



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

Down syndrome Support Group

Newsletter



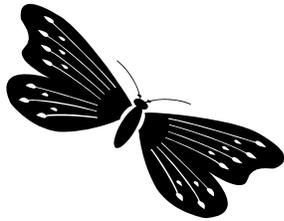
April 2005

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

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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.



Graeme receives a plaque in appreciation for the donation from members, Meagan Glaeser and Josh Peers—April 7th, 2005



C.H.A.N.G.E.S. would like to thank Graeme Ross of RBC Dominion Securities for their generous donation to our agency. Graeme is the Branch Manager and an investment advisor in the local office which is located in Peterborough Square. He was instrumental in the acquisition of a \$1,500 grant through the RBC Foundation to support local programs and services for people with Down syndrome. Graeme is a past member of our Board of Directors and continues his support in a business advisory role. We appreciate their kindness and wish Graeme and RBC Dominion Securities a healthy and prosperous 2005!

Library Corner

As you know, we recently received money from Ronald MacDonald House Charities to purchase books and videos about Down syndrome. We have placed a number of books at the Peterborough Public Library. They are currently being catalogued but should be available soon. You will find them in the children's department in the Healthy Families Collection and in the picture book section. We have also added some new titles to our resource library at the office.

- *'From the Heart: On Being the Mother of a Child with Special Needs'* is a series of stories written by nine mothers of children with special needs.
- *'Uncommon Fathers: Reflections on Raising a Child with a Disability'* is written by fathers for fathers of children with developmental disabilities.

Both these titles are well worth reading.

One of the scheduled speakers at the conference in May is David Hingsberger. David has many years experience working with people with disabilities and we have a number of his books in our library. I have thoroughly enjoyed these books and have learned so much from them. His ideas are radical, positive and full of common sense. I highly recommend them, especially, if you will be attending David's workshop at the conference.

Submitted by Judy Rafail

Community Consultation With Persons With Disabilities Peterborough City And County

What is the purpose of these consultations?

The Council for Persons with Disabilities and the Workforce Development Board have begun a study to find out what kinds of services persons with disabilities need, and the difficulties they face in living and participating in our community.

Why is this study important?

Persons with disabilities will be able to tell us about what they need and what prevents them from participating more fully in the community.

This information will be used to better meet needs and to improve access and opportunities for persons with disabilities in Peterborough City and County.

A handbook of services for persons with disabilities will be created and made available throughout the city and county.

Who will be asked for their opinions?

We will ask persons living in Peterborough City and County, 15 years of age and over whose physical, mental or health condition reduces the kind or amount of activities they can do. Those who provide services for or who employ persons with disabilities will also be invited to give their opinions.

How will the study collect the information?

We will use a variety of ways to obtain people's opinions. We will meet in small groups, interview one-to-one, ask people to fill in print and online surveys and have a public meeting. We will use different methods to make sure all persons with disabilities can give their information e.g. adaptive devices, interpreters, large print, audio formats.

Will the information given be confidential?

All information collected will remain confidential and will be used by the researchers only. No person's name will be used.

Who is conducting the study?

The Peterborough Social Planning Council has been hired to conduct the study. Individuals from the Council for Persons with Disabilities will assist with the consultations.

How can you take part?

To give your opinions or to offer volunteer assistance with the consultations, please contact the Peterborough Social Planning Council. We look forward to hearing from you.

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Leni Rautiainen
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~~Thank you for your generous donation!~~
Thanks for your generous donations!

Rotary Club of Peterborough
The Late Jean Elliott
United Way Special Flood Relief Grant

We would like to send a special thank you to Janet Greene who assisted our staff in the preparation of the Special Flood Relief Grant on very short notice. Janet's services became available to us from a generous donation to the United Way from the Trillium Foundation. This successful grant in the amount of \$3,000 was awarded to help cover costs we incurred during last summer's flood.

During this short period of time, she also assisted the Board with another grant proposal which we hope we can announce in the near future. Staff enjoyed Janet's professionalism and interest in our agency and we wish her much success in the future!

READY, SET, ACTION!

Watch our famous cooking class in action on Thursday, April 21st. They will be featured, along with a special volunteer, Rebecca Allen, on the Local Heroes program. Turn your television to CHEX TV (channel 2) between 6:30 and 7:00 pm. and check it out. Many thanks to John Blake for shooting the segment. Good work everyone!

Congratulations to Luke Allen!

He has accepted a volunteer position with the Senior Men's Lacrosse team which has relocated to the Lakefield arena this year. Opening night is April 30th at 7:00 pm. Luke will assist the trainer at practices and regular scheduled games over the next few months. We want to thank Derek Buttery for offering Luke this opportunity and we wish him much success in another sport he loves!



B.U.I.L.D.D.

Building Understanding and Independence in Lifeskills for the Developmentally Delayed

In April 2004, C.H.A.N.G.E.S. hosted a "Planning for Success Workshop" with guest speaker, Len Nicholson. Len shared strategies and skills to help the child with special needs to have the best possible opportunity to be successful in their learning. This workshop was made possible with the support of both local school boards and many of our members were in attendance.

As a result of this workshop, the Peterborough Victoria Northumberland and Clarington Catholic District School Board has developed the new B.U.I.L.D.D. program which supports students with developmental delays that involves a specific student.

The process begins with a school visit and consultation with Len Nicholson and the Coordinator of Student Services. It includes three full days of workshops for each school team that focuses on the needs of their student and includes reports, resources and strategies for team development and assists in building school capacity. Students with developmental delays often have program needs that are outside the curriculum and require alternate programming. These sessions assist the schools to develop programs to meet the needs of a specific student but the strategies they develop will assist them with supporting future student needs.

C.H.A.N.G.E.S. is pleased to have been a part of this connection between Len and Peterborough and the benefits he brings to our school systems and our children.

FREE HAIR CUTS!

Paul Asta's Hairstyling School on Chemong Road, has made a generous offer to C.H.A.N.G.E.S. All members, ages five and over with Down syndrome can receive a free haircut at the school on Tuesday afternoons from 1:00 to 3:30 pm. When booking your appointment, mention C.H.A.N.G.E.S. and your haircut will be free. Many thanks to Mrs. Arpa for thinking about us and making a difference in the lives of people with Down syndrome!



C.H.A.N.G.E.S. wishes to send a huge thank you to Nexicom for their gracious donation of a one year bronze hosting website package for aboutchanges.com. The value of this package is \$219.45 plus gst for the period of January 2nd, 2005 to January 1st, 2006. Community partners continue to support our delivery

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 # 86149 5547 RR0001
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 Street North, Unit # 45A
Peterborough, Ontario K9H 7E7



C.H.A.N.G.E.S. Welcomes Melissa Webster

At 23 years old, I am the newest member to the C.H.A.N.G.E.S. organization. Born and raised in Peterborough, I attended two elementary schools, first my studies at St. Paul's Catholic School and then at St. Anne's in Grade Six for French Immersion studies. I attended St. Peter's Secondary and graduated with honors in both French and English in the year 2000. My education continued at the University of Ottawa, where I majored in Criminology as well as an interest in women's studies. In my third year, I applied for the honors program in Criminology and was accepted, which entailed another year of university as well as a full semester of placement. I decided on the Elizabeth Fry Society as my placement, which satisfied the Criminology expectations and my interest in women's issues. Conducting a placement with Elizabeth Fry raised my awareness of the need for volunteer work within the community. However, because of my studies at the university, there simply was a lack of time to participate in such activities. In 2004, I graduated from the University of Ottawa with an honors degree in Criminology and landed a position in Peterborough with the Bank of Montreal. Once I was established back in my hometown, I was given the opportunity to sit on the Board of Directors for C.H.A.N.G.E.S. I am thrilled with the opportunity and hope to help further the success of the organization in the future.

Submitted by Melissa.



Thank You To Our Wonderful Volunteers!

Paul Guilfoyle, Jamie Jackson, Rebecca Allen, Anita Record,
Christine Wright, Don McMaster, Terri-Lynn Nolan and
Bev Handlechner

