



# MEET THE BOARD

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## Ups and Downs Contact Sheet

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

President		Nici and Ken Weipert: Communications	nweipert@telus.net
Melanie Grant: Vice-President	melanieandbrian@shaw.ca	Jeannie Ing: Programme Coordinator	jal_wong@yahoo.com
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Chin -Wei Eow: Co-Treasurer	chin-wei.eow@shaw.ca		

Address: West Hillhurst Community Centre, 1940 – 6<sup>th</sup> Avenue NW. , Box 61180, Kensington RPO, Calgary, Alberta, T2N 4S7

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

## YEAR AT A GLANCE



### Westside Recreational Centre Swim

Date: Sunday April 13, 2008

### Street Meet

Date: Saturday June 21, 2008

### Our Lady Queen of Peace Ranch Weekend

Date: July 25-27, 2008

### Annual Summer BBQ

Date: Saturday August 16, 2008

### Annual Golf Tournament

Date: September 2008 (Date to be confirmed)

### Wonder Years 2008- Down Syndrome Awareness Week

Date: Sunday October 19, 2008

### Dinner and Dance- Down Syndrome Awareness Week

Date: Friday November 7, 2008

### Kid's Christmas Party

Date: Sunday November 29, 2008

## 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 email Sherril Rechner at [kenandsher@telus.net](mailto:kenandsher@telus.net).

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

Date: April 21<sup>st</sup>, and June 16, 2008 (there will be no coffee morning in May due to Victoria Day).

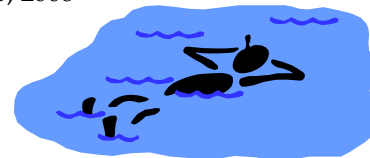
Time: 9:30 – 11:30 am

### FAMILY SWIM

Date: Sunday, April 13, 2008

Time: 10:00am-2:00pm

Location: Westside Recreational Centre  
2000 69 Street SW



Splash, splash! Join us on Sunday April 13, 2008 from 10:00am to 2:00 pm for a family swim at the Westside Recreational Centre. No charge to Ups and Downs members.

Please RSVP to Jeannie Ing at [jal\\_wong@yahoo.com](mailto:jal_wong@yahoo.com) as soon as possible as spots are limited for this event.

### STREET MEET 2008



Date: Saturday June 21, 2008

Location: Fish Creek Park– Glennfield Site Exit Macleod Trail on Bannister Road (Near the Greengate Garden Centre)

It's that time of year again: time to get the sneakers out of the closet and start stretching those muscles. Street Meet 2008 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 21. 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.

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!

The money raised from Street Meet 2008 helps to fund a variety of projects including outreach services for new parents, community education and advocacy programs.

To register via the running room please visit this website: <http://www.events.runningroom.com/site/?raceId=3422>

## UPS AND DOWNS BBQ

Date: Saturday, August 16, 2008

Location: Bowness Park, Site 3

Cost: \$10/family



## GRILLIN' AND CHILLIN'!

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

### William Watson Lodge 2008



I knew it was going to be a great weekend, the moment I walked into the Lodge to check in. When I looked up, I saw one of those suction cup balls stuck to the roof, and it just got better from there. The first night there were a few tears shed by my youngest son at the thought of no TV for the entire weekend, then they quickly disappeared when he realized that he'd have the whole weekend to spend with me.



On Saturday morning, we made our way down to the Lodge to find the dads masquerading around as chefs. They did a wonderful job because there wasn't an empty belly or a speck of food to be found. Once everyone had finished, Heather, from "Wildflower Music", came to sing some songs, dance and make beautiful music with the children - even some of the parents joined in on the fun. After that, everyone went back to their cabins to enjoy what the day had to offer, whether it was going for a walk to enjoy the mountains up close or going for a toboggan ride with their families.



We all met back at the Lodge later that night for a potluck dinner that was just as delicious as breakfast. With such a variety, I had to try a little of everything, it looked so good. We had cup cake decorating, goodie bags and even

a piñata for the kids to help celebrate Faith's third birthday. Door prizes were also given out! After all that excitement, it was time for us to go back to our cabins to get ready for a busy day of getting ready to leave.



I just wanted to say thanks to a few people that had made this weekend so pleasurable and helped things run smoothly - Nici and Ken, for transporting all the breakfast supplies and Drew McIntyre for calculating the amount of breakfast supplies needed. There was tons of food, with surprisingly little wastage. Thanks to Heather who did such a great job at entertaining all the kids, big and small. I know that this was one of my kids' favorite parts of the weekend. Thanks to all 14 families that attended for their contributions to the pot luck on Saturday and to Shannon for organizing the cupcake decorating. Thanks to Delta Lodge in Kananaskis for offering us the use of their facilities on Sunday. It was too bad that the pool was unexpectedly under renovations. We look forward to a swim next year. I wanted to say thanks to the dads for preparing such a satisfying breakfast for everyone, as well as all the people who took the time to lend a helping hand with the clean up after meal times.

I also wanted to say thank to Michelle McIntyre for taking the time to organize this event so that we could all come together and enjoy a weekend of tranquility with our families and friends, new and old.

*Shannon Stengler*

### 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

If anyone has any new unused items that they would like to donate.... all would be much appreciated for the upcoming 2008 year of Ups and Downs events.

Contact: Jeannie Ing (Program Coordinator) by e-mail: [jal\\_wong@yahoo.com](mailto:jal_wong@yahoo.com).



## Summer Camps 2008

### Between Friends

To register for the integrated camps offered by Between Friends, please note that your camper must be a member of Between Friends.

Registration starts on March 17<sup>th</sup> and continues until all camps are full. To register call 508-0119.

### 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>

## Calgary Zoo

Address: 1300 Zoo Road N.E.

Phone: 232-9300

Website: [www.calgaryzoo.org](http://www.calgaryzoo.org)

## 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. (2<sup>nd</sup> gate)

Website: [www.ymcalgary.org](http://www.ymcalgary.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.)

Please refer to website for various locations contact information

Website: [www.ymcalgary.org](http://www.ymcalgary.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).

## Camp Bonaventure

There are still a few spots left for Camp Bonaventure. Call 269-9133 to register. For more details visit the Between Friends website at – [www.betweenfriends.ab.ca](http://www.betweenfriends.ab.ca)



## Easter Seals

### SPRING ADULT CAMPS

#### Camp Kananaskis

I June 2-7

II June 9-14

III June 16-21

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

**Cost:** \$500.00

Contact them for an application at 403-949-3818 or visit their website at:

<http://www.easterseals.ab.ca/camp/programs/schedules.php>.





## Summer Camp 2008

**Dates:** August 11-15, 2008

**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 third annual summer swim camp.

Our summer training camp gives youths and 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 volunteers. The program includes "in pool" training time, as well as a dry land program. Additional fun activities are planned throughout the 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.

Registration forms are on our website [www.calgarydolphins.com](http://www.calgarydolphins.com) or

Please contact: Janice Patterson (278-1709 or [calgarydolphins@gmail.com](mailto:calgarydolphins@gmail.com)) for more information or to enroll.

## Volunteers Needed

National Service Dogs is looking for volunteer puppy raisers/handlers. For more details call Michelle at 283-1949 or e-mail [manddmcintyre@shaw.ca](mailto:manddmcintyre@shaw.ca)

## Looking for 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).

**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.

**DDRC:** The Community Respite Network (CRN) 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. For more information please contact DDRC's Central Intake at (403) 240-7331, or [jackip@ddrcc.com](mailto:jackip@ddrcc.com)

### Post Natal Helpers:

Contact: Lynn  
Phone: 640-0844

**Tara Garland:** I am currently enrolled in the Disability Studies Program at Mount Royal College. Recently, I have been enjoying helping with child care at a variety of Ups and Downs' events. I have also volunteered in the Youth Swim program with Between Friends. I am a Program Assistant for the CanSkate Program, teaching kids how to skate and I am presently working on getting my coaching certificate for figure skating. I have always loved working with kids, and I am further motivated

by everything that I have been learning at Mount Royal. I hope you will give me an opportunity to meet and care for your children. If you would like to know more, please don't hesitate to ask. You can contact me at: tg\_soccer\_power@yahoo.ca or 819-7392.



Cost:  
Loca

## Other Community Events



### 2008-2009 Membership Drive

The Calgary Dolphins Swim Club is looking for a few enthusiastic youths and adults who want to join our swim club and challenge themselves while building friendships and experiences. No experience in swimming required.

The Dolphins Swim Club promotes the development of our swimmers through a positive and supported team environment. Modelled after a competitive swim team, our programs include a "Learn to Swim" and "Competitive Training" Program. The club provides opportunities for skill development in the four competitive swimming strokes and competition with other swimmers and clubs within Alberta.

Don't delay, the Club only has a few openings left. Take a look at our website for more information, registration forms, and fee schedule. Also you will see our swimmers in action: [www.calgarydolphins.com](http://www.calgarydolphins.com)  
Or, contact [calgarydolphins@gmail.com](mailto:calgarydolphins@gmail.com) or Janice Patterson @ 278-1709.

### MoMo Dance Theatre

*Thursdays with MoMo!*

**Drop-In Thursdays, 1:00 to 2:30 pm**  
**\$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).



### Family Support Services @ PREP

*Chat Nights*

**April 8th- 7:00-9:00m,**  
*'Skills for the Job of Living'*

Join Gina Gagnon, Occupational Therapist from the PREP Program. To attend – RSVP to Jan Jensen-Smith@ 282-5011 ext. 102 or email [jan@prepprog.org](mailto:jan@prepprog.org).

*Spring Break!*

*Just for Parents*

**Friday, May 2 and Saturday, May 3, 2008**

**Cost: Couples: \$250.00 (based on double occupancy) Single \$175.00**

*Spring Break! Just for Parents*

Relax, reconnect and refresh in the beautiful Rocky Mountains. The Chateau Canmore is the perfect venue to rejuvenate and re-energize.

Your adult only get-away includes room cost, dinner

for two Friday night and breakfast for two Saturday morning.

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*

**Dates: Saturdays, April 26<sup>th</sup>, May 3<sup>rd</sup>, and May 10<sup>th</sup> 2008 from 9:00 am to 12:00 noon.**

**Cost: \$40**

**Location: Renfrew Educational Services Main School** located at **2050-21 Street NE, Calgary.**

The Saturday morning Sibshops program is for 8 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 the office at 209-1100 or e-mail at [connect@calcna.ab.ca](mailto:connect@calcna.ab.ca).

## 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 ACH 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 955-2500. 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:

2008

April 11 and 25, May 9 and 23, June 6 and 20, July 4 and 18.

**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 Tuesday evening of each month.

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. Call Children's Link @ 230-9158 for more information.

## The PREP Program

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: School Age Students – call Janelle Ext. 112

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

### PREP 4: Junior High and High School-call Bonnie Ext. 121

PREP 4 empowers teens to make continued progress in skills for independent living.

### PREP Links: Community Outreach – call Barb M. Ext. 130

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!

## 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

For more information, you can call us at (403)291-5038 or email [renfrew@renfreweducation.org](mailto:renfrew@renfreweducation.org).



## 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

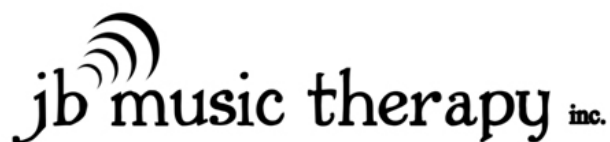
Everything But The Cake creates birthday party invitations, centerpieces, treat bags, theme parties and more to help parents plan and put together creative parties for their kids. Check out their website at [www.everythingbutthecake.ca](http://www.everythingbutthecake.ca) or call them at 667-5364. **Everything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

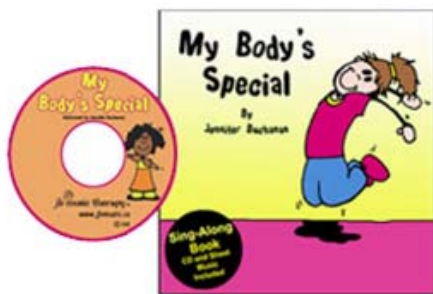
Smalltalk will give a school a **10% discount** if a member of Ups and Downs provided the booking. Contact Person: Tanis Audette: (403) 836-0274.



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

Jim Wilson

**UNIQUE**  
Signs & Design

403-921-5910 From Concept to Realization 403-640-4234  
Office Fax

[uniquesignsanddesign@shaw.ca](mailto:uniquesignsanddesign@shaw.ca)



### 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