



### Going into the Summer Months . . .

By Michelle Friesen

Lots is being said about things getting closer to normal, and holding out hope for the summer. Ideas are starting to percolate about what things we can do safely as things start to open up a bit more. As well, there are copious numbers of opportunities to take courses and webinars and do learning over the next few weeks. Without adding too much to the lists of stuff coming at all of us this month, we have tried to prepare a smattering of considerations for learning, along with some resources/ provincial groups of interest.

One has to wonder if there were other groups in Canada who had to be on top of as much information during this pandemic as did people with disabilities, their families/friends, and Seniors facing disability or fragility. From COVID-19 protocols to triage practices, to assisted dying, to government financial programs and changes, vaccination plans, and so much more. . . It has been a great deal to take in. We seem to be moving forward, and hopefully the difficult emotions people have experienced with stay at home orders and more Covid-19 experiences over the course of a long winter and spring will start to shift with getting outside and 'back to nature'.

Unlike last year when our Annual General Meeting (AGM) was deferred until October 2020 due to the pandemic, we will be holding this year's AGM virtually on June 22, 2021. Following the business part of our meeting will be an interesting learning event starting at 7:00 pm. We're happy to hold it in June once more!

#### Inside this Newsletter

- **Upcoming learning events hosted by Windsor-Essex Family Network and partners**
- **Information about a few provincial groups and some shared common interests**
- **Local news stories in the last few months that have been timely and related to issues people and families are experiencing**
- **Taking care of ourselves and our families – mind and body**
- **A few learning events by others chosen based on topics families frequently ask about**

## Windsor-Essex Family Network

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## Upcoming Virtual Events – June 2021

Check out the Upcoming Event Page on our website  
<https://windsoressesxfamnet.ca/upcoming-events/> to register!



*My Home My Choice June 2021 - Sharing, Listening & Learning Together*

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### Relationship building: Let's start with just one thing!

Wednesday, June 16, 2021

10:00 am – 11:30 am OR 7:00 pm – 8:30 pm

This is an interactive event that includes family stories, sharing of ideas and more!

- Listen to families share stories about what their family members have done to build or enhance their relationships and/or to be more present and seen in their neighbourhoods and community.
- Family leaders will also share their goal for what they would like to try next, knowing that it will feel difficult but also doable.
- Participants will be exploring what they feel would be doable has a first step or a next step. Lots of ideas will be shared.

*Relationships are important in everyone's life. This is true for many reasons: for staying safe, for just figuring out some of life's decisions or next steps by talking with others, for feeling stronger to try new things, etc. Despite how important this is, families who are supporting a son, daughter, sister, brother or grandchild with disabilities, find this to be one of the hardest things to do. This event will help many of us to look at how we might take on just one small manageable thing, helping us to figure out what our one 'small thing' will be!*



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### Individualized Funding in Ontario: Back to the Roots, What History Tells Us, and More . . . .

Tuesday, June 22, 2021 7 - 8:30 pm

Guest speakers include local and provincial leaders! **SAVE THE DATE!** Stay tuned, more details to follow! Or register on our website!

# Social Justice Issues at the Heart of Things

## Exploring Timely Issues and Various Provincial Groups

From time to time, Windsor-Essex Family Network references various different provincial or national groups in our newsletters for their events, information and/or educational campaigns. Below you will find a few organizations whose vision and direction may be of interest, could help us learn about similar concerns, open our minds and/or demonstrate what we can get behind. In other words, looking at others who may have life experiences in common with us as families, and other groups who are facing related social justice issues. It is our plan to continue to share information about additional groups in the future. We hope to be adding them to our website.

Unpaid caregiving by family and friends is a theme across people with disabilities and eldercare in Canada. We begin with some caregiving group information. With long term care issues in the news, we are also sharing information about that topic. This is important as it connects to what families have been talking to 'family network' about throughout the pandemic.

### **Unpaid Caregiving worth \$30 - 40 Billion per year: Family and friends supporting people with disabilities and/or their elders.**

Many families affiliated with Windsor-Essex Family Network have shared their experiences as caregivers across more than one generation. They have found this difficult and are finding it very stressful to be sandwiched between different caregiving responsibilities. Even before the pandemic, families were feeling the exhaustion: balancing their caregiving responsibilities, while trying to work and still provide support (if they could work). We frequently hear stories about supporting a child and/or adult sibling with a disability AND at the same time aging parents or elderly grandparents.

The **Ontario Caregiver Coalition (OCC)** advocates for solutions that would provide more support to unpaid family caregivers in Ontario. Their website contains some staggering facts! Did you know that close to 30% of us living in Ontario are currently unpaid family caregivers! And that half a million young people are providing up to 27 hours of care each week for a family member as well. That is a great deal of free labour!

According to Ontario Caregiver Coalition website: "There are 3.3 million or 29% of Ontarians who are unpaid family caregivers. This includes 500,000 young carers between the ages of 15 – 24 years of age providing on average 14-27 hours of care per week . . . .

In Canada, it is estimated that family caregiving is worth \$30-40 billion in "free" labour."

Find out more about the work of the Ontario Caregiver Coalition by going to their website at the following link:

<https://www.ontariocaregivercoalition.ca/the-work-we-do>



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## **“It takes a Village” Black Parent Support Group**

This is a unique support group started in Ontario in 2020 for Black caregivers of children or adults with intellectual or developmental disabilities. The group provides a safe space to network, build connections, problem-solve, share resources, feel less isolated, talk to others who get it.

The group meets virtually each month, every 2nd & 4th Tuesday of the month. People join the meeting via ZOOM through their phone, tablet, laptop, or other online device.

[For more information see their flyer.](#)

Upcoming June meetings will be held: June 8th & 22<sup>nd</sup>, 2021 from 7:00 – 8:30 pm. For more information and to register, contact Clovis or Sherron Grant by email: [BPSGroup2020@gmail.com](mailto:BPSGroup2020@gmail.com)

To read a news article about the group entitled, 'Obviously touching a nerve': *Ont. couple starts support group for Black parents of children with disabilities*, click the following link:

<https://www.ctvnews.ca/canada/obviously-touching-a-nerve-ont-couple-starts-support-group-for-black-parents-of-children-with-disabilities-1.5235632>

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## **Ontarians hoping for new alternatives to the current long-term care system, and investments in innovation**

### **Why Ontario doesn't need 'more' institutionalized supports for seniors and others living with disabilities**

*By the Individualized Funding Coalition for Ontario, April 2021*

“For decades the Individualized Funding Coalition for Ontario (IFCO) along with many other provincial organizations, service agencies, people and families have supported the closure of institutions for people with disabilities. They have done this knowing there are other options that can provide what is required for people to be successfully supported. This meaning: viable alternatives and supports in people’s homes, neighbourhoods, and communities.

We have seen this to be successful with people with disabilities. We know it can also be successful with seniors and others who by default have ended up in long term care homes. It would take intention, commitment, and investment directed to other approaches. It is doable. It has been demonstrated in other locales and countries . . . .”



To continue reading this article go to the home page of the Individualized Funding Coalition for Ontario at: <https://individualizedfunding.ca/>



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## Seniors for Social Action Ontario (SSAO) Leaders from the disability sector join with others



This is a growing group of seniors in Ontario who want to put their voting power to work and influence the future of elder care in Ontario. Their mission is to identify alternatives to institutionalization and encourage governments to finance these alternatives with a goal to end institutionalization. Some of the members have worked with people who have disabilities. More than 95% of seniors in Ontario do not want to live in a Long-Term Care institution. SSAO continues to ask the government to listen to the people they are serving and put more funding into home and community care, and smaller homes - and not institutions. Ontario is behind.

To read some of the News Releases and Editorials by SSAO go to the following link:  
<https://www.seniorsactionontario.com/press-releases>

To read some of their policy papers or innovative examples of support from other countries go to this link: <https://www.seniorsactionontario.com/policyandresearch>

To check out or sign on to the SSAO petition called **Give us Home Care Alternatives to Long Term Care**, click here: <https://cutt.ly/ynxFTyy>

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## Timely Stories in Our Local News

### Jarvis: 'Nothing less than a full overhaul' for long-term care

Anne Jarvis, Mar 22, 2021, Windsor Star

"You'll have to carry me out," Mum said. My mother didn't want to move to a long-term care home. My family didn't want to put her in a long-term care home" . . . Click the link below to read the full story:

<https://windsorstar.com/news/local-news/jarvis-nothing-less-than-a-full-overhaul-for-long-term-care>



### A call for the government to take action and support unpaid caregivers

The Afternoon News, April 6, 2001 iHeartRadio AM 800

This radio interview was with a local member of The Ontario Caregiver Coalition, who was calling for action on Family Caregiver Day - April 6, 2021. Themes from the interview follow. No one knows what caregivers do behind the scenes. Even prior to the pandemic it was very stressful. Whether it's access to home or respite care, financial support, or access to direct funding and family-managed care, caregivers don't want any more thank you's - they need action from the government. To hear this interview, approximately 6 minutes long, use this link:

<https://www.iheartradio.ca/am800/audio/the-afternoon-news-a-call-for-the-government-to-take-action-to-support-unpaid-caregivers-1.14931266?mode=Article>

# Taking Care of Ourselves & Our Families

**breathe. notice. now.**

## Conscious Care and Support

### FREE Weekly Online Guided Mindfulness Sessions

Sundays and Thursdays from 7:00 pm – 7:45 pm (EDT)

**Starts Sunday June 6, 2021 and goes until Sunday June 27, 2021**

**with a 60-minute Ask Me Anything Session on Wednesday June 30, 2021**

Join us on Sunday and Thursday evenings as we explore and practice a skill set that has been internationally proven to offer many benefits to enhance and improve levels of overall health and wellness.

**NO registration required. Same link for each session:** <https://zoom.us/j/98484141617>

Explore and practice a skill set that has been internationally proven to offer many benefits to enhance and improve levels of overall health and wellness. E-mail [adriana@clwindsor.org](mailto:adriana@clwindsor.org) for more info.

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## Move More. Reduce Sedentary Time, Sleep Well

*A Note from Windsor-Essex Family Network: With better weather, stay-at-home orders lifted, and more opportunities to move around and get outside for a walk in our neighbourhoods and parks, this information about Canada's 24-Hour Movement Guidelines seemed timely. Take a look, check out the information for your age group. We have taken the information directly from the website, reproducing their news release, and provided links for you to read more.*

### Canada's First Ever 24-Hour Movement Guidelines for Adults Help Make the Whole Day Matter

TORONTO, ON, October 15, 2020 / CNW / – The first ever 24-Hour Movement Guidelines for Adults show Canadians what a healthy 24 hours looks like when it comes to physical activity, sedentary behaviours and sleep, featuring recommendations for those 18-64 and 65 and older. [i],[ii] With COVID-19 posing many challenges to our overall physical and mental health, having clear evidence – informed movement benchmarks that can lead to health benefits is more important than ever.

The Guidelines are unique because it is the first time there are recommendations that integrate the three movement behaviours (physical activity, sedentary and sleep behaviours) for these age groups, rather than view them in silos. They also feature new recommendations on light physical activity including standing. They were developed by the Canadian Society for Exercise Physiology (CSEP), the Public Health Agency of Canada, Queen's University, ParticipACTION, and a network of researchers and stakeholders from across Canada.

“These guidelines pull together the best available evidence from across the globe to show Canadians how to make their whole day matter when it comes to movement behaviour,” says Dr. Robert Ross, Chair, CSEP Consensus Panel.

#### **CANADIAN 24-HOUR MOVEMENT GUIDELINES:**

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

<https://csepguidelines.ca/>

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“They are arriving at a critical juncture in the country’s overall health. It’s important that Canadians understand that while it may feel challenging at times, some activity is always better than none and progressing towards any of the guideline targets will result in important health benefits.”

Even before COVID-19, Canadian adults received a grade of “D” for overall physical activity according to the ParticipACTION Report Card on Physical Activity for Adults, and Canadians are now finding it harder than ever to stay active.[iii] The Report Card also showed 29 per cent of adults in Canada fall within the “low active” lifestyle category and adults 18 to 79 years old are sedentary for almost 10 hours per day.iii

Adults following the guidelines can achieve health benefits including a lower risk of death, cardiovascular disease, type 2 diabetes, weight gain, several cancers, and improved bone health. Specific to psychosocial health, participation in optimal levels of movement behaviours has been linked to improved anxiety, depression, dementia, cognition and quality of life. i,ii For adults 65+, they can also see a lower risk of falls and fall-related injuries. ii

The Canadian 24-Hour Movement Guidelines focus on three core recommendations for adults, listed below. It is important to note that all types of movement matter, and a balance is required for best health.

- **Move More:** Add movement throughout your day, including a variety of types and intensities. Aim to accumulate at least 150 minutes per week of moderate to vigorous aerobic physical activity, muscle strengthening activities at least twice a week, and several hours of light physical activities, including standing.i,ii Those 65+ should also include physical activities that challenge balance.ii
- **Reduce Sedentary Time:** Limit sedentary time to 8 hours or less per day including no more than 3 hours of recreational screen time and breaking up long periods of sitting where possible.i,ii
- **Sleep Well:** For those aged 18-64 set yourself up for 7 to 9 hours of good quality sleep on a regular basis, and 7 to 8 hours for those 65+ years. Consistent bed and wake up times are also key.i,ii

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

“COVID-19 has given us a chance to take stock of what is most important in our lives, and for many that is our own health and the health of our loved ones,” says Elio Antunes, President and CEO of ParticipACTION. “A key driver to our overall health is incorporating movement of any type or intensity into our daily routines. Having a healthy day should be top of mind for all of us right now, and that means being active, reducing sedentary behaviour and getting a good night’s sleep.”

To learn more about the Canadian 24-Hour Movement Guidelines for Adults, visit [csepguidelines.ca](https://csepguidelines.ca). For ideas and resources on how to get more active, visit [ParticipACTION.com](https://participaction.com) and download the [ParticipACTION app](#).

*Note: The above information/news release has been taken directly from the following website at: <https://csepguidelines.ca/news/canadas-first-ever-24-hour-movement-guidelines-for-adults-help-make-the-whole-day-matter/>*

[i] CSEP. Canadian 24-Hour Movement Guidelines for Adults aged 18-64 years: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. (2020).

[ii] CSEP. Canadian 24-Hour Movement Guidelines for Adults aged 65 years or older: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. (2020).

[iii] ParticipACTION. Report Card on Physical Activity for Adults. (2019). Retrieved from <https://www.participaction.com/en-ca/resources/adult-report-card>

# Disability Related Information & Learning

## Topics of Interest to People & Families

### Introduction to the Registered Disability Savings Plan (RDSP)

This 45-minute webinar, followed by a short Q&A period with the presenter, provides a good introduction to the Registered Disability Savings Plan (RDSP). The Registered Disability Savings Plan (RDSP) is a made-in-Canada, long-term savings vehicle designed specifically for individuals with disabilities.

#### *What's in it for You:*

- An understanding of the RDSP and potential government contributions
- Knowledge of the latest updates and changes to the RDSP
- Tips and advice on free resources that can be consulted for additional information

Choose from the following two dates for this **Intro to RDSP** webinar being offered by the Partners for Planning Network in Toronto:

- **Thursday, June 17, 2021 at 3 pm** – Register for the June webinar at the following link: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ei0eytjee51a948c&oseq=&c=&ch>
- **Thursday, September 23, 2021 at 11 am** – Register for the September webinar at this link: <https://www.planningnetwork.ca/events/introduction-to-the-rdsp-sept-23>

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### Money Talks: Accessing Financial Resources for Your Child with a Disability

*Learn about financial resources and tax credits you can access from the Ontario and Canadian governments.*

Comments or questions families have:

- As parents of a young child with a disability, we have no idea what the future will bring.
- What supports will my child need and what resources will be available in the future?
- Will my child be able to support themselves as an adult?
- Where will they live and what will they need to live on their own?



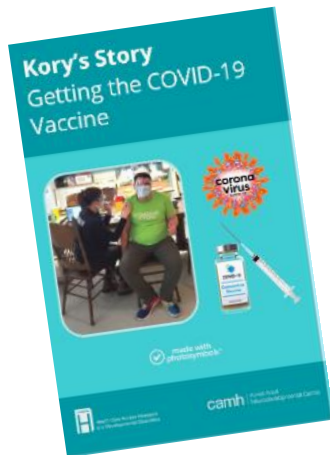
While you have lots of time to figure out the answers to these questions, there are resources you can access that will benefit your child now and may provide significant resources later in life if needed. Learn about financial resources and tax credits you can access from the Ontario and Canadian governments to help support your child throughout their life.

**Monday, June 28, 2021 at 7pm** – Register by using the link below:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ehwwxg24561b23c6&oseq=&c=&ch>



# COVID 19 - Related Information



## How to stay safe, well and connected

Health Care Access Research and Developmental Disabilities (HCARDD)

### **COVID Vaccine Information**

<https://www.hcarddcovid.com/info>

### **Kory's Story: Getting the COVID-19 Vaccine**

[Read Kory's Story in Easy Read](#)

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## Recent and Relevant Information About COVID-19

### **WEVax - Vaccine Appointment Booking and Eligibility**

The online site for residents of Windsor and Essex County to book their Covid-19 vaccine can be found at the following link: <https://www.wechu.org/cv/clinics>

Residents can also phone for booking assistance and/or if they don't have a health card at the following phone number: **226-773-2200**

### **Ontario Updating AstraZeneca Second Dose Guidance**

First and Second Doses of Different COVID-19 Vaccines can be Safely Combined - **News Release, Ontario Government - June 3, 2021**

<https://news.ontario.ca/en/release/1000256/ontario-updating-astrazeneca-second-dose-guidance>

### **COVID-19 Vaccines: Myth Versus Fact**

Article by Gabor David Kelen, M.D. and Lisa Lockerd Maragakis, M.D., M.P.H.

**Johns Hopkins Medicine, Health Website – May 14 2021**

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-19-vaccines-myth-versus-fact>



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## Windsor-Essex Family Network

Website: <https://windsoressexfamnet.ca/>

Facebook: <https://www.facebook.com/WindsorEssexFamilyNetwork/>

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