

July 2022



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Durham Family Resources

# FAMILYfocus

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

## An Evening of Coming Together at June's Annual General Meeting

Aside from an unseasonably cool evening, our Annual General Meeting was all that we had hoped for! Held both inside and outside at Hartrick House in Ajax, the AGM provided an opportunity for families and community members alike to show their support for Durham Family Resources, hear from the Board of Directors, and connect with the staff team as well as other like-minded families. Thank you to everyone who attended and helped to make the evening a success. We had over 100 attendees this year!

We were able to spread out across the park amongst tables and camp chairs, enjoy our Butchie's sandwich baskets, dance alongside an acoustic band, and have a great number of catch-up conversations. Our theme this year centered around **the celebration of family groups and families coming together**. Alongside the contribution of many families, we produced a short video, *Families Coming Together*, which we were excited to premiere that evening within the Annual Report which all attendees received.



## Celebrate our Family Group Video with A Special Screening!

At our Annual General Meeting in June we presented attendees with a link to our new video *Families Coming Together*, which celebrates family groups and groups of families coming together here at Durham Family Resources.

We would like to extend the invitation to any interested families to watch the video together with us and other families. This will be a hybrid meeting - with a limited number of people at the Gathering Place (at our office), with others joining online via Zoom! Let's come together, watch, and chat!

Wednesday, July 20 - 7:00pm

**Families Coming Together Screening**

**REGISTER HERE!**

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

**FAMILIES COMING TOGETHER**

We need to help each other along.

## Hybrid Meetings At Durham Family Resources

As we cautiously proceed further into the year, we will be hosting some meetings in a hybrid format. This means we will open the Gathering Place for a limited number of people to join in-person, while other participants join in online via Zoom.

Here is a quick reminder about current office protocols and procedures which will continue to keep everyone as safe as possible while we host hybrid meetings:

### **Rapid Antigen Testing will be required.**

We have ample rapid tests, a designated room, and friendly helpful staff to help anyone through the process of taking a rapid antigen test - it is quick and easy. Going forward with hybrid meetings, we will ask all attendees to take a rapid antigen test prior to the meeting to ensure we come together as safely as possible.

### **Masking and physical distancing will be required while inside the building.**

Wearing a high-quality mask while in close proximity to others is still one of the best ways we can minimize our risk to COVID-19. We have a mask policy in place at our office that will continue with hybrid meetings. We also will spread out while in the Gathering Place to ensure we have as much space as possible between attendees.

### **Help us plan with an RSVP and good communication.**

The Gathering Place will be limited to a safe number of in-person participants. As such, we ask that any in-person registrants communicate with event staff if they are unable to attend. This way we can offer that place to someone else who is eager to gather in-person.

We look forward to welcoming families both in-person and online this summer and fall!

## Medical Assistance in Dying Presentation to the United Nations

In June, Inclusion Canada joined disability partners Inclusion International and ARCH Disability Law Centre in hosting a side session at the 15<sup>th</sup> United Nations Conference of State Parties on the Convention for the Rights of Persons with Disabilities (COSP).

*“Canary in a Coalmine: The Expansion of Medical Assistance in Dying (MAiD) in Canada,”* warned the world of Canada’s discriminatory assisted dying legislation. The recent amendments to the law now permits people who are not terminally ill to be euthanized, provided that they have a disability or disabling medical condition. The Canadian government was criticized for making death a viable option before providing people with disabilities the supports and services necessary to ensure quality of life. (Inclusion Canada, 2022)

This was a very well attended event, including representatives from over a dozen countries, including Japan, Mexico, and New Zealand. It was one of the most well-attended side events in the history of COSP.

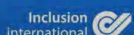
We’d like to invite any interested families to join us for a viewing of this webinar presentation on **Wednesday, August 3, 2022 at 11:00 am**. We will watch the presentation and then join in conversation afterwards. This will be a hybrid meeting - with a limited number of people at the Gathering Place (at our office), with others joining online via Zoom.

Inclusion Canada. (2022, June 17). [Canadian Disability Organizations Host Event at United Nations](#)

**Canary in a Coalmine:  
The Expansion of  
Medical Assistance in  
Dying/Euthanasia  
in Canada**

**A Warning To The  
Global Disability  
Community**

June 16th, 2022  
11:30 AM - 12:45 PM EDT



Cartoon by Canadian disability activist Amy Hasbrouck

**WEDNESDAY, AUGUST 3 - 11:00 AM**

**Canary in a Coalmine: The Expansion  
of Medical Assistance in Dying/  
Euthanasia in Canada**

**REGISTER HERE!**

# Summer is A Buzz with Housing Info, Projects and Planning!

Summer is now in full swing, and families just keep on keeping on with their visions, planning and taking next steps in housing and home! This month, we'll check in on a few things that have been in the works:

- Our partnership with a local co-op and the possibility of future involvement in new builds
- A welcomed renewal of a long-standing agreement with another local affordable community
- Our submission to the Federal Housing Advocate, led by a few Imagining Home families

Also in the works is a visit by one of Oshawa's city councillors, who accepted our invitation to join us at our August meeting. Derek Giberson has been involved with us in a few different ways and we'd love to bring him into the fold of Imagining Home - come help us plan out how our time together with Derek could be best spent.

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

**IMAGINING HOME MEETING • WEDNESDAY, JULY 13, 2022 • 6:30PM**

**ONLINE, VIA ZOOM!**

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



## Chaga Mushroom Tea and Sharing Picnic at July's Biomedical Approaches Study Group

Taking advantage of the summer weather, **this month's meeting will be in-person outdoors!** The group has invited a guest speaker to chat about the Chaga mushroom and Chaga tea and its uses for well-being. Along with this short presentation, the group will share recipes, tips, and resources for healthy foods, and places to access special ingredients and supplements.

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,  
JULY 8**

**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!



# 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, and energy through building circles of support, and connecting with other families. 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 the 6-part Making The Most learning series and wishes to join the conversation. Contact Laura [lpowell@dafrs.com](mailto:lpowell@dafrs.com) for more information.

Next meeting is Monday, July 25<sup>th</sup> from 6:30-7:30pm via Zoom. Members are sent a link to join shortly before.

JULY 25, 2022  
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!

### **Bio Medical Study Group**

July 8@10am

### **Imagining Home**

July 13@6:30pm

### **Families Coming Together**

### **Video Screening**

July 20@7:00pm

### **Making the Most Study Group**

July 25@6:30pm

### **Medical Assistance in Dying Webinar**

August 3@11am

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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