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Durham Family Resources

May 2022

FAMILYfocus

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

Our Annual General Meeting is coming up - Join us June 27th!

It's that time of year again! Our Annual General Meeting is coming up, and we're ready to celebrate with you. After so much time spent virtually, we are excited to hold this meeting in-person and gather safely together once again.

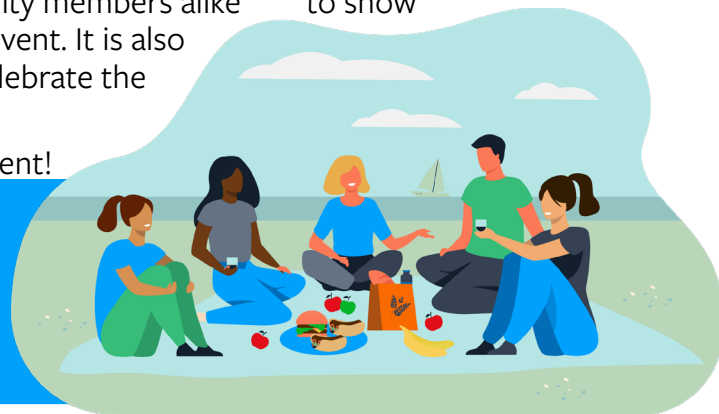
We will be celebrating our community, and all the incredible work that has been done by the organization and alongside families. This is a chance for you to hear from the Board of Directors regarding the work of the last year, speak with staff, and for families and supporters of DFR to come together.

The business portion of the meeting will take place indoors and cover the usual welcome, approvals, Chair and Executive Director reports and presentation of audited financials. This will be followed by a more relaxed time as we move outdoors for a picnic-style gathering of families and allies to experience our AGM theme which is a *celebration of family groups*. Some indoor space may remain available, but most of us will head outdoors to blankets and tables along with individual provided "picnic baskets". We will eat, meet, chat and enjoy each other's company, some upbeat music, and possibly even some more surprises! More details on exact location will be provided next month!

The AGM provides an opportunity for families and community members alike to show their support for Durham Family Resources by attending this event. It is also a great opportunity to meet other like-minded families, and celebrate the significance of families coming together.

Please mark your calendars so you don't miss out on this event!

SAVE THE DATE!
DFR Annual General Meeting
Monday, June 27, 2022



In order to vote at our AGM, you must have your membership approved by the Board of Directors. Make sure your membership application is submitted by Wednesday, May 18th for this to happen!

Becoming a member is free and easy to do! You can apply online in just a few minutes by filling out the online form below. If you'd prefer to print and fill out an application, [you can access a printable copy here!](#)

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 demonstrates to funders, policy makers, and the public that you think our work is important and beneficial to our community.**

CLICK HERE



Fill out a membership form here

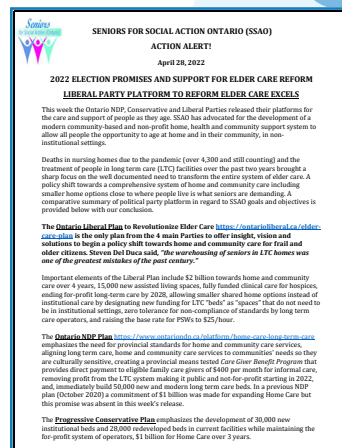
Campaign Promises Regarding Elder Care in Ontario

Last month the BioMedical group focused their discussion on aging in place well. Meanwhile, there has been Ontario-wide discussion around how to support people well as they age and a critical look at existing and new long term care facilities in our community and what kind of life these provide our elderly population.

With the upcoming Provincial Election, now is the time to push these questions to the forefront - taking a close look at each party's platform in regard to how they plan to address elder care in Ontario.

[Seniors for Social Action Ontario](#) is a group which has been advocating for alternatives to institutionalization and encouraging governments to finance these alternatives with a goal to end institutionalization. They recently released a summary document profiling each party's current election promises regarding elder care reform and have indicated the Ontario Liberals as having the plan most in-line with their vision. [Read the summary here!](#)

This is a conversation our entire community needs to be a part of – not only is it relevant and timely, but also each one of us through our various DFR and family connections have an inside track to the viability, depth, strengths and rewards of addressing support needs in an individualized, family-managed way. Our voices and votes matter!



Imagining Home Looks at Election Advocacy at May's Meeting

With the upcoming provincial election in June, we've got lots to consider about how this election might matter to us or touch our lives around housing and support. What is most important to families when it comes to real home and community and what do we need our MPPs to know? How can housing density and affordability issues be addressed, while also paying close attention to good community principles? Have your say...send your provincial candidate a letter. Together with families we've put together a templated letter with some main points that you can adapt and send to your local candidate. Reach out to Erin for a copy of the letter.

Also, at last month's meeting we took a look at the Ontario Housing Affordability Task Force report. [Read the report here.](#) This report represents a pathway or strategy for the province, but the question we must ask is can we see this working for the people that we know and support? How does this fit with our understanding of home and what makes for real community? Addressing the housing crisis is not just about increasing the number of units, we have to pay close attention to those good community principles while doing so. What are your thoughts on how density and building community could be answered in your own neighbourhood?

This month at Imagining Home we'll be joined by Linda White, whom many of you may know from her years of community and agency work, and who is now on the DFR team. Linda will share about her and her husband's time living with Reg in his home and supporting him through his later years, growing their family and what their time with Reg has impressed upon them. We'll also have other bits and bites to talk about as always!

Come join the conversation! Long time and new families alike, everyone has something to gain and something to offer. 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@dafers.com to arrange an introductory call.

IMAGINING HOME MEETING • WEDNESDAY, MAY 11, 2022 • 6:30PM

ONLINE, VIA ZOOM!

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



Leaving a Memory of Welcome - Andrew Werner (1975-2022)

We are deeply saddened by the loss of Andrew Werner, but are comforted knowing that he has touched so many lives. Andrew made friends and acquaintances easily with his outgoing personality and propensity to draw people in chatting about his day, interests, and different events happening throughout Durham Region.

In thinking about all of the local bus drivers, fellow volunteers, and the myriad of other fellow citizens/denizens who he always greeted so happily in passing - and out of respect for these relationships - Andrew's mother, Eleanor, wrote a piece for the *Oshawa This Week* newspaper. A respectful and heartfelt closing allowing others to reflect on knowing Andrew and how he included them in his day to day life. Recognition of the meaningfulness of a smile, hello and welcome to a person such as Andrew, and all people we live alongside and amongst; encouraging the greater likelihood of doing so again.

ANDREW WERNER

June 19, 1975 - March 30, 2022



He was a loving son, brother, a loyal friend, good neighbour and a businessperson.

Andrew was known throughout his community as a kind, thoughtful and friendly man, with a zest for making the most of each day.

He was known for his sense of humour and some good fun teasing, always putting a smile on your face even when things were tough.

Alongside likeminded community members that volunteer, Andrew has left his mark through his investment of time, effort and spirit into the work of creating a more inclusive and vibrant City of Oshawa.

Andrew will be missed.

He has left this world a better place and we thank him for it.

Andrew Werner
June 19, 1975 - March 30, 2022

Catching ZZZs - the Health Behind Good Sleep the Topic of May's Biomedical Approaches Study Group

Sleep is as important to your health as diet, nutrition and exercise. The right amount and quality of sleep improves attention, behaviour, memory, and overall mental and physical health; it also helps the body maintain and regulate many vital functions. At our Study Group this month, we will discuss all things sleep related – from the importance of quality sleep to its functions and how to improve on them!

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,
MAY 13**

10AM

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!



Young families are Springing into Possibilities



The last two years have been challenging in a great number of ways, and for many families of school-aged children and youth, 2022 may still hold some uncertainty.

Join us this May - June for an online, interactive, 3-part mini-series, where we will come together to uncover and re-imagine what is still possible in our neighborhoods. Hear stories from other parents on how they have supported their loved ones with continued exploration, connection, and growth.

You will walk away from this series with the ideas, strategies, and the know-how you need to begin planning for a summer full of discovery, and inspiration for future possibilities.

Three Evenings of Learning:

- 1 Wednesday, May 11, 2022
- 2 Wednesday, May 25, 2022
- 3 Wednesday, June 8, 2022

6:45 – 8:45 p.m. via Zoom

For more information contact
Kim at 416-757-2780 or
ksp@extendafamily.ca

Register Here for your Zoom link!

Run in partnership with



DURHAM ASSOCIATION FOR
FAMILY RESOURCES AND SUPPORT
• One Person at a Time • Together With Families •

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.



MAKING THE MOST STUDY GROUP

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

Next meeting Monday, May 30th from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.

MAY 30, 2022
6:30PM TO 7:30PM

{ respiteservices.com }

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

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. Contact Sandy at (905)436-3404 or sciarlariello@dafsr.com. New supporters are continuing to be added. Contact Sandy for more information!

Important Dates At-A-Glance!

Bio Medical Study Group

May 13@10am

Imagining Home

May 11@6:30pm

Springing into Possibilities Workshop

May 11@6:45pm

May 25@6:45pm

June 8@6:45pm

2022 Annual General Meeting

Monday, June 27, 2022

For more information on our organization or any of our events, please visit our website at www.dafsr.com

For more information, please visit our website, www.dafsr.com, and see the "Upcoming Events" tab.

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