



# C.H.A.N.G.E.S. Down Syndrome Support Group



NOVEMBER, 2003

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

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

Date: Sunday, December 14th, 2003

Place: Kingswood Community Centre

Time: 1:30 pm - 6:00 pm



### *Agenda*



Swimming: 1:30 pm - 2:30 pm

Entertainment by Terry Guiel

A visit from Santa Claus

Dinner

*Adults must bring one present for each of their children for Santa to give out.*

**Please RSVP your attendance by December 10th, 2003**

## UPCOMING EVENTS

### **NOVEMBER**

Down syndrome Awareness Week

November 1 - 7

&

**Open House**

Wednesday, November 19th

10:30 am - 12:30 pm

### **DECEMBER**

**Annual Christmas Party**

Sunday, December 14th

## **FYI**

C.H.A.N.G.E.S. will now be sending the newsletter via email to those members with an email address, if they choose. This is in an effort to cut postage costs. Other members will continue to receive their copy in the mail. Please contact the office immediately if you have problems opening the email. We will gladly send you a hard copy in the mail.

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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.

## RISE UP CONFERENCE



I attended the Down Syndrome Association of Ontario Conference this past weekend in Orillia. It was an amazing experience for me. To get to meet a wonderful lady by the name of Carol Johnson, she is one wonderful woman, A book of knowledge I would have to say. I really got a lot of information about raising a child with Down Syndrome. She has an answer for just about any question you could think to ask her about, with simple answers you probably already knew the answer to but she changed the words around for you to understand. I also got to meet some very nice ladies and some of their families. This was my very first conference and I must thank C.H.A.N.G.E.S. for allowing me to go.

Written By Anne Allison (Emilia's Mom)

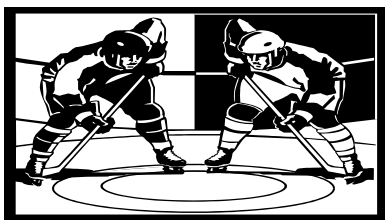
## Down syndrome Awareness Week

Down syndrome Awareness Week is always held November 1st - 7th each year. This year just like last year, we are attending a Petes game at the newly renovated Memorial Centre.

We have picked two members to "Drop The Puck" at the opening ceremonies of the game. Our two lucky members are Josh Peers and Brad Chaplin. They are both very excited to participate in this event.

You can purchase tickets to this game through C.H.A.N.G.E.S. Please call 749-6695 by **Tuesday November 4th, 2003**. Tickets are limited!

**Tickets cost: \$10.00 for Adults, \$8.00 for seniors, \$7.00 for children/students**



**GOOD LUCK BRAD AND JOSH!**

## Useful Websites To Check Out

[www.cdsa.ca](http://www.cdsa.ca) - Canadian Down syndrome Association

[www.dsrf.ca](http://www.dsrf.ca) - Down syndrome Research Foundation

[www.loveandlearning.com/parentrefs.htm](http://www.loveandlearning.com/parentrefs.htm)  
New reading program for Down syndrome children

[www.ds-health.com](http://www.ds-health.com) - Dr. Leshin Health Issues and Down syndrome and links

[www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts) - growth charts for all ages of Down syndrome children

## Community Living Family Day Conference

**Date:** Saturday, November 22, 2003

**Place:** Markham, Ontario

**Time:** 9 am - 3 pm

**Theme - Dare to Dream**

Guest speakers, young children, self advocates & Families

Register on line at [www.acl.on.ca/frontpage.htm](http://www.acl.on.ca/frontpage.htm)

Or call Community Living Ontario  
1-416-447-4348



## *Thank You Volunteers!*

### *Bingo:*

*Paul Guilfoyle, Jamie Jackson,  
Rachel Adamson, Laurie Thomson  
Leslie McDonald*

### *Office:*

*Kerri Adamson, Shannon Storey,  
Jenny Wang, Shawna Jones,  
Heather Yoshiki, Ling Yu*

## *Thank You For Your Donation!*

*St. Luke's Church, Clark and Anne  
Whittington, The Morgan's, Marie  
Cobham, Knights of Columbus St.  
Anne's Counsel, Ronan Graphics*

If there is anyone interested in support for their son/daughter's speech development, please call Janet at 749-6695



Happy Halloween



## A Note From Our New Tutoring Instructor

Hello Everyone,

My name is Michelle Barclay-Culp and I am the new Instructor for C.H.A.N.G.E.S. Tutoring Program. I have a degree in Fine Arts with a minor in Psychology from Ryerson University as well as a partial BSc from Trent University, with the hopes of entering Teachers College in the very near future.

I am delighted to be part of C.H.A.N.G.E.S., and I'm committed to providing a respectful, safe, creative environment for the students so they may learn and practice skills necessary for them to reach their fullest potential.

I work very hard at altering the stereotypes and social barriers that society has created with regards to people living with Down syndrome. I am committed to educating the community so these myths will be dispelled. I look forward to all the new people I will meet through C.H.A.N.G.E.S. and the new relationships that will be built with parents and students.

—Michelle Barclay-Culp

### Tutoring

We have six tutoring students learning and practicing literacy, math and communication skills. Michelle, the Instructor still has sessions open Monday, Wednesday and Thursday after 5:30 pm.

If you are interested in signing your child up for tutoring, please contact Janet at 749-6695 or email jah@pipcom.com

### Fine Motor Skills Classes

Our Fine Motor Skills Class is starting November 13th, 2003 for 10 sessions. This is a pilot project to determine the skills that children age 6-14 yrs can perform, need to learn and or practice.

Our instructor Michelle, will facilitate this group of 4 children along with a volunteer. Crafts and lots of fun are scheduled.



### Special Olympics

Announcing a new **SPORT DEVELOPMENT CLUB** for the Peterborough area Special Olympics.

This club is for eligible children aged 8 to 13. Fitness, fun and sport basics will be emphasized. To find out more about this exciting new opportunity for your child or to register, please call Barb or Patrick Henry at 277-3694.

*"Let me win! But if I cannot win...let me be brave in the attempt."*

## On Line Study

*Parents and Teachers experience with teaching children with Down syndrome*

Anne Archer is conducting an on line study of parents and teachers experiences with teaching children with Down syndrome. She is an assistant professor specializing in child and educational development at Trent University. Her area of specialty is the educational needs of children with Down syndrome. She serves as a consultant to parents, teachers, and school board personnel and is interested in the collective stories parents and educators have to tell.

There are two surveys; one for parents and one for teachers. They can be found at <http://www.trentu.ca/psychology/aarcher> along with more information about her research interests. Another survey entitled, Stories of Compassion, might also be of interest to you.

The survey only takes about 10 - 15 minutes to complete online. You can also access the survey from the DDSA website [www.ddsa.ca](http://www.ddsa.ca)

Thank You Shawna Jones and Ling Yu for volunteering to run our display booth at the Family Fair held at Peterborough Square on Saturday, October 18th 2003.

**We couldn't have done it without you**



## Toll Free Phone Number

As of October 23rd, 2003, C.H.A.N.G.E.S.

will have a toll free phone number so people outside of our calling area can access our resources and support.

This number can be used with a 705, 416, or 905 area code. Our toll free number is:

**1-866-656-9677**

## Wee Ups & Downs

Attendance has been great at our Parent Support Group. New babies and their parents are interested in resources and time to chat and share experiences. Five Counties has agreed to lend us an Occupational Therapist and a Physiotherapist for 1 hour on November 10th. Also, Dr. C Loukras will be attending the meeting December 15th to talk about babies living with Down syndrome. We have a Speech Pathologist planned for the spring.

We are trying to put together a workshop to explain the Henson Trust and Estate Planning as well. Hopefully this will be in April 2004. We will network with other non profit agencies to ensure that others can participate to learn this important information.

**We have moved Wee Ups & Downs to St. John's Anglican Church on Brock Street for more room beginning on November 10. We hope to see you there!**



## AGM REPORT

C.H.A.N.G.E.S. held their Annual General Meeting on Sunday, October 19th, 2003 at their office in Peterborough Square.

Thirteen members enjoyed a pizza and dessert lunch prior to those attending the movies. A formal meeting followed to accept the minutes of the previous AGM, the agenda, the financial statements and reports from staff and Board.

A motion was accepted to increase the membership fees beginning in September of 2004 from \$15.00 to \$20.00. Members felt the increase was warranted due to the increased costs of providing the newsletter and other pertinent information.

New programs and services were discussed as well as direction for the Board and staff for the coming year. It was decided that C.H.A.N.G.E.S. will host an event every month either an educational or a social event.

The Board plans to adopt a number of governance policies in the next year and will be actively recruiting a treasurer to complete their Board. Many thanks to our outgoing Board members, Graeme Ross, Ruth Fitzgerald and Paul Derumaux for their support and guidance over the years. We are pleased to announce that Beverly Assinck and Allison DeNoble will be joining us for the next year.

We have attached the President's report and staff reports for your information.

### New Board Of Directors List

Teresa Glaeser - President  
Al Peers - Vice President  
Kathy Traynor - Director  
Janet Bolger - Director  
Rick Gummer - Director  
Kelly Sinclair - Director  
Allison DeNoble - Director  
Beverly Assinck - Director

### Outgoing Directors

Graeme Ross  
Ruth Fitzgerald  
Paul Derumaux

## 4th Annual Monster Mash Bowl-A-Thon

**HEY WE DID IT!**



**93 BOWLERS, PLEDGE DOLLARS AND LANE SPONSORSHIPS  
OF \$5,505, LESS EXPENSES OF \$935 - THAT'S A PROFIT OF  
\$4,570!**

Many thanks to everyone who bowled with us last Sunday, to the generous sponsors who donated prizes and raffle items listed below, and to our great volunteers and staff who helped make this event a tremendous success. Money raised from this fundraiser will assist *C.H.A.N.G.E.S.* with program needs and services in the community.

Congratulations to Dakota Horton (Elvis is alive!) and Ellen Goldenberg (The Scarecrow) for winning the best costume contest. And a special congratulations goes to Allison DeNoble who collected \$339.00 in pledges to win the Box Suite to an upcoming Petes game.

**We appreciate your support and wish everyone a Happy Halloween!**

Thanks to the wonderful donors that supported our 4th Annual Monster Mash Bowl-A-Thon:

Americredit	Holiday Inn	Peter Millard, Lawyer
A & P Foods	Hot Belly Mama's	Pizza Hut
Baagwating Community Assoc.	Jeff Purveys Inc.	Police Retirees of Ontario Inc.
Binney & Smith Canada	Kelsey's Restaurant	Printer Paul
Burger King Restaurant	Little Caesars Pizza	Speedy Auto Service
Chapters Book Store	Lumsden Cash & Carry	The Clarke Family
Charlotte Anne's Rest.	Mark's Work Warehouse	The Main Ingredient
Charlotte Jewellers	McDonalds	Tribal Voices
Charlotte Paint & Wallpaper	Mexicali Rosa's Rest.	Wal-Mart
Charlottes Web	Minute Maid	Windsor's Dry Cleaning
Country 105 FM Radio	Mr. Sub	Peterborough Naturopath
Coyle Packaging	Mister Transmission	Lakeview Bowling Lanes
Culligan Water	National Sports	
Electric Clove Restaurant	Nu Bodies Fitness	
First Choice Hair Cutters	Pepsi	
Harvey's Restaurant	Peterborough Petes	

## 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: \_\_\_\_\_

Would you like your newsletter sent via email?  
\_\_ Yes \_\_ No

Please detach and mail with cheque, payable to:

C.H.A.N.G.E.S.,  
360 George St. North  
Unit # 24  
Peterborough, ON.  
K9H 7E7



## JANET BOLGER IS A C.H.A.N.G.E.S. BOARD MEMBER

I am a nurse just recently moved to Peterborough. I graduated from Queens from the BSCN program & my background is in Intensive Care Nursing. I also worked in Public Health doing all the programs. I then worked as case manager for CCAC in intake, school program, palliative care. The last few years I have worked in an extended class with First Nations in the Sioux lookout Zone living in a small community, Muskrat Dam, providing acute & community programs to a population of 300 people. I have 1 son taking his BComm at Nipissing University. I am enjoying living in Peterborough & work as the District Office Nurse for Veteran Affairs Canada.

## Community Wide Open House at C.H.A.N.G.E.S.

Wednesday, November 19th  
10:30 am - 12:30 pm

23 of the United Way's Member Agencies will be welcoming the general public into their organizations to experience first hand how United Way dollars make a difference in our community. Bring a friend, family member or neighbor to see your United Way donations at work!

Join us for refreshments!