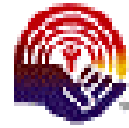




# C.H.A.N.G.E.S. Newsletter



Peterborough & Area Down syndrome Support Group

January 2004

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

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## Valentine's Day DANCE-A-THON

*Dance for Dollars with C.H.A.N.G.E.S.*

**Date:** Saturday, February 14th, 2004

**Place:** The Steele Centre

Sir Sandford Fleming College - Brealey Drive

**Time:** 12:00 pm - 8:00 pm



Refreshments!

**Dancers must register with C.H.A.N.G.E.S.  
no later than February 11th, 2004**

**Dig out those dancing shoes and sign up today  
by calling C.H.A.N.G.E.S. at 749-6695!**

### Inside This Friend Issue:

Upcoming Workshops and Christmas Party	2
Websites, Thank you's and More	3
Yoga, Fine Motor Skills Class and Our Contest	4
Meet a Board Member, Membership Application	5

Collect pledges to help raise \$\$\$\$ for C.H.A.N.G.E.S.'s Programs and Resources

Sponsored in part by Crestwood School Band



## Happy New Year and Welcome Back Friends!

2004 will be an exciting year for C.H.A.N.G.E.S. Our organization has grown and is becoming established in our community. We are working hard to increase our profile in other communities (Kawartha Lakes and Northumberland) and partnering with other community agencies. Most importantly, we are trying to develop new programs and services for our children, parents and educators.

Cont'd on page 5

## WORKSHOPS, WORKSHOPS, WORKSHOPS

C.H.A.N.G.E.S. will be sponsoring a Henson Trust and Financial Planning Workshop in partnership with Community Living Peterborough in the spring. On Wednesday, April 14<sup>th</sup>, 2004 from 7-9 p.m., Peter Lillico and Linda O'Connor will be our guest speakers on this topic. Bring your questions concerning what is best for your children and their future. This workshop friend will be held at Five Counties Children's Centre in their multi-purpose room ( gym). Refreshments will be provided as well as child care.

**Arrangements for child care need to be made ahead of time as we will need to arrange for Volunteers.**

On Thursday, April 22<sup>nd</sup>, 2004, C.H.A.N.G.E.S. will be sponsoring an Educator's Workshop in partnership with both the Separate and Public School Board's Special Education Departments. Our guest speaker will be Len Nicholson. He has a background of thirty years in teaching, consulting and adapting and modifying programs for children with Down syndrome. He specializes in presenting "Practical" workshops. This workshop is focused on "Meaningful Education", what works best, measuring progress and our attitudes as educators. Parents, Teachers, Educational Assistants, Psychology people and anyone associated with teaching your children are welcome to come and learn and take away strategies to apply to their specific teaching situation. Remember that we are all educators, as children learn something from everyone. The workshop will be held at Peterborough Library on Aylmer St. in their community room downstairs. There will be time for friend questions, as well as refreshments will be provided.

There will be NO childcare for this workshop as space is not available.

Registration for both workshops is necessary as space will be limited! Please call friend the Program Coordinator, Janet at C.H.A.N.G.E.S. at 749-6695 to pre-register.



## HOHOHO!!

### It was a Jolly Christmas Party !!

C.H.A.N.G.E.S. hosted their annual Christmas Party on Sunday December 14<sup>th</sup>. The festivities began with a swim at the Kingswood Community Centre. We then went upstairs to the community room to be entertained with Christmas carols and songs by the infamous Terry Guiel. Meagan provided the chorus line, Josh and Chad the jestering and David, Eric and friend Emilia, the accompaniment. Hannah kept beat bouncing on her Dad's knee while Brianna checked out the tree!

Santa was his usual jolly old self, and gave out gifts to all of the children. He left to feed Rudolph and check up on the elves at the toy shop.

C.H.A.N.G.E.S. gave everyone a tape of Christmas music and provided the pizza and refreshments.

We hope everyone had a good time and that every family had a safe and Happy Holiday Season!

## More Websites To Check Out

Children with Special Needs - Website designed to assist parents and caregivers seeking information about services funded and/or provided by the Ontario government for children with developmental disabilities. - [www.childrenwithspecialneeds.com](http://www.childrenwithspecialneeds.com)

Special Services at Home Coalition - A coalition dedicated to ensuring that families in Ontario receive the meaningful support they require through the Special Services at Home Program. - [www.ssahcoalition.ca](http://www.ssahcoalition.ca)

Disability Solutions - is an excellent magazine for families to download for free - [www.disabilitysolutions.org](http://www.disabilitysolutions.org)

The Disability Travel Card - Provides identification to a person with a permanent disability, allowing an accompanying adult attendant to travel at no cost by Via Rail, Greyhound Bus Lines and Acadian Bus Lines - Call (416)932-8382 for more information.

## "In Celebration Gifts"

C.H.A.N.G.E.S. would like to offer our members, their friends and families an opportunity to help support people living with Down syndrome. By making a donation in a special person's name for a Birthday, Anniversary, Christening or in Memoriam, you will be supporting the programs, services and educational tools we use to assist people with Down syndrome. A special Donation Card will be created for you to give, as well as a receipt for tax purposes if you should choose. Drop into the office and we friends would be glad to assist you.



*Thank You To*

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

*Bingo:*

*Paul Guilfoyle, Jamie Jackson, Laurie Thomson, Leslie McDonald, & friend Caley Caddigan*

*Office:*

*Heather Yoshiki, Jenny Wang, Kerri Adamson, Leslie McDonald, & Emma Turnbull*

*Thank You For Your Donation!*

*The Morgan's*

*Soroptimist Club*

*The Peterborough Foundation*

Do you have a Will, a Continuing Power of Attorney or a Personal Care Power of Attorney for yourself or a family member? Mr. Peter Millard, Barrister and Solicitor, graciously donated two of each of the above documents as a donation to our 4th Annual Monster Mash Bowl-A-Thon held in October of 2003. Mr. Thompson won the item and has offered to donate it back to our agency since he and his family do not require them.

Mr. Thompson has requested that we offer this complete legal package to an active member of our friend agency who in turn, would make a cash donation to C.H.A.N.G.E.S. A tax receipt would not be issued.

If you are interested in this unique opportunity, please contact Deb at the office as soon as possible at 749-6695.

## YOGA, YOGA, YOGA



Anyone interested in the benefits that YOGA can provide for your children--- body awareness, muscle tone, relaxation, stress and weight management , proper breathing and speech benefits - Please call Janet @ C.H.A.N.G.E.S. 749-6695.

Parents must accompany children under 12 years of age. We hope to have this class on Saturday mornings. We need 4 children to make this a worthwhile program.

## Fine Motor Skills

Fine Motor Skills will resume Thursday, January 15th from 6 -7 pm. The following sessions are scheduled for January 22, 29, Feb. 12, 19, 26. Anyone else interested in having some fun and practicing and learning new fine motor skills, please call Janet at 749-6695. If there is enough interest, we may be extending the program for another few months. The fee is \$3 per session.

## Be Our Contest Winner!

Within this newsletter, C.H.A.N.G.E.S. has hidden the word **FRIEND(S)** numerous times. Be the first person to call our office with the correct number of times the word **FRIEND(S)** appears and win a great prize!

Look carefully it could be anywhere!

Good Luck!

Call Jen at 749-6695



## 2004 Calendars

2004 Canadian Down Syndrome Society Calendars are now available to purchase at C.H.A.N.G.E.S. office. Members' pictures include our very own Hannah Goode, Tyler Traynor, and Ian Carswell. The cost of the calendars are \$7.00. What a great gift idea!

C.H.A.N.G.E.S. is looking for a new volunteer for our Fine Motor Skills Classes. These classes are Thursday evenings from 5:30 - 7:30 pm January 15th, 22nd & 29th, February 12th, 19th and 26th. Please call Jen if you are interested!

## Luke's Holiday



This Christmas morning, my family and I opened presents. I got a Play Station 2, some clothes and CD's. I gave my Grandma Allen a pair of socks, and I gave my Grandpa some scratch n' win tickets. Later that day, we went to my Grandparents for supper. We had mashed potatoes and I mashed them. We also had a big fat turkey. On New Year's Eve, my parents went to a party at the Curling Club. I went to my Grandma's house and stayed overnight. For supper we had pizza and we watched the ball fall down at midnight and we wished each other a Happy New Year. I would like to wish everyone a safe and happy New Year!

Written by,  
Luke Allen



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



## Meet Board Member Allyson DeNoble

My Name is Allyson DeNoble and I am a new Board member. My husband Tony and I have a wonderful two year old little girl named Brianna. Brianna was born with Down syndrome and medical problems. After three major surgeries by the age of 7 months, we knew Brianna would be a fighter and brighten our lives forever. She greets every day with a smile, lots of kisses and so much more.

In my darkest moments, and let me tell you, there were many, I knew that things just had to get better. Through the love and support of family, friends and professionals in the community, things did get better over time.

C.H.A.N.G.E.S. was there for Tony, Brianna and myself, when we needed guidance and support, so I want to do my small part to ensure it is there for others. Being a parent of a Down syndrome child has been challenging yet very rewarding. I see so much love in Brianna's eyes as well as the curiosity and the determination of a little girl.

Being a member, I have volunteered at the golf tournament, helped in fundraising and attended other functions organized by C.H.A.N.G.E.S. I also attended my first Down syndrome Conference in Orillia this past fall. I talked to a lot of people, came home with a lot of information, and much to think about. It gave me insight on the type of life that is possible for Brianna, which was very comforting.

Becoming a Board Member has been a positive step for me, and I look forward to helping this organization reach its future goals.

## Tutoring

Tutoring will resume January 5th, 2004. If there is anyone else interested in literacy and skills tutoring for the New Year, please call Janet at 749-6695. Fees are \$12 for an hour session.

## Cont'd from page 1

Workshops, social activities and new programs are being explored. We welcome your participation and feedback which will ensure our vision meets your needs. The Board of Directors is hosting a Strategic Planning Day on Saturday, February 7th from 9:30—12:00 pm. If Anyone has any suggestions regarding services and programs, please email us prior to that date at [changes@pipcom.com](mailto:changes@pipcom.com). Thank you.  
Teresa Glaeser, Board President