



# UPS and DOWNS NEWS



May, 2007

## YEAR AT A GLANCE



### 2007 Street Meet

Date: Saturday, June 23<sup>rd</sup>

### Our Lady Queen of Peace Ranch Weekend

Date: July 27-29

### Ups and Down BBQ

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

### Open House

Date: Saturday, September 2<sup>nd</sup>

### Golf Tournament

Date: Wednesday, September 5<sup>th</sup>

### Friendship Club – Our Lady Queen of Peace Ranch

Date: Saturday, September 8<sup>th</sup>

### Downs Syndrome Awareness Week Dinner and Dance

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

### Wonder Years Conference

Date: Saturday, November 17<sup>th</sup>

### Kid's Christmas Party

Date: Saturday, December 8<sup>th</sup>

## 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

Date: June 18<sup>th</sup>  
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.

### STREET MEET 2007

Date: Saturday, June 23<sup>rd</sup>

Time: 9:00 am onward

Location: Fish Creek Park

### Ups and Downs Contact Sheet

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

Amber Boyd: President	aboyd@blackmont.com	Nici and Ken Weipert: Communications	nweipert@telus.net
Krista Beaton: Vice-President	ckbeaton@telus.net	Michelle McIntyre: Programme Coordinator	manddmcintyre@shaw.ca
Barb Wilson: Secretary	wilson.barbara@shaw.ca	Sherril Rechner: Member at Large/Visiting Parents Coordinator	kenandsher@telus.net
Huei Eow: Co-Treasurer	eow.huei@yahoo.ca		

Address: West Hillhurst Community Centre, 1940 – 6<sup>th</sup> Avenue NW. , Box 61180, Kensington RPO, Calgary, Alberta, T2N 4S6

Tel: (403) 289-4394 Fax: (403) 289-1015

It's that time of year again: time to get the sneakers out of the closet and start stretching those muscles. STREET MEET 2007 is going to be bigger than ever before. Don't forget the sunscreen and hats!



Fish Creek Park is the place to be on Saturday, June 23rd. There will be food, fun and games for the whole family. ...and don't forget the great prizes!! Everyone who enters receives a special T-Shirt commemorating the event. Street Meet is a 10km fun run, 3km walk that welcomes runners, walkers, strollers, baby joggers, wheelchairs and children on bikes. BBQ, Games and Great Raffle prizes for the whole family.

The agenda for the day:  
 9:00 – 10:45 Registration  
 11:00 10km Run to Start  
 11:10 3km Walk to Start  
 12:00 Post Race Activities

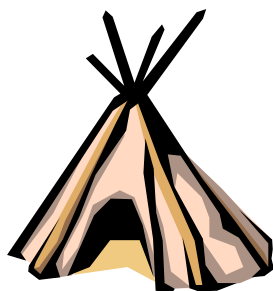
Costs to participate:  
 Before June 9th  
 Runners \$35  
 Walkers (individual) \$10  
 Walkers (family) \$35

After June 9th  
 Runners \$40  
 Walkers (individual) \$15  
 Walkers (family) \$40

Brochures and fundraising sheets are being mailed out. Watch for them! If you don't receive yours, call the office at 289-4394 to make arrangements to get one!

## OUR LADY QUEEN OF PEACE RANCH WEEKEND

Date: July 27<sup>th</sup> – 29<sup>th</sup>, 2007  
 Hooray for 18 lucky Ups and Downs families who will be enjoying a wonderful weekend in the outdoors near Bragg



Creek.

**Accommodation and Facilities:** The Ranch provides large teepees for accommodation (they can actually fit 2 or more families if you want to stay with friends), sleeping bags with clean insert sheets, all meals and snacks, plus...canoeing, swimming, boating (life jackets are all provided) and horse-back riding (helmets provided but please note that children 6 and under can only sit on the horses for a photo but are not allowed to actually ride the horses). The scenery is lovely, the fly-fishing is superb, and there is even a big open fire pit for roasting marshmallows each night. The Ranch's Trading Post Store is undoubtedly the most reasonably priced second hand clothing store that you will ever experience so be sure to pay it a visit during your stay.

**What to bring?** You will need sunhats and sunscreen, camera, cool clothes for the day, warm clothes for the night, bathing suits, and your personal bathroom necessities. There are flush toilets, sinks and showers all within easy reach of the teepees. Leave your beer at home because there is a "no alcohol allowed" policy but that will just leave more room for your fishing gear.

**Food?** If your children have food allergies or are picky eaters then remember to bring exactly what your children do eat because the Ranch does not offer a lot of different choices. They serve what they serve for meals and if your child does not like it, then they will go hungry. You cannot keep any food in your teepee and your car will not be parked anywhere near your lodgings so all food will be kept at the main lodge. There is a fridge in the main kitchen but you will only have access to it during main meal times.

## UPS AND DOWNS BBQ

Date: Saturday, August 18, 2007  
 Location: Bowness Park, Site 3  
 Cost: \$10/family



GRILLIN' AND CHILLIN'! We've changed locations - trying something with trees so we can get a little shade. Come kick a few balls or walk along the river. Kids should bring bathing suits as there is a small water park, and a playground, nearby. We'll be serving up the burgers and dogs so when the time comes, head on down.

Information on time and how to find us will come but meanwhile, mark your calendars!

## UPS AND DOWNS NEWS

### Fun at the Telus World of Science

On April 14<sup>th</sup>, Ups and Downs hosted a day of play at the Telus World of Science and Creative Kids Museum. The turnout was spectacular and great fun was had by all.

As I was driving towards the Telus World of Science, my four year old boy, who has Down syndrome, showed me how excited he was to be going to the Telus World of Science by screaming and pointing to the spinning sculpture. First, we visited the lower level featuring the classic toys and games. Our family tried the Twister briefly and then played with the life-size Snakes n' Ladders game. Next, we went over to Creative Kids Museum. All of the children appeared to enjoy the musical area where they stepped on different shapes to get different sounds. The Scribble Dee Dee area and the Mindscapes area were also very popular. Next on our agenda was WOW town, where a lot of the children enjoyed the water section, leading to a lot of wet children and parents! It was a fun day at the Telus Science Centre for both the children and the parents.

*Jeannie Wong*



*Eric and Cameron at the Creative Kid's Museum*

### Introducing a New Member to Our Staff

Just recently in the month of April, Ups & Downs was lucky to acquire the services of Jody Roll. She will be assisting Keston every Thursday afternoon in the office. Currently completing her education at the University of

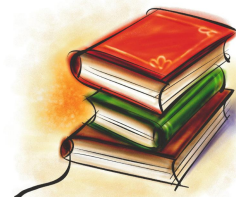
Calgary, Jodie has been active member of our community from a very early age. Many may recognize her from her time at PREP or more recently as a self-advocate on the CDSS board. Her professional accomplishment are rounded out by a deep interest in the visual arts, poetry, and dancing. We are very fortunate and glad to welcome Jody to the team here at Ups & Downs.

### Introducing a New Board Member

We were very sorry to see Laurie Lemieux go but are pleased to welcome our new member Sherrill Rechner. Sherrill's role will be Member at large and she will also be coordinating the Visiting Parents Program. Welcome Sherrill!

### New Library Materials

New library books are arriving daily. Come in and check them out. We will be posting a list of these resources over the next months.



### Book Reviews Wanted!

Have you read a good book lately or are you interested in reading one. Ups and Downs would like to feature book reviews in future newsletters. Sign a book out from our library or let us know about one you've read. Please email reviews to [nweipert@telus.net](mailto:nweipert@telus.net).

### 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](mailto:manddmcintyre@shaw.ca).

## A Special Spring

What a wonderful Spring it has been. In April, Ups and Downs had a huge turn-out of families for our day at **The Telus World of Science and Creative Kids Museum**. Clearly, I will have to plan another event there in the future.

Also in April, **PREP's Family Support Parents' Retreat in Canmore** was tremendously successful and will hopefully become an annual event. It was such an enjoyable 18 hours or so with approximately 65 parents, all of whom I knew or soon got to know over the course of the event. Everyone looked so happy and relaxed.

While I was eating my buffet breakfast with the parents in Canmore, Linda Fairs was facilitating **The Ups and Downs Friendship Club's Climbing Wall Expedition**. Sadly, only 50% of those who had registered were able to make it for this great opportunity but I have heard that those who did attend had an absolute blast. Thanks goes out to Crux, the climbing wall facility, and also to those who volunteered their time to help out with The Friendship Club's event that day.

On Sunday May 6<sup>th</sup>, The Children's Link held their annual **Revitalize**. I have attended this day of self pampering for years and I will continue to attend for as long as they offer it. The location, snacks, lunch, and company are always thoroughly enjoyable and the speakers were excellent, interesting and fun. I had my nails painted pink, my hand artistically decorated with henna, and I came home with oodles of great free gifts including lipstick and skin care products, a new exercise shirt with cap, and even a lovely signed print by the artist, Alex Fong.

While I was Revitalizing, many other families were enjoying **The Shrine Circus** which was held in the Deerfoot Mall parking lot this year. Thanks goes out to Xentel for providing free circus tickets for our Ups and Downs members.

May 18-20<sup>th</sup> is the **Annual Canadian Down Syndrome Conference**. I will be there too, but this time as a volunteer rather than an attendee. I always particularly look forward to meeting the families from out of town.

With so many fantastic things to do, is it any wonder that I have become a junkie of special needs events. Socializing with so many fun families at so many great places has become an addiction. Perhaps I will see many

of you in June either at the **Ups and Downs Coffee Morning (June 18<sup>th</sup>)** or at **Calaway Park's 'Light Up a Child's Life'(June 1<sup>st</sup>)** or perhaps at **Street Meet (June 23<sup>rd</sup>)**.

*Michelle McIntyre*

## Congratulations Marion Carson Elementary

**The National Inclusive Education Award** is an initiative organized by The Canadian Association for Community Living to honour a school whose commitment to inclusive education is exemplary and deserving of recognition.

Michelle McIntyre nominated Marion Carson Elementary last November. Her son, Rowan is a nine year old boy with Down syndrome and a few other challenges. At present, he attends Mrs. Shukin's grade 3 class at Marion Carson and he has never learned more, nor been happier.

On Friday March 16<sup>th</sup>, Rowan found himself on a plane flying to the Alberta Association for Community Living's Annual Family Conference at the Fantasyland Hotel in Edmonton. There, in front of a large crowd, Rowan's mom gave a speech about her family's great appreciation for Marion Carson's principal and all the wonderful staff at this exceptional school. Rowan then jumped up and happily presented the Inclusion award to Vicki Barlow. They were caught on film and the cameras never stopped clicking. Mrs. Barlow then gave a warm and humorous speech about Rowan's life at Marion Carson.

Accompanying Vicki to the conference was Deb Lewis, Director of Student Services from the Public School Board. Deb too gave a speech about the School Board's commitment to inclusion of all children within the public school system. Thanks to Deb, Vicki, and the staff and students at Marion Carson, many parents of children with special needs undoubtedly gained new hope that their child might one day too feel the sense of belonging that Rowan has found at Marion Carson Elementary.

With all our gratitude,

The McIntyre Family

## Book Review: The Memory Keeper's Daughter

The Ups & Downs Library is full of informative literature about Down syndrome and the people whose lives are touched by it. However there is an area in which our humble library lacks that that is essential to all good libraries: Fiction! Fiction dealing with subject matter relating to Down syndrome or even to physical and mental disabilities in general is a rarity at best; good fiction, almost non-existent. So during December, when I started reading *The Memory Keeper's Daughter*, I was pleasantly surprised. This debut novel by Kim Edwards, while not perfect, was something to be marvelled.

The story centres on Dr. Henry and his young wife Norah in the mid 1960's. On a fateful winter night, Dr. Henry delivers his own twins. One, a perfectly healthy and typical boy, but his daughter is easily recognized as having Down syndrome. Thinking of his wife, Dr. Henry makes the decision to have his daughter institutionalized by his nurse Caroline. Caroline however, takes pity on the poor child named Phoebe and raises her as her own.

As a character study on the power of secrets, parallel lives, perseverance and hope, *The Memory Keeper's Daughter* excels. The emotions of pain, incompleteness, joy and triumph are palpable and very convincing without being too heavy-handed. The true gem of the book however, is how well-researched it is. Meticulous historical details abound on every page and I have no doubt that Miss Edwards must have some experience with children with Down syndrome, based on the believability of Phoebe's character. Phoebe is not a one-dimensional martyr, designed to inspire sympathy, but a lively, affectionate young girl with a stubborn streak. The struggles of Caroline to raise Phoebe during the 70's and 80's is also nothing but convincing, and it is her and Phoebe's inspiring story that keeps the book from being too dark and cautionary.

I strongly recommend this book to all readers, so please look for it in your favourite bookstore, or borrow a copy from the Ups & Downs library.

*Keston Roberts*

## AISH UPDATE

The new AISH Act and Regulations is taking effect on May 1st. All clients and many community organizations, will receive a booklet in the mail called: "Improving AISH-Explaining the Changes to AISH." It will also be available on this website, [www.seniors.gov.ab.ca/AISH](http://www.seniors.gov.ab.ca/AISH)), and in alternate formats upon request.

The AISH Guide has been replaced with a number of AISH "Tip Sheets" that explain eligibility, how to apply for AISH, benefits, appeals, treatment of income, assets etc. These will also be available on the website.

## Summer Is Coming!

And what is your camper going to do? Here some ideas are offered through Between Friends, Easter Seals, VRRRI and PREP. For the integrated camps offered by Between Friends, please note that your camper must be a member of Between Friends.

### Between Friends

#### Butterfield Acres Farm

Address: 254077 Rocky Ridge Road (3km north of Crowchild Trail N.W.)  
Phone: (403) 239 - 0638  
Web site: [www.butterfieldacres.com](http://www.butterfieldacres.com)

#### TELUS World of Science

Address: 701 - 11 Street S.W., Calgary, Alberta  
Phone: (403) 268-8300  
Website: <http://www.calgaryscience.ca>

#### Talisman Sport and Wellness Centre

Address: 2225 Macleod Trail South  
Phone: (403) 233-8393  
Website: <http://www.talismancentre.com>

#### Mount Royal College

College Kids Summer Programs

Address: Mount Royal College - Lincoln Park Campus  
4825 Mount Royal Gate S.W. Kerby Hall (East side of campus)  
Phone: (403) 440-6001  
Website: <http://www.mtroyal.ca/collegekids>

## University of Calgary

Mini University  
Address: 2500 University Drive N.W.  
Phone: (403) 220-7749  
Website: <http://www.ucalgarykids.ca>

## YMCA Camp Riveredge

Address: Riveredge Park - 1215 - 50 Avenue S.W. (2nd gate)  
Website: [www.ymcacalgary.org](http://www.ymcacalgary.org)

## YMCA Branch Day Camps

Address:  
Crowfoot YMCA (8100 John Laurie Blvd N.W.)  
Shawnessy YMCA (333 Shawville Blvd S.E.)  
Eau Claire YMCA (101 - 3 St S.W.)  
South YMCA (11 Haddon Rd S.W.)  
Bishop McNally YMCA (5700 Falconridge Blvd N.E.)  
Please refer to website for various locations contact information  
Website: [www.ymcacalgary.org](http://www.ymcacalgary.org)

For further information on these camps, please visit the Between Friends website at [http://www.betweenfriends.ab.ca/programs\\_integrated.html](http://www.betweenfriends.ab.ca/programs_integrated.html).

## PREP

Register now for summer therapy!

Speech Language Therapy  
Occupational Therapy  
Reading Tutoring

- Enthusiastic and innovative therapists
- Parent participation in sessions
- Child-friendly facility
- Flexible appointments
- Minimal wait times
- Day time appointments
- Not-for-profit rates

Contact: Tanya  
Phone: 282-5011 ext. 101  
E-Mail: [tanya@prepprog.org](mailto:tanya@prepprog.org)

## Easter Seals

### SPRING ADULT CAMPS

#### Camp Kananaskis

I June 4-9

II June 11-16

III June 18-23

A camp for adults with developmental and/or physical disabilities.

Cost: \$500.00

### YOUTH LEADERSHIP PROGRAMS

#### Leader In Progress (LIP)

July 2-14

A leadership program open to a variety of ability levels, focused on developing leadership in individuals who often cannot access traditional leadership programs.

Age: 16-21 years old                      Cost: \$600.00

#### Leader In Training (LIT)

July 16-August 4

A leadership program focused on outdoor leadership skills, featuring an extended backcountry hiking trip.

Age: 15-18 years                      Cost: \$1050.00

#### Counsellor In Training (CIT)

August 6-25

A 14-day leadership program for youth who are interested in developing the skills to be camp counsellors.

Age: 16-18 years                      Cost: \$1050.00

For further information on these camps, please visit the Easter Seals website at <http://www.easterseals.ab.ca/camp/programs/schedules.php>.

**VRRRI**

The VRRRI Summer Fun Camps have some exciting themes that will keep all campers entertained for the entire summer. Campers may either choose theme camps where they will take part in games, crafts, swimming, songs and other activities or campers may participate in specialty camps where campers will have hours of instruction in a special field along with the regular camp activities. In both types of camps, campers will have a special outing for the week.

## Registration Categories

Adventurers 5-6 years

Explorers 7-8 years

Trailblazers 9-11 years

## Cost:

Theme Camps \$150 per week

Specialty Camps \$199 for 5 days or \$160 for 4 days

Register at 284-2231

For further information on these camps, please visit  
<http://www.vrri.org/images/documents/recreation/vrri.recreation.centre.day.camps.pdf>.

**Summer Camp 2007****Dates:** July 16-20, 2007**Times:** 8:30-4:30**Place:** SAIT**Cost:** \$270 (Alberta Swim registered members)

\$295 (all other participants)

The Calgary Dolphins Swim Club will be holding their second annual summer swim camp.

Our summer training camp gives youths and young adults with Down syndrome a chance to hone up their swimming skills for the upcoming swim season, and for the first time swimmers, a chance to explore the possibility of becoming more involved in swimming and what our Club is about. They learn by doing and sharing, while having lots of fun and renewing / making new friendships.

The Camp is run by The Clubs certified coaches, and parent volunteers. The programs includes "in pool" training time, as well as a dry land program. Additional fun activities are planned throughout week. The camp ends Friday with a Swim Meet and celebration activities.

Currently there are a few spots left for the camp so hurry to enroll to avoid any disappointment.

Please contact: Janice Patterson (278-1709 or [mbpatter@telusplanet.net](mailto:mbpatter@telusplanet.net)) for more information or to enroll.

## 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.

Stephanie Leblanc - 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!! #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 or 403-546-2557.

## 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.*

This article will return in June.

## Other Community Events

### MoMo Dance Theatre

*Thursdays with MoMo!*

**Drop-In Thursdays, 1:00 to 2:30 pm**

**Cost: \$12/class – AISH – pay what you can**

**Location: West Hillhurst Community Centre  
(North Door)**

Take off your socks and join the fun!

Movement - Voice - Clown - Physical Theatre - Music –  
Drumming

For more information, contact MoMo at 283-1594 or visit their website at [www.momodancetheatre.org](http://www.momodancetheatre.org).

### Ponoka Stampede Rodeo Challenge

**Date: Saturday June 30, 2007**

**Time: 9:45 am to 1:00 pm**

Come and join us at the 7th Annual "Stampede Rodeo Challenge" for all physically &/or mentally challenged children between the ages of 5 and 18 on Saturday June 30, 2007 from 9:45 a.m. to 1:00 p.m. Each contestant will be partnered up with a cowboy/girl to enjoy all the modified rodeo events. A hotdog lunch will be served following the rodeo. Friends & families are welcome to watch from the stands. One companion only allowed on the infield with the contestant & cowboy. Rodeo proceeds **RAIN OR SHINE**, so please bring your child prepared for the weather. Rain and mud go hand in hand!!!

Rodeo Events

Flag Picking - Contestants ride quiet, specially selected horses

Calf Roping - Contestants learn to rope a wooden calf

Bull Riding - Contestants ride hand-rocked bull for 8 sec.

Chuckwagon Races – Hand-pulled chuckwagons race around the barrels

Wagon Ride Horse drawn wagon ride, wheelchair accessible

Petting Zoo- Small farmyard animals for petting

Face Painting - Hypoallergenic makeup upon request (siblings too)

Registration Deadline: May 18, 2007

Please call Marjorie or Ken Krossa @ 403-783-3507 for the registration form. Please check out their website: [www.ponokastampedrodeochallenge.ca](http://www.ponokastampedrodeochallenge.ca)

## Family Support Services

*3<sup>rd</sup> Annual Summer Picnic*

**Saturday, June 2, 10:00- 12:30**

**Location:** Calgary Rotary Challenger Park

**Cost:** No charge

Families are responsible for their picnic lunches. The park has a concession if you wish to purchase your lunch. If bringing pop, it must be a coke product as this is specified by the park.

Whether you come for lunch or stay the whole morning, we look forward to seeing you. Please contact your Family Support Liaison for more information.

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

Please RSVP by May 25<sup>th</sup>, 2007.

## Connections Counseling and Consulting Foundation

*Sibshops*

**Saturday, June 2 9:00 am to 12:00 noon**

**Saturday, June 9 9:00 am to 12:00 noon**

**Cost:** \$40

**Location:** Room B2200, 2nd Floor  
Alberta Children's Hospital  
2888 Shaganappi Trail NW

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.

An orientation night will be held for parents and Sibshops participants on **Wednesday, May 23<sup>rd</sup> from 7:00 to 8:30 pm** at the **Alberta Children's Hospital** (Room B2200, 2<sup>nd</sup> floor). This will be an opportunity to learn more about the Sibshops program and the types of activities that are involved.

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.

## 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).*

### Brilliant Beginnings

Brilliant Beginnings Educational Centre, run by Melanie Gushnowski, MSc, is a new addition to the Calgary landscape of early education. Just down the street from Ups & Downs' main offices, they provide programs designed for children at birth to the age of 4. Children with special needs as well as typical children are all welcome to partake in the specialized programs offered in a separate or integrated setting. Other services provided include Shantala baby massage, baby signing classes, parenting consultation and workshops, and special needs services.

So if you are a new parent be sure to check out and/or register at their website [www.brilliantbeginnings.ca](http://www.brilliantbeginnings.ca), call 283-KIDS (5437), or visit their establishment at 207A 19<sup>th</sup> Street NW.

### Aids to Daily Living

A new pilot project is assisting Albertans who cannot speak. The project, which runs until March 2009, provides funding to Albertans with severe communication disabilities to purchase speech generating devices.

All Albertans with severe communication impairments may be eligible to use a speech generating communication device. The impairment must be severe enough that the person cannot speak or be understood by others.

To be considered for assistance, a person needs to be assessed at the Augmentative Communication and Educational Technology Service (ACETS).

Contact Alberta Aids to Daily Living for more detailed information by calling (780) 427-0731. To dial the number toll free, dial 310-0000 and then the number, including the area code.

### 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

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.

### Parents Forever, Children’s Link

Date: The first Monday of the month.  
April 2<sup>nd</sup>, 2007

Time: 7:00 pm - 9:00 pm

Location: Phoenix Foundation  
Bay #1, 2821 3<sup>rd</sup> Ave NE

A grief support group for parent’s who have had a child with a disability pass away.

This group is facilitated by parents who have had a child with a disability pass away. We will be sharing, celebrating and honoring the journey we shared with

our children as well as the journey we are now on. Connecting with other parents is a great way to get support and to support those that are at a different point on their path.

### PREP

Call 282-5011 or Visit [www.prepprog.org](http://www.prepprog.org) to learn about:

#### Family Support – call Jan Extension 102

Workshops, newsletters, socials and individual consultations with Family Support Liaisons connect parents to other families and community resources.

#### PREP 1: Infants and Toddlers – call Bonnie Ext. 121

Once weekly parent-child play groups with in class Physiotherapy consults plus individual Speech-language and Occupational therapy consults.

#### PREP 2: ECS Classes (2 ½ - 5 ½) – call Kim Ext.117

Small classes (MWF or TR) with certified teachers plus individual Speech, OT, and Physiotherapy. Enroll your child at a community preschool with a PREP Education assistant.

#### PREP 3, 4, & 5: School Age Students – call Lyda Ext. 116

Student Health Partnership funded speech & OT services, plus the innovative Early Child A Reader program.

#### PREP Links: Community Outreach – call Claire Ext. 105

A resource room with the knowledge, tools and technology to support curriculum adaptation in the inclusive classroom.

Book a tour to see what learning awaits children of all ages!

### 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'. 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).

- Grampa Irv

## Renfrew Educational Services

Renfrew Highlights:

- Individualized program plans
- Specialized educational and therapeutic programs
- Innovative teaching and therapy-based strategies
- Highly trained staff committed to life-long learning and educational excellence
- Specialized rooms such as Sensory Integration and Multi-sensory
- Specialist teams
- Specialized software and computers available to all children
- Advanced technology and assistive technology devices
- Door-to-door bussing available

Spots available in Junior Kindergarten and Kindergarten programs for the 2006-2007. For more information, you can call us at (403)291-5038 or email renfrew@renfreweducation.

## 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.*

### 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 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.

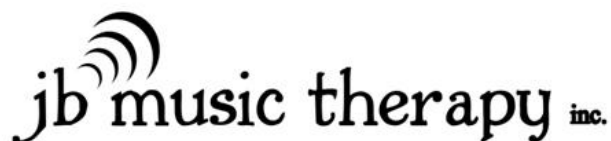
**Everything But The Cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.**

## SMALLTALK – Visual Therapy

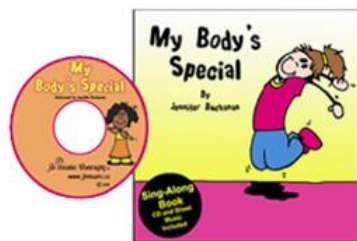
Two talented young women provide a unique and highly entertaining production through the use of sign language, accompanied by music, sets, and costumes. Watch as your children experience the wonder of cultivating a new language solely through the use of their visual learning skills. Signing is no longer 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.



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

### CREATIVE MEMORIES

I teach people how to preserve their memories in variety of ways. Whether it's traditional Scrapbooks, Picfolio Albums or Digital Storybooks I have a variety of ways to get your photos out of boxes and drawers or off your digital camera or computer. Through Get Together's and workshops, I offer ongoing support. I want to help you get started on your next project. Book a Get Together in March or April and receive an extra Free Gift!

Check out my website [www.mycmsite.com/tashawalsh](http://www.mycmsite.com/tashawalsh) for event listings, page layout ideas, online ordering and much more!

Tasha Walsh, Independent Consultant, (403) 249-4418

### 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