



NABORS NEWSLETTER SPRING, 2015

Message from the Executive Director

Spring has finally arrived and NABORS is in full swing!

After just a few months on the job, I see how much energy individuals involved in NABORS contribute in their roles as circle volunteers, board members and as staff. The more opportunities for us to meet, the better I will be in supporting you all.

We have some wonderful community events lined up – read about them in this newsletter and plan to attend.

Supported members, don't be surprised if I contact you to meet up – you are the heart of NABORS and I look forward to spending time with each of you.

Margaret

mhageman@nabors.ca 416-351-0095 ext 210

A message from the Governance Committee RE: AGM

It's Spring at last, and time for Supported Members to designate their representatives to the incoming NABORS Council. The forms have been mailed and are due back on April 25th. Early in May, nomination forms will be mailed, along with a list of the incoming Council. These are the folks who are eligible to run for the Board of Directors. Dedicated Board members are an important part of the team that works and advocates for the Supported Members along with their Circle and support workers. If you are a member of the incoming Council, please consider running for the Board of Directors, or volunteering for one of the subcommittees such as Training, Policy or Strategic Planning. If you would like to volunteer, our Executive Director, Margaret Hageman will be pleased to find a match.

Plan to attend the Annual General Meeting on June 16th – a great opportunity to meet with the NABORS Community and hear about past work and plans for the future.

Hope to see you there.

Pat Staton, Chair, Governance Committee

NABORS Annual General Meeting

Tuesday, June 16

6 pm
North Toronto Memorial
Community Centre,
Multi-purpose Room
200 Eglinton Avenue, West
Parking on-site
2 Blocks west of Eglinton
Subway Station.

Dan Yashinsky, NABORS
member and storyteller,
invites you to bring stories
of everyday courage to
share.

A Word on the AGM

Current NABORS council
members can vote, we will
bring that list if you are not
sure of your status.
Staff are welcome to come,
but are not voting
members.

Unless staff are attending
as scheduled workers, they
are not paid to attend.

Relationship Building and Expanding Circles: A Way to Enrich Lives

By Sharon Dery, Community Facilitator



NABORS was built on the foundation of people being supported by circles of support. The health or involvement of circles is paramount to the success of ensuring a good life for supported members.

A circle of people who have a vested interest in the life of the person being supported is what keeps people safe. While paid people are very important to a supported person, it is not a permanent arrangement. Staff do sadly come and go. This is one of the wounds that people with disabilities face much too often.

Expanding circles: There are many ways to meet people in the community. It is important to understand that a relationship cannot just be created instantly. People around a supported member can help recognize, encourage and create scenarios that make it more possible for new friendships to develop between a supported member and people in the community. Janet Klees calls this "A Context For Relationship." For those of you at NABORS who have attended her workshop on that topic, you may remember the four action items that make it possible:

- Discovering community spaces – *of interest to the supported member*
- Ensuring presence – *regular attendance*
- Designing and supporting valued roles – *meaningful involvement*
- Connecting with other people – *potential friends*

Finding the appropriate community space, place or activity is very important. It must be a place where typical/valued people would go. Look for peer-aged people also attending. Finally, the activity or space must be accessible and reflect the person being supported.

Relationship-building is at the heart of NABORS philosophy. Bringing this to life enables us to expand and maintain healthy circles.

If you have a story to tell, or an idea to share on expanding your circle, let us know. Let's keep the conversation going!

Sharon sdery@nabors.ca

Learning Opportunity - Peter Marks Back by Popular Demand!

Conscious Care and Support Workshops - Essential skills for NABORS Circle Members and Staff

For Circle and for Staff Development, NABORS offers 2 free Conscious Care Workshops

Session 1: *"15 Ways to Support Me To Be All That I Can Be"*.

Participants will learn the 15 most important and practical ways to support others based on the most current science and Peter Marks' 20 plus years of experience in supporting over 1000 individuals and their families.

When and Where: **Thursday, June 4, from 6-9pm** at Northern District Public Library (Yonge/Eglinton).

Session 2: *"How to be a Mindful and Emotionally Mature Supporter"*

This session will address the supporters need to be more mindful, emotionally competent and self-regulated to ensure optimal implementation of supportive techniques.

When and Where: **Saturday, June 20th, from 1-4:45pm** at Northern District Public Library (Yonge/Eglinton)

From the Centre for Conscious Care, Peter Marks provides useful techniques and practical information for individuals who work with Supported Members.

Peter did a short session for NABORS at a previous community meeting and some circle members took a longer course with him, and report that they came away with useful strategies for support and care. (www.centreconsciouscare.ca)

Circle Reps: Please share this notice and newsletter with your circle – the NABORS office does not have all circle member emails.

Circles might consider attending as a group to revitalize and develop your circle. If schedules permit, do encourage staff to attend as well; shared information and techniques can deepen the impact.

Staff attendance will NOT affect circle costs; ensure that the timesheet is filled in correctly, with up to 3 hours of training time noted in separate box on timesheet.

Staff: You can attend one or both sessions, if your scheduled time permits. 3 hours (1 session) will be paid by NABORS.

These workshops will take place in Gwen Liu meeting room at Northern District Library at 40 Orchard View Boulevard, just one block north of Yonge/Eglinton Subway Station:

http://www.torontopubliclibrary.ca/detail.jsp?jsessionid=06FNcHW12FkHeN9XMWYL7-Iy.tplapp-p-b?Nr=p_cat_branch_name:Northern%20District&eT=2

If you are interested in this Circle and Staff Development Opportunity, send Susan Spagnuolo a quick note to sign you up. sspagnuolo@nabors.ca

Meet David Gerol!

David Gerol joined NABORS in May 2011. David loves great food, chatting with friends, watching movies and wrestling. David recommends lunch or dinner with a friend at East Side Mario's or Burger Shack for great burgers. This summer, he is looking forward to camp at Camp Concord.



David at work. Photo by David Garland



David's favorite! Photo by Robyn Grant

David's Job:

Since 2014, David has been working at East Side Mario's. He clears tables and preps food. He feels so good about his job! David enjoys meeting new people, and making connections along the way. He really loves the feeling of contributing.

Out and About:

You may find David out in the community at Starbucks having Hot chocolate and chocolate chip cookies or having his favorite treat Cinnamon buns at Cinnabon or Cobbs.

This is the first in a series on getting to know supported members. Contact us if you would like to participate.

= **Working Together:**

On April 25, NABORS organized a successful learning session about how to use and understand Timesheets and Circle Reports for circle reps and coordinators. Sue Talmey, CMA and Wendy Moss (payroll) from Collaborative Administrative Department (CAD), a social enterprise of Durham Association for Family Respite Services, were invited to meet with NABORS to explain how these reports are generated and how they can be used for scheduling and planning.

Circle reps got to ask questions and make suggestions, which will be incorporated into the reports. It's good to have face-to-face meetings once in a while to break down communication barriers. Many thanks to participants who carved out time on a Saturday to come – I trust that this session will save time on administration of circles.

Margaret



Community Corner



MAYDAY at High Park

Mayday morning at High Park

I am going to High Park tomorrow to celebrate the spring time. It is very early in the morning.

Two years ago there was a group that I really liked called "wolf at the door". I really liked watching their dancing. It was nice to see wolf at the door. I have been going with the same circle member who first showed it to me for 17 years. I really like seeing it every year.

By, Liam Howe

NABORS Trivia Quiz: How old is NABORS?

The first person to contact Susan at the NABORS office with the correct answer will win a Tim Horton's card. sspagnuolo@nabors.ca

Please share this newsletter with your circle members and your staff.

Our office list does not include all circle volunteers, and we may not have the latest email of staff, so please share this newsletter with your circle members and with your staff.

If you received this newsletter from your circle rep and you wish to be added to our contact list, or you wish to contribute something to the next newsletter, contact Susan with your request: sspagnuolo@nabors.ca

Enjoy the Spring! See you at the AGM on June 16th!

We welcome submissions by NABORS community – share your photography, art, writing or ideas. Send to editor: sspagnuolo@nabors.ca