



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



Peterborough & Area Down syndrome Support Group

January 2006

SPECIAL OLYMPICS PRESENTS THE PETERBOROUGH PIROUETTES

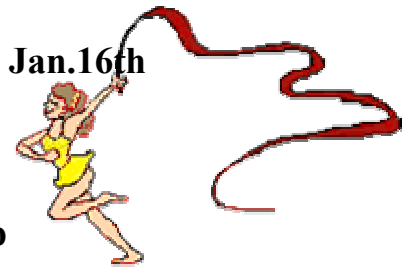


Do you like music?
Do you like gymnastics?
Do you like ribbons?

What is rhythmic gymnastics?

Join the Peterborough Pirouettes for an evening of graceful movement to music with handheld apparatus.

Where: Queen Mary Public School Gymnasium
Monaghan Road
When: Mondays beginning Jan. 16th
Time: 6—7 pm.
Cost: Minimal



For girls only, ages 10 and up
Call Barb Henry at 277-3694

NOTE OUR NEW ADDRESS

291 Charlotte Street,
Unit 3,
Peterborough, Ontario
K9J 2V6

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1-866-656-9677

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FALL DSAO CONFERENCE COMING TO PETERBOROUGH

C.H.A.N.G.E.S. is excited to announce that we are hosting the 2006 Down syndrome Association of Ontario's Fall Conference on October 20th—22nd., 2006. This will be a wonderful opportunity for parents, caregivers and educators to participate and learn from renowned guest speakers, workshops and families and individuals with Down syndrome from all over Ontario for the weekend. Volunteers will be required to assist with logistics, registration, mailouts etc. A planning meeting will be held in March, so if you can commit to a couple of hours each month for the next six months, we would love to hear from you. Help make this Conference the best one yet!

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

On Sunday, December 13th, 2005, at the Sports and Wellness Centre to entertainment and a sing song with Santa who distributed presents and Everyone enjoyed snacks, pizza, pop, salads while meeting new members



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



Terry Guiel on Guitar,
David Morrow, Meagan Glaeser, Josh Peers



Manny Clarke



Shawna Lanigran

**HAPPY NEW YEAR EVERYONE
AND ALL THE BEST FOR 2006!**

SPRING GALA 2006

C.H.A.N.G.E.S. is once again hosting a gourmet gala at the Holiday Inn on Thursday, April 20th, 2006. The evening includes a delicious meal, a silent and live auction with Keith Monk and music by local entertainers.

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.



Holiday Inn is located at 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 the office at 749-6695.

Auction Items Needed

Do you have an item that you could donate for the Spring Gala Auction?

Some suggestions are tickets to an event, hobby ideas, childcare for a day or gift certificates—Be Creative and support this event!!!!



St. John Ambulance Infant/Child CPR

Are you interested in taking an infant/child CPR Course? The cost is \$40.00 per person, five person minimum. The course will be held in the spring at your convenience. Please call the office and register today!

Take Care of Your Back



DO YOU RECOGNIZE THESE CELEBRITIES?

Members, Cindy and Matty Wilson appeared on the front of this brochure published by the Peterborough Health Unit last month.

Look out girls, that Matty is one handsome fella!



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

Buy one for yourself, your friends
and family members

A WARM WELCOME TO CHRISTINE WRIGHT TO OUR BOARD OF DIRECTORS

Hello I am the newest member of the Board of Directors.

I am thrilled to be associated with this Agency,
and hope that I can contribute to the vision and accomplishments of C.H.A.N.G.E.S.

I am the CAO/Treasurer for the Township of Otonabee-South Monaghan. I work with a variety of issues, challenges and projects every day as part of my job duties. I work closely with all departments and staff to ensure that we provide excellent customer service, and services to our residents.

Personally I am the mother of a 17-year old daughter, Jen who attends Holy Cross Secondary School in Peterborough. I enjoyed my time as a Sparks, Brownie and Guide Leader during Jen's earlier years.

I look forward to meeting the members of C.H.A.N.G.E.S. and working with fellow Board members in the upcoming years.



SHE'S DOING IT AGAIN!

Leslie Goode (Hannah's Aunt) will once again be jumping into Chemong Lake as part of the Rotary Club's Annual Polar Plunge. The event on Sunday, February 5th at 2:00 pm. invites participants to collect pledges for their favourite charity (and once again it is C.H.A.N.G.E.S.) and then test the freezing waters!!! We are helping Leslie collect pledges for our agency and we invite everyone to make a pledge by calling the office and signing up—You do the easy part—Leslie does the hard part! Good Luck and Happy Swimming!!!



SATURDAY AFTERNOONS AT THE C.H.A.N.G.E.S "CENTRE"

Now that C.H.A.N.G.E.S. has a permanent home, we are anxious to use the "Centre" as often as possible. We would like to offer art lessons for youth ages 14 and older every other Saturday beginning in February. The three month pilot program would be taught by a qualified instructor and volunteers.

The cost would be \$5.00 per two hour session and the students must be a member of C.H.A.N.G.E.S.

If you are interested in attending the program, please call the office prior to February 1st, 2006.



"The Ties That Bind" DVD (2004, 56 Minutes)

At 28, Chris, who lives with multiple disabilities, longs for independence and dreams of the day when he will move out of the family home, as he has watched his brother and sister do. Chris is also determined to live apart from his aging parents, Kathleen and Bill, despite still being deeply dependent on them. Most parents have mixed feelings when faced with the prospect of their children leaving home. But Bill and Kathleen are being called on to do something most families never have to consider. They must intentionally build a long-term network of support that may allow their son the stability to live on his own; a circle of support that will eventually replace them. Award-winning documentary filmmaker John Ritchie takes a first-hand look at a family's struggle to let go, when every instinct compels them to hang on. Ritchie follows the Jordan family—Kathleen, Bill, Chris and his two siblings—for almost three years. The result is an extraordinarily intimate film that reveals, with raw emotion and surprising humour, the complexity around one young man's transition toward a more independent life.

The DVD is available at the office.

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., 291 Charlotte Street, Unit 3, Peterborough, Ontario K9J 2V6

Nursery Two

993 Talwood Drive,

Kingswood Community Centre

And

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

Respite Partnership

We are excited about a new service that we are offering to parents of children ages 2 to 5. Children will be supervised by qualified staff from Nursery Two daycare at their facility from 9:30 am to 12:30 pm. Parents must call the C.H.A.N.G.E.S.'s office four days in advance, in order to reserve a spot for their child to ensure adequate staffing. The first three sessions for this service are as follows:

January 14th

February 4th

March 4th

We are looking forward to providing this service while partnering with a well respected daycare facility. As this is a pilot project, there will be no cost to parents at this time. If you have any questions, please contact the office for further information.

Enjoy some free time and thank you for supporting this exciting endeavour!

Thank You To Our Special Volunteers!

**Daul Guilfoyle
Heather Home
Jamie Jackson
Geoff Schwartz
Don McMaster
Erin Metcalfe**

HELP—VOLUNTEER DRIVERS

Do you know of anyone who is free to drive members of our agency to programs or appointments in the city once or twice a week? We will pay a minimal amount to help offset mileage but this is a volunteer position and not a job. Please call the office if you know of anyone who might be interested—thank you.