

## YEAR AT A GLANCE



### 2006

#### Coffee Mornings

Date: Third Monday every month

#### Friendship Club

Date: Friday, October 20<sup>th</sup>

#### Down Syndrome Awareness Week Dinner and Dance

Date: Friday, November 3<sup>rd</sup>

#### Wonder Years Conference

Date: Saturday, November 18<sup>th</sup> and Sunday,  
November 19<sup>th</sup>

#### Kids' Christmas Party

Date: Sunday, December 3<sup>rd</sup>

### 2007

#### Let's Play

Date: Sunday, January 14<sup>th</sup>

#### Learn to Read Workshop

Date: Saturday, January 27<sup>th</sup>

#### Family Swim

Date: Saturday, February 10<sup>th</sup>

## YEAR AT A GLANCE



#### Annual General Meeting

Date: Thursday, March 29<sup>th</sup>

#### Our Lady Queen of Peace Ranch Weekend

Date: July 27-29, 2007

#### Ups and Down BBQ

Date: August 18<sup>th</sup>, 2007

#### Downs Syndrome Awareness Week Dinner and Dance

Date: Friday, November 2<sup>nd</sup>, 2007

## UPS AND DOWNS EVENTS

### COFFEE MORNINGS

Puttin' on the coffee! Whether you are looking for someone to talk to or you can offer support to another, this morning is for you. Over coffee and treats, share stories, laughter, and sympathy, and maybe even get answers to those burning questions from other parents. Please come. The meetings will be in the same place on the third Monday of the month. If you have any questions, please call Michelle at 283-1949.

Location: Ups and Downs Office  
West Hillhurst Community Centre  
1940 – 6<sup>th</sup> Avenue NW

### Ups and Downs Contact Sheet

[www.upsdowns.org](http://www.upsdowns.org)

Amber Boyd: President	<a href="mailto:aboyd@blackmont.com">aboyd@blackmont.com</a>	Barb Wilson: Communications	<a href="mailto:wilson.barbara@shaw.ca">wilson.barbara@shaw.ca</a>
Tyler Hermanson: Vice-President	<a href="mailto:archi_tec@shaw.ca">archi_tec@shaw.ca</a>	Michelle McIntyre: Programme Coordinator	<a href="mailto:manddmcintyre@shaw.ca">manddmcintyre@shaw.ca</a>
Krista Beaton: Secretary	<a href="mailto:krista.beaton@abbott.com">krista.beaton@abbott.com</a>		
Huei Eow: Co-Treasurer	<a href="mailto:eow.huei@yahoo.ca">eow.huei@yahoo.ca</a>		

Address: West Hillhurst Community Centre, 1940 – 6<sup>th</sup> Avenue NW., Box 61180, Kensington RPO, Calgary, Alberta, T2N 3P9

Tel: (403) 289-4394 Fax: (403) 289-4339

Date: November 20<sup>th</sup>  
 December 18<sup>th</sup>  
 January 15<sup>th</sup>  
 (Note: No coffee morning on February 19<sup>th</sup> -  
 Family Day).  
 Time: 9:30 - 11:30 am

If you need child care please call Michelle McIntyre at 283-1949 at least one week before the coffee morning to organize.

### UPS AND DOWNS WELCOMES THE FRIENDSHIP CLUB

On Friday, October 20<sup>th</sup> from 7:00 p.m. until 9:00 p.m., Ups and Downs will hold a gathering at our new meeting space upstairs in the West Hillhurst Community Centre.

This invitation is extended to all teens/young adults, ages 14 years and up, who have Down syndrome. Their similarly aged friends and/or family members are also invited and the cost to all is free. Pop, chips and munchies are on the menu for the evening.

For anyone wishing to be involved in The Friendship Club, we ask that at least one parent or caregiver attend this initial gathering. In the future, with the help of enthusiastic volunteers, we hope to be able to organize many more fun gatherings for the teens and young adults within our Ups and Downs membership. Hope to see you there.



For further details about The Friendship Club, contact Barb Olson at 256-2649.

Please RSVP to Michelle McIntyre at 283-1949.

### DOWN SYNDROME AWARENESS WEEK DINNER AND DANCE

Date: Friday, November 3<sup>rd</sup>  
 Cocktails: 6:30 pm  
 Dinner: 7:00 pm (dance to follow)  
 Location: Best Western Hospitality Inn  
 135 Southland Drive SE  
 Cost: \$40 per family; \$10 per individual

Come and dance the night away as we celebrate Down Syndrome Awareness Week! Enjoy fabulous food, lively, fun company, plus great entertainment. Bid on cool items in the silent auction.

A separate room for childcare will be provided to help out with young ones that find the dinner or dance too boring or too loud.

If you wish to get a room at the hotel, we have a limited number of rooms on hold. The room rate is \$109 plus applicable taxes. Bookings must be completed by October 13<sup>th</sup> to receive this rate.

Contact Michelle McIntyre at 283-1949 to confirm your attendance by Friday, October 27<sup>th</sup>. As we need to order the meals ahead of time, we will not have ticket sales at the door.

### WONDER YEARS CONFERENCE

The Annual Ups and Downs Wonder Years Conference is designed specifically for new parents and the extended families and friends of babies and toddlers with Down syndrome.

**Cost:** FREE

**Location:** FCJ Centre  
 219 19 Avenue SW

**Invitees:** Saturday, November 18<sup>th</sup>  
 7:00 to 9:30 pm

Grandparents, aunts, uncles and friends of children with Down syndrome. *This event is open to anyone, not just to relatives and friends of babies who are 3 years and under.*

**Sunday, November 19<sup>th</sup>**

10:00 am to 4:00 pm

Parents of children with Down syndrome under the age of three years.

**Childcare:** To enhance each parent's focus on their child with Down syndrome, we are recommending that siblings stay at home for this day.

We will have childcare providers and rooms put aside on site in order to care for the babies or toddlers with Down syndrome. This childcare is no extra

charge. If you will require child care on the day of the conference please include that information when you book.

**RSVP:** Michelle at 283-1949 by November 6th

### Parents of babies with Down syndrome:

Parents, if you are seeking dry medical lectures about therapies or about potential problems to watch for in your new baby this may not be the conference for you. Although the team from the developmental clinic will all be in attendance, they will not be there to lecture. They will be doing their own special presentation and you may find, even in the absence of a formal lecture, you still learn a great deal. If you do have any pressing questions for the team, you and the rest of the conference attendees will have a chance to meet and talk with all of them casually over lunch. (Lunch and snack will be provided.)

As the conference name suggests, these are your child's Wonder Years and Ups and Downs wants to ensure that you enjoy every precious second without the distraction of unfounded fears. Have you ever wanted to meet a teenager or young adult with Down syndrome and talk to them about his/her experiences and dreams for the future? Our panel of young people with Down syndrome will provide their own insights into what it is like to grow up with Down syndrome. Also, have you ever wondered about what it is like growing up with a brother or sister who has Down syndrome? Our panel of siblings will answer all your questions.

Best of all you will have the chance to meet other parents who, just like yourselves, are just entering the realm of raising a child with Down syndrome. In addition, there will of course be other parents volunteering who have older children with Down syndrome. They will be there to answer your questions, too.

### Grandparents, aunts, uncles and friends of babies with Down syndrome:

On the evening of Saturday Nov 18<sup>th</sup> 2006 from 7-9:30 pm, at the FCJ Centre downtown, Ups and Downs will facilitate a workshop for the extended families and friends of babies and toddlers with Down syndrome. This is a chance for extended family and friends to meet, share thoughts, ask questions and learn a bit more about their newest family member.

We look forward to seeing you there!

### **MARCH 16-18, 2007: WILLIAM WATSON LODGE**

Remember to mark **December 1<sup>st</sup>, 2006** on your calendar as the day to phone in to William Watson Lodge and book for the Ups and Downs weekend.

### **KIDS' CHRISTMAS PARTY**

Date: Sunday, December 3<sup>rd</sup>  
 Time: 11:00 am to 3:00 pm  
 Location: Symons Valley Ranch,  
 260011 Symons Valley  
 Road NW  
 Cost: \$10/Family



Santa is coming! With bells and toys! Join us at Symons Valley Ranch on Sunday, December 3<sup>rd</sup> as we ring in the jolly season! There will be entertainment for the kids and lunch will be provided.

Ho, ho, ho...call Michelle McIntyre at 283-1949 to ho..ho...ho....ld your spot!

### **LET'S PLAY**

We are reserving Let's Play on Sunday, January 14<sup>th</sup> in the early evening (time to be confirmed). Mark your calendars and bring your kids for a galloping, sliding, tubing and crawling good time.

### **LEARN TO READ WORKSHOP**

On Saturday, January 27<sup>th</sup> from 9:30 am to 12:30 pm, Ups and Downs is hosting a workshop featuring the Out-of-the-Box Learn to Read Program.

The reading program was developed by the two business partners from the MacDonald Learning & Resource Centre in Peterborough, Ontario.

If you or someone you know is the parent of a school-age child (ages 5 to 18) who has a limited vocabulary and reading level (single words), they will show parents how to move from single words, to couplets, phrases, and finally into sentences & books.

Here's what parents are saying about Out-of-the-Box Early Reading Program Workshops:

"Personal knowledge and stories made this (workshop) worthwhile! Thank you for thinking of our association! Can you get this to school boards somehow? Think about it!"

Lauri Christison, Sudbury, ON, Canada

"Thanks again for your presentation. I am really hearing positive feedback now, after people have been using it."

Erica Brennan, President of the Down Syndrome Association - National Capital Region, Ottawa, ON, Canada

"The DSAS would like to thank you for all your hard work in developing a program that is designed with our children in mind. Having Karen share her personal experiences and successes offered us an opportunity to see the potential in our own children."

Chalita DeGiosa, President, Down Syndrome Association of Sudbury, Canada

If you would like to register for this workshop, please register online at [www.outofthebox-earlyreading.com](http://www.outofthebox-earlyreading.com). There is no charge to Ups and Downs members.

## Family Swim



Splish, splash! Join us on Saturday, February 10<sup>th</sup> from 1:00 to 2:00 pm for a family swim at the VVRI Pool, 3304 -

33rd Street NW. The VVRI has a lovely heated salt water therapeutic pool – great for swimming! No charge to Ups and Downs members.

## Annual General Meeting

Our Annual General Meeting is scheduled on Thursday, March 29<sup>th</sup> at 7:00 pm in the meeting room outside our new office in The West Hillhurst Community Centre.

Support your Board! Come on out and find out what the plans are for the coming year! Coffee and snacks will be served.

## UPS AND DOWNS NEWS

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### Christmas Cards

Don't rush out and buy Christmas cards until you've seen the new Ups and Downs Christmas cards. You don't want to be disappointed! Watch for upcoming fliers!

## We Have a Voice at the Table

### Family Support for Children with Disabilities (FSCD)

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In the June newsletter, we asked for parents to put their name forward for the FSCD Regional Parents Advisory Committee (region 3). Since then, a team of three parents who have children with special needs had the challenging task of reviewing 165 applications from parents, and they selected 12 as committee representatives.

The first meeting occurred on September 28<sup>th</sup>. We are very pleased to report that that we now have a voice at the FSCD table, with two individuals from the Down syndrome community on this committee: Michelle McIntyre, and myself, Milena Meneghetti.

### Who is FSCD?

Most of us know FSCD as the government program that provides respite and relief to our families. However, their mandate is much broader. The program provides information, referral and advocacy supports, as well as specific family support services, to families based on their unique needs and circumstances. For more information visit:

<http://www.calgaryandareacfsa.gov.ab.ca>

### What's the Committee For?

FSCD is committed to developing an enhanced partnership with families. The purpose of the committee is to advise Calgary and Area Child and Family Services Authority on policy, procedures and services that affect the families in the Calgary area. In addition to this, this regional advisory committee will provide an information link to the Provincial Parent Advisory Committee.

### What Happened at the First Meeting?

The first meeting was primarily a general orientation for the committee. We introduced ourselves, and learned more about FSCD's organizational structure. The CEO, Bonnie Johnston, was in attendance, as was Konrad Dytneriski, Executive Manager, and Troy Stooke, FSCD specialist, along with a member of their board (Jean Creagh, who also has a child with Down syndrome) and several key staff members.

The parents on the committee represented a wide range of disabilities, in addition to Down syndrome, including mental health, ASD, FASD, Fragile X, global and sensory disabilities. They also came from both rural and urban locations.

The first advisory topic addressed by the committee was that of respite relief in rural areas. FSCD has been provided with additional funding to address the special needs of families in rural areas. Several ideas were discussed and the conversation flowed naturally to respite issues in general. These other ideas and discussion will be carried forward to a future meeting.

### What about Future Updates?

Michelle and I are both committed to keeping the Ups and Downs membership informed about the committee, and welcome input and feedback on agenda topics. Future updates will provide information about the best way to connect with the committee so that we have a meaningful and representative voice at the table.

*Milena Meneghetti,  
(Daughter is Jordan, 6 yrs old, with Down syndrome)*

### 2006 World Down Syndrome Congress

Being at the 2006 World Down Syndrome Congress in Vancouver was an amazing experience! Initially it felt different from our National conferences in terms of being more scientific and less "family support". However most of the speakers were excellent and there was certainly a wealth of knowledge present. The exhibitors contributed to the education process by providing materials to view or to purchase.

Performances by people with Down syndrome of all ages were incredible. Someone asked me after I returned from the Congress if it was all about "causes and cures". At first I was angry, but that question

made me realize how far most of us in the Down syndrome community have come in terms of not looking for either, but rather appreciating the strengths of our children with Down syndrome and constantly learning new ways to support them in their struggles.

Inclusive education and "real jobs for real pay" were exciting topics. Although we still have a long way to go in terms of society's stereotypes and prejudices, we can be excited about advances being made worldwide with regard to quality of life for our children.

Thank you, Ups & Downs, for your support in attending the conference. I trust that my experience and education from there will be used for good in my son's life and in our community.

*Frann Thiessen*



### News from the 2007 CDSS Conference Committee

Seven months and counting! The program outline has been finalized and the speakers are being contacted and confirmed. An adult program has been presented. The committee continues to gather names of organizations for sponsorship of the event. If you know of any organization you think may be interested in being a sponsor of the 2007 CDSS Conference, please email the Chair of the Committee, Karen Hurley at [hurleyk@shaw.ca](mailto:hurleyk@shaw.ca).

Unfortunately, our Volunteer Coordinator position has become vacant so if you are interested, or know of someone who might be interested, in assuming this position, please let Karen know at the above email address.

## Community Support Corner

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The Community Support Corner will feature different support organizations found in Calgary. It is intended to inform and educate Ups and Downs members with respect to the resources we have in our Community. We hope you find this useful.

# DDRC

The **Developmental Disabilities Resource Centre of Calgary**, otherwise known as DDRC, is a non-profit, charitable organization dedicated to facilitating the inclusion of people with developmental disabilities in the community in real and meaningful ways.

In 2004, DDRC developed the social brand campaign, *everyone belongs*<sup>™</sup>, to promote the inclusion of ALL people in our communities. They believe that community inclusion benefits *everyone*, not just people with developmental disabilities. In addition, they believe that Calgary can be a community that is even stronger, healthier, safer, and a more vibrant place to live for all of us when *everyone* is welcome and included.

With more than 350 employees, DDRC is one of the largest service providers of its kind in Alberta and provides services to approximately 850 people with developmental disabilities in a variety of programs, and resources to more than 10,000 individuals each year, wanting to learn more about inclusion.

DDRC provides programs that support both children and adults with developmental disabilities. These programs include:

### Children

- *Community Respite Network* - assists children with disabilities and their families who live in the Calgary Rocky View area to explore and secure community-based respite opportunities according to each family's support needs and desires.
- *Inclusive Schools Initiative* - assists schools, children, and their families in the Calgary area by partnering with specific Calgary Board of Education schools to

promote exemplary practices for school inclusion. DDRC provides information and resources regarding academic curriculum and social inclusion to both parents and teachers. DDRC also provides workshops for parents, teachers, students, and the community at large on how to include children into regular classroom setting both academically and socially.

### Adults

- *Career and Leisure Services* - affords adults with opportunities to pursue employment and recreational options. All programs emphasize personal independence and participation in community life. Individual needs are addressed through *Personal Planning*.
- *Community Living Network* - assists adults with developmental disabilities to explore and secure living arrangements within the Calgary region. CLN provides community living support that provides people with choices and helps build the communities' capacity to include people with developmental disabilities.
- *Participation in Academics and Career Exploration*, or *P.A.C.E* and is a school-to-work transition program. P.A.C.E. provides part-time support to young adults who have just finished high school and helps them find a suitable job, or opportunities.
- *Personal Planning* (a.k.a. *Roles Based Planning*) - a personal approach with the purpose of achieving positive outcomes for adults by increasing their skills, opportunities, roles, image, and relationships within the community.
- *Augmentative Communication Centre* - this unique environment focuses on providing alternative ways to communicate for those who are unable to speak, are not easily understood by others, or have word retrieval challenges. DDRC offers individuals the opportunity to create individualized, functional communication systems that allow them to become active participants in all aspects of their lives.

### Children and Adults

- *Bow Place Respite Home* - provides relief for both children and adults with developmental disabilities.

In addition to the programs it runs, DDRC also operates two businesses, *Bow Catering*, and *In-Home Support Services*. In-Home Support Services provides respite care for children and adults with developmental disabilities, physical disabilities and/or attention deficit disorder, who live in the Calgary Rocky View area. Business proceeds fund projects, services and supports that are not funded by other sources, such as government funding.

For further information on any of the services provided by DDRC, please contact them at:

4631 Richardson Way SW  
Calgary, Alberta  
Canada T3E 7B7  
Tel: (403) 240-3111  
e-mail: info@ddrcc.com

Or visit their websites: [www.ddrcc.com](http://www.ddrcc.com);  
[www.everyonebelongs.com](http://www.everyonebelongs.com); [www.bowcatering.ca](http://www.bowcatering.ca);  
[www.inhomesupportservices.com](http://www.inhomesupportservices.com)

## FYI!

The Council of Canadians with Disabilities and the Canadian Association for Community Living are spear heading an awareness raising campaign that will culminate in a national forum in Ottawa on November 2, 2006.

The initiative is called *Building an Inclusive and Accessible Canada* and if you believe in an Inclusive Canada, please take part!

It is easy! As a group **AND** as individuals, you can

- Sign an online **Declaration** that calls for governments to move forward an agenda for creating an inclusive and accessible Canada
- Take the opportunity to **tell Your Family's Story online**
- **Encourage and/or help your child or group members to tell their story.** Bring a human face to the hopes, struggles, rights and accomplishments of Canadians with Down syndrome. Celebrate being a parent, individual or group!

Plus, your group can sign on as a provincial, regional or local partner and show solidarity for this initiative.

Canadians often forget that an accessible Canada is about more than curb cuts and elevator buttons in Braille. It is also about presenting materials in plain language, providing low-cost transportation, safe, affordable housing and opportunities for life-long learning.

This is a great chance to bring issues to light and add our voices to the national collective.

The CDSS has signed on as a national partner. Now we are asking you to join us, and sign on, too.

Just go to [www.endexclusion.ca](http://www.endexclusion.ca) and find the latest information about the *Building an Inclusive and Accessible Canada*.

*It just takes a few minutes, and we only have until Nov 2.*

If you have any questions or comments, please contact Lin Hermanson at 270-8500 or at [lin@cdss.ca](mailto:lin@cdss.ca).

## Other Community Events

### Canadian Association of Disabled Skiing

**October 28**

CADS' registration takes place on Saturday, October 28<sup>th</sup> from 10:00 am to 2:00 pm at Canada Olympic Park. Individual registrations are processed **in strict order of arrival** (first come, first serve). Also, there are no late registrations accepted.

### Momo Mixed Ability Dance Theatre Fall 06 Adult Classes

**Tuesday Afternoons, 1:00 – 3:00 pm**

Movement classes with instructor **Trina Rasmuson**

October 10 – December 12

West Hillhurst Community Centre

1940 – 6 Ave NW

\$12 per class AISH - pay what you can, suggested \$2 - \$10

*Continuing class, space limited.* To Register call Leah @ Prospect Human Resources - 273-2822

**\*\*NEW!! Thursday afternoons, 1:00 – 3:00 \*\*NEW!!**

Drumming Workshop with **David Thiaw**  
October 26 and November 2  
West Hillhurst Community Centre  
1940 – 6 Ave NW  
To Register call Leah @ Prospect Human Resources -  
273-2822

### **Saturday afternoon Drop In**

September 16, October 21, November 18, December  
16 (third Saturday of every month)  
2:00 pm – 4:00 pm  
West Hillhurst Community Centre  
1940 – 6 Ave NW  
\$12 per class AISH – pay what you can  
Drop in - everybody welcome.

**Watch this space.....** for performances, special  
workshops and a new beginners class in January.

### **Archangels Landing Fall 2006 Speakers Series**

**October 28<sup>th</sup>, 2006**

**Patch Adams**, renowned medical doctor, clown,  
social activist and subject of the blockbuster film  
*Patch Adams (1998)* starring Robin Williams, is coming  
to Calgary to speak at the Archangels Landing Fall  
2006 Speakers Series.

Afternoon Seminar (12:30 to 4:30 pm)

#### **Humour in Health**

A look at the relationship between humor and the  
health of the individual, community or society.  
Funny and inspirational, Patch discusses his 30+  
years of clowning experience. Patch Adams will  
demonstrate his belief that laughter, joy and  
creativity are an integral part of the healing process.

Evening Seminar (6:30 pm to 10:30 pm)

#### **Living a Life of Joy**

Patch discusses how to discover the incredible thrill  
of choosing to live everyday with joy. The focus of  
this presentation is life as a choice. Patch shares his  
powerful message on the importance of caring – it's  
magic.

For tickets and more information on Archangels  
Landing see [www.archangelslanding.com](http://www.archangelslanding.com).

### **AACL Conference**

**October 30<sup>th</sup> to November 2<sup>nd</sup>, 2006**

AACL is hosting a conference entitled "Leadership,  
Innovation and Advocacy: Facilitating Community  
Capacity and Inclusion" in Canmore, Alberta from  
October 30<sup>th</sup> to November 2<sup>nd</sup>.

This specialized event is designed to encourage and  
support individuals who want to exercise innovative  
leadership more likely to result in systematic social  
change. This workshop will focus on the kinds of  
change which will enable people with developmental  
and other disabilities to experience a more  
authentically inclusive life.

For more information or to get a registration form,  
visit the AAAC website at [www.aacl.org](http://www.aacl.org).

### **Making Peace with Life: A Joy of Stress Workshop**

**November 6<sup>th</sup>, 2006**

Alberta Children's Services, in partnership with  
Alberta Mental Health Board, Alberta Health and  
Wellness, Child and Adult Adolescent Services  
Association, Alberta Education, Southern Alberta  
Child and Youth Health Network and Alberta for  
Child, Family and Community Research, present a  
parenting workshop featuring Ted Kuntz, M.Ed. and  
Heather Forsyth, Minister.

- Learn the difference between stress and  
distress.
- Increase your peace, joy and happiness.
- Create peace within.

The workshop runs from 6:30 pm to 8:30 pm. For  
further information, or to register, email  
[acs.vchq@gov.ab.ca](mailto:acs.vchq@gov.ab.ca) or call (780) 415-4801.

### **Family Support Services**

*Chat Nights*

**November 14 – 7:00 p.m. – 9:00 p.m.**

*Connections Counseling and Consulting Foundation*

October, 2006

Guest Speakers Lauren Raymore and Pat Morris will provide parents with valuable information about sibling relationships and the importance of sibshops.

## February 13 – 7:00 p.m. -9:00 p.m.

### *Dare to Care Program*

Guest Speaker Lisa Dixon Wells will give parents the tools to help safe guard their children against bullying.

### *Fun Family Nights*

## Sunday, November 12 - 2pm - 4pm

Beach Party at the Volley Dome

## CDSS – Meet the Jordan Family

December 2, 2006



*Chris has multiple disabilities. His aging mother and father face serious illness. The whole family must plan for an uncertain future...*

In *The Ties That Bind*, award-winning documentary filmmaker John Ritchie takes a first-hand look at the Jordan 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

PLAN Institute for Caring Citizenship, in partnership with five national organizations, is hosting a cross Canada tour of this award-winning film to assist families to plan for the future for their relative with a disability.

### National Partners:



For further information or to register for this event, contact:

Christy Thompson  
Communications Associate  
Canadian Down Syndrome Society  
811 - 14 Street N.W.  
Calgary, Alberta T2N 2A4  
Phone: (403) 270-8500

## Special Olympics Alberta

February 23, 24, 25

In February of 2007, 600 athletes and coaches will come to Calgary for the Special Olympics Provincial Winter Games. Special Olympics Alberta is looking for volunteers to help make this amazing event a success. The athletes, who compete in snowshoeing, alpine skiing, floor hockey and more, are truly an inspiration. Be part of the magic by becoming part of the Provincial Games Team.

Volunteers are asked to participate all or part of the weekend of. Please fill out and submit the registration form found on the Special Olympics website (<http://www.specialolympics.ab.ca/games/gamesvolunteer-form.htm>). Police checks are required for all volunteers working directly with the athletes and orientation sessions for volunteers will take place in the new year. Apply now and help make this event a success.

Deadline is December 1st, 2006.

## Resources

*This section is a selection of exceptional and useful resources for our membership. If you are aware of any that you feel should be included in this section please contact [info@upsdowns.org](mailto:info@upsdowns.org).*

**Children's Link** - holds regular coffee socials for parents and caregivers of children with special needs. Various times and locations are offered. Call 230-9158 for details.

### PREP

#### Early Learning at PREP

The Early Learning Program at PREP offers parent-child classes that assist parents in understanding child development and nurturing their child's love of learning. A Speech Language Pathologist, an Occupational Therapist, and a Physiotherapist are an integral part of the program.

Thanks to the generosity of the Stampede Queen's Alumni, there is no fee for these services.

The Early Learning Program is accepting ongoing registration for Learning Through Play (children 12-18 months) and Language Group (children 1 1/2-2 1/2yrs.). The classes are held weekly at the Woodridge PREP Centre located at 2004 12 Ave. N.W.

Please call Bonnie Moschopedis at 282-5011 (ext.121) for more information.

### AVAILABLE RESPITE

Evening and weekends!! I am a registered Social Worker with CPR Level C training. I currently work for a PDD funded agency. I have extensive experience working with developmentally delayed individuals of all ages - children, adolescents and adults. I am available for approximately 20 hours per week, shifts that are 3-4 hours. Saturday and Sunday I am willing to discuss on an individual basis; evening start time would be approximately 5:30pm. I have references that will be supplied upon request. Please call if you have any further questions. Thank you. I'm looking forward to hearing from you!! Stephanie #697-2195/#390-8732

## Classifieds

*This section is a courtesy for our members and those businesses that add value to the lives of individuals with Down syndrome and their families. If you would like to place your free advertisement or announcement in this section, please contact [info@upsdowns.org](mailto:info@upsdowns.org).*

### YOGAKIDS "Love to be the Animals"

To introduce you to the benefits of yoga for your children, Wendy Wallace, a YOGAKIDS Associate, is offering Three (3) FREE introductory classes. YOGAKIDS is an internationally acclaimed program that integrates all of the senses while doing child-friendly yoga postures (adapted to meet the abilities of the child). When all of the senses are engaged, children retain 85% more than they do using traditional methods. Your child will gain body awareness, strength and confidence while learning how the cobra hears, and then your child will hiss and slither across the floor to follow the Pied Piper. S/he will enjoy barking like a dog in Down Diggidy Dog and drawing a picture about the snake, then your child will and make the sounds and poses of the animals in our story.

A maximum of 6 children will be accepted per class; classes are inclusive for all children. Children must be able to walk independently and be able to mimic directions.

A central location will be located and announced.

For more information and/or to register please call Wendy Wallace at evenings at 293-1258 or email [wendywallace@shaw.ca](mailto:wendywallace@shaw.ca).

### J.C. PHOTOGRAPHY

J.C. Photography specializes in black and white photography with hand coloring for a unique touch. They do sittings for pregnancies, babies, children and families in the studio or outdoors.



The proofs are yours to keep. Their prices are very reasonable and the experience is enjoyable!

Call Judy at 254-4798 today to book your sitting or make a sitting a perfect baby shower gift.

## GYMBOREE

**Your Membership with Ups and Downs has its benefits!**

Is your child between the ages 0 - 5 years old? If so, you may be interested to hear that Gymboree Play & Music is offering Ups and Downs members a **50% discount** on their child's enrolment! Depending on the type of class, that could be a savings of up to \$100.00 or more per set of classes! Each set of classes run for 10 weeks and with Gymboree Play & Music offering 14 different weekly classes you'll have a few options to choose from. The activities in each class are designed to help children develop balance, coordination and other sensory stimuli while having fun in a group play environment.

For more information, to enrol or to preview a class, please call: 278-5264 or visit [www.gymboree.com](http://www.gymboree.com).

## EVERYTHING BUT THE CAKE

Everything But The Cake creates birthday party invitations, centerpieces, treat bags, theme parties and more to help parents plan and put together creative parties for their kids. Check out their website at [www.everythingbutthecake.ca](http://www.everythingbutthecake.ca) or call them at 667-5364.

**Everything But The Cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.**

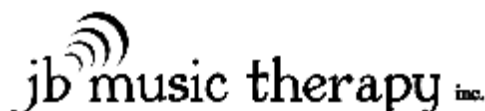
## SMALLTALK – Visual Therapy

Two talented young women provide a unique and highly entertaining production through the use of sign language, accompanied by music, sets, and costumes. Watch as your children experience the wonder of cultivating a new language solely through the use of their visual learning skills. Signing is no longer just the dialect of the deaf. It can provide an extra means of communication not only for people with disabilities, but also for those without disabilities including very young babies and any individual who thrives on learning. American Sign Language is

beautiful to watch, easy to pick up and great fun to use. Watch, learn and enjoy!

Smalltalk can be hired to perform for small private functions (example: 2006' Ups and Downs William Watson Lodge Weekend) or for large public functions. They have performed for the entire population of several of Calgary's Public Elementary Schools. Speak to the Principal of your child's Elementary School about requesting a booking for a presentation by Smalltalk.

Smalltalk will give a school a **10% discount** if a member of Ups and Downs provided the booking. Contact Person: Tanis Audette: (403) 836-0274.

jb music therapy inc.

My Body's Special written by

Music Therapist Jennifer Buchanan, is a recently published children's book and song CD that celebrates differences. Jennifer is the

President of JB Music Therapy Inc. a music therapy company that has offered music therapy services to Calgary and area since 1991. Books are available online at [www.jbmusic.ca](http://www.jbmusic.ca) or by contacting 403.240.3877. A **10% discount** will be applied to orders that mention reading about the book in this newsletter!



## PASSION PARTIES...WHERE EVERY DAY IS VALENTINE'S DAY!

Ladies, speaking from experience, raising a child with special needs can create a lot of stress. Treat yourself to a giggly night with your girl friends and, as an added bonus, learn how to put a little fun, romance and spice into your love life.

Ups and Downs members who host a Passion Party will receive 15% of the total guest sales towards free product for themselves. E-mail: [michellespassion@shaw.ca](mailto:michellespassion@shaw.ca).