

## YEAR AT A GLANCE



### Learn to Read Workshop

Date: Saturday, January 27th

### Family Swim

Date: Saturday, February 10th

### William Watson Lodge

Date: March 16-18 2007

### Annual General Meeting

Date: Thursday, March 29th

### 2007 Street Meet

Date: June 23rd

### Our Lady Queen of Peace Ranch Weekend

Date: July 27-29

### Ups and Down BBQ

Date: August 18th

### Downs Syndrome Awareness Week Dinner and Dance

Date: Friday, November 2nd

## 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 – 6th Avenue NW

Date: March 19th  
April 16th  
May 21st

Time: 9:30 – 11:30 am

**NOTE:** There is no meeting in February as the Monday falls on Family Day.

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 Contact Sheet

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

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

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

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

## FRIENDSHIP CLUB

Date: Saturday, January 20<sup>th</sup>  
 Time: 7:00 to 9:00 pm  
 Location: Ups and Downs Office  
 West Hillhurst Community Centre  
 1940 – 6<sup>th</sup> Avenue NW



If you are 16 years or older, you may be interested in this! Join your friends for an evening of fun and laughter at the Friendship Club. For further information, contact Barb Olson at 256-2649.

## LEARN TO READ WORKSHOP

Date: Saturday, January 27<sup>th</sup>  
 Time: 9:30 am to 12:30 pm  
 Location: Ups and Downs Office  
 West Hillhurst Community Centre  
 1940 – 6<sup>th</sup> Avenue NW  
 Registration: Online at [www.outofthebox-earlyreading.com](http://www.outofthebox-earlyreading.com)  
 Cost: There is no charge to Ups and Downs members.

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.

## FAMILY SWIM

Date: Saturday, February 10<sup>th</sup>  
 Time: 1:00 to 2:00 pm  
 Location: VRRRI Pool  
 3304 – 33<sup>rd</sup> Street NW



Splash, splash! Join us on Saturday, February 10<sup>th</sup> from 1:00 to 2:00 pm for a family swim at the VRRRI Pool. The

VRRRI has a lovely heated salt water therapeutic pool – great for swimming! No charge to Ups and Downs members.

## YOUTH CONFERENCE

Date: Saturday, March 3, 2007  
 Time: 9:00 a.m. - 4:30 p.m.  
 Location: The Church of Jesus Christ of Latter-Day Saints  
 100 Sunpark Drive SE  
 Cost: \$20:00

Are you a teen or young adult with Down syndrome aged 14 yrs and up? If so, you are invited to a one-day event just for you!

Guest speakers, workshops, line dancing, games, lunch and a dance with an amazing DJ!

Dress code: No jeans, please

For an information sheet and a registration form, please call Barb Olson @ 256-2649 or e-mail, [sj\\_olson@telus.net](mailto:sj_olson@telus.net)

\*Some parental volunteer time required\*

RSVP by February 16, 2007.

## ANNUAL GENERAL MEETING

Date: Thursday, March 29<sup>th</sup>  
 Time: 7:00 pm  
 Location: Ups and Downs Office  
 West Hillhurst Community Centre  
 1940 – 6<sup>th</sup> Avenue NW

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

---

### Ups and Downs Brochures and New Parent Guide

Yahooo! The newly designed Ups and Downs brochures have gone to print and the New Parent Guide has been completed and approved to go to print.

And we are happy to announce that we are finally in a position to work on a redesign of the website.

Watch for these changes over the next while.

### New Library Books

To enhance the Ups and Downs library for our members, the Board approved the purchase of further library materials. We will let you know what's in the library as we receive the new books.

If you have read a book recently that you think should be included in the library, please let us know. We'd appreciate receiving a little synopsis of the book at the same time but don't let that stop you from recommending a good one!

### Prizes Needed

We have been depleted of all our door prizes, silent auction items, and raffle prizes. Most of these were acquired for Street Meet 2006 and also from generous donations after the Aug 2005 break in at our old office.

If anyone has any new unused items that they would like to donate or knows of any companies that might like to contribute gift certificates, company products or even swag, all would be much appreciated for the upcoming 2007 year of Ups and Downs events.

Contact: Michelle McIntyre (Program Coordinator) - 283-1949 or e-mail: manddmcintyre@shaw.ca.

### Looking for Help for Street Meet 2007

I am looking for a committed volunteer to help organize Street Meet 2007. I did it last year and it was a lot of fun but I would like to share the work and have some others to share the load. I'm a single parent with

a daughter with Down syndrome who may also need a lot of hospital visits this year. I can't do it alone. Please can someone help? Thank you. Liza Maurette (telephone number: 698-9720/email: lizamaurette@hotmail.com)



## News from the 2007 CDSS Conference Committee

---

FOUR months left!

The Program and Registration Form have just been finalized and will go out at the end of the month. Watch for this in your mail! In addition, the registration form should be going up on the website for the conference in the next week. The website address is [www.cdss2007.ca](http://www.cdss2007.ca). If you are interested in staying at the Hyatt Regency Hotel, from the website, please click to the hotel logo to register and receive the conference rates.

The committee is still looking for a **VOLUNTEER COORDINATOR**. This position becomes extremely important on the conference days. If you are interested, or know of someone who might be great in this position, please let Karen Hurley know at [hurleyk@shaw.ca](mailto:hurleyk@shaw.ca). If you don't want to take on a larger role, we are also looking for volunteers to just help out at the conference.

Also, we are looking for names of contacts at various organizations for sponsorship opportunities at the conference. It helps to have someone with the organization as a reference name. Please forward any information to Karen Hurley.

## Community Support Corner

*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.*

## Calgary SCOPE Society

Calgary SCOPE Society (SCOPE) is a non-profit organization that provides services to individuals with disabilities, and in most cases, accompanying mental health problems.

SCOPE has been providing these services to Calgarians since 1987. The organization believes in respect and diversity for all. They also believe that all individuals deserve to have value in the roles and opportunities they have in their lives.

To achieve that, SCOPE offers its clients five services:

### 1. Community Support Team

Adults, with both a developmental disability and a mental health issue, are supported anywhere from 5 hours a day to 24/7. The Team focuses on creating safe, satisfying lives for the individuals they work with. Currently, the team supports about 50 adults.

### 2. Gateways

The Gateways program is designed for individuals under the age of 18 years who have a cognitive, emotional, physical, sensory and/or social impairment that creates special challenges for the child and his or her family. The teams support both the individual and their families in seeking the best care and management of the issues they face by connecting them to the resources they require and advocating on behalf of families.

### 3. Outreach

The Outreach Team supports both children with special needs and adults with a developmental disability and behavioural, social, or emotional challenges. They work in the community with individuals, families,

groups and agencies. The services actually provided are decided on by all of the interested parties.

### 4. Counselling Services

Scope has two full-time and two part-time therapists who help clients sort through their problems. This service is no charge for those individuals who receive funding through Persons with Developmental Disabilities (PDD) and Individualized Funding (IF).

### 5. Community Development

This service sources opportunities within the community for individuals with disabilities to be active citizens. There are several projects initiated at this service level, including the Picture This...Film Festival, which highlights films and videos that focus on some area of disability culture, and productions on any subject that are produced, directed and/or written by a person(s) with a disability.

For further information on any of these services, the Calgary SCOPE Society may be contacted at (403) 509-0200 or their website [www.calgscope.org](http://www.calgscope.org).

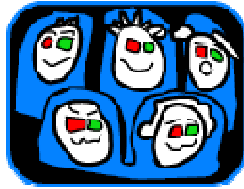
## Other Community Events

### Picture This...Film Festival

**February 12 - 16**

The sixth annual festival takes place at the Rozsa Centre on the University of Calgary campus.

Picture this...festival is a five day international disability film festival. It is largely a volunteer effort of persons with disabilities, their friends, allies and support people. It is a non-profit event, initiated by Calgary Scope Society,



Check out the festival schedule and order tickets online at [www.ptff.org](http://www.ptff.org).

### Family Support Services

*Chat Nights*

**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.

For further information, please contact Family Support Services:

Jan Jansen-Smith      282-5011 (102)  
Annamarie Zobatar    282-5011 (125)  
Barbara McHarg        282-5011 (130)

Or visit Support at [www.prepprog.org](http://www.prepprog.org).

### Connections Counseling and Consulting Foundation

*Sibshops*

**February 24<sup>th</sup>, March 3<sup>rd</sup> and March 10<sup>th</sup>**

**9:00 am to 12:00 pm**

**Cost:            \$30**

Connections Counseling will be running their Sibshops at **Providence Children's Centre** located at **5232 – 4<sup>th</sup> Street SW**, Calgary.

The Saturday morning Sibshop program is for 7 to 11 year old siblings of children with special needs. All

those attending participate as a large group in the games and recreational activities. The groups are also divided into smaller discussion group based on age.

Register by calling Pat Morris at 209-1100 or e-mail at [connect@calcna.ab.ca](mailto:connect@calcna.ab.ca) by February 16, 2007.



### Bring on the Games!!

February 23 to 25 will bring hundreds of talented, spirited, energetic athletes to Calgary, Alberta. Participating around Calgary at Cardel Place, Canada Olympic Park, and Calgary Winter Club, Special Olympics athletes from all over Alberta will be treated to first class competitions at first class venues organized by the Games Organizing Committee.

The rough schedule of events is as follows:

|                   |  |
|-------------------|--|
| Friday, Feb. 23   | Opening Ceremonies<br>Max Bell Arena   |
| Saturday, Feb. 24 | Competitions begin at 8:30am sharp and include alpine skiing, curling, figure skating, floor hockey, nordic skiing, speed skating and snowshoeing. |
| Saturday Evening  | Fabulous banquet and dance<br>Coast Plaza Hotel  |
| Sunday, Feb. 25   | Final competitions and 2:00 pm medal presentations. Closing ceremonies will be held at each sporting venue.  |

### Between Friends

*14<sup>th</sup> Annual Skate (or Walk)-A Kid-to-Camp*

**Saturday, March 10,  
2:00 - 5:00 pm**

The 14th annual Skate (or Walk) - a-Kid-to-Camp will take place on from at the Olympic Oval. Sharpen your skates or lace up your walking shoes and get

ready for our family, fun-filled, relay-style skate/walk-a-thon with 100% of pledges raised going to Camp Bonaventure's fee subsidy program. You will enjoy prizes, entertaining activities and a fun afternoon on the ice or running track. For more information, or to register your team of eight, call Sam Birkett at 508-0111 or visit our website at [www.betweenfriends.ab.ca](http://www.betweenfriends.ab.ca)

## Special Olympics Calgary

### *Sports Celebrities Festival*

On March 16th Special Olympics Calgary will host the 10th annual Sports Celebrities Festival at MacEwan Hall on the University of Calgary Campus - an event that is sure to be LARGER THAN LIFE!

Come out and take part in festivities that will showcase Special Olympic Athletes competing along side sports celebrities in various over-sized sport events. Enjoy gourmet food and wine, take a shot at purchasing some great silent auction items and mingle amongst some of the brightest stars of the sporting world.

This year we are very pleased to announce that Darryl and Wanda Sutter have agreed to act as honorary co-chairs. "Special Olympics is a cause that is very close to our hearts", explained Darryl Sutter. "I'm really honoured to be a part of something that will generate much needed funding and allow Special Olympics in Calgary and across Alberta to continue to expand upon the year round programming they offer to the community."

For further information, call Special Olympics Calgary at 735-1022. Buy your tickets now and experience a reward that will be LARGER THAN LIFE!

## Respite

*This section lists various sources for respite. Please note that Ups and Downs has not completed any security or reference checks on these individuals and organization. It is up to the individual or family to conduct these checks in a manner that they see fit for the safety and security of their families.*

Angela Tims - I am currently enrolled in the Early Childhood Diploma program at Bow Valley College. In addition, I have lots of experience working with

children with special needs. Please contact me at [angelatims3208@hotmail.com](mailto:angelatims3208@hotmail.com).

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

Campbell Respite Ranch: The Ranch offers a unique alternative in 24 hour out of home respite care. Only a short drive from Calgary, the Campbell Respite Ranch is a home away from home for up to three clients with special needs. A place where they can enjoy a full country living experience with highly qualified caregivers and an abundance of experience based activities for the clients to participate in daily. Contact them at [info@campbellrespiteranch.com](mailto:info@campbellrespiteranch.com) or 403-546-2557.

## 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).*

### ACH Down Syndrome Treatment Group

If you have a child with Down syndrome who is **three years of age or younger** and is **not accessing Program Unit Funding (PUF)** to attend a program, this group may be of interest to you.

The Down syndrome team is offering group sessions on Friday mornings from 1000 - 1200 hrs and no appointment is needed, just "drop by" on the dates that work for you. Since our space is limited, we are unable to accommodate brothers and sisters in the group and ask that you make alternative arrangements for care. Emily's Backyard is available at the new hospital and can be booked one week in advance by calling 955-7997. Since treatment is done in a group format, we will be reminding families for the need to honor the privacy &

confidentiality of other families in attendance. Please call Donna Heerensperger at 955-7275 if you have further questions or concerns, or talk to your child's Developmental Specialist.

\*Note: Information / educational sessions on specific topics will also be offered based on the group's wishes, and advance notice will be provided.

Group Dates:

**2007**

January 12, January 26, February 9, February 23, March 9, March 23, April 20, May 4, May 18, June 1, June 15, June 29, July 13, July 27

**We look forward to seeing you!**

### 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 0-18 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. NW.

Please call Bonnie Moschopedis at 282-5011 (ext.121) for more information or visit the website at [www.prepprog.org](http://www.prepprog.org).

### Canadian Internet Group for Parents of Children with Down Syndrome

For the last three years I have been a member of the Yahoo Group called 'Down Syndrome Canadian Parents'. It is a great support group and has a large

following from across Canada, plus a few members from the UK, New Zealand, and elsewhere.

For new parents it is a great place to ask questions and you can count on sensible replies from experienced parents. The Group is closed -- the messages and other information are not available to internet search or such -- thus your privacy is protected and respected by the group properties and the membership. You need not be afraid to ask any questions -- most of the members have 'been there, done that'.

As well, there is a lot of good general information posted on the group. There is also a photo album where you can post photos of your family and kids. A lot of us on the group spend a lot of time bragging about our kid's accomplishments. There is an awful lot to be learned from the experience of others.

One of the mothers described the site as follows: "If a computer can wrap you up like a warm blanket, that's what this website does for me." by Jennifer (Ellen's Mom). A lot of good friendships have begun and developed within the group. There are some absolutely amazing people there.

Membership is free, and joining is simple. Just go to the site <http://groups.yahoo.com/group/Downsyndromecanadianparents/> and ask to join by clicking on the 'JOIN THIS GROUP' icon. You won't have any problems. Tell them 'Grampa' Irv sent you. I'll be watching for you! If you have any problems please let me know via e-mail ([finkirv@shaw.ca](mailto:finkirv@shaw.ca)).

- Grampa Irv

## 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).*

### 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. 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.



### Statement of Policy and Disclaimer

The opinions and views expressed in this publication may not necessarily be those of the organization or its members. Ups and Downs does not promote or recommend any therapy, treatment, service or product. Where service providers are mentioned, please be advised that Ups and Downs has not conducted any checks on these services. Therefore, it is up to the individual accessing services to ensure the security and safety of the individual they are accessing these resources for.