



NABORS NEWSLETTER SUMMER, 2015

NABORS COMMUNITY PICNIC!

Save the date: September 13, 1-6 pm



Where: High Park

Picnic Site Number 1 (close to south-west corner of Bloor St. & High Park Ave.)

This is a community event of food and fun for NABORS supported members, circles and staff and their family members too.

We would love to reconnect with past staff and circle members too, so help us get in touch with them by sending on this invitation.

Food and beverages will be provided.

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

We'd love your help to organize this event:

- bring musical instruments
- organize a fun game
- If you have a portable BBQ, please let us know

Note from Executive Director: *Communication is the Key!*

I have been on the job for 7 months and I'm out in the community to meet with all circles and supported members. Sharing information with circles helps me understand the importance of transparent and efficient administration of NABORS policies and communications.

NABORS newsletter is one way to share information, and it's not always about work - we all need work and play: I hope that NABORS community members take advantage of this good weather and the incredible array of public and free events this summer. See our links in this newsletter for some summer activity ideas, and do sign up for the community picnic!

So, communication is the key to my job – I am reaching out and I invite you to reach out to me too.
Margaret

mhageman@nabors.ca

416-351-0095 ext 210

AGM 2015/16 June 16

NABORS is happy to report a successful Annual General Meeting marking the end of 2014/15 year. If you missed this year's AGM, you should have received the financial and annual reports. Here are some more highlights:



Storyteller and NABORS Nomination Committee Chair, Dan Yashinsky (centre, standing) created a warm sharing atmosphere at the AGM, leading the group in "*Stories of Everyday Courage*".

Photos taken by M.Hageman



Melanie Panitch, former NABORS Chair, Disabilities Studies Professor and Researcher, currently Lead of Innovation and Outreach for Ryerson University, addresses NABORS membership at AGM



Circle Participation: From Left to right: Paul Baines, newest NABORS board member, supported members, Matt Macdonald, NABORS staff Linda Carter and Lena Suksi.

Judith Snow: Advocate for inclusion; 'A visionary'

Click on this link to see Globe and Mail Obituary by James Cullingham



Photo courtesy of Jack Pearpoint (President)
Inclusion Press International

A Tribute to Judith Snow

By Susan Macdonald

The most important theme in Judith's life was having a vision. It was like she could see into the future, imagine a better world for people who have disabilities and then organize the people to make it a reality.

For example: one of the biggest problems for people who have disabilities is that they were routinely forced to live in places and with people they didn't choose.

Judith's vision was for people to have homes of their own choosing and live with people they knew and liked.

In order to make this happen she helped create NABORS.

*A selection from Susan's remarks
at AGM*

Message from NABORS Chair

I am looking forward to NABORS Community Picnic. What a wonderful opportunity to re-connect with former staff and circle members. There will be so much to share. The picnic will also be an opportunity for us to celebrate more than 20 years of walking with families.

NABORS is unique. We are not an agency. We are a collective; a circle of circles. We are all, in our different roles, committed to making sure the supported members of NABORS are safe and have valued roles in the community.

Have a good summer - see you at the community picnic.

Pat Staton, Chair, NABORS Board of Directors

See last page for a full list of 2015/16 Board of Directors

Valued Roles: A Way to Build Relationships, Part 2

BY Sharon Dery, Community Facilitator

In the last newsletter I wrote about ways to create a context for building relationships. The places people with disabilities go in their community is very important in setting the stage for positive and inclusive relationships with valued people.

Janet Klees offered, at a NABORS workshop with her, that people need to have valued roles if they are going to be included fully in the community. A role is a person in a place doing something predictable. If we don't do anything to promote positive social roles, then society will by default impose one or more of these common negative roles upon a person who is devalued.

When seeking positive roles in the community the activity chosen should be based on the person's interests, it must be typical and valued, recognizable and familiar to the supported person. Finally it should provide the person with a role that emphasizes a contribution being made to the activity.

An activity is just that. An activity that leads to a role has ongoing social engagement. A person can like gardening, walking, reading or going to church. These are activities with no identity. However, being a vegetable gardener, walking club member, book guild member or altar guild are all roles. They are ongoing, involves others, leads to other things, and has an identity attached to them.

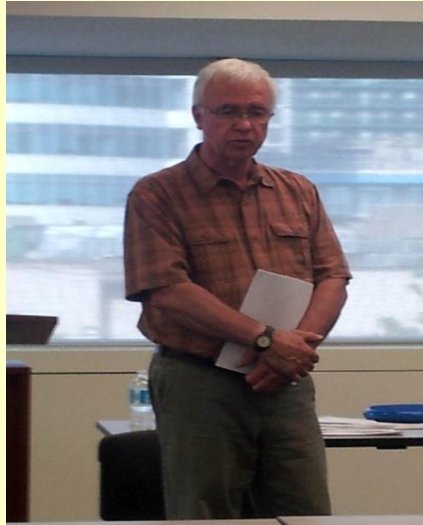
Once a role has been established, the person can now join a local community garden, entering a local garden show or joining a garden club. These are roles that have value, and which other people in the community engage on a regular basis.

These are places and roles that are great for meeting people on a regular basis. We strive for NABORS supported members to have valued roles like these.

Contact me with any questions or comments: sdery@nabors.ca



Training for NABORS Staff and Circle Volunteers with Peter Marks



Peter Marks is a trainer, researcher, and teacher from the Centre for Conscious Caring; Peter provided two trainings for NABORS in May and June designed to support staff and volunteers in working with supported members.

Peter Marks offers an alternative to behavior modification in working with people with disabilities. Instead, Peter focuses on evidence-based approaches which address agitation and aggression before behaviors manifest.

In addition to practical tips on communication, diet, exercise which is easily adaptable, Peter helps to make caregivers more conscious about our predispositions, and the benefits of mindfulness.

If you missed these valuable lessons, we urge you to find Peter Marks on-line and check out some of his You Tube videos.

NABORS also recorded these trainings and have this CD and his book, Conscious Care and Support: Balancing Body, Brain and Being at the NABORS office, available for NABORS community members to borrow.

Did you know?....support workers at NABORS go through two levels of police screening (general background and a screen for working with vulnerable people), workers have their CPR and First Aid, learn about NABORS policies and practices at an orientation, then take mandatory training using e-learning tools in Occupational Health and Safety (OHSA); Abuse awareness and action (QAM); and Accessibility for Ontarians with Disabilities Act (AODA) training on disability inclusion.

NABORS works to provide valuable training opportunities like the one described above with Peter Marks. It all adds up to having skilled workers at NABORS.

Supported Member Profile: Meet Liam Howe!



Photo of Liam Howe and Support Staff, Liz Warman
Photo by Joan Weed, one of Liam's Circle members.

In 1991, I became a member of NABORS. I really like living by myself. Getting a job at Wonderland in 1995 and working there for 14 years is the best part of my life. Liz is my co-ordinator. Each year Liz took me to my training at Wonderland. I was in a parade with Liz. I was a blue elf. We went to concerts at Massey hall. I saw YES and Gordon Lightfoot. I went to Community Kitchens with Liz. I really liked everything we cooked. I was supposed to go to Eaglewood but my ride didn't show up. Liz and I were going to go for lunch to cheer me up but it rained. Liz got me a coffee because of the rain outside. I said it is our "sucky day" and this made us laugh. I want to say Thank you for all your work Liz.

By Liam Howe

Continued on next page: see Liz Warman's contribution.

Facing Down the Behemoth

By Liz Warman

When Liam interviews potential support staff, he always makes it clear what their primary task will be: going to Wonderland to ride the roller coasters. I'm not sure how I got hired, because roller coasters are NOT my thing. The year the Behemoth became the marquee ride, I went to Wonderland every Tuesday of the season, helped Liam into the front car, stepped back onto the platform, and covered my eyes as Liam sailed over the terrifying first drop. I'd peek through my fingers just in time to see him fly up to the second drop, arms flapping over his head. I'd look away.

That summer, Liam and I went to the CNE, where I agreed to accompany him on the Crazy Mouse. I still have the photo from that ride. It shows Liam, laughing and waving, and me, grim-faced and hanging on so tightly you can see the veins in my forearms. But I lived. I felt smug. I was ready to try the Behemoth.

Next time we went to Wonderland, I surprised Liam by getting into the front car beside him. He said, as I recall, "Why are you here?" As we crawled up the first hill, I asked myself the same question. On that drop, I lost my glasses, my house keys, and my dignity. But I conquered my fear, and for that, as for so much else, I have Liam to thank.

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

If you require another format to enjoy this newsletter, do not hesitate to contact NABORS office.

If you received this newsletter from your circle rep and you wish to contribute to the next edition (stories, photos and ideas are welcome), or you wish be added to the NABORS Community contact list, let Susan know: sspagnuolo@nabors.ca

***"Be kind whenever possible.
It is always possible" – Dalai Lama***

"If you haven't any charity in your heart, you have the worst kind of heart trouble" – Bob Hope

NABORS Board Members 2015-2016

Chair: Pat Staton
Vice Chair: Geoff Houghton
Secretary: Robin Wilcoxon
Treasurer: Brian Jones
Bob Kelly
Susan Macdonald
Paul Baines
Ken Mulhall

Community Resources

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:

NOW has a summer guide to plan your time: <http://hot-summer-guide-2015/>

Harbourfront construction has finally finished!

<http://harbourfrontcentre.com/freeflicks/2015/index.cfm>

The AGO is free on Wednesday afternoons from 6-8:30pm.

AGO-Artist Talk: AIMIA/AGO Photography Prize Finalists, Wed. Sep.9,2015 5:30-6:30 p.m.

The Anne Tanenbaum Gallery School, AGO

Free Events at Yonge/Dundas Square.

Free City Cinema <http://www.ydsquare.ca/>

Free Circus: Artscape Wychwood Barns, 601 Christie St. Park

August 26 – 5 – 9 p.m.

Carnival Games and special performances, treats & more.

Pan Am & Para Pan Am Games

<http://www.toronto2015.org/panamania>

for last minute tickets: <http://www.toronto2015.org/tickets>