

November 2021



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Durham Family Resources

# FAMILYfocus

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

## Our Hearts are with Family and Friends of Cindy Mitchell as we Mourn her Passing

Cindy brought a spark of positive possibility into each conversation she had. She recognized and tapped into innate family capacity connecting families to each other with a spirit of inspiration and support. She often found her stride rallying alongside families raising attention and pushing for change, so that all could experience a good ordinary life. Selena Blake - Director of Family Support

Cindy's enduring legacy is our memory of the light in her eyes and the lilt in her laugh as she embodied her faith in what is possible. She did this while sharing her own evolving story, in bringing excitement upon hearing another family's story, while deeply understanding and expecting the resilience of families, and by believing in what can happen when families get together. We will not let her down. Janet Klees - Executive Director

Cindy was always there with a smile and inquiry about how things were going. Cindy's enthusiasm and genuine concern both for the people she connected with and the families she supported was clear to the entire team and something to be emulated. Lawrence Rubin - Chair of the Board

Cindy has touched and empowered many families and has been an inspiration to us all. She has been our advocate, mentor, friend and cheerleader. She will be greatly missed and will forever be in our hearts. Carla O'Neill - President, Family Alliance Ontario

Nothing was impossible for Cindy. Cindy was energized by all of her challenges meeting life head on with grace & humour.

Cindy's love of family first, meant that Karen had the Mom she needed to advocate for her so that she could have the support and independence that would give Karen her best life. Through imaginative planning for support and advocacy for the Portable Housing Benefit, Cindy and Andy made it possible for Karen to own her own home. While they planned for Karen, Cindy and Andy purchased their own beautiful home on the shores of Lake Ontario. It is wonderful to remember how proud and excited Cindy was about her own & Karen's dream homes.

Cindy, with her brilliant smile, fabulous red rimmed glasses, and effervescent personality with all its bubble and fizz helped me and many others move forward with our dreams for our children and our families.

To name a few of Cindy's roles, she was a Mom, a friend, a sportswoman, a daughter, a sister, a partner, a volunteer advocate for folks with disabilities through Imagining Home, IBC, the Family Alliance of Ontario and many other organizations. Cindy's time as a DFR Family Facilitator was long and storied.

The light of Cindy's physical presence has passed but she lives on in our memories and in the many changes that she worked with us to make in our communities. Rest in peace my friend! Marilyn Forster-Lo Turco, Friend





## Save the Date for our 7<sup>th</sup> Annual Stories by the Fire!

Our annual holiday gathering is back, and you'll want to mark your calendars so you can join us! Like last year, our Stories by the Fire gathering will be held online via Zoom. And again like last year, we will have good stories, good company, and good cheer!

Stories nourish our work here at Durham Family Resources, and we are so grateful that we have a community which wants to share them, as well as a community which wants to hear them! This is our seventh iteration of Stories by the Fire, and it's an event that centers us and allows us to reflect and share on our work and the family stories we get to be a part of.

We hope you can log on and join us, bring family and friends to hear great stories and end the year with thoughts to what is possible for you and yours this coming new year!

Stories by the Fire - online via Zoom!  
Tuesday, December 14<sup>th</sup> @ 7:00pm

## From Vision to Reality - Imagining Home Families' Chat Practical Ideas and Strategies

Making 'a home of one's own' a reality NOW... this ties into the visioning and planning discussions we often have with families. Join us this November at Imagining Home as we'll uncover and explore together, practical ideas and ways for taking next steps now, and building momentum towards creating a home of one's own for and with your son or daughter.

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](mailto:eoreilly@dafrs.com) to arrange an introductory call.

**IMAGINING HOME MEETING • WEDNESDAY, NOVEMBER 10, 2021 • 6:30PM**

**ONLINE, VIA ZOOM!**

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



## Rapid Antigen Testing Happening Now at DFR!

We are participating in the Canadian Red Cross' *Stop the Spread* program by utilizing Rapid Antigen Testing. This means that ALL staff, families, and visitors will be required to take this fast, easy and reassuring test upon entering our office. A screening program using rapid antigen tests is one of the tools, used with other public health protocols, that can reduce the spread of COVID-19. Please allow additional time if you are planning to visit our head office.

If you are a family connected to DFR, and are interested in participating in this program with your own support team, please be in touch with your facilitator to find out more!



## Bio Medical Approaches Anticipates Sensory Processing Conversation

The month, the group will be joined by Rosemary Oxenham, the Sensory Specialist. Rosemary will speak about sensory and motor processing - including tools, ideas and issues worth pursuing. Rosemary has spoken with the group in the past, and it has always been full of great information and conversation - if this is of interest to you, you won't want to miss it!



**STUDY GROUP  
INFO  
FRIDAY,  
NOVEMBER 12**

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. Reach out to Janet

✉ if you'd like to get a Zoom link to the next meeting!

## Progress Reports and Parent-Teacher Meetings - Let's Chat!

ARE WE MAKING PROGRESS?! During the month of November you'll be receiving your child's progress report. What does this mean? Who can I talk to? What can we work on together?

This month we invite families to join us to discuss how to go through your child's progress report, what questions to ask when it's time to have your parent-teacher meeting and how to support your child's learning and development.

Whether it is in person or home-based, children are resilient and will continue to learn, grow and thrive! No matter your choice - know that learning happens and we are here to support you! Join us, together with families on Thursday, November 18, 2021 from 6:30pm-7:30pm to "think it through TOGETHER".



**Register Here to Receive the Zoom Link Details!**

# 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.

Each month graduates of past Making the Most learning series are invited to come together and think more deeply about crafting and sharing a vision, designing and planning days full of contributions and possibilities, focusing on roles rather than activities, seeking and developing good support, making positive introductions, and finding strength, comfort, energy and hope through building circles of support. We continue to use the MTM Principles to guide our conversations and help figure out, one person at a time, how to take steps forward towards more of the Good Things of Life.

The meeting is open to anyone who has attended a MTM series before and wishes to join the conversation. Contact Laura [lpowell@dafrs.com](mailto:lpowell@dafrs.com) for more information.

The next meeting is **Monday, November 22<sup>nd</sup>** from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.



**MAKING THE MOST  
STUDY GROUP**

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

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

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

[Respiteservices.com](http://Respiteservices.com) 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](http://respiteservices.com/durham). Contact Sandy at (905)436-3404 or [sciarlariello@dafrs.com](mailto:sciarlariello@dafrs.com). New supporters are continuing to be added. Contact Sandy for more information!

## Important Dates At-A-Glance!

**Thinking it Through**  
Nov 18@ 6:30pm

**Bio Medical Study Group**  
Nov 12@10am

**Imagining Home**  
Nov 10@6:30pm

**MTM Study Group**  
Nov 22 @6:30pm

**Stories by the Fire**  
Dec 14 @7:00pm

For more information on our organization or any of our events, please visit our website at [www.dafrs.com](http://www.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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