



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

Peterborough & Area Down syndrome Support Group

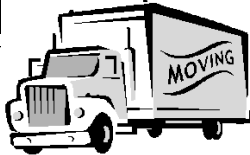
CHILDREN AND ADULTS FOR NORMALIZATION, GROWTH, EQUALITY AND SOCIALIZATION



November 2005

ALERT... We're Moving again!!!

Come See Us  
At Our



## NEW LOCATION!!!

As of December 1, 2005  
We will be located at  
291 Charlotte Street  
Unit C

Phone:  
**(705) 749-6695**  
Fax:  
**(705) 749-5864**

Email: [changes@pipcom.com](mailto:changes@pipcom.com)

Or individual emails:  
[deb@pipcom.com](mailto:deb@pipcom.com)  
[dgreenley@nexicom.net](mailto:dgreenley@nexicom.net)

Website:  
[www.aboutchanges.com](http://www.aboutchanges.com)

You're Invited to **C.H.A.N.G.E.S.**

## Christmas Party



Date: Sunday, December 4, 2005

Place: Peterborough Sports and Wellness Centre,  
775 Brealey Drive

Time: 2:00 pm - 5:30 pm

Swimming - 2 pm to 3 pm

Pot Luck and Entertainment - 3 to 5:30 pm

Please bring a salad or dessert for the pot luck. Thanks!

C.H.A.N.G.E.S. will provide pizza and drinks.

Please R.S.V.P. by November 29  
by calling C.H.A.N.G.E.S. at 749-6695

(our phones may not be working due to the move, so PLEASE  
let us know if you are coming by the above date. Thank you!)

## FIRST BUDDY WALK IN LINDSAY a Success!

C.H.A.N.G.E.S. Down syndrome Support Group hosted their first ever Buddy Walk at the Lindsay Boys and Girls Club on Sunday, October 16<sup>th</sup>, 2005. It was an overwhelming success due to the great organization by Kari Purdy, Jeanette Penney and Joanne Sloan (a mother-daughter-

sister-mother team) who decided last July that Down syndrome awareness needed to be increased in the area and planned the Walk.

This dedicated group of women, together with their friends and families, raised over **\$2,700.00!!!!** Community Living Lindsay received a portion of the proceeds....(see page 2)



Poster Girl Hanna Purdy getting her face painted.

## What's Inside :

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## **BUDDY WALK IN LINDSAY cont'd...**

These gals solicited a number of sponsors, raffle and give away donations and volunteers from the Lindsay, Fenelon Falls and Bobcaygeon area businesses. We want to thank our major sponsor, Medigas Lindsay who donated \$500.00 and branded apples and recognize the following sponsors:

Pogues Gourd and Pumpkin Farm, Manley Motors Limited, Bobcaygeon Auto Tech, Caygeon Collision, Buckeye Source for Sports, Buckeye Outdoor, Discovery Dream Homes, Zeller's, Canadian Tire, Mark's Work Warehouse, Sobey's,



**Registration volunteers**



Fenelon Falls, Bank of Montreal, Lindsay, Michelle Norris of Jan's Haircutting, East Side Mario's, MacDoo's, Bobcaygeon, Gerald Wesselink, Investors, Access Renovations, Sister's Pace Fitness, Dr. Turner, Bobcaygeon, Spectrum Centre-Creative Fitness, Gold Depot, Bobcaygeon, True Value Hardware, Tom McMorro Custom Carpentry, Loblaws, Binney & Smith, Buck or Two, Brooks & Co., Canada Post, Stanford's on Bolton, McCardle's Merchandising, Home Hardware, I'm O'Tay (Ian Duchart) and Laurie Scott, MPP.

*Thank you to everyone!*

**Teagan McDonald of Lindsay tries the Klown Kar**

## **Down Syndrome Association of Ontario Conference 2005** *"What makes you different, makes you beautiful"*

*Conference attended by Kathy Traynor*

October 21, 22 & 23 was the 3rd Annual Down Syndrome Association of Ontario Conference titled "What makes you different, makes you beautiful". This years conference was held in Midland. There were about 75 in attendance. The sessions offered were full of valuable information. Lindsay Moir always offers such useful information regarding special education. Patty Bester & Debbie Roswell spoke on "Nurturing the Nature" regarding behaviour issues and Rob Chubb entertained us with "Colour Spectrums". Personally I think I got the best job of all. I created a PowerPoint presentation of photos of people with Down syndrome that were sent to me by the parents. This was my second year doing the presentation and it is always a pleasure to take on that task. Congratulations to Deb Heslinga on winning the first "Brown Outstanding Service Award".

*C.H.A.N.G.E.S. subsidized any members who attended the conference.*

## **DSAO: Brown Award**

*By Sharon Alakas  
President, Down Syndrome Association of Ontario*



*Pictured above are  
DSAO Vice President  
Simon Goodacre and  
Brown Award winner  
Deb Heslinga*

The Down Syndrome Association of Ontario (DSAO) is pleased to announce that Deb Heslinga is the first winner of the Brown Award. The Brown Award is an award given to individuals who have worked to improve the lives of people with Down syndrome. Deb is the Coordinator of Student Services for the Peterborough Victoria Northumberland and Clarington Catholic District School Board. She has been an educator who has continued to improve the lives of student with special needs throughout her career. The recent creation of the BUILDD program (Building Understanding and Independence in Lifeskills for the Developmentally Delayed) was behind Deb's nomination for the Brown award. This program combines professional development for school staff with methods to support learning for students with developmental delays. The Down Syndrome Association would also like to recognize the support that the Peterborough Victoria Northumberland and Clarington Catholic District School Board in supporting the development of such programs. The Down Syndrome of Ontario is a provincial organization composed of local Down syndrome associations across the province. The mission of the DSAO is to advocate for the improvement services and support for individuals with Down syndrome at the provincial level. The criteria for the Brown award include:

- 1. Contribution to the better the lives of people with Down syndrome***
- 2. Promoting the inclusion of others in the community***
- 3. Impact of the individual's action in the future***

The winner of the Brown Award is invited to the annual DSAO provincial conference and presented with the award. The winner is also invited to participate in all the conference workshops and presentations. The DSAO runs the provincial conference annually during a weekend in October, check the DSAO website [www.dsao.ca](http://www.dsao.ca) for further details.

### **You Have Taught Me**

**You have taught me patience to rejoice in small gains, which others take for granted.**

**You have taught me tolerance to accept that your perspective is different and deserves respect.**

**You have taught me courage to fight for you when no one else will.**

**You have taught me endurance to go on when I feel I can't anymore.**

**You have taught me humility to accept when I can't make things better.**

**You have taught me to love at a deeper level than I ever thought possible.**

**.... Unknown Author**

## 6th Annual Monster Mash Bowl-A-Thon

C.H.A.N.G.E.S. (Children and Adults for normalization, growth, equalization and socialization) Down syndrome Support Group wishes to thank everyone who bowled at our 6<sup>th</sup> Annual Monster Mash Bowl-A-Thon on Sunday, October 30<sup>th</sup>, 2005, to the generous sponsors who donated prizes and raffle items and to our great volunteers and staff who helped make this event a tremendous success. Money raised from this event will assist C.H.A.N.G.E.S. with program needs and services in the community.

### 55 BOWLERS, PLEDGE DOLLARS AND LANE SPONSORSHIPS OF \$5,100



**Katie Gallaro, Amy Nolan Andrea Dowey Kelly Gellatly & Jeff Boulet**

Congratulations to Andrea Dowey, Colombe Hammond and Emilia Allison for winning the best costume contests. A special congratulations goes to Allyson DeNoble who collected \$563.00 in pledges to win the Box Suite to an upcoming Petes game. Luke Allen raised \$308.00 and David Morrow raised \$300.00. Good work everyone!

C.H.A.N.G.E.S. would like to thank the following businesses and individuals that supported this event - Police Retirees of Ontario Inc., Americredit, Baagwating Community Association, The Clarke Family, Peterborough Naturopath, Binney & Smith Canada, Lumsden Cash and Carry, Windsor's Dry Cleaning, Mister Transmission, Burger King, Charlotte Paint and Wallpaper, Charlotte's Web, Coyle Packaging Group, McDonald Restaurants, First

Choice Hair Cutters, Harvey's Restaurants, Tribal Voices, Printer Paul, Pizza Hut, Jeff Purvey's Limited, Lakeview Bowl, Charlotte Jewellers, Diane Lloyd, Graeme Ross, Dr. Wayne Martichenko, Kevin Dunn, Hostess Frito-Lay, The McNulty Family, Titles Book Store, TheSpaghetti House, Bill and Rita Allen, Peterborough Fire Department, Molson's and Saporito's.

### New C.H.A.N.G.E.S Staff

#### Travis Foley

Travis is the new C.H.A.N.G.E.S. tutor. He recently graduated from Trent University with an Honours degree in Psychology and History. Travis also teaches piano part-time. He plans to become a high school teacher some day. Travis has a brother with Downs syndrome who has been a very important part of his life, shaping his beliefs and opening his eyes to a whole new world. Travis is excited about this new position and looks forward to working with the students of C.H.A.N.G.E.S.

#### Donna Greenley

Donna is with us for one year through a Job Creation Position with the HRDSC. She will be working on Special Youth Projects as well as assisting Deb Reid with various activities. For the last few years she has been working in various capacities with the Peterborough Family Resource Centre and is working on her Early Childhood Education diploma. Donna is also an artist and is looking forward to creatively working with C.H.A.N.G.E.S. participants in the Fine Motor and Life Skills classes as well as the Friendship Club.

**Welcome to Travis and Donna!**



**Down syndrome Awareness Bracelets**  
**Buy one for yourself, your friends**  
**and family members**  
**\$3.50 each**  
**Or \$3.00 (on orders of 10 or more)**  
**In Adult and Youth Sizes**  
**Support DS Today!**

## Friendship Club Upcoming Events

*Saturday, Nov. 26 - Karaoke and Munchies at C.H.A.N.G.E.S. Time: 2 p.m. to 5 p.m. Cost: \$10*

*Sunday, Dec 4 - Christmas Party at Peterborough Sports and Wellness Centre 775 Brealey Drive Time: 2 p.m. to 5:30 p.m. \*Note: please bring a salad or dessert to contribute  
Let us know by November 29th if you will be attending this event.*

*Friday, Jan 13 - Shoot Pool and Food at Riley's Olde Town Pub, 251 George St. North Time: 5 to 8 p.m. Cost: \$10 plus cost of dinner*

*Saturday, Jan 21 - Artist Paint Lessons at C.H.A.N.G.E.S. Time: 2 to 5 p.m. Cost: \$12*

*Friday, Feb 10 - Movie Night at Galaxy Cinema Time: 7 to 9:30 p.m. Cost: \$10*

*Saturday, Feb 25 - Bring a Friend for Pizza Lunch and Bingo at C.H.A.N.G.E.S. Time: 1 to 4 p.m. Cost: to be determined*

## "Ages and Stages" Summer Camp 2005

*Another successful year!*

C.H.A.N.G.E.S.'s hosted their camp once again with funding provided by the City of Peterborough and Americredit. Stephanie Anness and Amy Peers were hired as program directors and six volunteers helped out at various times throughout the three week period.

Our ten 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, they all enjoyed ball games, bean bag toss, crafts, foosball, puzzles, games, legos, painting, coloring, singing, dancing and cooking. They took frequent walks in the park and visited the weekly outdoor market.



**Luke Pyle making a terrific tower**



**Samuel Kennedy & Reggi Gabourie**

One afternoon they went bowling and celebrated a couple of birthdays. The feedback from the participants was very positive - the campers were eager to come each day and their families appreciated the respite they received. The camp was lots of fun and we are hoping to be able to host it again next summer.



**Drew Foley playing checkers**



## Meet the New Board of Directors 2005-06

<b>President</b>	- Teresa Glaeser
<b>Past-President</b>	- Vicki Allen
<b>Vice-President</b>	- Allyson DeNoble
<b>Treasurer</b>	- Linda O'Connor
<b>Director</b>	- Janet Bolger
<b>Director</b>	- Melissa Webster
<b>Director</b>	- Christine Wright

### Thank You For Your Generous Donations!

Bill & Rita Allen  
Thelma Edwards  
Air Force Association of Canada  
No. 428

### 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 # 861495547RR0001  
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: \_\_\_\_\_

### Thank You to all of C.H.A.N.G.E.S. Volunteers!

Paul Guilfoyle	Jamie Jackson
Don McMaster	Pete Orday
Beth Williams	Amy Peers
Shirley Gellatly	June Morrow
Donna Greenley	Geoff Schwartz

### Our Ongoing Programs

- Wee Ups & Downs - Newborns to 5**
- Tutoring - ages 6+**
- Fine Motor Skills - ages 4-8**
- Cooking/Social Class - ages 12-16**  
*(to begin in January 2006)*
- Cooking/Social Class - ages 18+**
- Friendship Club - ages 19+**
- Volunteer Placements - ages 22+**

*Call the office today for more information and to sign up for one*