



► WORRIED ABOUT
SOMEONE IN
HOSPITAL? TOOLS FOR
SAFEGUARDING ... 2



► LEARNING AT HOME?
GET HELP FIGURING IT
OUT WITH OTHERS... 3



► PETER MARKS TO JOIN
THE CONVERSATION AT
THE BIOMEDICAL STUDY
GROUP.... 4

May 2020

Durham Family Resources

FAMILY *focus*

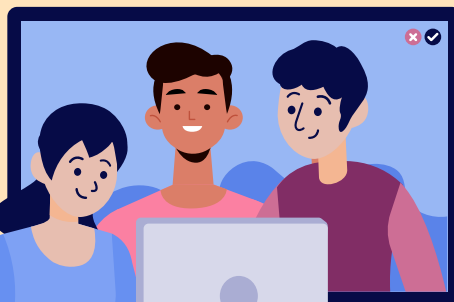
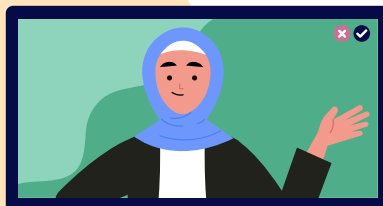
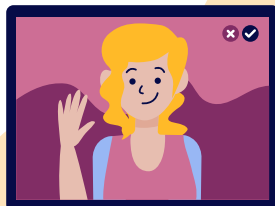
SO THAT ALL PEOPLE ENJOY A FULL AND MEANINGFUL LIFE
WITHIN THE COMMUNITY.

Durham Family Resources' Annual General Meeting Takes Place Monday, June 22nd via Video Conference!

Durham Family Resources will be holding our Annual General Meeting on Monday, June 22nd. We plan to host this meeting online via a video conference. We always embrace opportunities to gather together so in light of current physical distancing measures, we feel this is the safest way to continue to do so!

Although this year we will hold mainly a business meeting, we hope to share some stories of people's contribution and resilience during these unprecedented times - so if you have a story or some illustrative pictures to share, reach out to your facilitator for a chat! We'd love to include your story!

We encourage anyone interested in our work to [consider becoming a member of our organization](#). Becoming a member not only shows your support for the mission and values of Durham Family Resources, but also allows for your family to vote at our Annual General Meeting. Make this support public to show that you think our work is important and beneficial to our community. In order to vote at this year's AGM, we must receive your completed membership application by May 20th, 2020. You can bring completed applications to our office and leave them in our drop-box, email them to sthomas@dafrs.com, or request a porch pick-up - just give us a call!



**RSVP
for our AGM Here!**

**Monday, June 22, 2020
7:00 pm**

*RSVP to Receive the
Meeting Details!*



Resources for

SAFEGUARDING VULNERABLE PEOPLE IN HOSPITAL

New measures and protocols are in place at hospitals throughout Ontario due to the COVID-19 pandemic.

People who require support in a hospital setting are at risk of not receiving the best medical care due to current restrictions on accompaniment.

Here are three resources which can support your family to advocate for their right to appropriate support if a hospital visit is needed.

Communication Rights Toolkit - AVAILABLE NOW

Your legal and civil rights to access communication supports are still valid in hospital today. This toolkit explains those rights, provides tips on advocating for them, and has a form you can bring to the hospital.

DOWNLOAD THE TOOLKIT HERE

Staying Safe in Hospital Webinar - WED.MAY 6.2020

Genia Stephens, from goodthingsinlife.org, along with Community Living Ontario suggest ways to advocate for family presence at a person's bedside.

REGISTER FOR THE WEBINAR HERE

Talk With Other Families - THURS.MAY 7.2020

Join us for a facilitated conversation with other families about accompanying someone to hospital. Speak with like-minded families who are interested in learning more.

REGISTER FOR THE VIDEO CHAT HERE

Kids and Learning at Home - Ideas and Strategies for Success!



As school boards across Durham Region roll out their distance learning programs, we in conversation with many families who are trying to figure out the best at-home education approach for their kids.

Some families are now experiencing one or two hours of guided learning per day, which is much different than the six to seven hours that kids normally spend at school. Figuring out how to fill the rest of the day is no easy task! This shift to at-home learning can be far from ideal for many young learners - and the expectations surrounding what should, or shouldn't be happening can be a challenge for any family.

If you are a family experiencing a change to your day to day because of school closures - you will want to register for an upcoming chat all about finding the right fit for your child while learning from home. We are looking at bringing in some guest speakers, and other interested families, to help figure this out - together! We will figure out a date and time with those who register - so show your interest by RSVP'ing today!



RSVP for a chat about learning at home here!

Be a Part of Something While Staying Apart Physically

HOW YOU CAN HELP

DURING THIS TIME OF INCREASED NEED

Donate to our distribution program

Make a monetary donation in support of our distribution program to help ensure that we have the means to continue to distribute emergency food to reach those in need.

Donate to our food purchasing program

Make a monetary donation in support of our food purchasing program. This will allow us to purchase in bulk, the specific items in demand, as our stock begins to deplete

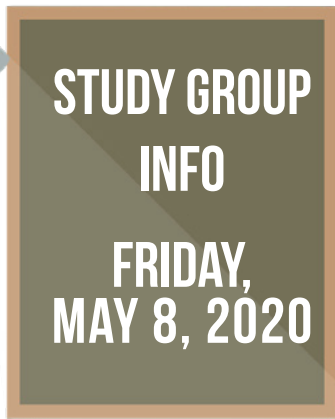
Donate food

If you wish to make a food donation, we are asking that you please call ahead to make an appointment or visit our drive by food drop box located outside of our facility between 11 and 2 p.m. Tuesday through Thursday each week

Looking for ways to get involved and be a part of something (even while staying apart from others)? Consider donating food or funds to support our local foodbanks. Food insecurity is real for many families in our region, and now is a good a time as any to support local initiatives to help our friends and neighbours who may need assistance with food. [Feed the Need in Durham](#) provides perishable as well as non-perishable food to emergency food providers. Grocery chains make their excess food available to them at distribution centres, enabling them to help marginalized people in Durham benefit from eating a variety of healthy and nourishing foods including fresh vegetables, fruits, eggs, and milk.

If you would like to join us in the fight against hunger, please consider donating food, making a monetary donation, or volunteering your time! Get in touch with them here! Looking to find something specific to your community? [Check out this list of food banks across Durham Region!](#)

Pandemic Well-Being with Peter Marks - Join the Conversation at May's Bio Medical Approaches Study Group



May at Bio Medical Approaches Study Group is a chance to review and discuss information relating to COVID-19 and ways we might be well both physically and mentally during this time. This month Peter Marks will join the group and will speak to issues directly relating to this pandemic, including boosting the immune system in advance, mental balance during pandemic times, and other issues that arise.

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. We will be meeting via Zoom video or audio conferencing this Friday, May 8th at 10 am for an hour or so. **Your RSVP to Janet below will ensure that you receive the Zoom invite details.**

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 - this month, our office is closed, so we will be meeting online via Zoom meetings. Please RSVP for this month's meeting to jklees@dafrs.com to get the online meeting details!

Imagining Home Takes its May Monthly Meeting Online! Email Erin for Details!

Hard to believe a month has passed already! Once again, this month's Imagining Home meeting will be held via Zoom Video. As some light begins to emerge at the end of the physical distancing path we've been on together, we'll take the opportunity this month to have a shorter than usual meeting – about one hour long – to catch up and reconnect around some housing updates. We'll touch on our progress with the Sharing a Home Solutions Lab initiative, among other housing updates.

Each month at Imagining Home, we share housing updates and discuss timely topics of interest for families. If you are new to Imagining Home and would like to attend a meeting to see if it's for you, we welcome you to contact Erin O'Reilly prior to attending your first meeting, at (905) 436-2500 ext. 2511 or eoreilly@dafrs.com. Our next Imagining Home meeting is on Wednesday, May 13 at 6:30pm via Zoom meeting. Please contact Erin to RSVP or for more information about connecting to the Zoom call at 905-436-2500 ext. 2511 or eoreilly@dafrs.com. Looking forward to our time together!

IMAGINING HOME MEETING • WEDNESDAY, MAY 13, 2020 • 6:30PM

ONLINE, VIA ZOOM!

CONTACT ERIN FOR DETAILS ([EOREILLY@DAFRS.COM](mailto:eoreilly@dafrs.com))



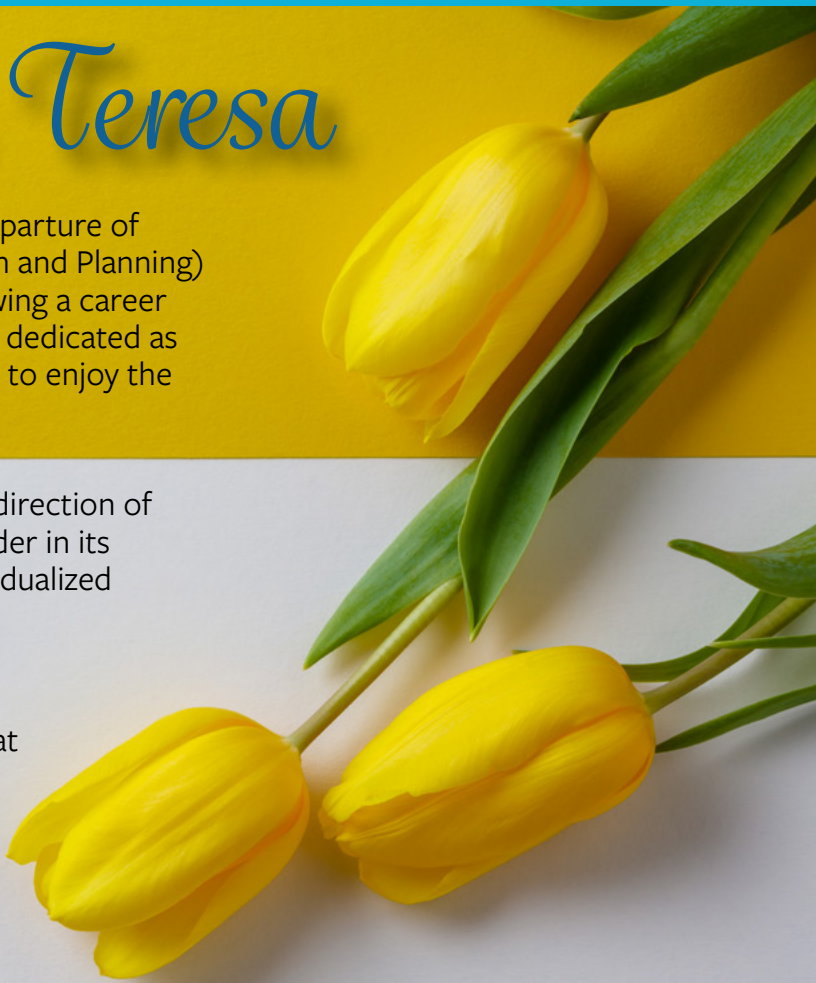
Thank You Teresa

It is with mixed feelings that we announce the departure of Teresa Dale, Manager of Family Support (Facilitation and Planning) as she retires from Durham Family Resources following a career of more than 25 years. It is hard to lose someone as dedicated as Teresa, but we are pleased that she will now be able to enjoy the adventure that retirement offers.

Teresa was instrumental in helping to forge the direction of the organization to what it has become today, a leader in its commitment to family-led, community-based, individualized supports.

We wish Teresa well as she approaches the next milestone in her life. We are grateful to her for her leadership in building a strong and capable team that delivers exemplary support and encouragement to families caring for each other across our region.

Unfortunately due to Covid-19 we are not able to hold a gathering to acknowledge Teresa's retirement before her June 3rd final date with an in-person farewell *at this time*, but she invites you to reach out and keep in touch via her personal e-mail tlfdale20@gmail.com.



Mindfulness Webinar with Cara Coulson Coming Up in June

Cara Coulson, a Mindfulness Coach and practitioner who has worked with many families here at DFR exploring various methods of cultivating calming focus and peaceful presence, is in the process of creating a webinar to air in June for both families and supporters.

She is putting together an interactive learning event where attendees will learn practical steps to getting started with mindfulness - both for themselves and people they support. Details will be available soon - watch our Events page for more information when available!



Have You Attended Making the Most Family Series? Come Together to Discuss and Continue Learning!

While we all try and stay safe and well at home, this month our May Making the Most Study Group will take place online via Zoom – graduates should look out for joining instructions that will be sent by email in advance. There will also be a phone-in option for anyone who does not have easy internet access.

The Making the Most Study Group is a fantastic opportunity for those who have completed the series to continue their learning and take next steps in developing valued roles and relationships for a loved one with a disability.

We will start at 6.30pm on Monday May 25th.

News flash: Please note, the next *Making the Most* learning series has been postponed and new dates will be announced as soon as they are available. If you would like to attend or find out more about it, please contact Laura a call on 905 436 2500 x2312 or email lpowell@dafrs.com



MAKING THE MOST STUDY GROUP

MONDAY, MAY 25, 2020
6:30 PM

Online via Zoom Meetings

{ respiteservices.com }

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

RespiteServices.com is up and running connecting families to supporters! Contact Jeanne for details!

Respiteservices.com is continuing to operate remotely to connect families and support workers. We know people continue to need good support during this time and are working diligently to continue to provide this service to residents of Durham Region.

To be matched with support workers, you must be registered with respiteservices.com/durham. Contact Jeanne at (905)436-3404 or jgodfrey@dafrs.com. New supporters are continuing to be added. Contact Jeanne for more information!

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
or contact Heather
by phone or email:
**(905)436-2500
ext.2314**
hminors@dafrs.com

For more information, please visit our website, www.dafrs.com,
and see the “Upcoming Events” tab.

Durham Association For Family Resources and Support
850 King St. W, Unit 20, Oshawa, Ontario L1J 8N5
(905)436-2500 www.dafrs.com

In Loving Memory of Kenneth Ponsonby



Because of current physical distancing measures in place, typical ways to remember and celebrate someone's life together are not available to us. We wanted to acknowledge and remember a great man, whose life touched many in his community. Thanks to Rhonda, who provided these fond memories and words;

It is with a very heavy heart that I want to share with you the unexpected passing of Kenneth Ponsonby Wednesday April 22, 2020 at the age of 43. Kenneth was the beloved son of Maggy and Ken Ponsonby, brother to three siblings and a favourite uncle to his nieces and nephews. Kenneth was just one of those people that everyone liked and to be in his company was just a really nice place to be. He loved music like his father and would try his hand at playing. He had a wonderful sense of humour that he must have gotten from both of his parents. He had an abundance of curiosity and the spirit of

exploration that made others nervous at times and him a bit fearless. He was well known and liked at the Co-Op where he lived, and people were drawn to stop and share a few minutes of conversation with him as he waited for a lift. Kenneth had faith in people and gave them his trust even when they made mistakes, as a man who lived with blindness, trust was a big part of his life.

Maggy once worked for DFR many years ago and was the face of welcome to many people who would come to the office. Ken has painted our space a time or two. This is a family that has been a part of us for a very long time, they have always shown their appreciation for all the learning, the support and resources that had helped them secure a good and safe life for their son. They have always talked about the wonderful support Kenneth received from Melissa and her staff and appreciated the long relationship they had with Melissa.

Prior to Kenneth, Maggy and Ken moving to Rougemount Coop, I was having dinner with the family one night, when they were living on Rodd Ave in Pickering. If you have never been on Rodd Ave, it's a little gem of a private street that backs onto the water. It was a wonderful evening; I don't know when I laughed so much. Honestly, one of the funniest families, great story tellers and just so warm and loving. Kenneth and I were left on the back deck that was lit up with lights to enjoy the evening air while coffee and dessert was coming. We sat there together; I saw this as an opportunity to talk with Kenneth alone, he saw it as a different opportunity. Quickly in his way told me to hush so I could listen to the birds with him. I closed my eyes, we sat there listening to birds and crickets together. He would point out the sound to me from time to time, and I could tell he really had an ear for identifying the difference in the bird sound. I could tell this was the place that he could relax and find peace from the jarring, loud, unexpected and sometimes frightening noises of life.

I want to remember him surround by that feeling of warmth and love, enjoying his mom's amazing cooking, laughing at his dad's jokes, listening to his brother and sisters' stories and feeling the peacefulness of sitting on that lit back deck in the evening listening to the birds sing.

- Rhonda Alcott, Family Facilitator