



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

**Down Syndrome Support Group**



June 2003

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### Mission Statement

*To support each other in our quest to normalize and enrich the lives of our children so that they will reach their fullest potential*

## GOOD NEWS FOR C.H.A.N.G.E.S.

Last December, we submitted two proposals to Human Resources Canada Job Creation Program. We requested funding for two full time positions.

They are Program Coordinator and Volunteer Coordinator. Our proposals were approved in May 2003. We are interviewing candidates. They should be working with us in June, 2003. We will introduce them to you in our next newsletter.

This is great news for our organization. Now we can implement part of our Strategic Plan which is to create and expand our current programs and services. The Program Coordinator will be contacting you in the near future to survey your needs.

If you have any ideas/suggestions, please call the office or send us an email . We will be happy to hear from you.

Teresa Glaeser, President

## UPCOMING EVENTS

### June

Father's Day BBQ Picnic

### July

Blue Jays Game

### August

Annual Golf Tournament

### September

Annual General Meeting

*If you are interested in helping out with any of these events, please call*

*us!*

## **Bingo Volunteers Needed!**

Bingo runners are needed:  
**12:00 p.m. to 3:00 p. m.**

Can you commit one to three Saturday afternoons every other month to help C.H.A.N.G.E.S.?

Please call the office at 749-6695. Money raised will go towards new resources and programs.

Dates: **June 14th, 21st, 28th**  
**July 26th, August 2nd, 9th**

*High School Students—This is a good way to get your mandatory 40 hours in!*



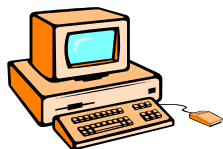
# WHAT'S NEW FOR YOU



## [www.aboutchanges.com](http://www.aboutchanges.com)

C.H.A.N.G.E.S. website is in the process of being redesigned and updated. This important task should be completed by the end of June, 2003.

We invite anyone who has any ideas about what they would like to see put on the website, please contact the office.



## KIDS IN THE KITCHEN ZIPLOCK BAG ICE CREAM

You'll Need:

- 1 Large & 1 small Ziploc bag
- 1/2 cup whole milk
- 1 tbsp sugar
- 1/4 tsp vanilla
- 2 cups ice cubes
- 1/2 cup salt
- Spoon



1. In a small bag, combine milk, sugar & vanilla. Seal.
2. In large bag, combine ice and salt. Place small bag into large bag. Seal.
3. Shake until thickened, 5 minutes or so, and enjoy!

**Have a happy and safe summer!**

-Excerpt from OMSFC Newsletter 2003

## RESOURCE LIBRARY ADDITIONS

We are pleased to announce that Microsoft Canada, through the ICAN Community Programs, has donated a variety of software to C.H.A.N.G.E.S.

The estimated total retail value of this software is \$469.00. This donation will join our lending library, so please feel free to check it out at our Peterborough Square office.

1. Return of Arcade (Pac-Man)
2. Zoo Tycoon
3. Zoo Tycoon Dinosaur Digs
4. Zoo Tycoon Marine Mania
5. Microsoft Cards & Puzzles
6. The Magic School Bus Explores The Ocean
7. The Magic School Bus Explores Inside The Earth
8. Inspirations
9. Kidspirations

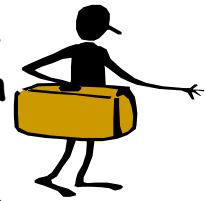
## Thank You



*Thank you to all those who donated to C.H.A.N.G.E.S. Without your help, we could not continue the work we do.*

*Lakefield & District Lions Club  
Chemung Lake District Lions Club  
Kiwanis Club of Scott's Plains  
Microsoft Canada (ICAN Community Programs)  
Laureate Delta Beta  
The Lions Club of Peterborough*

## David Morrow is C.H.A.N.G.E.S. Profile of the Month



David is an avid traveller. He and his mother have travelled to many places. The two most recent trips were a boat cruise on the "Rotterdam" to Iceland, Greenland, Scotland and Holland in August 2002 and more recently, a trip to Florida in February 2003. David enjoyed winning the jackpot while on the boat cruise. There were lots of things to do on the boat like; exercise, swim, dancing and walking around in the many levels (8). The food was scrumptious and there was lots of it. David's favorite was the pie (Baked Alaska).

While in Florida, David went to Epcot, Magic Kingdom, Animal Kingdom and MGM. This trip they travelled with friends. The weather was "Great, cool, and nice". David and his friend Lisa went on 18 rides at Disney World. David's favorite ride was the racing cars. David had the opportunity to go inside the Walt Disney Castle.

David and his mother are planning their next trip for this summer. It will be a boat cruise to Scandinavia, Russia, Germany and England. It is a new boat "The Oosterdam".

David works making gift tags for the Association for Community Living. David is one of the Pete's greatest fans. He has season tickets for home games and quite often travels to away games on the fan bus. David bowls and plays baseball with Special Olympics. David is a volunteer at the Hospital every Tuesday afternoon. Each Thursday he has a Computer Lesson at C.H.A.N.G.E.S.

David's favorite colours are Maroon and White (The Pete's colours). David's birthday is in December.

Written by David Morrow

### TASHA'S FAVORITE PASSTIMES



Tasha enjoys using her spare time doing things like learning to cook, playing or watching sports and shopping. The things Tasha is most interested in learning how to cook re spaghetti and meatballs, any pork dishes and scrambled eggs. On Monday's Tasha has a chance to learn to cook while attending Alternatives Brunch club.

The sport that Tasha enjoys the most is swimming at her cottage, watching N.H.L. hockey on bowling on Thursday afternoons with her friends Holly and Maria. Tasha also likes to fish at her cottage.

Finally Tasha likes shopping for groceries. Tasha grocery shops at Loblaws at the Lansdowne place mall. Tasha thinks Loblaws has a great T.V. dinner section.

Written by Tasha R.

### JOSH'S CHRISTMAS HOLIDAY



My Christmas presents were: 100 dollars from Dad, a Game Boy, new clothes and a Pokemon yellow game.

For Christmas Dinner we went to Grandma Peers and ate turkey, potatoes and dressing. New Year's Eve I played with my new toys.

My friend Matt, from school came over to my house during the holidays.

Written by Josh P.



## UPCOMING EVENTS AT C.H.A.N.G.E.S.



### BLUE JAYS GAME

(Tentatively Booked)

**DATE:** SUNDAY, JULY 27TH, 2003

**PLACE:** SKYDOME IN TORONTO

**COST:** \$15.00/MEMBERS AND  
\$20.00/NON-MEMBERS

**DEPARTURE TIME:** BUS LEAVES AT 10:00 am

**RETURN TIME:** APPROXIMATELY 7:00 pm

GAME STARTS AT 1:05 pm

BUS DEPARTS FROM THE EVINRUDE CENTRE

**TORONTO BLUE JAYS**

VS

**BALTIMORE ORIOLES**

Call C.H.A.N.G.E.S. to book your seat(s) now

OR for more information on this event

Remember...seating is limited!

### ANNUAL GOLF TOURNAMENT



Sponsored by

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

and

TRANS CANADA NISSAN



**Location:** Keystone Links

**Date:** Sunday, August 17th, 2003

**Game:** Four Person Best Ball

**Tee Off Time:** 12:00 pm.

**Cost:** \$70.00 for members,  
\$90.00 for non-members

*(Includes: Golf, Power Car, Dinner, Prizes)*

**Hole in One Prize:**

**2003 Nissan Ultima or Frontier Truck**

**Putting Contest 11:00 am -12:00 pm**

Call C.H.A.N.G.E.S. to Register

Or Email [changes@pipcom.com](mailto:changes@pipcom.com)

*Share the enclosed Golf Brochure with your  
friends, family and co-workers.*

### FATHER'S DAY BBQ PICNIC



#### Father's Day Barbeque Picnic



**Date:** Sunday, June 15th, 2003

**Location:** Riverview Park and Zoo in Peterborough

**Time:** 2:00 pm - 6:00 pm

*There will be games to play, prizes to win, and live entertainment to enjoy!*

Hamburgers, Hotdogs, and Beverages will be provided by C.H.A.N.G.E.S.

We are asking everyone to bring a  
dessert or some munchies to help us make this a great Picnic for all!

Please RSVP by June 12th, 2003 if you plan to attend



## RECENT C.H.A.N.G.E.S. FUND RAISERS



### MOTHER'S DAY PAMPER YOURSELF EVENT

Lots of mothers in Peterborough were lucky enough to get one of our Pamper Yourself gift bags as a present for Mother's Day.

C.H.A.N.G.E.S. received a huge donation from In Kind Canada of cosmetics from the Body Shop. We decided to make Gift Bags with the donation since Mother's work hard all day every day and deserve to be pampered every now and again!

We raised \$980.00 through this event and want to thank everyone who made a donation, but our biggest Thanks go out to all the Mothers in the world....you deserve it!



**HAPPY MOTHER'S DAY**

### KRISPY KREME DOUGHNUTS FUNDRAISER



Krispy Kreme provided C.H.A.N.G.E.S. with 500 dozen glazed doughnuts to be sold for our fundraiser. We purchased the doughnuts at a reduced price and sold them for profit. Although we have yet to sell all 500 dozen, we were able to make \$1067.00 for C.H.A.N.G.E.S. programs and services.

Thanks to everyone who volunteered for this event:

**Jen, Teresa, Meagan and Andi, Shirley and Kelly, Ruth and her boys, Amy and her two friends, Deb, Rita and Bill, Rita's sister and her husband, Vicki, and Kathy.**

They really are the best doughnuts in the world!

*If you are still interested in ordering more Krispy Kreme doughnuts, please call  
C.H.A.N.G.E.S. office.*

## 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., 360 George St. N. Unit # 24 Peterborough, Ont. K9H 7E7



### VICKI ALLEN BOARD MEMBER

Vicki has always enjoyed helping people. With the birth of her first child 22 years ago and the news that her adorable baby was diagnosed with Down syndrome she has strived to give him a meaningful life. With the help of her husband Lorne and a very loving and supportive family, Luke has blossomed into a wonderful young man who works and enjoys all sorts of activities in this community. Almost

14 years ago Vicki co-founded the group CHANGES. At the time she was seeking a support system and found nothing in the area, so she decided along with a few other parents to form a group. Today the focus still remains on support. She served many years as President and is currently a board member.

Vicki has many highlights of her involvement with Down syndrome and CHANGES. In the beginning she sought information from the public library where all material was negative and depressing. Now an up-to-date library of books, material, videos, toys, etc. are all housed at the CHANGES office. The development of the 1 to 1 tutoring program for people with DS using the computer as a learning tool has helped her son to read, write, tell time, develop money skills, etc. She has had the opportunity to attend many conferences and workshops, has met many interesting and informative people, and been an advocate and ambassador for people with DS. There have been many funny stories about her son growing up, lots of accomplishments but there have also been some trying times. Putting it into perspective Vicki would not trade or change it in any way!

Vicki has been married for 26 years and they also have a beautiful daughter, Carlie, who has just completed her first year at College taking the Early Childhood Education course. Vicki enjoys volunteering for Special Olympics and finds her coaching duties for the swim team very rewarding. She is also a fundraiser volunteer for the Special Olympic Spring Games which will be held in Peterborough in June 2004. Vicki finds time to dance, curl, play a little golf, and is currently a fitness instructor at NuBodies Fitness where she teaches low impact aerobics.

As her son is now a young adult, the next stage is to help him plan for independent living and over the years she has seen a lot of her hopes and dreams for Luke come true. She is hoping his dream to meet someone special and get married and have a family will come true too. Any why not, Dreams do come true!

## **SPECIAL OLYMPICS**

The Provincial Summer Games will be held here in Peterborough in June 2004!! Some of our members will be competing at the games. The sports include bowling, swimming, power lifting, rhythmic gymnastics and basketball. This is a huge event requiring hundreds of volunteers.

*For more information, please call Vickie Allen at 748-3204.*