



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



September, 2004

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

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Annual General Meeting

You are invited to attend the C.H.A.N.G.E.S. Annual General Meeting on Sunday, September 26th, 2004 at C.H.A.N.G.E.S.'s new office in Peterborough Square (next to the old one).

A light lunch will be served prior to the General Meeting. Please RSVP your attendance no later than September 20th to the office at (705) 749-6695.

You must be a member to have voting privileges!

*Children's activities and childcare will be determined based on response.

UPCOMING EVENTS

September

Annual General Meeting

September 26th, 2004

October

Monster Mash Bowl-A-Thon

Sunday, October 31st, 2004

November

Down syndrome Awareness Week

November 1st - 7th

December

Christmas Party

Sunday, December 12th, 2004

If you are interested in helping out with any of these events Please call the office @ 749-6695

WE HAVE MOVED!!!!!!!!!!!!!!

But not far—just next door actually—we are officially at Unit #23 instead of Unit #24 (in the old Baskin Robins spot with the big circular window).

Many thanks to Jeff R., Don B. and another Jeff R. who helped with the move last week—Community Living has taken up residence in our old place, but we will continue to house our computer labs in the front part of the old space for the next few months until further changes are made. Drop in for a visit and check out our new digs - you'll be impressed!

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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.



We need your help



Do you or do you know someone, who has some **spare time** during the day who would like to increase their computer and office skills to assist our staff with a number of administrative tasks during the next few months?

For more information, please call Deb or Judy at the office if you are interested —become involved and help C.H.A.N.G.E.S. maintain and increase their programs and services to our membership and the community.

Volunteer Bingo Runners Needed!



Bingo runners are needed at
Kawartha Club Bingo
12:00 p.m. to 3:30 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: September 18th, 25th, October 2nd, 30th,
November 6th and 13th
*High School Students—This is a good way to get
your mandatory 40 hours in!*



c.h.a.n.g.e.s. 5th annual Monster mash bowl-a-thon



Place: Lakeview Bowling Alley (Market Plaza)

Date: Sunday, October 31st, 2004

Pledge and signup sheets will be available shortly.

First prize for **most pledges** collected by a **family** is
a box suite to a hockey game with the



Peterborough Petes



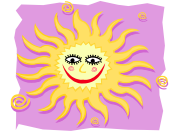
If you are interested in assisting on the Fundraising
Committee, please contact Deb Reid at 749-6695.

Let's make this Monster Mash the biggest and best event of 2004!

Get your costumes ready!



We Have A New Employee



JUDY RAFAIL— PROGRAM COORDINATOR

Judy comes to C.H.A.N.G.E.S with many years' experience teaching and supporting people with special needs. After graduating from McGill University with a Psychology degree, Judy began her career teaching individuals who were developmentally challenged. She has worked in a sheltered workshop, in the public school system and as a private tutor, teaching life skills, academic skills, social skills, employability skills, as well as arts and crafts. Judy's first assignment at C.H.A.N.G.E.S was to develop and implement a program for our summer camp. This fall, Judy will be teaching a tutoring program and the Fine Motor Skills classes. She is also planning to develop a day program to meet the needs of students who have graduated from school and need day-time activities. Judy can be reached at the C.H.A.N.G.E.S office at 749-6695 or by email at jud@pipcom.com.

"AGES AND STAGES" SUMMER CAMP 2004

We did it!

C.H.A.N.G.E.S.'s first summer camp was a huge success!! Planning began in late winter when we applied for funding from the City of Peterborough and Americredit. Both applications were successful, a program coordinator was hired, volunteers were recruited and eight students attended the three day per week, three week course at our office in the Square. Our campers ranged in age from 5 to 21 and the program was designed to meet individual needs and interests. With lots of lively background music, we all enjoyed ball games, bean bag toss, crafts, fozzeball, puzzles, games, legos, painting, coloring, singing and dancing. We took frequent walks in the park where we fed the ducks and played ball. One afternoon we all went bowling and on our last day, we celebrated our camp experience with a visit from Crackerjack the Clown. Our volunteers, Caitlin Eales, Heather Harvey, Laurie Thomson, Joseph Thomson, Stephanie Smith, Sybil Machler and Melanie Coreno did a great job and we are grateful that they shared their time and talents with us. The feedback from the participants was very positive-the campers were eager to come each day and their families appreciated the pleasure their children derived from the camp. The camp was lots of fun and we are hoping to be able to host it again next summer. Check out the pictures!

Campers and Volunteers with
Crackerjack the Clown
August 26th, 2004

Wee Ups and Downs and Thank You's



The Clarkson-Bulger/ Greyhound Story

Members Kelly, Ron and Danielle are currently spending their days at Sick Kids Hospital in Toronto while Danielle receives treatment for her recently diagnosed leukemia.

Through the efforts of C.H.A.N.G.E.S.'s staff, Greyhound has graciously donated travel passes between Peterborough and Toronto for the next 19 weeks for both Kelly and Ron. This donation will assist the Clarkson-Bulger family with transportation costs and will enable one of them to be with Danielle at all times. Please keep Kelly, Ron and Danielle in your prayers while they struggle through their family crisis.

Thank You For Your Generous Donations!

Fast Peterborough Lion's Club

Lakefield and District Lion's Club

Ronan Graphics

Lakefield Lioness Club

The Gregory's

Kiwanis Club of Scott's Plains

Anna Morgan

Patricia Clarke

St. Luke's Church



Dr. Doug McDougall

Wee Ups & Downs

Infant & Toddler Playgroup/Parent Support Group

Join us every second Tuesday of the Month

Place: Westdale United Church (beginning in October)

Date: September 14th, 2004

Time: 10:00 am - 12:00 pm

Facilitated by: Peterborough County & City Health Unit

Nutritious snacks and childcare

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



A special thank you to Elaine, Paul, Virginia and Dan for hosting WUD's at their homes over the summer months.

Thank You To All Of C.H.A.N.G.E.S. Volunteers!

Bingo

Paul Guilfoyle, Jamie

Jackson, Laurie Thomson,

Wayne St. Louis, Don

McMaster, Joseph Thomson

Office

Sybil Machler and

Andy Glaeser

Golf Tournament

Atlyson DeNoble and

Don McMaster

Preparing for the New School Year

provided by Learning Disabilities of PTBO & CDSS

- **Medication requirements** - Provide information in written form; have form signed by physician as required. Ask that the form be sign by the doctor, parent, teacher/principal and the person administering. Establish the routine for administering meds.
- **Transportation needs and routine** - Establish the name of the transportation company, the name of the driver, the driver's telephone number, pick up and drop off times, route number. Make contact with the driver to introduce yourself and your child to him/her. Ask about CPR/First Aid training; confirm that there is a radio on the bus. If transportation has not been established, then contact the Board's Transportation Department Head. **IN JUNE, OBTAIN A LETTER FROM YOUR CHILD'S PHYSICIAN TO FACILITATE OBTAINING APPROPRIATE TRANSPORTATION.**
- Another meeting date and time for some time mid-October
- **What to do if there are concerns about ANYTHING** - State that, if they have any questions, concerns, issues, etc., they should not hesitate to call. Make sure that they have a number where they can contact you during the day AND during the evening. Offer to provide or arrange any type of in-service they require.

KEEP A RECORD OF ALL MEETINGS (write your own minutes if you must) AND TELEPHONE CALLS. DO THINGS IN WRITING WHENEVER POSSIBLE. DO NOT HESITATE TO SEND A THANK YOU CARD PERIODICALLY IF THINGS ARE GOING WELL!

TALK TO OTHER PARENTS WHO HAVE GONE THROUGH THIS!!

THE FIRST DAY OF SCHOOL:

- Be excited for your child, and enjoy the day!
- Be prepared for the worst, but expect the best. Know that the bus may be late, the E.A. may not be in place, the ramp may not be built, equipment may not be available, the health room may be full of boxes, etc.
- Realize and acknowledge your mixed emotions about your child starting school, starting a new grade, attending a new school, having to make new friends, having a new bus driver and new teacher and new assistant, having new routines. Know that sometimes our kids handle change better than we do. Give them credit for adapting; don't undermine their ability to adapt. But acknowledge it may be very difficult for them; there may be a period of unsettled behaviour.

HOW CAN PARENTS HELP:

Parents are central to student motivation. The beginning of a new school year is very important. Children with special needs often struggle with change. Parents can help get the school year off to a good start.

- Provide a warm, accepting home environment
- Give clear directions and feedback
- Create a model for success
- Build on student's strengths
- Relate schoolwork to student's interests
- Help build a family structure that fosters consistent work towards the goal.
- Help the student to have some control over how and when he/she learns
- Emphasize the child's progress rather than his or her performance in comparison to the other students in the class or family
- Remember to reinforce the behaviour you want
- Use reinforcements wisely. Recall that intrinsic motivation works best. Follow a child's interests when possible rather than spending time building elaborate reward systems



ONE MONTH FOLLOW UP MEETING (by mid-October):

- Schedules must be established; equipment must be in place!
- Ensure that everything is in place
- Answer any questions they may have
- Address any concerns (theirs or yours)
- Acknowledge all positives. Look for success, however small
- Ask any questions you may have
- Arrange the next meeting/interview
- TALK TO OTHER PARENTS WHO HAVE GONE THROUGH THIS!!

AMY NINETTE

My Sister with Down Syndrome

By Deanne Shead

"I truly believe I wouldn't be the person I am today if it weren't for my little sister Amy. I grew up in a family of five, the oldest of three girls. We lived in a small city named Peterborough, about 125 kilometers northeast of Toronto, Ontario, Canada. My parents, Spence and Lois Tucker, did their best to give us a great childhood and the security of knowing we were in a family that loved us, no matter what mistakes we made or what "problems" we may have had. It never mattered how bad my day may have been, I could always look at Amy and know that I could make it through whatever bad things may come my way. She faced every fear, every obstacle, and every challenge with the courage and strength many of us only dream of feeling. Even today, as an adult, as a parent, I reflect on her love of life, her passion for living each day to the fullest and her happy demeanor, to help make even the worst of my days seem brighter.

I have written this book for several reasons. I want to honour my sister. I want people to know how much she impacted not only my life and my family's, but the lives of everyone

Continued on page

Stay tuned for the NEW LIST of programs and activities to be offered this Fall!! Judy will be contacting individuals for our one to one tutoring, fine motor skills and day programs. If you have any suggestions as to how we may be able to support you or your family with other programs or workshops, please feel free to contact Judy with your ideas!



*BOARD MEMBERS ARE
NEEDED FOR 2004-2005
IF YOU CAN MAKE A COM-
MITMENT AND ARE IN-
TERESTED IN JOINING
OUR BOARD, PLEASE CALL
TERESA GLAESER AT
749-6695.*

2004 - 2005 Membership forms have been included with this newsletter with a self-addressed envelope. Please return prior to the Annual General Meeting for active voting privileges.





CAMP WAS FUN!



Julie, camper and Stephanie, volunteer try their hand at the fuzzi-ball machine—Go Julie, Go!!



Drew enjoying snack time!

BIRTHDAY CELEBRATIONS!

The Down Syndrome Research Foundation (DSRF) provides free library reference services to the Down syndrome community. We can search our library holdings, as well as educational and medical databases and provide subject bibliographies and referrals to community resources.

she met. I want my children to be able to read my story and have a better understanding of her life and her achievements. And I want to help others who have children with Down syndrome, or who may be pregnant with a child with Down syndrome, know that it is possible for them to lead a "normal" life. In fact, they may be the heart and soul of your family, teaching you more about people and life than you could ever imagine.

My cousin Melanie created the inscription that has been placed on the Amy Tucker Award at her high school. It reads: "My courage is fierce, My will is strong, I am not afraid to try.". I couldn't have said it better."

Join us on Saturday, October 16th from 2 pm. to 3 pm. at Titles Bookstore on George Street, when Deanne will do a reading and signing of her new book. Copies will be available for purchase at this time. We want to support Deanne and her family while they honour Amy's life.

A BEAUTIFUL DAY FOR GOLF!!

C.H.A.N.G.E.S. held their 3rd Annual Trans Canada Golf Classic on Sunday, August 8th, 2004 at Keystone Links Golf Club. It was a gorgeous day (compared to most weekends this summer) for golfers to play a round of golf (regardless of how long it took, right Shawna?), enjoy dinner, participate in a silent auction and receive a prize. Congratulations to the winning team of **Steve McNulty, Tony DeNoble, Kevin Warr and Roy Waterfield**. Once again, this tournament wouldn't have been a success without the generous support of Paul O'Reilly at Trans Canada Nissan, Keystone Links, Kerry Walker at the Wolf, our members and the community who graciously donated hole sponsorships and the prizes. Please join us in thanking the following:

Apple Auto Glass	Port Hope Theatre	Academy Theatre
Baskin Robbins	Jake's Bar & Grill	Ptbo Fire Departmen
Jim Rusk, Clarica	Brant Office Supply Ltd.	Kawartha TV & Stereo
Ptbo Symphony Orchestra	Canada's Wonderland	Port Hope Theatre
Bob Crate, Colio Wines	Kraft Canada Inc.	Randall's Decorating
Bryston Ltd.	Joey's Only Fish & Chips	Bright's Electric
Bud's Music Centre	Lazer Graphics	Reid's Dairy
Rona Cashway	Russ Hazard	Peter Humphrey
Community Service Order	M & C Hydraulics	Savage Arms
Currie Tire	M&M Meats	Murray Bowler
Marine Land	Kawartha Downs Raceway	Lakefield IDA
Peterborough Inn & Suites	McWilliams Moving	Chatter's Salon
The Wolf 101.5	Kingdon Tim-Br Mart	Pete Dalliday
Evinrude Centre	Milltown Mini-golf	Trans Canada Nissan
Fandangos Hair Salon	Jeff Purvey's	Champagne's
Trent Security System	Canadian Tire	4th Line Theatre
Via Rail Canada Inc.	Quickmill Inc.	Bennett's Home Furnishings

Kelly Gellatly and Teresa Glaeser

Brad Chaplin, Amy, Bonnie and Kelly Nolan

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 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. N. Unit # 24 Peterborough, ON. K9H 7E7



Down syndrome
Awareness Week

November 1st - 7th

Watch for Details!

Angels Among Us

October 22 – 24, 2004

Presented by the Down syndrome
Association of Ontario

HIGHWAYMAN INN, ORILLIA

For information about the conference program, workshops and speakers or registration forms, call the office and we will either email or fax the information to you.

1. Conference Fee: (Breaks and lunches are included in your registration fee)

Registration (Up to September 22/04) \$ 75.00
Registration (After September 22/04) \$100.00

(Make cheques payable to DSAO Conference 2004)

Written notice of cancellation must be postmarked or faxed to (519) 448-4801 by October 7, 2004. A \$25.00 fee will be deducted. No refunds will be issued after this date.

Send cheque and registration to: Ms. Erica Brennan,
38 Birchfield Ave. Kanata, ON K2M 2N5

For more information call: (519) 448-4607,
seberras2@hotmail.com, fax: (519) 448-4801

This is an excellent opportunity to hear some great speakers, participate in some wonderful workshops and meet new people from around the province!

