

December 2018



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# DAFRS FAMILY focus

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

## Stories by the Fire This Thursday, December 6<sup>th</sup>, 2018 at the Centennial Building

We hope to see you this Thursday, at [our annual Stories by the Fire evening](#). This year we are thrilled to hear three stories and have a young, up and coming poet present for us. There will be good food, good company, and good ideas to take into the new year. Tickets are free, but are going quickly, so get yours while they are available!

The evening will take place in the beautiful Regal Room, located on the upper level of the Centennial Building in Whitby. The doors will open at 6:30 with time to mingle before our first storyteller at 7:00pm. There will be a story about life after high school, chasing aspirations and settling into life as a young adult. There will be a story about employment, how one local business owner found the right fit for his business in a young man with a talent for assembling things. Finally there will be a story about home, and how two people have been able to impact each other's lives with and through thinking about home and planning for the future. A young woman with a flair for poetry will be joining us, sharing some words she has crafted for our evening, and helping us to create something together.

Storytelling is an ancient form of art, of communication and of learning. Stories nourish our work here at Durham Family Resources, and we are so grateful for that we have a community which wants to share them, and a community which wants to hear them. We look forward to being with you on Thursday!

[Get Your Tickets Here!](#)

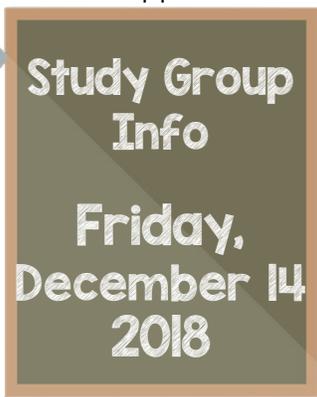
## *Stories by the Fire*

Thursday, December 6<sup>th</sup>, 2018  
7:00pm - The Regal Room  
The Centennial Building  
416 Centre St. S, Whitby



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

We are everything “Bio – Medical” and so much more....we are families who talk about all of the approaches, alternatives, strategies that families have found, are being pushed into, have discovered online and more! We have a wide circle of families who are ready to share their vast experience and together we sometimes are able to help each member make better sense of the options and choices that surround them.



The Bio-medical Approaches Study Group continues to meet monthly in order to learn and share with others. Our interest in alternate approaches to health and well-being for ourselves and our family members continues to grow as we share, discuss and research new directions together.

This month on December 14<sup>th</sup> at 10:00 am we will meet a local practitioner doing Visual Therapy with people as a way to improve vision, balance, coordination, motor processing and much more! Many people are benefiting from these methods well supported by our understanding of brain science and neuroplasticity.

The group meets monthly and is open and welcoming to new and past participants! We usually meet at The Gathering Place (20-850 King St. W, Oshawa), on the second Friday of each month at 10am. Please RSVP your attendance to [jklees@dafrs.com](mailto:jklees@dafrs.com) so that we can plan a successful morning.

## Creating a Pathway to Employment, with Joe Dale, of the Ontario Disability Employment Network

The podcast and website, [Empowering Ability](#), is a resource we often refer to and use in our work with families. Organized with original content by Eric Goll, it aims to support families by sharing the best tools and resources available from world class leaders in disability.

Recently, Eric interviewed Joe Dale, Executive Director of the [Ontario Disability Employment Network \(ODEN\)](#), who, through good conversation with Eric, explores the untapped labour pool of people with disabilities, uncovers the benefits of employing people with disabilities, and discusses approaches people with disabilities can take to gain employment.

Episode #052



and discusses approaches people with disabilities can take to gain employment.

Joe has worked in the field of disability for over 35 years and spent much of that time addressing issues related to employment for people with disabilities. He is an internationally renowned speaker, speaking to business, governments, and not-for-profits on the issue of strategic engagement of people with disabilities in the workforce.



**CREATING A PATHWAY TO EMPLOYMENT,  
WITH JOE DALE**

If employment has been on your mind, you'll want to [check out the podcast and corresponding blog post](#) - there's lots to know. Check out the rest of the site while you're there as there is lots to learn from Empowering Ability!

## Durham Region Housing Coordinator Joins the December Imagining Home Meeting

Imagining Home was abuzz in November with conversation and updates related to our Housing Survey! Thank-you to all the families who participated and a very special thank-you to Marilyn Forster-LoTurco for making it happen! There are plenty of action items and follow up to address so as December rolls in it is a good time for us to gather again and set priorities!

We are excited to welcome Erin O'Reilly to our next Imagining Home meeting as the new Housing Options Specialist here at Durham Family Resources! We know she will have great impact in moving things forward as we venture into the New Year!

During our December meeting, we will also have a short recap from Durham Region's National Housing Day symposium. A video teaser was shared launching the Region's public awareness campaign about affordable housing. The trailer features our very own Marilyn alongside her daughter Sarah LoTurco who were interviewed as part of the Region's soon to be released video series. Not only have the local municipalities been putting effort towards housing solutions, the provincial government has recently released a survey seeking public input.

On the 12th, Imagining Home will look at the survey that the government will be using to inform their Housing Supply Action Plan. This will be in preparation for a discussion in the new year that will enable us to make a group response to the government's solicitation of information, which is due at the end of January! We must move on this quickly.

The DSO has implemented their own part-time Housing Coordinator in Durham Region. Stacy Martin plans to join us for the evening. She is interested in hearing about creative housing options and will give the group a snapshot of her role.

As we do regularly, we plan to continue our conversation and analysis of housing options that crop up under the guise of innovative and affordable. At the forefront of Imagining Home are the principles designed with families so it is always important to reflect on those guideposts together in the context of what is emerging in community. The next Imagining Home meeting is on December 12th at 6:30pm in the Gathering Place here at the DAFRS office located at 20-850 King St. W. Contact Selena to RSVP or for more information at 905-436-2500 ext. 2302 or [sblake@dafrs.com](mailto:sblake@dafrs.com).

### **IMAGINING HOME MEETING THE GATHERING PLACE**

**WEDNESDAY, DECEMBER 12, 2018 DURHAM FAMILY RESOURCES**

**6:30PM 20-850 KING ST. W, OSHAWA**



## Statistics Canada Survey Measuring Cost of Living Across Canada



A new survey is out from Statistics Canada which will help them decide what the poverty line in Canada is. One way to determine this is to decide what the cost is for goods and services that individuals and families require to meet their basic needs and achieve a modest standard of living. They call this a Market Basket Measure (MBM).

They are reaching out across Canada for this information so that their determination is one that is representative for the whole country. We want to ensure that all voices are considered in this kind of calculation, and therefor are encouraging everyone to take a few minutes to fill out the survey.

**Click here to fill out a survey for Statistics Canada regarding the cost of a modest standard of living.**

# Have You Attended Making the Most of Your Funding? Join the Study Group to Pursue Your Learning!

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@dafrs.com](mailto:sblake@dafrs.com) or by phone at (905)436-2500 ext.2302.



## MAKING THE MOST STUDY GROUP

MONDAY, JANUARY 28, 2018  
10:00AM

The Gathering Place  
20-850 King St. W, Oshawa

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



## Respite Worker Information Session

Monday, December 17, 2018  
10:00am to 2:00pm  
20-850 King St. W, Oshawa

The CHAP Respite Worker information session is mandatory for potential support workers joining the CHAP program worker bank. The session 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. Contact Claudia at (905)436-3404 or [cschweiger@dafrs.com](mailto:cschweiger@dafrs.com)

Want more  
information?

Durham  
Association for  
Family Resources  
and Support

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 or email:  
(905)436-2500  
ext.2314  
[hminors@dafrs.com](mailto:hminors@dafrs.com)

For more information, please visit our website, [www.dafrs.com](http://www.dafrs.com),  
and see the "Upcoming Events" tab.

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