



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



Down syndrome Support Group

July 2004

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

Website
www.aboutchanges.com

Email
changes@pipcom.com

JOIN US FOR A DAY OF GOLF!

**WE NEED GOLFERS, HOLE SPONSORS AND PRIZES
IF YOU CAN HELP US OUT, CALL THE OFFICE!**

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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.

WeeHands Signing Babies Classes

Website: www.weehand.com

Date: Monday mornings: August 9th - October 9th (10 week classes)

Time: 10:30 - 11:15 am (yes, babies attend with their families!)

Place: 655 Parkhill Rd. W. Lower Unit #4 (enter off of Monaghan Rd.)
West Peterborough, ON K9J 6N7

Cost: \$150.00 price includes handouts and baby/toddler specific sign language materials

Based on the SIGN with your BABYJ program, by Joseph Garcia, classes promote the use of sign language as a method of early communication for parents, caregivers, family members, infants and toddlers.

Classes are limited to 10 babies and registration is on a first come, first serve basis.

Please contact Sara Bingham at 905-655-9052 or email info@weehand.com for more information or to get your copy of the registration form.



Danielle Clarkson is tucked out at the picnic!

Don't break those eggs people!



C.H.A.N.G.E.S. IS MOVING!!!!!!!

The Board of Directors is excited to announce that a long term lease has been acquired to provide a more permanent home for our agency. Effective September 1st, we will be located at 159 King Street, Unit # 108 (below the Wolf - down the stairs)! Plan to attend our Annual General Meeting on September 25th and check out our new digs!!

UPCOMING EVENTS

3rd Annual Golf Tournament
Sunday, August 8th, 2004

•
Blue Jays Bus Trip
Sunday, September 19th, 2004

•
**8th Annual Forum on Autism
Spectrum Disorders - "Making the
Social Connection"**

Thursday, October 14th, 2004
Peterborough Naval Association

•
**5th Annual Monster Mash
Bowl-A-Thon**

Sunday, October 31st, 2004

•
Down syndrome Awareness Week
November 1st - 7th

•
**Canadian Down syndrome Society
Conference**

May 12th - 14th, 2005
Kitchener, ON

**Down Syndrome Association of Ontario
Presents**



"Angels Among Us"

2nd Annual Conference

Featuring:

Rick Scott,

Keynote Speaker

Lindsey Moir and Carol Johnson

Also:

Workshops

Speakers

Publisher and Association Displays

And much more

October 22nd to 24th, 2004

Highwayman Inn, Orillia

**MARK YOUR CALENDAR FOR
THIS GREAT WEEKEND!**



Amy and her sponge toss friends!



Picnic 2004

C.H.A.N.G.E.S. held its 2nd Annual Family Picnic on Sunday, June 13, 2004. We had 38 people in attendance including adults and children all of whom enjoyed playing games, meeting other families and indulging in more food than we could eat. We also had an opportunity to share Mattie Wilson's first birthday with him (see picture below). A very special thank you goes to Amy Peers for coordinating the games. As can be seen from the pictures, members participated in a three legged race, balloon and sponge face toss, egg, freeze, orange and relay races. Kudos to Al Peers and Tony DeNoble for providing bbq's and cooking up those great burgers and sausages! Thanks guys - they were great!!!



Special Olympics

The Provincial Spring Games held in Peterborough on June 10th to 13th was an amazing weekend. The twenty Peterborough athletes were part of Region 12, for a total of 64 athletes. There were 800 athletes in total and 200 coaches from all across Ontario.

The Opening ceremonies were held at the Memorial Centre. The athletes announced by region were paraded into the Memorial Centre to the roar of the crowd, Dan Bronson composed and sang an inspirational song, the saying of the oath by Luke Allen, the lovely, short speeches by special dignitaries and the founder of Special Olympics, and finally, the lighting of the torch by a processional of almost 100 police personnel.

Competition began bright and early on Friday. As coach, I was responsible for the four athletes from Peterborough. They were Luke Allen, Kelly Gellately, Steve Caban and Stephanie Smith. In our region, we had a total of 15 swimmers and four coaches. I was impressed how quickly and efficiently the athletes were marshaled and taken to the pool for their races. This was very well organized as there were 300 swimmers taking part. Local dignitaries were on hand to present medals at the end of the day.

That evening we enjoyed an outdoor barbeque at Trent with a live country band. The athletes sure enjoyed themselves dancing up a storm and participating in line dances. Back to Otonabee College where our group was staying. Exhausted, everyone went straight to bed.

The next day back to a full day of competition. The athletes cheered and encouraged each other. They seemed to be excited about receiving medals but that definitely was not the

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Blue Jays Bus Trip



PLACE: TORONTO SKYDOME

DATE: SUNDAY, SEPTEMBER 19TH, 2004

COST: \$20.00 FOR C.H.A.N.G.E.S. MEMBERS
\$25.00 FOR NON-MEMBERS

DEPARTURE TIME: BUS LEAVES AT 10:00 AM.

RETURN TIME: APPROXIMATELY 7:00 PM

GAME STARTS AT 1:05 pm

BUS LEAVES FROM THE EVINRUDE CENTRE'S
BACK PARKING LOT, MONAGHAN ROAD

TORONTO BLUE JAYS VS TAMPA BAY

Call 749-6685 to get your tickets today!

Seating is limited!!!

C.H.A.N.G.E.S. would like to thank the following for their generous donations to help support our services and programs in the community:

- East Peterborough Lion's Club
- Lakefield Lioness Club
- Ronan Graphics
- St. Luke's Anglican Church
- Lakefield and District Lion's Club
- Kinsmen Club of Peterborough

C.H.A.N.G.E.S. IS SEEKING TWO INDIVIDUALS FROM THE CORPORATE AND EDUCATION SECTOR TO JOIN THEIR BOARD OF DIRECTORS IN SEPTEMBER. IF YOU ARE INTERESTED OR KNOW SOMEONE WHO COULD VOLUNTEER APPROXIMATELY TWO HOURS PER MONTH, PLEASE CALL OUR OFFICE FOR FURTHER INFORMATION!

focus. When you talk to the athletes, they were here for the fun, to make new friends and to do their personal best. I must say that the Peterborough athletes did super and shaved seconds off all their times at the games. We will wait now and see if any of them qualify for the National Games in 2006 in Brandon, Manitoba.

The closing ceremonies were shorter but just as dramatic. The athletes enjoyed a DJ at the Memorial Centre and danced and partied the last night together with lots of food and drink. On Sunday, everyone hugged and said goodbye till next time.

I am honoured to have been involved in this wonderful experience. The food was delicious and plentiful with lots of choices. The entire weekend was very well organized and volunteers were plenty. I am just disappointed that I didn't get to see any of the other events. I hope that you had an opportunity to catch some of the competition. These are tremendous athletes and they have been training hard for these games. If you didn't have a chance, you really missed out on an "inspiration of a lifetime". I encourage you to get involved next time!

Submitted by Vicki Allen, Parent of an Athlete, Board Member, Coach and Volunteer

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 \$20.00
- 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: _____

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



Great Knees!—Cathy, Virginia, Paul, Shawna

REMINDER!!

Your membership fees are due in August 2004. Family memberships have been increased to **\$20.00**.

As a C.H.A.N.G.E.S. member, you will receive the following benefits:

1. Newsletters by mail or email 6 times a year
2. Access to Resources:
 - Educational and daily living info packages designed by C.H.A.N.G.E.S. for members
 - Computer Tutoring and Fine Motor Skills Classes
 - Social Events—Family & Individual
3. Support and Advocacy
4. Entitlement to voting privileges regarding agency policies and procedures
5. Information regarding community partnership activities

SO WATCH FOR YOUR MEMBERSHIP RENEWAL IN THE MAIL AND HELP SUPPORT **YOUR AGENCY.
NEW
MEMBERS ALWAYS WELCOME!**

Thank You Volunteers!

**Paul Guilfoyle, Jamie Jackson,
Laurie Thomson, Caley Caddigan,
Don McMaster, Wayne St. Louis,
Amy Peers and Allyson DeNoble**

**HAVE A SAFE AND
HAPPY SUMMER!**