



C.H.A.N.G.E.S.
360 George St. N.
Peterborough, ON
K9H 7E7

705-749-6695
fax: 705-749-5864

e-mail:
changes@pipcom.com
Web:
www.aboutchanges.com

C.H.A.N.G.E.S.



pool party

Swim into Spring!

April 27th, 2002 5 p.m.



Kingswood Community Centre 993 Talwood
Peterborough, Ont.

Swim with your family and friends from 5
p.m. till 6 p.m. soical get-to-gether (pizza
and refreshments) from 6:15 to 7:15 p.m.!

If you plan to attend please call the office
@ 749-6695 or e-mail: changes@pipcom.com
on or before April 19, 2002. A donation
of \$10 would be appreciated.

2002 Camping Guide



The Ontario Camping Association 2002
Camping Guide is now available at the
office. It has comprehensive entries
for over 275 accredited camps in
Ontario for children and youth.

There are activity charts to help
campers pinpoint their favourite
programs and activities.

There is a Special Needs Section to
guide parents looking for suitable
Special Needs programmes.

Inside This Issue

Tasha's March Break pg. 2

Thank you! pg. 2

Bingo Volunteers Needed pg. 2

My March Break pg. 2

Tax Fact Sheet pg. 3

Cambridge Respite Services
pg. 3

Cambridge Respite Camp
Schedule pg. 4

Resource Library pg. 5

Down Syndrome Association of Toronto

Mini-Conference

The Down Syndrome Association of
Toronto is presenting a free mini-
conference for friends, relatives,
neighbours, educators and you April 15,
2002 from 7 - 9:30 p.m. at the North York
Central Library, 2nd, floor Auditorium
5120 Yonge St., North York.

There will be a general session with
greetings and DSAT news from 7 p.m. to
7:15 p.m. following three workshops (2
sessions each). First session 7:20 to 8:20
p.m. Then intermission (check out the
booths, network and refreshments). Second
session begins 8:45 to 9:30 p.m. You may
select one of the following:

Sexuality: "Talking to your child about



Wee Ups & Downs

The next Wee Ups & Downs
group will be April 8th, from
10. a.m. till noon @ C.H.A.N.G.E.S.

sex" with facilitator Susan Ludwig, Sexual
Education Consultant.

Communication Development: "Outline of
typical speech/language development stages
and the particular challenges to children
with Down syndrome" with facilitator
Georgia Poirier, Speech and Language
Pathologist.

Legal Rights Concerning Education: "What
parents face with regard to educational
issues for their children" with Phyllis
Gordon and Bill Holder from ARCH-A Legal
Resource Centre for Persons with
Disabilities.

For more information call 416-966-0990.



Mission Statement

"To support each other in our quest to normalize and enrich the lives of people with Down syndrome to ensure that they reach their fullest potential."

March Break...Submitted by Tasha Reid
Tasha attends our one-to-one tutoring program

March Break



Bonnie, Lindsey and I went to the Holiday Inn. We went swimming in the indoor pool. We had lunch at Tim Hortons. We also had room service. We watched Harry Potter and I fell asleep.



Tasha

Thanks!

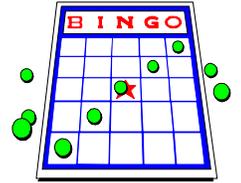
With out the kind donations C.H.A.N.G.E.S. would not be able to continue the work we do!

Steve McNulty of M & C Hydraulic
Marie and Jim Cobham

Call Out for Pictures

Kathy Traynor will be attending "From The Heart" 2002 CDSS Conference in May, Kathy is designing a t-shirt depicting images of C.H.A.N.G.E.S. for the occasion. If you would like your child to be included within the design please send Kathy a picture by e:mail: traynorfamily@hotmail.com . If you would like more information please call Kathy @ 740-9533.

Bingo Volunteers Wanted



Bingo runners are needed: 12:15 to 3:30 p.m. Can you commit one Saturday afternoon every other month or so to help C.H.A.N.G.E.S.? Please call the office at 749-6695. Money raised will go toward new resources, activities, and programs.

Bingo dates: April 20, 27, May 4, June 1, 8, 15,

Cambridge Respite Services

Karen and Ron Cambridge offer customized recreational camping for physically capable developmentally-challenged adults of 18 years and older (possibly 16 yrs.+).

In a family camping environment campers will participate in a variety of programs and activities together with others of various ages who have similar interests.

You can choose the camping sessions that best suit your needs. Transportation and 'other' respite services are also available.

Individual needs will be met. Before service begins, interests, abilities and special considerations will be thoroughly discussed.

Campers can look forward to a variety of quality indoor and outdoor programs according to seasonal activities and themes. These may include crafts, games and sports, swimming, boating and fishing, archery, nature programs, hiking, wall-climbing, campfires, music, sing-alongs and surprises!

continued on page 4

Federal Tax Fact Sheet

Information Concerning People With Disabilities

March 2002

Disability amount

The basic disability amount is a non-refundable tax credit that reduces the amount of income tax that an individual has to pay. Clients are eligible for the credit of \$6,000 for 2001 if a qualified person certifies **any** of the following:

- they are blind all or almost all of the time, even with the use of corrective lenses or medication, and the impairment is prolonged
- they have a severe and prolonged mental or physical impairment that markedly restricts their ability to perform a basic activity of daily living
- they need, and dedicate time specifically for, life-sustaining therapy to support a vital function (see below)

An impairment is prolonged if it has lasted or can reasonably be expected to last for a continuous period of at least 12 months. Intermittent impairments are not considered prolonged.

Life-sustaining therapy

Life-sustaining therapy includes clapping therapy to help in breathing, or kidney dialysis to filter blood. It does not include implanted devices, such as a pacemaker, or special programs of diet, exercise, hygiene, or medication. For 2000 and later years only, individuals may qualify if a medical doctor certifies that they need, and dedicate time specifically for, life-sustaining therapy at least three times a week, to an average of at least 14 hours a week. The need for this therapy must have lasted, or be expected to last, for a continuous period of at least 12 months.

Basic activities of daily living

The *Income Tax Act* defines the basic activities of daily living as perceiving, thinking and remembering, feeding and dressing, speaking, hearing, eliminating bodily waste, and walking. The basic activities of daily living **do not** include any other activities, such as working, recreation, housekeeping, or social activities.

When is an activity of daily living markedly restricted?

A client may be markedly restricted in performing a basic activity of daily living if all or almost all of the time the client is unable (or it takes an extremely long time) to perform a basic activity of daily living, even with therapy (other than life-sustaining therapy) and the use of appropriate devices and medication.

How to claim the disability amount

Clients who claim the disability amount for the first time have to include a completed Form T2201, [Disability Tax Credit Certificate](#), with their income tax return. Clients who have already qualified in the past do not need to submit another form unless the previous period of approval has ended or the CCRA asks for a new form. **Clients must advise the CCRA if their circumstances change.**

The following qualified persons can certify on Form T2201 that a client meets the eligibility requirements and can indicate whether the impairment is permanent, temporary, or should be re-evaluated later:

- a medical doctor;
- an optometrist for a vision impairment;
- an audiologist for a hearing impairment;
- a psychologist for an impairment with respect to an individual's ability in perceiving, thinking, and remembering;
- an occupational therapist for a feeding and dressing or walking impairment; or
- a speech-language pathologist for a speech impairment (applies to certifications made after October 17, 2000).

Supplement for persons under 18

A supplement of up to \$3,500 can be claimed for a person under 18 at the end of 2001 who qualifies for the disability amount. The supplement is reduced by the expenses for child care and attendant care that are more than \$2,050 and claimed in the year for the person.

If clients receive a disability pension, do they qualify for the disability amount?

No, not necessarily. It is the effect of the impairment on their ability to perform basic activities of daily living, and not their inability to work or the fact they receive a disability pension, that determines

whether they can claim the disability amount.

Why would the CCRA deny a claim?

All requests for the disability tax credit are carefully reviewed on a case-by-case basis before determining an individual's eligibility. The *Income Tax Act* specifies the eligibility requirements that must be met to qualify for the disability amount. The CCRA can only allow a claim if a qualified person has certified that a patient meets these requirements.

Clients can find more information about the disability amount and related eligibility criteria in the guide called [Information Concerning People With Disabilities](#), which contains a copy of Form T2201. They can also contact any tax services office. Addresses and telephone numbers are listed in the government section of most telephone books.

Were you charged a fee to have your Form T2201 completed?

Any fees that a qualified person may charge to complete the certification area of Form T2201, or to provide the CCRA with additional information, are the responsibility of the individual. These fees are not covered by the CCRA or by provincial Medicare plans; however, they can be claimed as an eligible medical expense on line 330 of the return.

Credits for individuals supporting people with disabilities

In this section, we describe the deductions and credits that a person supporting someone with a disability may be able to claim.

Child care expenses

You or your spouse or common-law partner may have paid for someone to look after your child who, at some time in 2001, was under 16 or had a mental or physical infirmity. Generally, the spouse or common-law partner with the lower net income can claim these expenses, but only if they were paid so one of you could earn income, go to school, or conduct research in 2001. You can deduct expenses, on line 214 of your return, of up to \$4,000 for a child born in 1984 or earlier who has a mental or physical infirmity, but who does not qualify for the disability amount. You can deduct expenses of up to \$10,000 for a child who qualifies for the disability amount. For information, and to make your claim, get Form [T778](#), *Child Care Expenses Deduction for 2001*.

Cambridge Respite Services 2002 Camp Schedule

May 11, 2002 will be an open house at Kinark Outdoor Centre for interested campers, parents, caregivers and staff. Transportation may be available upon demand with a cost of no more than \$10.00 per person to cover the bus cost. A snack and tour of the camp will be included. *Please call Karen @ 749-5469 if you are interested. Prizes will be given if a bus is booked.

** July 8 - 12/02

Welcome back to summer week (\$400.00 all inclusive)

** July 22 - 26/02

Week of Wacky Fun (\$400.00 all inclusive)

** August 2 - 4/02

Farewell to Sun Weekend (\$180.00 all inclusive)

** August 9 - 11/02

Farwell to Summer Weekend (\$180.00 all inclusive)

** October 11 - 13/02

Awesome Autumn Getaway (\$180.00 all inclusive)



Please remember to call Karen if you are interested in registering for any camp session. A \$50.00 deposit to hold your space is non-refundable in the event that you cancel.

A one hour information/registration session is required before applying to any camp session. The cost is \$10.00.

For further information please call Karen @ 705-749-5469, e-mail: kcambri@cgocable.net or visit their website at www.cambridge.freeservers.com

Parent Support Group Meeting

The next Parent Support Group Meeting will be held April 25th, 7:30 p.m. @ C.H.A.N.G.E.S.



reBoot north is a not-for-profit organization providing computer hardware and technical support to charities and non-profits that have limited access to technology. They refurbish donated computers and redistribute them to charitable organizations.

C H A N G E S . members can purchase a computer from reBoot north through C H A N G E S .

Computer systems include the CPU , colour monitor , keyboard and mouse , and can be customized to your specifications . Systems come with a thirty-day warranty . Their inventory changes daily so let them know how they can meet your computer needs .

reBoot north is located at 165 Sherbrooke St . , Peterborough , Ont . Their telephone number is 705 - 749 -5815 , e-mail : info@rebootnorth.org web : www.rebootnorth.org .



Creative Corner

We are looking for short stories, art work and activities created by your child about their experiences, hopes and dreams.

We also would like stories and artwork from their siblings written about their brothers and sisters.

Please submit to: 360 George St. N .
Unit # 24 ,
Peterborough , Ont .
K9H 7E7

Or e-mail to: changes@pipcom.com in formats: JPEG , GIF , TIFF , PDF , WordPerfect , Microsoft Word , PowerPoint ,



Parent to Parent

Spring Dance

There will be a Spring Dance Friday , April 12 , 2002 @ St. James United Church (Aylmer & Romaine St.)

Time: 7:30 to 10:00 p.m .

Cost: \$ 6.00

Music by "Kevin"

For more information please call Laretta White @ 748-3667 . Please note the dates for the following dances: May 17th , and June 7th , 2002 .

Volunteers!

Thank you!

We would like to thank those who donating their time as bingo runners.

Jamie Jackson , Brenda Mosher , Paul Guilfoyle , Jason O'Brien , Teresa Glaeser , Suzanne Bonneau and Tammy Stenner

Membership/Donations

C.H.A.N.G.E.S.
Peterborough & Area Down
Syndrome Support Group Membership Form

Yes, I would like a membership with C.H.A.N.G.E.S.,
I have enclosed my membership fee of \$15.00

Yes, I would like to subscribe only to the newsletter,
I have enclosed \$10.00.

Yes, I would like to make a donation to help keep these
programs alive and support future initiatives for
children, youth, and adults with Down syndrome
\$_____ Donation.

Charitable Registration # 124703737RR0001
Receipts available for donations of \$10.00 or more.

Name: _____

Name of child/youth/adult with Down
syndrome: _____ age: _____

Address: _____

City: _____ Prov. _____

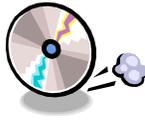
Postal Code: _____ Telephone: _____

E-mail: _____

Please detach and mail with cheque, payable to
C.H.A.N.G.E.S., to 360 George St. N. Unit # 24
Peterborough, Ont. K9H 7E7



Resources In the Resource Library



Books

"Classroom Language Skills for Children with Down Syndrome": A Guide for Parents and Teachers, by Libby Kumin, Ph.D., CCC-SLP

Classroom Language Skills for Children with Down Syndrome covers every aspect of a child's language needs from kindergarten through middle school. After a thorough overview of the characteristic communication problems associated with Down syndrome and how they affect children in school, the book explores the best strategies for adapting schoolwork and improving teacher-student communication.

"It Takes Two to Talk, A Parent's Guide to Helping Children Communicate": By Ayala Manolson

"It is a book about how real people and real children make the connections that lead to communication, learning, and positive relationships."

"Connections, A Planning Guide for Parents of Sons and Daughters With a Mental Handicap": Kenneth V. Pike and Pauline F. Steinmann

CD-ROM

"Down Syndrome Issues and Interventions": Down Syndrome Research Foundation & Resource Centre

It is a multi media format that brings you a great deal of valuable information about Down syndrome.



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