



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



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Peterborough and Area Down Syndrome Support Group

March 2002

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

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One To One Tutoring Program

One to one computer classes can complement regular school classes, providing extra practice in those skill areas which need improvement. The lessons may include practice with reading math, logic, mapping or

money skills. These classes may also explore areas of personal interest for students, outside the regular school curriculum, such as learning to type or exploring the internet.

There are also many educational programs at all levels to reinforce basic literacy and math skills in fun and interesting ways. Students may complete puzzles, games, crafts, or other activities to promote learning and life skills as well. A personalized program will be designed for each

student in consultation with the student, his or her parents, and the computer teacher.

The C.H.A.N.G.E.S. tutoring program has something to offer all of its participants. Students have access to the latest computer equipment and programs.

Being able to use a computer is a valuable skill for anyone. From playing games, to completing reports, research assignments, to sending e-mail, everyone can find a use for a computer.

If you are interested in participating in this program please contact C.H.A.N.G.E.S. and ask for Tammy @ 705-749-6695.

Wee Ups & Downs



The next Wee Ups & Downs group will be March 11, from 10. a.m. till noon @ C.H.A.N.G.E.S.

Facing Life's Challenges Together

by Ricardo Gloria

As John and Sharon walk along the shore of a lake in the Okanagan Valley, they chat about the mundane details of life - what they're doing later that week, their plans for dinner that night. As they talk, they steal affectionate glances at each other, or reach out to squeeze each other's hands. Their conversation is peppered with pet names for each other - my love, sweetheart, darling.

They keep walking in the warm air of

the early summer evening, laughing, talking, and loving, with wide grins on thier faces. Other couples walk past, knowing smiles on their faces, as though sharing a secret only couples in love know. The waves wash gently on the shore as they walk onto a pier over the lake. They look over the water, gently holding each other.

In so many ways, John and Sharon are just like any other couple - they have the same worries, problems, and dreams for the

Mission Statement

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



future. But what makes John and Sharon different is that they both have Down syndrome. Although Down syndrome itself is not unique - it occurs in approximately 1 in every 900 births in Canada - what is exceptional is that they are married. While there aren't any statistics regarding the marriage rate of adults with Down syndrome, there is anecdotal evidence that suggests marriage between persons with Down syndrome is on the rise. This could be due to a wider acceptance of persons with Down syndrome as sexual beings, as well as an increase in the longevity of those with Down syndrome.

John and Sharon were married on August 8, 1998 and have been living in a modest apartment, going about their daily lives and taking care of each other. The uniqueness of John and Sharon's union isn't lost on their parents, but their worries were the same as any other parents. Would their children be happy married to one another? Would they take care of each other?

"My husband wasn't happy at all the day they were married. A father worries, he wonders if his daughter is going to be taken care of; giving away a daughter is a big deal," says Sharon's mother.

But in the days and weeks since John and Sharon's wedding their parents' fears have been allayed as the happily married couple go about their lives together.

John and Sharon met at a workshop they both attended and began dating soon after.

"The girls have always liked John. He's had a girlfriend without asking for a girlfriend for as long as he's been old enough to have one," laughs John's mother.

Sharon, on the other hand was waiting for the right person to come along, and she found him in John. Sitting on the couch beside him she says with joy, "He's my hubby and I love him."

They both share snippets of their lives, sitting in their living room surrounded by their wedding pictures. John is talkative and outspoken, speaking confidently about his faith and the importance of God in his life. Sharon is a bit quiet and shy at first, but as she becomes more comfortable she talks about how she loves to swim and ride her bicycle. But most of all they both enjoy spending time together - going for walks, listening to music, watching movies or just sitting beside one another.

John and Sharon are on provincial assistance, which helps support themselves but both want the opportunity to work. They want have jobs for the satisfaction of earning their own money, but also to have somewhere they can meet with other people and have contact with the community at large. Like other couples, they want a fulfilling outside life as well as a happy home life.

As the sun goes down behind the mountains, John and Sharon sit quietly on a bench by the lake, holding hands. As people walk past, they see a couple in love who only have eyes for each other. As the sun drops behind the mountains they share a kiss.

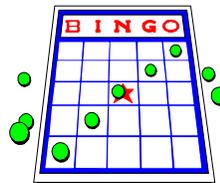
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Family Fair 2002

Saturday March 16, 2002 from 10 a.m. to 2 p.m. @ Peterborough Square.

It is a free community event for families of young children featuring Snapping Toes Music (11:00 a.m. - 11:45 a.m.) and Washboard Hank (12:30 - 1:30 p.m.). There will be children activities, food, information and displays. For more information please call 748-9144 ex. 310. Drop by the C.H.A.N.G.E.S. booth and say hello!



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: March 16, 23, April 20, 27, May 4, June 1, 8, 15,

Thanks!

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

Knights of Columbus - Council No. 798
Knights of Columbus - Council No. 10785 St. Anne's



**FUNCTIONAL
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Ruth Fitzgerald
Owner
258 Fremont Dr.
Peterborough Ont
R3B 7M5

742-1340

SATURDAY WORKSHOPS

Time: 10 am to 4:00 pm

Place: C.H.A.N.G.E.S. office.

When: Mar. 9 - Youth 14 to 21 Mar. 16 - 8 to 13,
Apr. 6 - Youth 14 to 21 Apr. 13 - 8 to 13,
May 4 - Youth 14 to 21 May 11- 8 to 13,
June 1 - Youth June 8 - 8 to 13.

Activities: * Curriculum content - (determined by group)
* Interactive lessons with role plays & games
* Activity center's * Socialization time
* Community outing (determined by group)
such as bowling, swimming, movies, going
to the library etc.

Cost: \$30.00 per workshop + (activity fees)

Form to be completed prior to date of attendance to
ensure your child's interests are addressed.

**Limited registration call early to avoid disappointment.
Ruth Fitzgerald @ 742-1340 or Carolanne**



How Children Use Toys

Toys enrich and facilitate the play of children. Here are 5 ways in which children use toys in their plays, and examples illustrating each use. In a single play situation, a child may use the same toy in many ways.

Toys as Props for Pretending

Children use toys to help them pretend. A vast number of toys have been created for use as pretend objects including toy telephones, miniature kitchen appliances, dolls, dress-up costumes, small trucks and cars, miniature farm sets, etc. These toys, like props in a theater production, set the stage for the child's imagination. They can be used in many ways by the child and have no limit on how to play with them.

Toys as Props for Creating

Children use toys to help them build and create. Blocks, construction sets, and art materials are encouraging to the child's need to create. In some cases the toy enables the child to produce a specific product (model airplane kits, for example), but more often these toys can be used over and over again by the child to create different products or to simply enjoy the process of creating.

Toys as Developmental Challenges

Toys present challenges to children. Children are attracted to toys that ask them to practice, refine and develop their abilities. Babies that hold and shake rattles are perfecting their skills in looking, reaching, and grasping. They are developing an understanding of cause and effect. The child who seeks out riding toys is practicing new abilities in the areas of balance and coordination. Toys

challenges are often appropriate for a shorter period of time in a child's life because once the child has mastered the skills, he or she will begin to seek new challenges. Being aware of a child's development helps in choosing appropriately challenging toys.

Toys as Outlets for Expressing Emotions

Because verbal skills develop gradually, children often express their emotions without words through their play. Almost any toy can be an emotional outlet for the child. Banging down the doors of a busy box, punching a stuffed animal, or kicking a ball enables the child to get rid of feelings of frustration and anger. Acting out scary events with toys can help the child express and master fears. Hugging a doll, petting a stuffed animal, or pretending to call a friend on a play phone provides an avenue for children to express love, affection and caring.

Toys as Props for Social Interaction

Playing together with toys gives children the chance to interact socially. Some toys encourage interaction by requiring more than one person to operate the toy. For example, see-saw, board games, and walkie-talkies need more than one child to make them work. Other toys, such as blocks, dolls, miniature kitchen equipment, and balls invite group play.

*From: The National Lekotek Center
lekotek@lekotek.org*

Seeking living accommodation for a 41-year old woman with Down syndrome and obsessive-compulsive disorder. Requirements: non-smoking environment, own room, bright and sunny with a family atmosphere, close to bus route, vehicle, assist with meals, laundry, personal care, and med's.

If you know of such accommodations please contact Carolanne @ 749-6695.

Exercise and Recreation for Adults

by Pat Winders, P.T.

Regular physical exercise is very important for all adolescents and adults, including those with Down syndrome. It is documented that adolescents and adults with Down syndrome show improvements in muscle strength, endurance, balance, and coordination through regular training programs. Ongoing exercise increases physical activity and is effective in weight management if balanced with appropriate food intake. An optimal environment for exercise is through recreation programs. By participating in these programs, it is also possible to enhance social skills, increase self-confidence and generate a new sense of self-expression.



Recreation takes many forms and can be done individually or in a group. The activities chosen need to highlight each person's abilities and skills. They need to be age appropriate and based on the individual's and the family's interests. They need to be available in the community and accessible. Examples include: walking, hiking, dancing, running, aerobics, skating, skiing, cycling, horseback riding, swimming, weight training, bowling, softball, volleyball, soccer, tennis and golf. Recreation programs are available through local schools, Special Olympics, local departments of parks and recreation, community and church groups and through private health clubs and exercise and physical fitness programs.

Exercise and recreation play vital roles in our lives. For adolescents and adults with Down syndrome, they provide healthful and lifelong activities that can be performed independently and promote interaction within the community.



From Kennedy Krieger Institute Down Syndrome Guide Articles, 1999

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: _____

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

Fun With Food

These kitchen activity ideas can be lots of fun for you and your children, and serve as learning experiences too. Pick your favorites to encourage eye-hand co-ordination, fine motor skills, oral and tactile exploration, language skills and creativity. Note: Some of these ideas involve the use of small items and should only be used with children who no longer mouth objects.

*Begin by washing hands with lots of soap and water. Have your child rub hands together to create lots of suds and bubbles.

*Butter toast or spread cream cheese on a bagel. Have your child hold the bagel in one hand and use a dull knife to spread with the other. Hint: warm the cream cheese a bit in the microwave to make it easier to spread.

*Use fruits and vegetables to make kaboobs and edible sculptures. Anchor them together using toothpicks and straws. Add mini-marshmallows for even more fun. Make animal and snowman sculptures to add some drama!

*String Cheerios on thin licorice ropes to make necklaces.

*Thread big marshmallows on straws to make magic wands.

*Finger paint with pudding using different flavours as different coloured paints.



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