



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



Down syndrome Support Group

May 2004

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

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C.H.A.N.G.E.S. Receives Funding for Resource and Information Packages

We are excited to announce the launch of our newest project - Community Resource and Information Packages for people with Down syndrome, which is an extension of the New Parent Information Package. A matching grant of \$3,225.00 was received from the Government of Ontario, Ministry of Citizenship and Immigration through the Community AccessAbility Program to fund this initiative.

Janet Hogeboom, our Program Coordinator, updated our New Parent Information Package and developed four new Information Packages for distribution - the Preschool Information Package for Children ages 4-6, the Elementary School Package for Grades 2-8, the High School Package for Grades 9-12 and the Adult Living Package.

The updated New Parent Information Package will continue to be given to parents at the hospital by the social worker. The School Aged Packages will be distributed by the Special Education Departments of both the Public and Catholic School Boards and the Adult Packages will be distributed through community agencies that support Adults who have Down syndrome. Packages will also be available at our Peterborough Square office.

Members will receive their appropriate age packages in the near future. We know the information and resources included will be helpful and beneficial in many ways and we welcome your comments.

—Deb Reid,
Office Coordinator

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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.

FAMILY BBQ PICNIC

Date: Sunday, June 13th, 2004

Location: Riverview Park and Zoo in Peterborough

Time: 2:00 pm - 6:00 pm

Social, Games, Prizes & BBQ



Hamburgers, Hotdogs, and
Beverages



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

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

We also need volunteers to plan games for both
children and adults to participate in.

If you would like to volunteer or attend the Picnic,
Please RSVP to the office at 749-6695
by Tuesday, June 8th, 2004.

"AGES AND STAGES"

SUMMER CAMP

WE'RE MAKING PLANS NOW!

C.H.A.N.G.E.S. is recruiting participants for
their Summer Camp Program for three weeks
beginning August 9th - 26th, with assistance
from third year Trent University students.

A program is being developed to focus on
learning and life skills in a fun and safe
environment as well as venturing out in the
community to experience recreational and
entertaining activities.

If you are interested in this program for
different ages and stages and would like more
information as to planned activities and costs,
please contact Deb as soon as possible at
749-6695.



C.H.A.N.G.E.S. Is Going To Canada's Wonderland

Date: Friday, July 9th, 2004

Departure Time: 8:30 am

Return Time: 9:00 pm (Approximately)

Cost: \$40.00 for C.H.A.N.G.E.S. members
\$50.00 for non-members

(includes transportation and entrance to the park)

Bus pickup and drop off at the Evinrude Centre,
Monaghan Road, Back parking lot

Call C.H.A.N.G.E.S. at 749-6695 to book your seats now.

Seating is limited!

Upcoming Events

August 15th, 2004

3rd Annual Golf Tournament at Heron's
Landing Golf Club

•

Sunday, September 19th, 2004

2nd Annual Blue Jays Bus Trip

•

Sunday, September 26th, 2004

Annual General Meeting

•

Sunday, October 31st, 2004

5th Annual Monster Mash

Bowl-A-Thon at
Lakeview Bowling Lanes

•

November 1st - 7th

Down syndrome Awareness Week



Special Olympics Information

On June 10 to 13, 2004, the City is hosting the 2004 Provincial Spring Games for Special Olympics. Over 800 athletes will arrive in the City to compete in

the following events; swimming, power lifting, 5 & 10 pin bowling and basketball. The athletes will be housed at Trent University, also the venue for swimming and power lifting. The opening and closing ceremonies will be held at the newly renovated Memorial Centre. I have the privilege and pleasure of participating in my first provincial games as coach of the swim team. Four athletes from the Peterborough Piranha swim team have qualified for the Spring Games. They are Luke Allen, Kelly Gellatly, Stephanie Smith and Steve Caban. The athletes have been training for the past year and as the games get closer they will intensify their training. The swimmers will be joined by athletes from the Peterborough bowling team and the basketball team along with athletes encompassing Lakeshore North to Haliburton to form Region 12 for a total of 64 athletes.

I can't tell you how rewarding it is to be part of these games. I have been to many games as a parent and supporter but this will be my first experience of actually spending 3 days with many athletes enjoying the camaraderie, competition, socialization and entertainment with them. It is an honor to meet athletes from all across Ontario and share in their dreams and aspirations! The athletes are fulfilling their Olympic dream, but more importantly, they are meeting new and old friends and having fun!

You will be amazed at the high calibre of competition and I hope you will mark it on your calendar to come out and cheer on the athletes. For more information on the games contact Stephanie Stollitt at 876-8666. Thanks to all the hundreds of people who have volunteered, these games would not be successful without the help of volunteers!



--Vicki Allen

Faith, Fellowship, Food

Bringing People with intellectual and physical disabilities together for fellowship and faith at All Saints Church (Rubidge and Sherbrooke) Sunday May 16th from 4-7 p.m.

Bring a Pot Luck Dish and RSVP
Lucinda Hage at 745-2318.

Thank You For Your Donation

Air Force Association of Canada
\$300.00

Queen's University Law Students' Society
\$200.00

*A Special Thank You to Linda Phillips,
their family & friends for their kind
donations in memoriam of Art Phillips*
\$450.00

Henson Trust Workshop Report

The walls were bursting with the audience present at the **Henson Trust and Financial Planning** Workshop on April 14th. We filled the room with 60 people! Peter Lillico and Linda O'Connor shared a wealth of information that everyone should know, who have children with special needs. Planning for our children's financial security is vital.

Thank you, Peter and Linda for your expertise and your time! Thank you to Five Counties Children's Centre for allowing us to use their space, setting up the chairs and preparing coffee and tea. Thanks to Barb Hiland from Community Living Peterborough for partnering with me on this venture.

We have a waiting list of ten people to start the next workshop registration sometime in the near future! We hope the Workshop gave you the information you needed to make your own family plans.

--Janet Hogeboom

Volunteer Appreciation Luncheon

C.H.A.N.G.E.S. hosted its' first Volunteer Appreciation Luncheon on Friday, April 23rd, 2004. This event was hosted by Jen Gaskell, Volunteer Coordinator and coincided with National Volunteer Week which was April 18th-24th.

Six volunteers were in attendance and enjoyed pizza and cake before receiving a certificate of appreciation for their dedication to our agency.

Since August of 2003, C.H.A.N.G.E.S. has employed over 30 volunteers. To date, these volunteers have donated more than 700 hours of their own time for our agency. These volunteers are:

Kerri Adamson	Rachel Adamson
Carlie Allen	Vicki Allen
Beverly Assinck	Janet Bolger
Alex Brunton	Caley Caddigan
Allyson DeNoble	Krysten Deering
Tammy Fraley	Shirley Gellatly
Teresa Glaeser	David Glover
Paul Guilfoyle	Rick Gummer
Monique Hartin	Sue Hatton
Jamie Jackson	Shawna Jones
Leslie McDonald	Don McMaster
David Morrow	June Morrow
Al Peers	Art Peterson
Jeff Reid	Kelly Sinclair
Wayne St. Louis	Shannon Storey
Laurie Thomson	Kathy Traynor
Emma Turnbull	Jenny Wang
Heather Yoshiki	Ling Yu

"Are You A Budding Author?"

Community Living Magazine in the United Kingdom seeks people with intellectual difficulties and other groups to write articles for this quarterly publication. Fees will be paid.

Articles should be 1-2 pages long and can be about any theme that you want to write about. Electronic photos would also be great. For more information, please email:

<mailto:communitylivingbenterprises@yahoo.co.uk>

Planning for Success Workshop Report

The "Planning for Success" Workshop held April 22nd at the Peterborough Library was also a success! **Len Nicholson**, our Guest Speaker from Toronto, shared information, videos and handouts to support his belief that all children can be taught, learn independent life skills and be successful in their own unique ways. His focus was on children who have Down syndrome who had made great progress with their communication skills and attention to tasks. This was achieved by raising expectations, perseverance and their personal self esteem. The use of task boards and schedules also played a large part in the children learning their schedules. There were 32 people in attendance. The audience was made up of parents, members, interested people from the community and School Board Staff members. Thanks to Bev Assinck from Kawartha Pine Ridge District School Board and Deb Heslinga from Peterborough Victoria Northumberland and Clarington Catholic District School Board for their help in organizing and promoting this workshop!

—Janet Hogeboom

David's Trip To The Antarctic

David and my mother June went on a vacation travelling to the Antarctic on a cruise ship. David and June went on many day trips to such places as The Alter of the San Francisco Cathedral in Santiago City, the Patrohue Falls, and a Sheep Farm. While on the boat we saw big glaciers floating in the water. These glaciers made the weather very cold and everyone had to wear hats and winter coats. One evening, the boat held a big party in the dining room. The room was decorated with artificial snow, fake penguins and snowflakes. We had a great time but were happy to come home.



—David Morrow

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

BINGO Volunteers Needed

C.H.A.N.G.E.S. is always looking for volunteers to assist with our Bingo's.

Bingo's run 3 Saturday's on and 3 Saturday's off year round from 12:15 pm - 3:45 pm.

Please call Jen or Deb at (705) 749-6695 to find out how you can get involved.



Dream Players

I am getting so excited because on April 23, I am going to be in another play. Two years ago, I got together with some people to put on a play called "Fantastic Dreams" about some people with disabilities. We named ourselves the Dream Players. Our families and friends were amazed when they saw our awesome play. We were so proud of ourselves that we decided to put on another play. This time Laura wrote our play with the help of Patrick. It's called "We've Come a Long Way Baby". Laura and Patrick also star in our play along with Katie, Kristin, Richie, Scott, Michael and me. We have had to work very hard for a long time to learn our lines, our songs and our dance steps. We couldn't have done all this without a lot of help from many people. I think we should thank Sherry so much because she has helped us all the way. Brenda, Marj, Racquel and so many other people have worked hard with us too. Putting on a play is a lot of work, but we're all excited and ready to entertain everyone. I'm going to wish my friends good luck by saying "Break a leg!" and I can't wait for the cast party after the play!

—Amy Nolan

C.H.A.N.G.E.S. donated \$100.00 to Dream Players to assist with the costs of putting on this play.

Parenting A Child With Disabilities Workshop

With Dr. Mark Nagler

Date: Wednesday, May 26th, 2004

Time: 6:30 pm - 8:30 pm

Place: Sir Sandford Fleming College - Frost Campus, Lindsay

Admission: FREE!!!

To Register: Community Living - Kawartha Lakes
(705) 328-0464 Ext. 221

Topics Include:

- Eliminating the barriers to your child's education and social fulfillment
- Forming or joining support groups
- Finding appropriate health care professionals

All Good Things Must Come To An End

This has been a very exciting year for both C.H.A.N.G.E.S. and myself. Back in June 2002, I was recruited as a volunteer for C.H.A.N.G.E.S. to assist with running the office and fundraisers. Little did I know then, that I would be hired on with a one-year contract as Volunteer Coordinator just one year later.

Although my contract comes to an end in June, I am very grateful for this incredible learning experience C.H.A.N.G.E.S. has provided me with. I have gained valuable skills and employment experience in the volunteer sector, fundraising, and non-profit agencies. I have had the opportunity to publish all of C.H.A.N.G.E.S. Newsletters in the past year, work with many great volunteers, assist in putting together all of our fundraisers, learned how to run our very important Bingos and created the Linx Program with Janet Hogeboom.

I believe that the combined efforts over the past year by C.H.A.N.G.E.S. Board of Directors, Office Staff and Membership has helped this Agency to move forward by providing more support, more information and more awareness of C.H.A.N.G.E.S. and the services we provide.

I am sad to be leaving C.H.A.N.G.E.S. but look forward to taking on new challenges.

Best wishes!

—Jen Gaskell

Adios!!

With the Program Coordinator's contract coming to an end June 19th, I am preparing to move on with my career.

Last summer I was a part of helping to design a user friendly office space and have been collecting research data and adding to the expansion of the Lending Library, which has all lead to more resources for the membership. The Information Package Project, for which C.H.A.N.G.E.S. has recently received funding, has been the most time intensive undertaking, requiring networking with many other agencies and the gathering of resources from four counties to provide up to date information for all ages of people with Down syndrome. I have also been able to partner with School Boards and other supportive agencies for ongoing and future projects and workshops.

I am confident that the number of students with the Fine Motor Skills Program and the Tutoring Program will increase as C.H.A.N.G.E.S. becomes a household name. I also know that the bonding of the new group of parents through Wee Ups and Downs will continue to blossom, always providing the best resources for their children and offering support for each other.

Wishing everyone a safe and relaxing summer!

—Janet Hogeboom

Farewell From Our Tutoring Instructor

It is with great sadness that I must say goodbye to my C.H.A.N.G.E.S. family. As some of you may be aware, I am looking to start teachers college in London this fall. This next stage of my life will unfortunately take me away from the Peterborough area, and as such, away from C.H.A.N.G.E.S. During my employment I have tried to represent C.H.A.N.G.E.S. to the best of my ability and will continue to do so in the future. I hope to someday be in a position to create real changes in the educational system.

In looking back at my time with C.H.A.N.G.E.S. I find that I have learned a great deal about myself and about some of the challenges that people living with Down syndrome face. While leaving is not easy, it is necessary in order to achieve my goals.

I would like to thank you for the opportunities you have afforded me and wish you all the best in the upcoming years. I will especially miss those who taught me the most here at C.H.A.N.G.E.S. To: Luke, Meagan, Josh, Emilia, Amy, Andrea, Brad, and David. Keep Smiling, I will be back to visit LOTS!!!

—Michelle L. Barclay-Culp