



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



Peterborough & Area Down syndrome Support Group

January 2005



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

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A Day at the Movies

View 2 great movies for 1 low price
(includes pizza lunch)
only \$10.00 per person!

Choose to view any two
of these great movies:

1. *How To Lose A Guy In 10 Days*
2. *Spiderman*
3. *Catch Me If You Can*
4. *School of Rock*



Thursday, February 3rd, 2005

10:30 am. to 4:00 pm.

Galaxy Cinemas, 320 Water Street, Peterborough

Tickets available at:

C.H.A.N.G.E.S. office, The Candy Man, Peterborough Square;
CD Plus, Portage Place or Music World, Lansdowne Place

C.H.A.N.G.E.S. ANNUAL CHRISTMAS PARTY HIGHLIGHTS

On Sunday, December 12th, 2004, at the Kingswood Community Centre to entertainment and a sing song with Santa who distributed presents and Everyone enjoyed pizza, pop and wonderful desserts and salads while meeting new members and



43 members of our agency met enjoy an hour's swim, Terry Guiel and a visit from candy canes to the youngsters. derful desserts and salads sharing conversation.



Virginia and Manny Clarke

Terry Guiel



Deb & Benjamin Scharfe-Archer



**MANY, MANY THANKS
TO RMHC FOR THEIR
GENEROUS
CONTRIBUTION
TO PEOPLE WITH
DOWN SYNDROME
TOGETHER WE CAN
MAKE A DIFFERENCE!**

TOGETHER WE CAN BUILD OUR LIBRARY!

C.H.A.N.G.E.S. has been awarded a \$6,000 grant from Ronald McDonald House Charities to expand our Lending Library in Peterborough and the surrounding counties. These funds will be used to purchase new books, videos and software about Down syndrome to be shared with our membership and the community.

Our present resource library includes a collection of children's books which are a good teaching resource for siblings and schoolmates. These beautifully illustrated and well written books are stories about everyday life for children with Down syndrome.

"Where's Chimp", "Big Brother Dustin", "We Can Do It" and "We'll Paint the Octopus Red" are a few of the available titles. These books can be borrowed for a four week period, so we encourage you to drop into our office and check them out!

COOKING CLASS, OUR NEWEST PROGRAM

Our cooking classes have begun again for another six week session. Hear what our participants have to say about the success of this pilot project!

“I like cooking class. It is fun. Carly is my new friend. We have made burritos, appetizers, punch, s’mores, vegetarian English muffins, breakfast sundaes and macaroni and cheese with veggie sticks.”

Andrea

“I like to come to cooking class. I like to make macaroni and cheese. I made some new friends.”

Carly

“Judy is a good teacher and we made some good food together for 8 weeks. P.S. I think we are the greatest team. “

Luke

“I like the cooking class. It is great. Macaroni is my favorite food.”

Meagan

“I like to make pizza and I like muffins. That is the best of all. The cooking class is the best. It is great. I want to make macaroni and cheese. I love cooking class.”

David

Access2 Card for Canadian Theatres

Famous Players and Cineplex Galaxy theatres have announced a policy change effective March 1st, 2005. By applying for this Access2 card, an individual who requires support at a theatre, will now be able to bring their support person with them for free. The card application can be accessed at www.Access2.ca.

Thank You For Your Donation!

*Ed and Phyllis Gregory
Beverly Assinck
R.C.A.F. Association
Realtors Association of
Hamilton-Burlington
Scotiabank Community Fund*

“AGES AND STAGES” SUMMER CAMP 2005

Even with all the snow and ice we have had, we are in the preliminary stages of organizing this summer's camp. We are applying for funding from various sources, but would like to know who and if people are interested in sending their child to our camp. The format will probably be the same as last year. If your child is interested or if you know of someone else who might be, please call the office asap.



Hannah Goode, our musician at play!
Wee Ups and Downs, December 2004

PLAY WITH ME!

BY: CAROL JOHNSON

You can expect your child to learn many
new
and
important concepts through play.

Some concepts learned while playing:

Pre-academic concepts

- more
- big/small
- volume
- patterns
- similarities/differences
- use of books
- routines

Communication Skills

- asking questions
- responding
- requesting
- labeling
- directing

Social Skills

- turn taking
- listening
- helping

Gross Motor Skills

- crossing midline
- holding
- strength
- endurance
- hand-eye coordination
- balance
- body awareness/control

Fine Motor Skills

- pincer grasp
- strength
- accuracy

Self help Skills

- cleaning up
- dressing/undressing
- toilet training

MOTOR DEVELOPMENT IN DOWN SYNDROME
PLAY, MOVE AND GROW

By Dr. Anne Jobling, PhD and Dr. Naznin Virji-Babul, PhD

For most people, walking, running and participating in sports are forms of exercise taken for granted. Rarely do we appreciate the strength and mobility of our limbs until the occurrence of an injury. For many people with Down syndrome, however, walking and running, let alone engaging in athletics, can be a more demanding task due to a delay in motor development. This delay is a common manifestation of Down syndrome and also makes enjoying an active and healthy lifestyle more of a challenge.

Delay in motor development is by itself an inconvenience, but it often has more significant consequences: obesity, low exercise tolerance, impaired self-esteem and osteoporosis. For the parent who is uncertain of how to deal with such issues, any valuable insight on methods best suited to meeting and overcoming difficulties is most welcome.

Motor Development in Down syndrome: Play, Move and Grow is a comprehensive guide for the parent, therapist, and educator of individuals with Down syndrome. Covering the entire lifespan, from infancy to adulthood, this book discusses the current literature on the subject and assesses the areas in need of further research. More importantly, and practically, it includes suggestions for recreational play and exercise regimens designed to develop motor development.

C.H.A.N.G.E.S. has ordered this new resource for our Lending Library which will be available for our members to borrow in the near future. Check it out!

Personal Computer Service
and Support Course

ReBoot Peterborough, in partnership with the Ontario Disability Support Program, is offering a Personal Computer Service and Support Course. Training will take place over 20 weeks, 16 hours per week.

Through specific one-on-one training with their technician, participants will test, assemble, troubleshoot and repair computer components and systems. Participants will build a computer for themselves and take it home at the end of the course.

For further information, contact Judy at the office or Reboot by email at info@rebootnorth.org

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 friend detach and mail with cheque, payable to C.H.A.N.G.E.S., 360 George St. N. Unit # 23 Peterborough, Ontario K9H 7E7

Thank You To Our Special Volunteers!

**Daul Guilfoyle
Heather Home
Jamie Jackson
Laurie Thomson
Tia Denike
Don McMaster
Rebecca Allen**



SPRING GALA

C.H.A.N.G.E.S. is hosting a gourmet gala at Fusion's Restaurant on Thursday, April 14th, 2005. The evening includes a five course meal, wine tasting, a silent and live auction and music by local entertainer, Beau Dixon.

The gala will begin at 7:00 pm. with cocktails, followed by dinner at 8:00 pm. A limited number of tickets are available for \$75.00 each, with a tax receipt of \$40.00.

Fusions Fine Dining is located at 452 George Street North, Peterborough.

Join us for an evening of good food, wine, music, conversation and an opportunity to support the programs and services at C.H.A.N.G.E.S.

For reservations, call Deb at C.H.A.N.G.E.S. at 749-6695.

PLAN AHEAD

May 12th to 14th, 2005
Kitchener Waterloo
17th Annual CDSS Conference
"Common Threads"
Planning, Adult and Teen Issues,
Friendships, Education, Advocacy and
more.

August 22nd to 27th, 2006
Vancouver, British Columbia