

February 2021

Durham Family Resources

FAMILY focus



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

Learning Locally with Lakeridge Health's Dr. Dan Ricciuto About Everything Vaccine!



Within the year, it is likely that every Canadian who wants a vaccine will be able to get immunized. Vaccination is a personal choice that most Canadians agree is part of good health, and important for prevention of serious disease.

Information is coming out quickly and in vast amounts. Sorting out what is good information and what is not is a task in itself! We know it is helpful to think things through together and so we are happy to host a great learning session all about the COVID-19 vaccine. Bring your questions as we welcome Dr. Dan Ricciuto for an engaging and informative evening!

There has been unprecedented global collaboration and funding towards creating a safe and effective vaccine for COVID-19. Canada, well recognized around the world for its high standards for drug and vaccine review, has currently approved two vaccines with more to follow. All the same, you may have questions and thoughts on these.

Dr. Dan Ricciuto, MD, FRCPC is an Infectious Diseases specialist at Lakeridge Health. He is the Medical Director for Infection Prevention and Control and Chief and Medical Director of Quality and Patient Experience. He has been involved in pandemic preparedness at Lakeridge Health since January 2020 through his role in Infection Prevention and Control (IPAC) and as a member of the COVID Response Team and also as a member of the Durham Regional COVID Response Committee.

We know you have questions about the COVID-19 vaccine and Dr. Dan is here to help us answer them! Join us as Dr. Dan answers questions, speaks about this vaccine, and gives us trusted, local information.

Get a head start by listening to him answer some common questions, such as what is in the vaccine, if immunocompromised people can get the vaccine, whether the vaccine alter a person's DNA, and more, by perusing the [Lakeridge Health YouTube channel here!](#)

**Wednesday,
February 3, 2021
7:00pm to 8:00pm**

Join us!

Register here for your Zoom link!

Armchair Epidemiology:

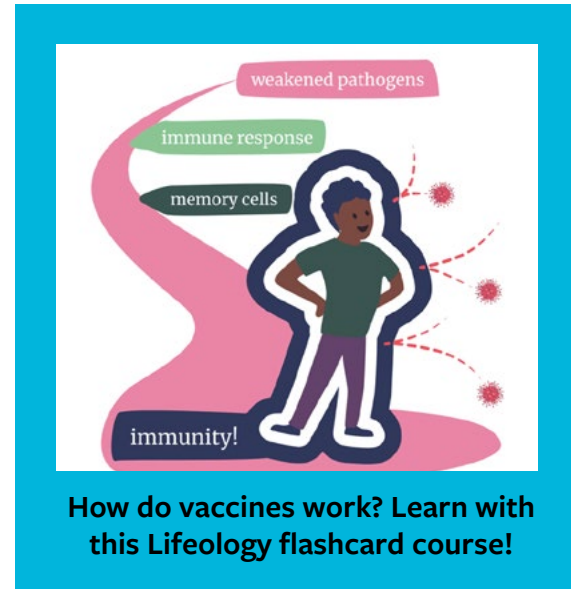
A Shot of Knowledge and Sharing What We Know So Far

These days, conversation and news about vaccines is everywhere. Healthcare experts, researchers, and others are working around the world tirelessly to create a vaccine that can protect us from COVID-19 and help us get back to a new normal where we can get back to our social lives, and routines as they once were.

Vaccines are one of the most life-changing health advances we've made as humans in the modern era. Imagining life without vaccines, such as those for measles, diphtheria, or chicken pox, is difficult. And yet vaccines can seem scary, especially when we don't really understand how they work or how they are made. Fortunately, there is great information available which can help us become more comfortable with the inundating information coming at us!

The Pfizer-BioNTech and Moderna vaccines have been approved for use in Canada to immunize us against COVID-19. Other vaccines, including those developed right here in Canada, [will soon follow \(see a Coronavirus vaccine tracker here\)](#). Current supply of these vaccines are low, so at this early stage, the National Advisory Council on Immunization recommends priority be given to those most vulnerable to COVID-19. [As of their most recent statement](#), those considered most vulnerable include those over 70 years old, health care workers and PSWs working in long-term care facilities, and remote and indigenous communities who could feel disproportionate consequences from an outbreak. Prioritized populations are likely to change as we gain new information about vaccine characteristics and as vaccine supply grows.

[Different provinces may distribute](#) to different populations based in part by the supply of vaccine, as well as availability of specialized freezing equipment for the Pfizer vaccine. Some of those decisions will change as more vaccines become available.



The efficacy of these vaccines against current strains of COVID-19 is significant – and their safety is no different. Canada is recognized around the world for its high standards for drug and vaccine review, approvals and monitoring systems; these will not be compromised. [Watch this short video to learn more about how vaccines, including the most recent COVID-19 vaccines, are developed.](#)

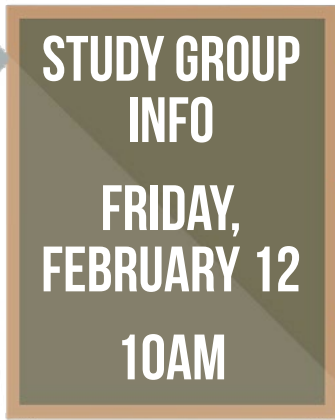
From what we know so far, serious allergic reactions to the available vaccines are rare. The Canadian Society of Allergy and Clinical Immunology has stated that [unless one has a pre-existing allergy to a component of a vaccine, including the Pfizer/BioNTech COVID-19 vaccine, it is safe to proceed with vaccination.](#)

Doctors currently think that when those rare allergic reactions occur, it is because the patient is allergic to polyethylene glycol (PEG) which is quite common in many medications, including common laxatives. Food Allergy Canada is hosting a panel of experts to talk specifically about allergies and the vaccine on Thursday, February 4, [see more information here if you are interested!](#)

Speaking with your health-care provider, and having a conversation which takes into account your specific family situation and medical concerns, will ultimately be the best option for you to make informed decisions for you and your family regarding vaccinations.

Bio-Medical Approaches Study Group Shares Wellness Strategies and Ideas

February's Bio-Medical Approaches Study Group is almost on Valentine's Day ❤️ so come along and share with the group something that is close to your heart or what is on your mind at this time. You might talk of a loved one, of your own journey, or of a recent accomplishment. You might bring along a favourite recipe, book, or piece of music that is getting you through this COVID winter. You might ease your heart and your mind by sharing your thoughts and questions of COVID, vaccine, triage protocol or other things that can weigh us down – until shared with others!



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!

We usually 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 by Zoom invite on the second Friday of each month at 10am for about an hour to an hour and a half.. Please RSVP your attendance to jklees@dafrs.com so that we can plan a successful morning.

Rental Resources the Topic of February's Imagining Home Meeting!

Join us this month at Imagining Home as we revisit a rental search resource that families have found useful in the past and explore rental opportunities that may be available within the Region. We'll also recap our conversation from last month around what families wish to focus on with housing this year and deepen our understanding of what it will take for families to realize their steps forward in their housing plans.

Each month at Imagining Home, we engage with anything “housing, home and community” and enjoy critical discussion, sharing stories, learning and often having a good laugh among respectful and supportive people! Families bring a wealth of experience and knowledge and are ready to share and support others along their journey. All are welcome to attend and participate in Imagining Home when we meet on the second Wednesday of each month. If you are new to the group and would like to attend Imagining Home for the first time, we'd ask that you first contact Erin at (905) 436-2500 ext. 2511 or eoreilly@dafrs.com to arrange an introductory call.

Our next Imagining Home meeting is on **Wednesday, February 10th** at 6:30pm via Zoom meeting. Please contact Erin to RSVP or for more information about connecting to the Zoom call. Looking forward to our time together!

IMAGINING HOME MEETING • WEDNESDAY, FEBRUARY 10TH, 2020 • 6:30PM

ONLINE, VIA ZOOM!

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



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

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

For the last number of months we have been focusing on Circles of Support and what can result when a group of people are intentionally invited to come together. Last month we talked about the role of visioning, and the motivation and direction that can come from sharing a vision with members of a support circle. Through making vision boards and writing clear vision statements, a shared vision can provide a strong guiding light to illuminate opportunities that align with interests, values and dreams of a good ordinary life. This month we will be talking about **the role of a circle facilitator** and what they can do to help you get started and keep things moving forward. The meeting is open to anyone who has attended a MTM series and wishes to join the conversation.

This group will meet via Zoom from 6.30-7.30pm on **Monday, February 22nd** and members will be sent a link to join a few days before.

FEBRUARY 22, 2021
6:30PM TO 7:30PM

Online via Zoom Meetings



**MAKING THE MOST
STUDY GROUP**

respiteservices.com

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

RespiteServices.com is continues connecting families to supporters! Contact Sandy 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 Sandy at (905)436-3404 or sciarlariello@dafrs.com. New supporters are continuing to be added. Contact Sandy 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
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