



NABORS NEWSLETTER FALL, 2015

NABORS HOLIDAY SOCIAL!

Wednesday December 16th: 7 p.m.-10 p.m.



Food – Music – Community

Where: Porter Room at Courtyard Marriott Downtown (475 Yonge Street, North of Carlton - use Wood Street entrance)

Parking on site, or at 2 Carlton Street – Wood Street entrance.

If coming by TTC: College Station (at Yonge Street), or Dundas (nearest accessible station).

If you plan to attend, please contact Susan as soon as you can.

Tell us about any food requirement (i.e. Halal, Veggie, Gluten-free)

About the Holiday Social:

NABORS recognizes and respects the rich diversity within Toronto's population.

The Holiday Social is a secular celebration bringing NABORS community together to celebrate universal ideals of peace, goodwill, and bringing light to a dark time of year.

Let's celebrate together!

Contact Susan if you plan to come: sspagnuolo@nabors.ca 416-351-0095 ext.228

If you wish to display hand-made crafts for sale at this event, call Susan to make arrangements for a small table.

Message from the Chair

One of our founding members has often said: NABORS is a gem – the best thing we have! That is very true, and like a gem, NABORS is unique.

One of the things that makes NABORS unique is the central importance of circles. Circles support our Vision and Mission – making sure that supported members are safe and feel safe, lead valued lives in their communities and have control over their lives. Circles of support are fundamental to the success of NABORS

Family members and friends who make up the circles contribute in many different ways. They support members to hire and supervise staff, explore their community, celebrate successes and respond to crises.

When I was very young and someone in my family did a good thing, my Aunt Laura would tell them there would be a star in their crown. Circle members uphold NABORS – there will be stars in their crowns!

Best wishes for the holidays,

Pat Staton, Chair
November, 2015.

Coming in the 2016:

NABORS is planning for opportunities for community involvement and learnings as we speed into 2016:

Learning Opportunity with Peter Marks, from the Centre for Conscience Care:

Authentic Communication – *Fostering Self-determined Communication of Supported Members*

This learning will cover issues such as:

- How supported members can communicate their opinions and needs with family and caregivers
- How family and caregivers can listen
- Working with non-conventional communication
- Strategies for dealing with difficult topics

Date, Time and Place to be announced.

Thinking about the future of Circles:

Sharon Dery and Janice Klees are developing a process for circles to do important planning on how they will look in the future – The next newsletter will have more information on this initiative.

NABORS.CA

Our website committee is very close to launching a refreshed website. We are aiming for this website to be accessible, easier to navigate and more informative. Stay tuned!

A Challenge from Judith Snow

Look around yourself for an opportunity to enter into a relationship with someone who has been exiled. Act on the faith that this person has dreams and hopes much like your own and that this person has meaning in her or his life that can be conveyed to you and that has the power to enrich your life and the lives of others.

Understand that this person may be the bearer of a deep and creative dream. Bend your will and inner and outer ear to listen to this dream. Walk into the daily activities and environments of life with this person as dream and reality interact in a creative dance that expresses the meaning of life.

Try this and may you rejoice in all that you create together.



Image Description: Judith Snow, a woman with short blonde hair and glasses, wearing a purple t-shirt and dark pants, sitting in a black motorized wheelchair. She is smiling and looking towards the camera. The background is a plain, light-colored wall.

This quote and picture are from a new poster made by Inclusion Press. We plan to have some on hand at the Holiday Social.

Judith Snow Art Show:

SAVE THE DATE: Judith Snow Art Show,
Reception January 10, 1-5 pm, at Montgomery's Inn in Etobicoke,
4709 Dundas Street West, Toronto

The Show will be up for the month of January 2016.
For more information, contact Jack Pearpoint

Tel: 416-658-5363 E-mail: Jack@inclusion.com Web: www.inclusion.com

Member Profile: Therasa Chernets

Therasa says, "I love hanging out in my neighbourhood."

"GO JAYS GO!"

By Marsha Ramsay: content directed by Therasa Chernets

Therasa officially joined the NABORS community, at Courtyard Co-op in 2005.

She lives in her own apartment and enjoys the freedom of living by herself. Therasa likes to spend time with family and friends and often has company over to her place as she is very much a people person. Meeting and making new friends, collecting business cards, and other contact information are a few of her favourite activities. Therasa is also a regular at Good Life where she works out weekly. Therasa enjoys texting, phoning her friends and attending church. Therasa is a number one "Blue Jays" and Toronto Maple Leafs fan.

Therasa has an active social life and can be found hanging out at one of her favorite sports bars like The Right Wing, or at Tim Horton's. In the NABORS community and the north Toronto neighborhood, Therasa is probably one of the most known people around. Family and friends mean the world to her, especially her best friend Julia. She is like a sister, confidant, and friend to Therasa. She wrote a wonderful article in the Huffington Post about the development of their friendship. This article meant the world to Therasa as Julia described exactly what kind of person Therasa is. Therasa is thankful to Julia for writing the article and hopes that everyone will get a chance to read a few excerpts from the article listed below.

http://www.huffingtonpost.ca/julia-tausch/odins-birthday-party_b_6920328.html



"Besties" Photo taken by Julia Tausch

Staff Announcement!

Jennifer Scott has been working for NABORS first as a placement student in 2006, then as front-line staff and coordinator and Jennifer is active on the Training Committee.

We are pleased to present Jennifer Scott in her new capacity of Community Facilitator (Part-Time). Working closely with Sharon Dery, (who continues in her full-time role), Jennifer will also provide resources for supported members and their circles.

We needed someone to 'hit the ground running' in this important work, and we expect that circles and supported members will be able to benefit from increased program capacity for the remainder of this fiscal year.

Hi!

My name is Jennifer. You may have seen me around many different NABORS events. I have worked at NABORS for over 7 years and I am very excited to work with Sharon in the role of Community Facilitator. So who am I you might be asking? Well, I love learning. I just finished my degree in disability studies at Ryerson University and before that I studied Fine Arts in British Columbia. I love taking free classes online through universities, love dogs (especially pugs!), sewing, working on do-it-yourself crafts, and exploring all of what Toronto offers. I also enjoy animals, music, movies, swimming, reading and really excited to get my hands in dirt growing things! I really would love to know what you are up to. Feel free to call or email me! I'd love to get to know you better! you can contact me at:

jscott@nabors.ca

416-351-0095 ext 259 or cell:416-939-5287

Call me!

Can't wait to talk to you!

Jennifer

Photo by J.Scott



Photo: Jennifer Scott

Highlights from the NABORS Community PICNIC – September 13, 2015



A great turn-out at the NABORS Community Picnic in High Park. Emma Johnston and Ivan Haramustek” Photo by M.Hageman



The NABORS "Bell Choir" with Conductor and Circle member, Tim Anderson, Photo by Tom Weisner



Jacob Yashinsky Zavitz - NABORS Talent! Photos by M.Hageman



Joel Sterling – having fun!



Old friends reconnecting! Deirdre Staton and Evelyn Adiru Photo by Tom Weisner



IMPORTANT NEWS from CAD

**Due to the Holiday Stat Holiday dates, CAD requests timesheets be sent
a few days early:**

**Please Send by Tuesday, December 22nd 2015 by noon
for Payroll Period: Dec 12th – Dec. 25th**

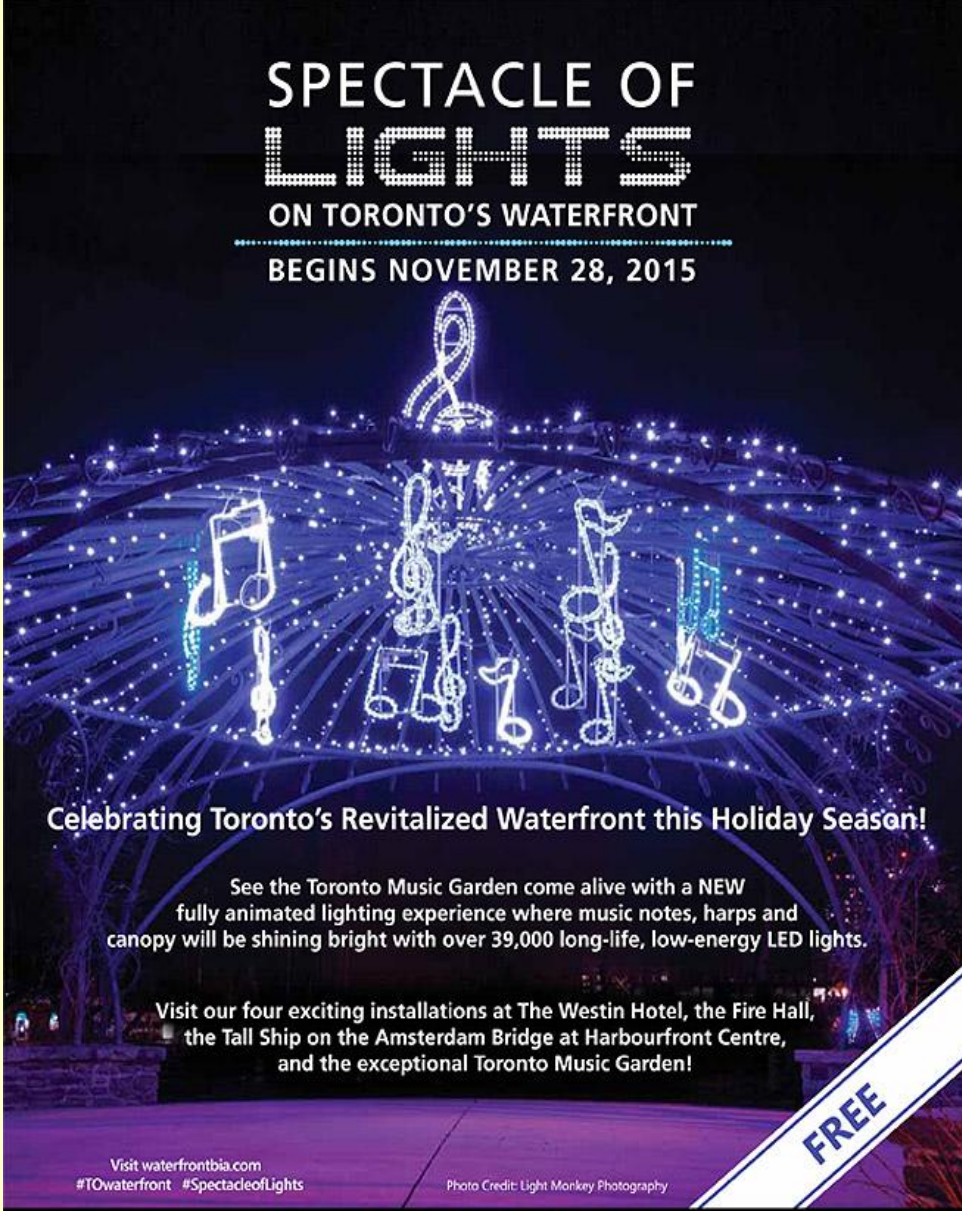
Always use this FAX # 1-905-436-3587

**Please provide scheduled hours for staff for Dec 22- Dec 25 on the time sheet –
any adjustments can be made in the next pay period. This will help us get pay
done on time – thanks!**



Spectacle of Lights at Toronto's Waterfront
Saturday Nov. 28th, 2015 and Friday January 1st, 2016

<http://www.waterfrontbia.com/>



**SPECTACLE OF
LIGHTS**
ON TORONTO'S WATERFRONT
BEGINS NOVEMBER 28, 2015

Celebrating Toronto's Revitalized Waterfront this Holiday Season!

See the Toronto Music Garden come alive with a NEW fully animated lighting experience where music notes, harps and canopy will be shining bright with over 39,000 long-life, low-energy LED lights.

Visit our four exciting installations at The Westin Hotel, the Fire Hall, the Tall Ship on the Amsterdam Bridge at Harbourfront Centre, and the exceptional Toronto Music Garden!

Visit waterfrontbia.com
#TOwaterfront #SpectacleofLights

Photo Credit: Light Monkey Photography

FREE

It's better by the water.

Presented by
the waterfront
Business Improvement Area

Community Partners
porter

Queen's Quay
Toronto
Shops and Restaurants

Redpath

Community Corner Contribution by: Liam Howe



In August, I went to England with my Dad. We were there for three weeks, and it rained quite a bit. I saw my Aunt and with my cousin, and I enjoyed seeing them. I saw a movie about Michael Jackson. I had a good time and I enjoyed the movie.

I went out for a coffee and dinner in Warthing with my cousin, Barb. I ate dinner out with my Dad. I had a beer with my Dad and we spent time together. I had fun in England.

Community Resources and Free Events

Have you tried the Museum + Arts Pass (MAP) at your local Toronto Public Library? You can get FREE passes to art galleries and museums, the zoo and more by using your library card...check out this fantastic and free program today:
<http://www.torontopubliclibrary.ca/museum-arts-passes/venues.jsp>

For free, or cheap, things to do, go to Toronto.com. Or:
The AGO is free on Wednesday afternoons from 6-8:30pm.
Free Events at Yonge/Dundas Square. Free City Cinema <http://www.ydsquare.ca/>

Great Resources

Do you have concerns about falling? You can call the CCAC for a referral for an OT (Occupational Therapist) to do a home assessment for falling hazards, do training with your team on safe transfers, or get a mobility assessment.
You can refer for yourself, or a loved one with Toronto Central CCAC: 416.506.9888
Have your health card ready and you must know your postal code to set up this kind service.

For non-OHIP, home-related supports, do you know about CNAP?

Community Navigation Access Program helps you set up non-medical home supports, such as Meals-On-Wheels and getting to medical appointments – 1.877.540.6565.

NABORS Regular Events: Tuesdays, Wednesdays, Thursdays:



CHORD Co-op ,
43 Goldwin Ave., Panorama Room
Tuesdays Community Lunch
1:00 – 2:00 p.m.

Bring your own lunch! 1:00 -2 :00 p.m.

CHORD Co-op ,
43 Goldwin , Panorama Room
Wednesdays Tai Chi Class
6:30-7:30 p.m.

\$2.00 charge



Joe Arnold Hosts Coffee Time

Thursdays

Courtyard, Commonview Room

10 Broadway Ave. Join us for discussion and a
Coffee or Tea - all community members are
welcome. 1:30-2:30 p.m.

**Next Board meeting: December
16th, 5:45 (1 Hour)**

2015 /2016 Board meeting dates- to be announced.

Message from the Executive Director

This year has flown by – since January, I’ve been immersed in NABORS, getting to know everyone and learning how things work. I most enjoy meeting with community members and supporting circles in any way I can while keeping the administration on track, and learning about how our funder, LHIN, operates. Keeping the administrative structure in place allows the circle of circles to continue its work.

Here are some questions that I ask Circles to discuss and then share their reflections with me, or with Community Facilitators. The answers will shape our work.

What do you feel your Circle needs to do to plan for the future? What do you need from NABORS to support that?

What are the top issues that concern you as a Circle?

What can NABORS do to best support your Circle now?

Margaret Hageman
Executive Director

Staff are here to help – contact us anytime

Margaret Hageman: 416.351.0095 Ext. 210 Cell 647.210.9642 mhageman@nabors.ca
Sharon Dery, Community Facilitator, sdery@nabors.ca, EXT: 259 Cell: 647.669.3600
Jennifer Scott, Community Facilitator, jscott@nabors.ca EXT: 259 Cell: 416.939.5287
Susan Spagnuolo, Administrative Assistant, sspagnuolo@nabors.ca EXT 228

We are located in Suite 1318 at 2 Carlton Street, Toronto

Board meetings and other meetings are held in Suite 1001 – 2 Carlton Street.
Board meetings are usually held the 3rd Tuesday of the month at 6:15pm.

**NABORS newsletter welcomes community contributions.
Contact Susan Spagnuolo @ sspagnuolo@nabors.ca**