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December 2021

*Durham Family Resources*

# FAMILYfocus

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

Our Annual Stories by the Fire Holiday Gathering is Back  
Tuesday, December 14th!

We are so pleased to once again be hosting a night focused on good stories, and even better company! We hope you can join us on Tuesday, December 14th, for our seventh annual Stories by the Fire evening. This event has been a growing success thanks to our amazing storytellers and support from the friends, family, neighbours, and other community members who come out to listen, engage, and enjoy.

Stories fuel our work. Stories build the communities of which we want to be a part. Storytelling is both a natural form of communication and an art form. Spanning hundreds of generations, at its heart, storytelling is a call to community. Stories presume a community of listeners who will recognize in the narrative an experience, a feeling, a plight, which they themselves have lived. Stories are a fundamental aspect of human consciousness - they are essential to how we think, feel, remember, imagine, relate - and create change.

Even in our seventh year, this celebrated tradition encourages us and feeds our community. Although we will once again be hosting this event virtually, rather than in the luxurious Regal Room in Whitby's Centennial Building - we are still excited to be able to share some great stories and entertainment with families across Durham Region and beyond!

We know that bringing families and community together to share stories has the power to shape the way people think and feel about their worlds, our communities, and how they interact with in them. Life has enough meetings, lectures, and bullet points - storytelling is creative and fun - we hope you can be a part of this year's event!



## Stories by the Fire

Online via Zoom!

Tuesday, December 14<sup>th</sup> @ 7:00pm

Register Here for your Zoom Link!

# Families at Imagining Home Look Ahead and Reflect on Their 2021 Momentum at December's Online Meeting

What a mixed year of ups and downs in housing it has been... Vacancy rates are at an all time low. Rental prices have skyrocketed. Homeownership has been pushed further out of reach. A major provincial funding announcement lacked the kind of real solutions needed, with more money invested in service personnel and tools than in actually creating more housing and affordability. And more congregate buildings passed planning approval in neighbourhoods across Durham. If you're feeling weary with it all, we understand.

And yet...in 2021 DFR welcomed a partnership opportunity that reminds us that our collective voice is not so small after all. In 2021 we were reminded that 20 people we know are living well in their own homes thanks to portable housing benefits – that families played a hand in influencing. In 2021 eight families came together through our *Let's Talk...Home and Community* project to have raw and honest conversations about what it means to have real home instead of just housing – from this came a spirit of community and support that held one family up in a time of crisis and reminded us that we don't have to wait for others to bring the opportunities, that we can create opportunities for ourselves and for our neighbours! This year also saw three families creatively reimagine what home could be for themselves and their family members, who now have their own condos/apartment to call home. And many many more stories of big and small steps taken this year by families...

This month at Imagining Home we hope you'll join us for an evening focused on stories of home. We'll hear from a handful of families who have taken some significant steps this year towards their housing plans – their vision for home, what's worked, what hasn't, and how they keep the momentum moving forward. Come celebrate the many wins with us and ring out the year with some uplifting and insightful family stories!

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, DECEMBER 8, 2021 • 6:30PM**

**ONLINE, VIA ZOOM!**

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



## Holiday Office Closures at Durham Family Resources

Just a reminder that our office will be closed for a few days over the holidays!

Friday, December 24, 2021 at 12pm

Monday, December 27, 2021

Tuesday, December 28, 2021

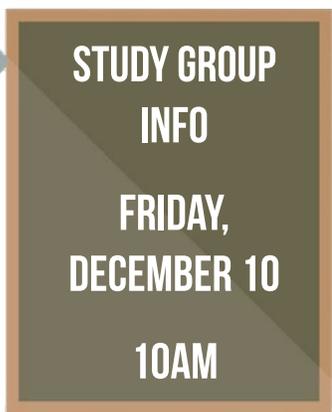
Friday, December 31, 2021 at 12pm

Monday, January 3, 2021

**DURHAM ASSOCIATION FOR  
FAMILY RESOURCES  
AND SUPPORT**

• One Person at a Time • Together With Families •

## Bio Medical Stocks Up on Learning as they Close Out Their Year!



This December, let's meet to put up our feet, sip our coffee and talk Books! What are you reading? What books are you talking about with others? What should you read next? Come with a book or books, or come for the ideas. We are also open to hearing about podcasts that have been compelling, as well!

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!

## Gathering the Next Generation for Learning, Planning and Possibility!

The Next Generation Meetup is excited to announce a Learning Series that will be launched in January 2022 and will run for 6 sessions through March 2022. The group was established in February 2019 and has served to be a connection to those family members and friends who are looking to continue the vision and planning for their loved ones as parents age.

Over the past few years, important topics have been raised and the Learning Series will look to

address some of these areas- Vision and Reimagining Possibility, Legacy Planning (wills, estates, trusts), Funding (understanding sources and logistics), Helpful Relationships and Managing Competing Priorities. This Series is being made possible by the Capacity-Building Grants for Family Support Networks. It will be open to sisters, brothers, extended family and friends who love and care about a person with a disability.

More information on the dates and times will follow! For more information, reach out

to Rosanne at [rpurnwasie@dafers.com](mailto:rpurnwasie@dafers.com) or by phone at (905)436-2500 ext. 2289.



## Vaccine Appointments Now Available for Children and Booster Appointments Available for Adults 50+

Vaccinations for COVID-19 are now available for children aged 5 through 11 years old! There are many opportunities to have children vaccinated - [see the immunization clinics calendar for dates and times](#) throughout the region. There are also a number of [planned walk-in vaccine clinics scheduled](#) where no appointment is required.

Early this month, the Ministry of Health also expanded third dose/booster appointments for adults 50-years and older, as well as those at most risk of serious illness. [See the latest eligibility requirements for third doses/boosters here!](#)

Meanwhile, at our own head office in Oshawa we are continuing to participate 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.

We have a few families now also participating in this program for their team of support workers. 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!



## Family-Led Coalition Seeks Input and Experiences on Employment in Ontario



**FAMILY  
SUPPORT NETWORK  
FOR EMPLOYMENT**

Family Support Network for Employment (FSNE) is an Ontario-based family-led coalition seeking to engage individuals with intellectual disabilities and their families in supportive networks around employment. They are inviting families from Ontario to share their experiences in a survey.

The survey is attempting to collect information in an area where there is a pronounced lack of data - employment in the open labour market of individuals with a developmental disability, particularly as it relates to those who face higher employment barriers. FSNE believes collecting data and measurable information is a step towards addressing this issue in Ontario.

Completion of the survey is estimated to take 30 minutes and is a good opportunity to have family-knowledge and lived experiences contribute to this area of research. Use the link below to fill out the survey and share with others!

**See and Share the Employment Survey Here!**

# 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.

We will not be meeting this month due to the holidays, but look forward to coming together in the new year to continue our conversations. Last month we took the opportunity to reflect on the recent Social Role Valorization mini-series and how it could be applied in the lives of loved ones. For example, shifting in thinking about archery as an activity, to being in the role of **an Archer**. Generating further possibilities out of the questions; what do other Archers do? where do they do it? who with? what do they wear / carry? what language surrounds them? what other roles might they take on due to this interest and connection with other archery enthusiasts?

The meeting is open to anyone who has attended a MTM series before and wishes to join the conversation. Contact Laura Ipowell@dafrs.com for more information.

The next meeting is Monday, January 24th from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.



**MAKING THE MOST  
STUDY GROUP**

JANUARY 24, 2022  
6:30PM TO 7:30PM

respiteservices.com



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**  
Meets again in 2022!

**Bio Medical Study Group**  
Dec 10 @10am

**Imagining Home**  
Dec 8 @6:30pm

**MTM Study Group**  
Jan 24 @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.

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