

February 2018



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# DAFRS FAMILY focus

SO THAT ALL PEOPLE ENJOY A FULL AND MEANINGFUL LIFE  
WITHIN THE COMMUNITY.

## The Heart of our Approach - Valued Social Roles

Those who know us well may recognize that we have a different approach to supporting people with disabilities than many other agencies in our sector. In part, this is because we don't offer any "traditional" programs but are instead, really focused on helping families to build their own capacity to ensuring a good life in community for their family member with a disability.

*When school ends for Adrian, we don't help a family look for a day program, but rather help his family to think about and bring about more typical ways that a young adult is involved in his family and community – perhaps as a beloved brother, helpful son, family grocery shopper, contributing neighbour, regular gym club member, neighbourhood dog walker, avid church and choir member, and part-time theatre usher.*

One of our favourite ways to help make this happen is through supporting families and their allies to think in terms of developing valued roles for and with people. One of the most effective ways to begin this learning journey is by taking a beginner's social role valorization (SRV) course. We are hosting a one-day learning opportunity in SRV, and **there are still a few spots left** - we hope that any families interested will consider. Join us, come out, and see what this is all about.

The major goal of SRV is to create and support socially valued roles for people, because if a person holds valued social roles (great neighbour, employee, home owner, aunt/uncle, entrepreneur, etc.) that person is more likely to receive (or at least have opportunity to receive) the same good things in life that other members have available to them. Good things may include friends, a home of one's own, being accorded dignity and respect, an education, opportunities to participate and contribute in their community, etc. This process of increasing or bolstering these types of valued roles in a way that is obvious to others, leads to people being considered more similar to than different from ourselves and others - the more we personally identify and relate with people, the better their chances are of being treated well and being offered those good things in life (like respect, opportunities to contribute, etc.)

For those who wish to improve the social situation of people in their lives, SRV provides a conceptual, higher-level framework for on-the-ground actions and ideas. SRV is a social science concept, and is empirical in nature - that being said, in our work with families here at DAFRS, it gives us lots to take into account when planning and carrying out ideas and visions for a person with a disability. So although descriptive, rather than prescriptive, SRV gives us a lens in which to evaluate, filter, prioritize, and decide on what we should safeguard, what is good and what is worth putting our time towards. So, if you have ever had a feeling that there was something a bit different about us - SRV is probably the culprit! We hope you can come and learn more about it, and see what it has made such a difference in our work and the lives of those we serve.

**SATURDAY, FEBRUARY 10, 2018 — 9:00 AM TO 5:00 PM**

**THE GATHERING PLACE — 20-850 KING ST. W, — OSHAWA**

**REGISTER ONLINE TODAY! SPACES ARE LIMITED.**

**CLICK HERE!**

# Making the Most of Funding Graduates - A New Study Group For You!

Those who have completed any one of our Making The Most series are invited back to a MTM Study Group! Graduates are welcome to drop in to these monthly gatherings, where participants, mentoring families, and facilitators will delve deeper into the topics and activities which were presented throughout the series' six sessions. If you have been working through some ideas, or want to spend more time on a particular area or exercise presented at the series there will be time, guidance, and support to do so.

If you'd like more information or want to RSVP, contact Selena at [sblake@dafers.com](mailto:sblake@dafers.com) or by phone at (905)436-2500 ext.2302.

## MAKING THE MOST STUDY GROUP



Begins **MONDAY, FEBRUARY 12, 2018** at 6:30pm  
The Gathering Place - 20-850 King St. W, Oshawa

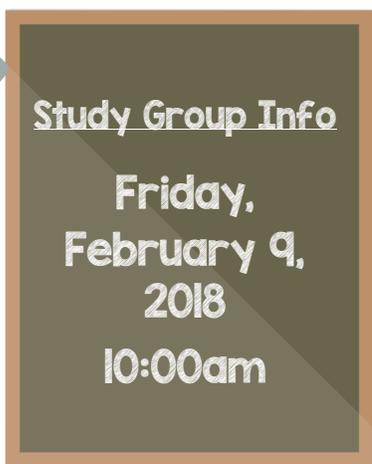
## Environmental Sensitivity, Diet and Nutrition, Sensory Integration and More the Focus of Monthly BioMedical Study Group

This month Marian Triano is returning to the BioMedical Group. Some of you will recall a great discussion we had about Option, dialogue, and supportive conversations with Marian last year. A return conversation with Marian was a popular request for this year's agenda. Also, we now have 4 super cool, covered stability balls which people may want to take home to try out. Stability balls are often talked about and implemented where sensory integration issues are suspected. As always we will have a chance to touch on topics that we have been learning more about over the year: epilepsy, diet and nutrition, sensory integration, mindfulness, medical marijuana, and more!

We are a group of family and community members who find it inspiring, helpful, and personally rewarding to talk with each other about our own experiences and share new information all about optimal health, balance and well-being. We think about wellness in terms of food and nutrition, making sure sensory needs are met, figuring out mindful and conscious approaches, or looking at what recent research can tell us about medications, seizures, digestive issues and more.

Our conversation focuses on the whole person and how people may respond with more or less sensitivity to their environment, including diet and nutrition, brain coherence, sensory integration issues, the calmness or agitation of those around them, and more.

The group has been meeting monthly for over a year and is open and welcomes new participants! We meet at The Gathering Place (20-850 King St. W, Oshawa), the second Friday of each month at 10am.



Please RSVP your attendance to [jklees@dafers.com](mailto:jklees@dafers.com) so that we can plan a successful morning.

## Family Input Welcomed at Meeting with Lieutenant Governor

On January 30th, two members of the Housing Groups *Imagining Home* and *Intentionally Built Communities (IBC)* had an audience with Ontario's Lieutenant Governor, Elizabeth Dowdeswell! The Honourable Elizabeth Dowdeswell is a newly appointed Lieutenant Governor and has been meeting Ontarians at Round Tables for the past few months while she thinks about a theme for her tenure in this role.

Mayor Adrian Foster of Clarington was asked to convene a Round Table in his area on any topic he thought important to his community. He chose affordable housing and invited a small group of ten citizens to share their ideas and experiences on housing.

Because of recent conversation with Wanda Huntington, a member of both *Imagining Home* and *IBC*, along with the excellent representation of the two groups at the Budget meeting last November, the mayor thought of giving us two of the presentations for our Lieutenant Governor. Wanda was out of town, so Marilyn Lo Turco and Janet Klees, in the end, were able to speak.

We, of course, told stories and spoke our key messages: portable rent subsidies, renovation loans, more affordable rental builds and the possibility of intentional community. Both five minute presentations will be posted soon on our [Imagining Home website](#). Next housing meeting for *Imagining Home* is Wednesday, February 14th, 6:30 pm where we will get updates on this, exciting new possibilities across the Region, and hear Eleanor Werner's presentation which she gave to the Ontario Municipality conference last December.



Marilyn Forster Lo Turco and Janet Klees discuss key housing messages with Lieutenant Governor of Ontario

## Imagining Home Gives Regional Updates on Housing Sector, and Hears Presentation From Recent Ontario Municipal Conference

Housing is a popular and relevant topic these days and we have our ear on the ground when it comes to all areas of affordability and change happening in our region. The housing group, [Imagining Home](#), has been actively seeking out both information and change and has lots to discuss at its monthly meetings.

We have regional and national news to think about, discuss and act on. It's always better to do this together so you are welcome to join us! This month we will also hear Eleanor Werner's presentation from the Ontario Municipality conference a couple of months ago.

The next housing meeting will take place on **Wednesday, February 14, 2018** at 6:30 pm. This meeting will be at The Gathering Place, here at the DAFRS office located at 20-850 King St W.

Contact Selena for more information at

**905-436-2500 ext. 2302 or [sblake@dafrs.com](mailto:sblake@dafrs.com)**



# Have a Gift for Fundraising? HippieFest is a Great Night for a Great Cause!



If you missed the last Hippiefest in 2016, or perhaps the entire groovy 60's - you will surely want to mark **Thursday, March 29th** on your calendar and get your tickets today!

In support of the Bascule Bursary (a small but mighty fund generated to help those with disabilities access and participate in various educational or personal ambitions within the community), we are looking for some fundraising help! Our Silent Auction could use donations of new products or services. Gift certificates, donated gift baskets, or other interesting items welcome!

[See and share the flyer here!](#)

**THURSDAY,  
MARCH 29, 2018**

**HEYDENSORE  
PAVILION**

[respiteservices.com](http://respiteservices.com)

**CHAP**

COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

## Respite Worker Orientation

Keep an eye on the website for the next Orientation!

Or call Jeanne for more details! (905)436-3404

The CHAP Respite Worker Orientation is a mandatory session for potential support workers joining the CHAP program worker bank. Families and their support workers are welcome to attend the orientation. The day includes an introduction to supporting families and their family member who has a disability, an introduction to understanding the meaning of respite, understanding and developing roles, language, community involvement, the support worker's roles and responsibilities with families and [respiteservices.com](http://respiteservices.com).

To attend you **must** be registered with [respiteservices.com/durham](http://respiteservices.com/durham) and you will need to RSVP due to limited space. Contact Jeanne at (905)436-3404 or [jgodfrey@dafrs.com](mailto:jgodfrey@dafrs.com)



For more information on our organization or any of our events, please visit our website at

[www.dafrs.com](http://www.dafrs.com)

Or  
contact Heather by  
phone:  
(905)436-2500  
ext. 2314

For more information please visit our website at [www.dafrs.com](http://www.dafrs.com)  
and see the "What's Happening Now" tab

Durham Association For Family Respite Services  
850 King St. W, Unit 20, Oshawa, Ontario L1J 8N5  
(905)436-2500 [www.dafrs.com](http://www.dafrs.com)