



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

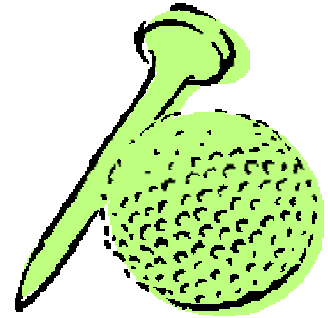


Down syndrome Support Group

June 2006

C.H.A.N.G.E.S.
291 Charlotte St.#3
Peterborough, On
K9J 2V6
Website
www.aboutchanges.com
Email
aboutchanges@bellnet.ca

5th Annual Charity Golf Classic **Sponsored by** **M & C Hydraulics Ltd.**



Craig Williamson,
Tony DeNoble
Steve McNulty and
Roy Waterfield
August 2005



LOTS OF PRIZES
SILENT AUCTION
DELICIOUS DINNER

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SUNDAY, AUGUST 20TH, 2006

KEYSTONE LINKS GOLF CLUB

TEE OFF TIME AT 12 NOON

PUTTING CONTEST AT 11:00 AM

4 PERSON BEST BALL

\$85.00 FOR MEMBERS,
\$100.00 FOR NON-MEMBERS

GET A TEAM TOGETHER TODAY!

EVERYONE TAKES HOME A PRIZE!!



Join the party!!! Kelly and Calvin Sinclair did on June 4th at the River-view Park and Zoo together with 64 others to enjoy a social afternoon, with games and food thrown in. The weather was perfect and families young and old, helped C.H.A.N.G.E.S. enjoy another successful picnic.

Many thanks to Jen Harold and Amy Peers who did a wonderful job organizing games and prizes, taking pictures and holding babies!!!

Below, Miss Ella Clarke literally walks under the limbo rope—not all of us could do that but had fun trying! We know that’s you Ella! Water balloons and sponge tosses are always a fan favourite.



FRIENDSHIP CLUB

The Friendship Club has planned events up until September. Members contributed their ideas at our planning meeting held at Jake’s Eatery in May. Some of the events include a Lacrosse game at the Memorial Centre, concerts at the Festival of Lights, bowling, mini golf and dinners out. We have three great support staff who have helped out. Carlie, who you may remember from last year, Geoff who runs one of our cooking classes and Ivy who volunteers with our cooking with teens class. Thank you to all the participants and staff who ensure the success of our club. If you want to check out our social calendar, please feel free to call the office. Young adults ages 18—35 are welcome to participate. Come and have fun in a safe and supported environment.



**C.H.A.N.G.E.S.
SPRING GALA 2006**

The second annual spring Gala was held at the Holiday Inn on April 20, 2006. The evening included dinner and wine, a live auction with Keith Monk and music by local entertainers Rick and Gailie. The event was successful by generating over **\$4,000** to help support programs and services for our agency. We certainly appreciated the ScotiaBank supporters and all others who attended the Gala. We hope everyone had a good time!!! Many thanks to Keith Monk who donated his time and to the wonderful people and organizations who donated some awesome auction items!!



THANK YOU FOR MAKING A DIFFERENCE!

Tips for Teaching Your Child How to Ride a Bicycle

From the CDSS archives.



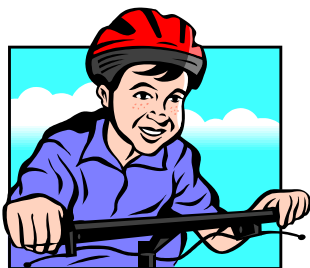
The summer is on its way and a lot of children choose to go outside and ride their bikes. Children with Down syndrome often miss out on this activity because they have not quite managed to control their bikes. So, how do we teach our children to balance a bicycle? Make sure the child is familiar with the bicycle (e.g. play postman walking along, walking astride, etc.); make sure the child's feet are firmly on the ground when seated and that the knees and toes don't affect steering. Explain how the brake levers work by spinning a wheel and show the child the effect of the brake blocks. Can the child's fingers operate the brake levers easily? Most brake levers can be repositioned using a spanner or screwdriver. Do the wheels, pedals and chain run freely? If the child is using training wheels, keep them raised above the ground. If you watch from behind, you will be able to see if the child is balancing. Make the lesson fun.

Seat the child on the bike on level ground with a clear space ahead, and ask the child to look at a person or landmark some distance in front. Hold the saddle or rack so that you can keep the bike upright. Get the child to set a pedal at "five past seven" and place a foot on it. As the child looks up at the landmark and pushes the upper pedal forward, encourage the other pedal as it comes over the top. You might need to help with the steering. Keep practicing, always pointing out what landmark the child will be looking at (to avoid looking down and losing balance), and getting him/her to stop smoothly with the brakes, not feet.

If you have no level area, face slightly uphill so that the bike doesn't "run away." A low gear will be necessary if you have a choice. As the child balances and "takes over," continue running even if you have to let go. Then, compliment the child on how far he/she rode along! Repeat. Once the skill of balancing is achieved, keep practicing so that control, steering and braking continue to improve. Eventually, the child must learn to look over the shoulder without wobbling, and signal while riding straight.

Always treat the cycles as a vehicle, not a toy. It could be the child's means of transportation or exercise so it must be kept in good order and adjusted as the child grows.

It seems that children find it difficult to push the pedal downwards with their feet. If so, it might be helpful to fit a support onto the pedals. It is a plastic or metal part with two small straps for feet. The feet will automatically be kept in place by the straps, which makes cycling so much easier and pleasant for the child.



Cooking With Teens

This program was developed to encourage young teens ages 13—18 to become acquainted with the kitchen and begin their road to independence. We had a lot of fun and enjoyed a visit from Maureen Crowley, Education rep for the Peterborough Fire Department to kick off the session. The group enjoyed preparing a variety of meals and learning about the benefits of healthy eating. Our focus was on easy and nutritious meals so thank you to all that participated as well as Ivy for volunteering. We look forward to offering a continuation of the course in the fall. Anyone interested in attending this class, please call the office for more information.

Happy Cooking!!!

Thanks for your generosity!

LAKEFIELD AND DISTRICT LIONESS CLUB

LAKEFIELD AND DISTRICT LION'S CLUB

CITY OF PETERBOROUGH

AMERICREDIT

SCOTIABANK

SEAC Report

By Kathy Traynor, C.H.A.N.G.E.S. Representative

I attended the last SEAC meeting for this school year this month. Here are a couple of highlights.....

- 1) LLS classes are being closed in 3 elementary schools; Norwood, James Strath and Highland Heights. The closure is due to declining enrollment although my view is it fits right in with the board's goal of integration. Bev Assinck has met with the families of children in the LLS classes at these schools and they have been given the opportunity to either have their child mainstreamed at their home school or transferred to another school's LLS class. The board is NOT forcing anyone to do anything they don't want to do in this matter.
- 2) EA times have been allocated to the principals now.... Should a parent have concerns they should take the following route:
 1. contact the principle to try to work something out
 2. contact the superintendent
 3. call a meeting with board staff supports (ie Bev Assinck attending)
- 3) The elementary schools who scored the lowest in literacy are going to get help next year and try to bring their percentage of children on target to 75%. Although 75% isn't satisfactory, it's the goal set to try to achieve the level of literacy expected. Each of the schools will get one FULL TIME coach. This program is associated with the "REACH" program that has been operating at some schools. The schools involved are: Havelock-Belmont PS, Otonabee Valley PS, Keith Wightman PS, Queen Mary PS, S.Monaghan PS, Roger Neilson PS, RF Downey PS, and Prince of Wales PS. The REACH program has been very successful in the past.

- ADIOS TRAVIS -

I do not wish to be the bearer of bad news, however it is with regret we must inform you that our tutor, Travis Foley will be moving on to future endeavors. Travis has prepared some closing remarks.

As per Travis

"First, I wish to thank the participants of C.H.A.N.G.E.S. tutoring program for their hard work and positive attitudes. It has been a pleasure working with everyone and I have enjoyed my time immensely. I also wish to thank Deb Reid for all her support throughout this experience and for allowing me the opportunity to tutor at C.H.A.N.G.E.S. The experience I have gathered here will be helpful when I complete teachers college this fall and embark on a career in teaching. Best wishes to everyone for the summer and thanks to all for a memorable experience."

THANK YOU TRAVIS AND GOOD LUCK!!

NEW BOARD MEMBER

Sonya Hardman joined the Board of Directors in February 2006. Sonya is currently employed at Trent University in student recruitment and career services and has worked with a variety of young people and adults in assisting them to achieve their education and career goals. She relocated to Peterborough in 2004 from Sussex, England, where she was Manager of Education at a Community College. This program had extensive provision for adults with learning difficulties and disabilities, and she hopes her skills in program planning, curriculum and marketing will be a valuable addition to the Board and the work of C.H.A.N.G.E.S.

Welcome Sonya!



NEW STAFF MEMBER

Jennifer Harold joined C.H.A.N.G.E.S. in April 2006 as the new Youth Program Coordinator. Jen began working in the field over ten years ago and has worked in a variety of settings with many exceptional individuals. Jen received her SSW diploma from Centennial College, has been certified by the VON of Port Hope, obtained honors in the PSW course as well as instructed a PSW college diploma course. Jen has worked jointly with CAS, the School Board as well as one to one within a treatment foster agency. Jen has worked with children who are medically fragile, dual diagnosed and other exceptionalities. Jen is also a single mom raising a 4 and half year old boy and brings with her a wide range of experiences and enthusiasm. Jen met many of you at the picnic and looks forward to meeting other members in the near future.

Blue Jays Bus Trip



PLACE: Rogers Centre

DATE: SUNDAY, SEPTEMBER 17TH, 2006

COST: \$25.00 FOR MEMBERS

\$30.00 FOR NON-MEMBERS

DEPARTURE TIME: BUS LEAVES AT 10:00 AM.

RETURN TIME: APPROXIMATELY 7:00 PM.

GAME STARTS AT 1:05 PM.

BUS LEAVES FROM THE EVINRUDE CENTRE'S
BACK PARKING LOT, MONAGHAN ROAD

TORONTO BLUE JAYS VS TAMPA BAY DEVIL RAYS

Call 749-6695 to get your tickets today!

Seating is limited!!!

UPCOMING EVENTS

MARK YOUR CALENDARS!!!

5th Annual Golf Tournament

Sunday, August 20th

•

Blue Jays Bus Trip

Sunday, September 17th

•

Lindsay Buddy Walk

Sunday, October 1st

•

4th Annual DSAO Conference

October 20th- 22nd

•

7th Annual Monster Mash

Bowl-A-Thon

Sunday, October 29th

•

Down syndrome Awareness Week

November 1st - 7th

•

Christmas Party

Sunday, December 10th

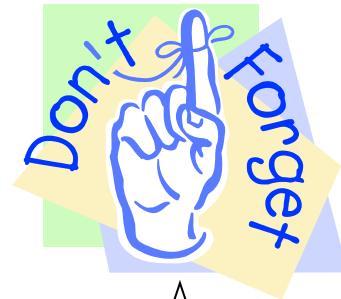


PHOTO OPPORTUNITY

The CDSS is accepting photo's for the 2007 calendar.

Please go to www.cdss.ca and click on calendar to download the release form or contact them at 1-800-883-5608 for additional information.

DEADLINE IS JULY 31,06

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: _____

Please detach and mail with cheque, payable to:
C.H.A.N.G.E.S.,
291 Charlotte Street, Unit 3
Peterborough, ON
K9J 2V6



THANK YOU

TO OUR
FABULOUS
VOLUNTEERS

Don McMaster
Amy Peers
Leslie Goode

Jamie Jackson
Lori Asuncion
Ivy Holt

WE COULDN'T DO IT WITHOUT YOU!!!!

SUMMER CAMP

AGES 5 and Older

DATES ARE

THE WEEKS OF

AUGUST 8-10

AUGUST 15-17

AUGUST 22-24

FROM 9 A.M. - 3 P.M.

At Westdale Church

TUESDAYS, WEDNESDAYS and THURSDAYS

JOIN THE FUN
CRAFTS, GAMES, LITERACY,
SCRAPBOOKING, LIFE SKILLS AND
RECREATIONAL
ACTIVITIES

COST—\$25.00 PER WEEK

**SIGN UP TODAY!
DON'T DELAY!**

CONGRATULATIONS ANDREA!!!!



Andrea Dowey of C.H.A.N.G.E.S. and Mary Lynn Koekkoek of Community Care, smile for the camera, at the Annual Volunteer Tea. Andrea received her 2 year pin for her volunteer work of shredding twice a month. We cannot believe it is 2 years already and we are very proud to have Andrea representing our Agency at Activity Haven. Keep Up The Good Work!!!



Peterborough Exhibition Day

Enjoy a morning of free rides, free lunch and fun! This event is offered by the Peterborough Agricultural Society. This event is generously sponsored by a number of donors.

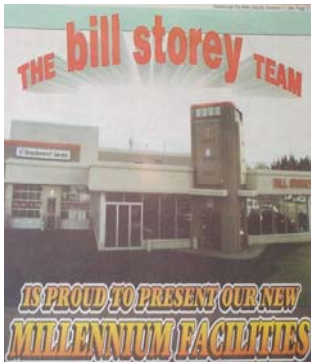


When: Sunday, August 6th— 9:00 a.m. - 11:00 a.m.

Where: Exhibition Grounds, Morrow Park, Peterborough.

Tickets & Waivers: Contact C.H.A.N.G.E.S. to arrange pick up.

You must have your tickets and a signed waiver to get into the Exhibition. A limited number of tickets are available and will be given out on a first come basis.



THE BILL STOREY TEAM AND THE C.H.A.N.G.E.S. TEAM BBQ DAYS

Join us this Wednesday and Thursday, June 21st and 22nd for a burger at Bill Storey Pontiac on Lansdowne Street West. Staff and members of C.H.A.N.G.E.S. will be live on Country 105 and flipping burgers to help celebrate Bill Storey's Tent Event! All proceeds will support our summer camp program. Join us for lunch!!!!

Websites of Interest

Children with special needs

<http://www.mcsc.gov.on.ca/CS/en/program/SpecialNeeds/default.htm>

The Government is helping people with disabilities to find jobs and increase their income. Changes mean a higher quality of life for social assistance recipients and their families.

<http://www.cfcs.gov.on.ca/CFCS/en/newsRoom/newsRelease/060208.htm>

From Pat Mirenda, PH.D., a specialist in special education, comes some help with an age old battle of potty training. Check out www.edu.ubc.ca/faculty/pmirenda/ToiletTraining.training.01.htm

Printable Handwriting worksheets designed to teach basic Kindergarten handwriting skills. Traceable letters that come in different sizes. <http://www.handwritingworksheets.com/index.htm>

If you use a Picture Exchange Communication System, you will love this site. It is full of downloadable picture symbols. <http://www.childrenwithspecialneeds.co/pecs/pecsindex.html>

Leveled Readers A-Z can be purchased through www.readinga-z.com for \$75.00. Once you or your school has purchased this program you can print reading material from JK-Grade 8.

A couple of other useful websites for teaching materials:

www.readwritethink.org K-12 English Language Arts Material

www.linktolearning.com Linking you to web sites supporting the Ontario curriculum (K-8).

OUT-OF-THE-BOX EARLY READING PROGRAM

The OUT-OF-THE-BOX Early Reading Program is offering a workshop in on Monday, June 26th, from 7:00pm to 9:30pm. at the Peterborough Golf & Country Club! MacDonald Learning & Resource Centre of Peterborough, is excited about sharing this early reading program. This program is scientifically-based, and spells success! It has been proven over and over again that the best time to teach a child to read is in the early years. Studies have also proven that children with Down Syndrome CAN learn to read from an early age. Teaching your child to read early stimulates brain growth and instills the desire to learn. Furthermore, due to the fact that many young children with D.S. experience significant hearing loss, they tend to become visual learners rather than auditory learners, thus using this whole-word flashcard approach makes sense! Teaching your child to read early also leads to the use of grammatically correct speech, and can enhance your child's ability to succeed in school, as well as in social situations. It's a win-win for everyone!

Denise MacDonald and Karen Evershed of MacDonald Learning & Resource Centre are offering this FREE workshop in order to promote the importance of early literacy, particularly for children with Down Syndrome. To see a video of Karen's daughter Robyn (who has Down Syndrome) reading aloud at the young ages of 2 & 3 years old, or for further information on this program, check out the OUT-OF-THE-BOX Early Reading Program website at www.outofthebox-earlyreading.com.

TO REGISTER for this workshop, contact Denise MacDonald at the MacDonald Learning & Resource Centre by or by calling (705) 749-0055 OR Toll Free at 1-866-922-0055.

IMPORTANT !!!!!
BOARD MEMBERS ARE NEEDED FOR
SEPTEMBER 2006-2007. IF YOU ARE
INTERESTED IN BECOMING MORE
INVOLVED WITH THE AGENCY OR KNOW
OF SOMEONE WHO HAS A TIME
COMMITMENT OF 3 HOURS PER MONTH,
PLEASE CONSIDER JOINING OUR BOARD OF
DIRECTORS IN THE FALL. FOR MORE
INFORMATION, CALL THE OFFICE AT
749-6695



Deb Whittern (our bookkeeper) and her son Eric enjoy the picnic!

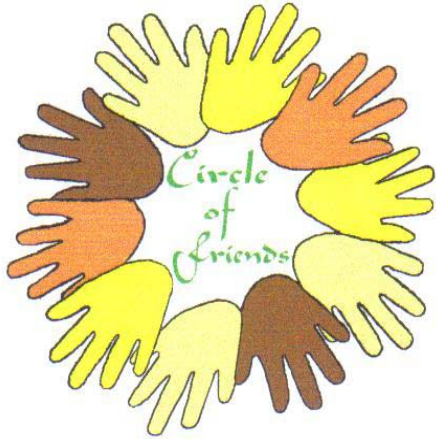


A SPECIAL THANK YOU TO MICROSOFT

Microsoft has generously donated some easy ball wireless mice for children experiencing difficulty navigating a regular mouse. They are available on loan to members and may be obtained at the office. Many thanks to Microsoft!!!

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.



'CIRCLE OF FRIENDS'

DSAO PROVINCIAL CONFERENCE

OCTOBER 20 - 22, 2006

KEYNOTE – JACK PEARPOINT

We cannot do life alone – none of us! Loneliness is the “pandemic flu epidemic” that has infected our culture! Happily, there are remarkably gifted people who have an antidote – that could be released into our society! But there is a condition – we have to welcome the healers! An enormous number of people with disability labels have a remarkable capacity to meet, to greet, and to create hospitality – safe places that welcome us all! If we choose to welcome these people into full citizenship – they will instruct us how to welcome one another, restore relationships, build community!

Other topics include: Sexuality

Individualized Funding

Estate Planning

Special Olympics

Managing Behaviour

Down syndrome Clinic in Ottawa

B.U.L.L.D.D. Program

Inclusion

Transitional Planning

Effective Strategies for Teaching Children

Dual Diagnosis

**WATCH FOR THE REGISTRATION PACKAGE
ON OUR WEBSITE IN JULY 2006.
MARK YOUR CALENDAR AND PLAN TO ATTEND!**