE LifeWorks, Sobeys/IGA donates a percentage of the profits back. Certificates are available in denominations of \$10, \$20 and \$50, have no expiry date and are matched dollar for dollar at the store.

For more info, or to get your certificates, please call Susan at 775-9402 or drop by the SCE LifeWorks office.

# SCE LifeWorks Donor Card

I would like to support SCE LifeWorks in the amount of \$\_\_\_\_\_.

Please find my cheque to SCE LifeWorks enclosed.

Please charge my donation to my credit card.    Visa    MasterCard

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## SCE LifeWorks Merchandise

Need some new gear for spring? Then why not pick up some great SCE LifeWorks merchandise! You'll not only look stylish, you will be supporting SCE LifeWorks at the same time. Currently in stock we have black ball caps with our name on the back, our exclamation T's (available in small, medium, large & x-large) and our new copper travel mugs. To purchase any of these great items, simply stop by the SCE LifeWorks office, or call Susan at 775-9402.



Tees - \$10



Caps - \$10



Mugs - \$14

Do you want to receive your Synergy newsletter via email? Email Susan at [sharrison@lifeworks.mb.ca](mailto:sharrison@lifeworks.mb.ca) and let her know where to send it. Be sure to clarify if you also want it mailed to your home/business. If you receive your newsletter by email, you can forward it to potential employers, family members or volunteers.



Please share this newsletter with a friend or co-worker!