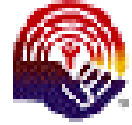




C.H.A.N.G.E.S. Newsletter

Peterborough & Area Down syndrome Support Group

CHILDREN AND ADULTS FOR NORMALIZATION, GROWTH, EQUALITY AND SOCIALIZATION



NOVEMBER 2006

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

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Peterborough, Ontario
K9J 2V6

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(705) 749-5864

Email:
aboutchanges@bellnet.ca

Or individual emails:
deb.reid@bellnet.ca
jen.harold@bellnet.ca

Website:
www.aboutchanges.com

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

Christmas Party

Date: **Sunday, December 10, 2006**

Place: **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 potluck.

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

Please R.S.V.P. by December 4th

to the office at 749-6695

A SPECIAL ANNOUNCEMENT WILL BE MADE



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The new CDSS calendars are available to order. Please place your order before November 21st at the office.



PLAN Institute for Caring Citizenship CROSS CANADA TOUR

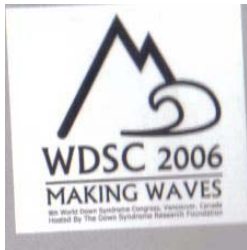
November 24th & 25th
Immanuel Alliance Church
1600 Sherbrooke St. W., Peterborough

24th 5:00 - 9:00 pm - Film Screening & Panel Discussion
25th 9:30 - 4:30 pm - Workshop presented by Nancy Ford

Contact - Brenda Allman 705-740-9025
bgalman@distributed.net
www.planinstitute.ca

OFFICIAL SPONSOR - Community Living Peterborough

The PLAN Institute for Caring Citizenship is touring across Canada delivering workshops to assist families to plan for the future of their relatives with disabilities and help families find peace of mind. Participants will have an opportunity to view the National Film Board Documentary, "Ties That Bind", an intimate look at the Jordan family and their struggle to let go when every instinct compels them to hang on. Call Brenda Allman at 740-9025 or bgalman@distributed.net



9TH WORLD DOWN SYNDROME CONGRESS REPORT

At the end of August, we travelled to Vancouver to attend the 9th World Down Syndrome Congress. The 3 days of presentations from advocates and researchers from several countries and networking with other parents of children with Down syndrome were both exhausting and energizing. We were left with several impressions about the accomplishments of many young adults with Down syndrome, the passion of many of the scientists working to improve the quality of life for individuals with Down syndrome and the joy that many of the parents feel when talking about and interacting with their children.

The biggest highlight of the program was by far the continuation of the Ambassador program (it was initiated at the 8th WDS). Forty four persons with Down syndrome were selected to serve as Ambassadors during the congress. These adults (ages 18-52) came from all over Canada and provided much needed assistance with the conference. Each day the Ambassadors took on duties such as introducing and thanking speakers, distributing conference surveys, helping with the children's programs, and participating in programs put on for them by their Vancouver hosts. It was a great success!

The conference was a combination of scientific and practical presentations. The presenters were dynamic and very informative. It was clear to everyone that the scientists were truly interested in finding ways to improve the lives of persons with Down syndrome. Several researchers presented new research exploring neurological, cognitive, and motor development leading the audience to a greater appreciation of the hurdles overcome by persons with Down syndrome everyday.

A few presentations stand out in our memories. The quality of life symposium hosted by the Down Syndrome Research Foundation (www.dsrp.org) was empowering. Participants were shown that around the world families were managing in similar ways and individuals were not to feel alone in the struggles. In summary, survey results from South Africa, Australia, Britain, Australia, Canada and the U.S. showed that families across the globe still struggle with finding sufficient support from their neighbourhood communities as well as their children's health care providers and therapists. Acknowledging this similarity across the globe made participants focus on the things back home which *do* work. The presenters highlighted that families need to focus their energy and attention on persons who are willing and able to provide the necessary support. As is typical at these events, *Moms Only* and *Dads Only* sessions were scheduled. The *Dads Only* session was hosted by an organized group of fathers from Indianapolis called *DADS* (Dads Appreciating Down Syndrome, www.dadsappreciatingdownsyndrome.org). This group of fathers meet at restaurants or someone's house to talk about their experiences living with a child with Down syndrome. They also plan activities with their children including golfing and camping trips. These fathers also had a booth set up in the display area and received quite a bit of attention from attendees. We suspect that other *DADS* groups will start across Canada in the near future. Finally, there were several workshops about teaching children with Down syndrome. Numeracy and literacy were popular topics and some of the experts in the field were on hand to give suggestions and advice.

There were also several presentations from advocates that had the audience laughing, and crying, and laughing again. Andrea Friedman (from the TV series *Life Goes On*) talked about her career as an actor and motivational speaker. She spoke with poise and grace and charmed everyone in the audience. It was a great thrill for many to have a TV star with Down syndrome at the conference and Andrea spent quite a bit of her time the rest of the weekend signing autographs for her adoring fans. David Hingsburger's inspirational talk on sexuality of individuals with developmental disabilities was the most emotional talk of the congress – when he did not have us laughing (or crying) you could hear a pin drop. Finally, it was a great thrill for me (Elaine) to see several of the late Jane Cameron's pieces of art on display. I have been a fan of her work for about 10 years and I was in awe of her magnificent pieces. She has inspired a new generation of artists with Down syndrome (several young artists displayed their works at the congress) and I am sure that her work inspired many more that weekend.

This conference was expensive and we were lucky to have sponsorship from C.H.A.N.G.E.S., family in the Vancouver area so we did not have accommodation expenses, and knowledge of the BC Transit system so that we could take the bus downtown each day to attend. It was a wonderful opportunity and we look forward to the 10th World Down Syndrome Congress in Ireland in August 2009.

Paul Archer & Elaine Scharfe

Friendship Club Upcoming Events

Saturday, Nov. 18 - Peterborough Sports and Wellness Centre for **Swim & Pizza**.
Time **4-7pm** Cost : **\$15 plus food cost.**

Monday, Dec 4 - Potluck **Gab & Game** night. Time **4:30 - 7:30pm**. Cost : **\$10**

Wednesday, Dec 20 - Boston Pizza & Gift Exchange. Time **6-9pm**.
Cost : **\$10** plus food cost and gift.

Friday, Jan 12 - Dinner & a Movie. Time **5-9pm**. Cost : **\$10** plus dinner & movie cost.

Sunday, Jan 21 - Snow Day. Time **1-4pm**. Cost : **\$10**

Friday Feb 2 - Riley's for Dinner & Pool. Time **5-8pm**. Cost : **\$12** plus food cost.

A Very Special Wedding

A new generation of people with Down syndrome are living longer, finishing school, getting jobs and now--with a little help--beginning to marry
By CLAUDIA WALLIS/ DOLGEVILLE

Carrie and Suj, as they're known, beam through much of the ceremony--their second, having already celebrated a Hindu ritual the week before--but the rest of the 140 people present, Pastor Paulson included, are fighting back tears. In the congregation, wearing expressions of awe and envy, are half a dozen friends from the National Down Syndrome Congress, which holds an annual meeting for adults with DS. Bergeron and Desai met at one of those sessions two years ago. ("I told my mom I wanted to date her," Desai recalls. "I was shy. I couldn't say anything, so Mom helped.")

Both bride and groom are high achievers, advocates and role models within the DS community. She has given many inspirational speeches (often comparing herself to an oddly shaped tomato in her dad's garden--"different but just as juicy"). He performs on the piano, the clarinet and four other instruments. Both have led workshops in which they demonstrate black-belt mastery of martial arts (hers in karate, his in Taekwondo).

This generation of young adults with DS has shattered old ideas about what is possible for people who carry an extra 21st chromosome in their cells--the cause of DS--and what opportunities society owes them.

With help from their families, who live about 90 minutes apart in upstate New York, the couple began dating. At a Valentine's Day party, "I had my eyes on her all the time," Sujeet recalls. Later that night, "I started to kiss her. She loved it!" The two began speaking by phone daily. Says Peggy: "They can talk about things"--like what

they plan to eat for lunch that day--"that we'd get bored with." Finally, with plenty of plotting by both families, Sujeet popped the question onstage after he played a concert for people with disabilities, a moment that can be viewed on his website, [Sujeet.com](http://www.sujeet.com) Says Carrie, who has exemplary verbal skills: "There are not many words to express how much I really love him. He's beyond words."

For full story go to:
<http://www.time.com/time/magazine/article/0,9171,1214946,00.html>



To see an ABC News (20 Minutes) video story go to <http://tinyurl.com/kkihv>



Calvin Sinclair, Eric Sinclair & I'm O'Tay the Clown.

C.H.A.N.G.E.S.
(Children and Adults for Normalization, Growth, Equalization and Socialization)
Down syndrome Support Group

hosted their annual Buddy Walk at the Boys and Girls Club of Kawartha Lakes on Sunday, October 1st, 2006. It was an overwhelming success due to the great organization by dedicated parent, Kari Purdy and her sister Jeanette Penney of Medigas Lindsay, her mom Joanne Sloan of Canada Post and her family and friends in the community who raised \$3,000. for programs and services for individuals with Down syndrome.

These gals solicited a number of sponsors and raffle 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 recognize the following sponsors: Pogue's Gourd and Pumpkin Farm, Manley Motors Limited, Bobcaygeon Auto Tech, Caygeon Collision, Dr. Turner - Bobcaygeon, Peter Millard - Peterborough, AMG Medical, Maple Leaf Wheelchairs, Dawn King, Binney & Smith, the Barriue family, Doug McNabb, Buckeye Outdoors, Sobey's - Fenelon Falls, Michelle Norris, Jan's Hair-cutting, Gerald Wesselink, Loblaw's, Chris Longo, Mark's Work Warehouse, Taylor's Plates, Canada Post, Bank of Montreal, the face painters, I'm O'Tay (Ian Duchart) and Twinkle Toes (Christine Duchart).

Community Living and Five Counties Children's Centre in the City of Kawartha Lakes each received a portion of the proceeds.

Your support and dedication will assist us in our quest to normalize and enrich the lives of children with Down syndrome to ensure they will reach their fullest potential.

10392979



C.H.A.N.G.E.S. 7TH ANNUAL MONSTER MASH BOWL-A-THON

C.H.A.N.G.E.S. Down syndrome Support Group wishes to thank everyone who bowled at our 7th Annual Monster Mash Bowl-A-Thon on Sunday, October 29th, 2006, 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.

64 BOWLERS, PLEDGE DOLLARS AND LANE SPONSORSHIPS OF \$4,000

Congratulations to Samuel Kennedy, Carly Hopkinson and Tammy Fraley for winning the best costume contests. A special congratulations goes to Luke Allen who collected the most pledges to win the Box Suite to a Petes game in January compliments of Steve Doyle at Molsons. Brianne DeNoble raised the second most pledges and Michelle Richmond was third. Many thanks to everyone who made a donation!

C.H.A.N.G.E.S. would like to thank the following businesses and individuals that supported this event - Baagwating Community Association, Peterborough Naturopath, Binney & Smith Canada, Lumsden Cash and Carry, Burger King, Charlotte Paint and Wallpaper, Coyle Packaging Group, McDonald Restaurants, First Choice Hair Cutters, Tribal Voices, Lakeview Bowl, Charlotte Jewellers, Flora McDougall, Graeme Ross, Kevin Dunn, Steve McNulty, Bill and Rita Allen, Ashburnham Sheet Metal, K & J Electric, Peterborough Petes, Adamson and Dobbins, Arby's, A & P Grocers, Mark's Workwearhouse, Brio Gusto, Culligan Water, Kelsey's, Sullivan's Pharmacy, Olde Stone Brewery, Gina Peers, The Wolf 101.5, The Main Ingredient and Call-A-Cab.



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



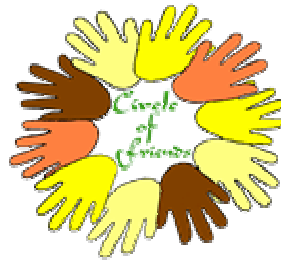
Krista Embury & Meagan Glaeser

Thank You to all Volunteers!

Jamie Jackson, Judy Parkinson, Amy Peers, Jess Phillips, Jenilee Feddema, Shirley Gellatly, June Morrow, Emily Vanhorne, Ben Blakey, Ashley Olver, Stephanie Bruce, Christianna Ross, Julie dela Durantaye, Allysa Hellstern Layfesky, Alanna Dobson, Virginia Clarke, Dan Clarke, Deb Quinlan, Elaine Scharfe, Paul Archer, Cindy Wilson, Kathy Traynor and Allyson DeNoble.



Paul Archer & Elaine Scharfe,
Parent Volunteers



*DOWN
SYNDROME
ASSOCIATION
OF ONTARIO
CONFERENCE 2006
PETERBOROUGH*



Ashley Olver & Julie dela Durantaye,
Student Volunteers

Hello Deb:

I just wanted to thank you for the beautiful books and for all the hard work you put into the conference. It really showed. It was a great success! This was the most valuable educational experience I have had during my time at Trent. I have learned about Down Syndrome from texts and lectures. But, in school the things people with Down Syndrome CAN'T do are highlighted. Meeting people with Down Syndrome and their families, and hearing so many success stories really raised my expectations for the future students I will (undoubtedly) have with various disabilities.

-Ashley

THE CIRCLE OF FRIENDS BECAME LARGER!

Last month, parents, students and professionals from around the province gathered at the Holiday Inn in Peterborough for the Down syndrome Association of Ontario's 2006 Fall Conference. The weekend began Friday night with a Meet and Greet event with music supplied by a musical group from St. Peter's High School. Everyone had an opportunity to browse the book display and various agency and organization displays. The evaluations confirmed the quality of speakers and their educational value. There was an opportunity to renew and build new relationships while enjoying the fabulous food. Many, many thanks to all those who attended and volunteered. We hope your Circle of Friends became larger!

A PARENT'S PERSPECTIVE

The DSAO conference held here in Peterborough in October was the first such conference I have attended (even though my daughter is 14 years old). I had some expectations about the sessions I attended but did not know what to expect at the conference itself. I must say I was amazed by the quality of the organization, the presenters I encountered, the people I met, the information with which I left, the great door prizes and the awesome food! It was great to meet with other parents and share common concerns and solutions. Thanks to all those involved in any way with the organization and/or running of this conference. It was wonderful! It may have been my first conference but based on my experience, it certainly won't be my last!

Barb Henry

Thank You For Your Generous Donations!

*Ronan Industries
The Lions Club of Peterborough
The Chaplin Family*

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: _____

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., 291 Charlotte St. Unit # 3 Peterborough, ON. K9J 2V6



Meet the New Board of Directors 2006-2007

- President** - Al Peers
- Vice-President** - Allyson DeNoble
- Treasurer** - Linda O'Connor
- Director** - Christine Wright
- Director** - Teresa Glaeser
- Director** - Sonya Hardman
- Director** - Vicki Allen
- Director** - Dale Kennedy
- Director** - Irene Pyle

Welcome to C.H.A.N.G.E.S. and thanks for making a difference in the lives of people with Down syndrome!



SCOTIA EMPLOYEE VOLUNTEER PROGRAM

Linda O'Connor, Treasurer of our Board of Directors presents Deb Reid with a cheque for \$1,000 from Scotiabank's Employee Volunteer Program. Linda, an investment advisor with the Scotiabank for many years, joined the Board in September 2004. Many thanks to Linda for her dedication and support in making a difference in the lives of people with Down syndrome!