

July 2019



▶ AUDREY COLE JOINS US TO DISCUSS GUARDIANSHIP JULY 23... 2



▶ SUMMERTIME IN DURHAM REGION IS FULL OF OPPORTUNITY... 4



▶ MORE TO LEARN AT THE BIOMEDICAL STUDY GROUP.... 3

Durham Family Resources

# FAMILY focus

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

Thank You!

## Another Successful AGM Thanks to a Show of Support From Families

Blue skies and a warm evening welcomed families, board members, staff, and others from our community to our Annual General Meeting on Monday, June 17th. We were delighted not just by our luck with the weather, but at the number of people who came out to show support for the work done here at Durham Family Resources. Thank you to everyone who came out, and thank you to all of those who have applied for membership to our organization. Having good attendance at our events and a strong membership base makes a statement not only to our funders, and political allies, but also demonstrates public endorsement for the principled type of work being done here; one person at a time, together with families.

The year's business was quickly wrapped up, including saying goodbye to Christine Hewitt, our most recent Chair, who has been on our Board for the past 6 years. We also bid farewell to our Vice Chair, Narmatha Thayanathan, who has served on our board for 3 years.

The highlight of the night was the family panel presentation, *Homeward Bound: Families talk real options in housing and home*. Four families spoke about their visions, steps taken, and future plans towards finding and creating home for a loved one with a disability. Although extra consideration and thought are needed (accessibility requirements, what supports need to be in place, etc), what resonated with the crowd was how typical everything else was. Gaining independence gradually, being in the right neighbourhood, creating a lifestyle within our means, being able to try different living arrangements as time goes by; all universal and necessary topics in regards to finding and creating a home of one's own.

In addition to this presentation, we had two amazing visual displays. On the north side of our room, we had a 'streetscape' depicting our own families journey's in housing with a focus on the past three years. On the south side, we had our *Feels Like Home* visual quilt. Participants enjoyed perusing these displays and great conversation and sharing ensued.

Outside we were welcomed by the North Oshawa Lions Club, who grilled an endless supply of burgers and hotdogs, a big thank you for their time and effort. Everyone had lots of time to catch-up, meet new faces, and connect with others who support the work of Durham Family Resources. We hope to see everyone again next year!



Great weather, food, presentations, and the best company at the 2019 AGM



Did you notice our zero-waste initiative?

# Audrey Cole Joins us for Discussion on Supports for Decision Making as an Alternative to Guardianship

This month we will host another learning and sharing event along the theme of Recognizing Capacity. Join us on Tuesday July 23rd for an evening with Audrey Cole to discuss Supported Decision Making as an alternative to Guardianship. Currently, if someone is found to lack the capacity to understand complex legal decisions, they can be appointed a Guardian who then makes ALL decisions on their behalf. As a mother, a life long advocate, and a clear voice on the rights of all, Audrey will help us explore the everyday, far reaching, life-long implications of having one's legal capacity transferred to another and discover more about alternative, less severe and more supportive arrangements for assisting people to be as fully involved as possible in the decisions that shape their lives.

Registration and refreshments from 6.30pm. Speaker begins at 7pm in The Gathering Place.

Audrey Cole is an activist, educator and lecturer with deep roots in the Community Living movement. The birth of her son Ian energized her interests in human rights, values and ethics, the social well-being of disadvantaged people and the social roles and responsibilities of voluntary associations. Known for her expertise on guardianship legislation and supported decision making and her work on genetic discrimination, she has written and spoken on these matters nationally and internationally. She was a member of the Ontario Attorney General's Interim Advisory Committee on Substitute Decisions. In 1997, she was invested in the Order of Ontario in recognition of her activism on behalf of people with disabilities.



**Tuesday, July 23, 2019 @ 7:00pm**  
**The Gathering Place -20-850 King St. W, Oshawa**  
**[Register Here Today!](#)**

## Augmented and Alternative Communication Methods Webcast and Discussion Taking Place July 10<sup>th</sup> - Join Us!

Genia Stephens, founder of the Good Things in Life Podcast, will be interviewing Erin Sheldon the second week of July. Erin works with educators and therapists on the assistive technology, communication, and literacy needs of students with significant disabilities.

Many people who cannot rely on words to speak struggle to be understood. Loved ones and support people often do their best to apply what they know of the person's preferences to the planning process, but may fall short because they lack a direct way to ask the person what they think.

Augmentative and Alternative Communication (AAC) methods can provide access to communication and serve as a tool to directly understand the thoughts, preferences and choices of people with significant disabilities and communication barriers. AAC technology can support us to understand a non-speaking person even before the person can use the technology themselves.

Join us in the Gathering Place with other families as we stream [the Good Things in Life Podcast](#) and end with our own discussion on the subject!

**Wednesday, July 10 2019 @ 12:00pm**  
**The Gathering Place - 20-850 King St. W, Oshawa**

## 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 Laura at [lpowell@dafers.com](mailto:lpowell@dafers.com) or by phone at (905)436-2500 ext.2312.

MONDAY, JULY 22, 2019  
6:30 PM

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

**MAKING THE MOST  
STUDY GROUP**



## Sharing Snacks and Experiences at a BioMedical Picnic! Alternative Approaches, Sensory, and Nutritional Needs are all Food for Thought

This month the group is invited to bring their favourite summer snacks and a lawn chair to celebrate this sunny weather while catching up on ideas, suggestions and next steps.

Everyone is welcome to attend and participate in the Bio-Medical Approaches Study Group when we meet on the second Friday morning of each month. Regulars, those who drop in when they can, occasional drop in for various topics, and curious on-lookers all join for morning discussion, learning, sharing and a good laugh that accompanies fellow learners who respect each other!



**Study Group  
Info**

**Friday,  
July 12,  
2019**

We engage with anything “Bio – Medical” and so families talk about all of the approaches, alternatives, strategies that we 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 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@dafers.com](mailto:jklees@dafers.com) so that we can plan a successful morning.



## Long Summer Days Filled in Local Fun Ways!

School is out and summer is on! Here at Durham Family Resources we are fans of our local community. And who can blame us when you see what is in store in our own backyard!

As you're planning out fun days for your family this summer, consider the fun and friendship that can be uncovered nearby in Durham Region! Whether

you have a music lover, a budding artist, a playground player, a history buff, a swimming superstar, or a new interest everyday kind of kid, there's something to bring everyone together this summer!

- Driftwood Theatre Group travels around Ontario offering pay-what-you-can performances. Over the summer they are performing a musical rendition of *A Midsummer Night's Dream* outdoors in Pickering, Oshawa, Whitby, Port Perry and Bowmanville. [See the schedule and other Driftwood Theatre happenings](#)
- Race car enthusiasts may want to check out [Motorsport Park](#) in Bowmanville
- Annual Rotary RibFests in [Whitby](#), [Oshawa](#) and [Port Perry](#) and beyond!
- Pickering hosts a number of [art and music festivals](#) throughout the summer
- [Clarington Concerts in the Park](#), and [Oshawa concerts in the park](#) are free and fun for the whole family
- The Oshawa Museum hosts a Sunday Funday on the first Sunday of every month. [Check out their great drop-in activities!](#)
- For those who love cars, there is a classic British car and all things British street festival - [check this out in Port Perry](#)
- Dog fans will love the [Dog Days of Scugog Festival](#)
- [BluesBERRY Festival](#) in Clarington in August - amazing combo of berries and blues music!
- For train enthusiasts of all ages check out [A Day Out with Thomas](#) or the [York-Durham Heritage Railway in Uxbridge](#)
- Budding entrepreneurs may be interested in the Business Advisory Centre Durham (BACD) which is a great place to get information, support and free courses (year round). Each summer they help students with small business ideas with hands-on coaching and mentoring. [Check it out!](#)
- Ajax has [summer concerts for kids](#) every other Wednesday at Pat Bayly Square
- The City of Oshawa has an [Active Oshawa Guide](#) with plenty of ideas and activities
- [Mobile Playground Program](#) in Clarington is a van full of fun that stops at various locations for children up to 12 years, with their parents
- Tour the [top parks in Durham!](#)
- Libraries host events throughout the year—check out the events calendars for [Ajax](#), [Pickering](#), [Whitby](#), [Oshawa](#), [Clarington](#), and [Scugog](#)
- Great parks and trails throughout Durham Region. [Check out the Trails Guide!](#)
- Be a “home town tourist” and check out [Durham Region's Tourism Guide](#)
- Durham Region Health Department has also compiled [a list of free or low cost ideas](#) to keep the whole region busy!

# Creative Options and Considerations Around Roommates the Focus of this Month's Imagining Home Meeting

What an eventful month it's been on the housing front! In June we celebrated all things housing and home at our AGM, which included two stunning visual displays, highlighting many examples of "home", as well as a family panel presentation where families spoke of their personal journeys to realize 'a home of one's own' for their family members. We also received the long-awaited news of seventy new Durham Portable Housing Benefits. The benefits were made available to residents on the DASH list as well as by a referral process through regional agencies, including Durham Family Resources. The selection process is well underway, and we look forward to seeing families move ahead on their housing plans within the next several months!

At our upcoming meeting we'll explore the topic of roommates and the many creative options to consider as you plan your housing strategy. We welcome families to share their experiences, ideas and questions around this very timely topic.

Our next Imagining Home meeting is on Wednesday, July 10th at 6:30pm in the Gathering Place here at the Durham Family Resources office located at 20-850 King St. W. Please contact Erin to RSVP or for more information at 905-436-2500 ext. 2511 or [eoreilly@dafrs.com](mailto:eoreilly@dafrs.com). Looking forward to seeing you all again!

**IMAGINING HOME MEETING THE GATHERING PLACE**  
**WEDNESDAY, JULY 10, 2019 DURHAM FAMILY RESOURCES**  
**6:30PM 20-850 KING ST. W, OSHAWA**



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

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

## Meet and Greet and New Worker Information Sessions

Check the website for upcoming dates!

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 Jeanne at (905)436-3404 or [jgodfrey@dafrs.com](mailto:jgodfrey@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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