




















## IT'S ANNUAL GENERAL MEETING TIME!

We will feed   and  but that's not   should  there.  should  there to h  what we've been doing and where we're going.  want to be the first to  the new website. Meet Keston. H  about the proposed By-law Amendment and give us your voice. But if   really only interested in  and , that's  !  on Thursday, March 29th at 7:00 pm at the Ups and Downs office, West Hillhurst Community Centre, 1940 – 6<sup>th</sup> Avenue NW.

We  looking  new board members. Please consider getting involved!

Ups and Downs Contact Sheet		www.upsdowns.org	
Amber Boyd: President	aboyd@blackmont.com	Barb Wilson: Communications	wilson.barbara@shaw.ca
Tyler Hermanson: Vice-President	archi_tec@shaw.ca	Michelle McIntyre: Programme Coordinator	manddmcintyre@shaw.ca
Krista Beaton: Secretary	ckbeaton@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

## YEAR AT A GLANCE



### Annual General Meeting

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

### Telus World of Science and Creative Kid's Museum

Date: Saturday, April 14<sup>th</sup>

### 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>

### 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: April 16<sup>th</sup>  
June 18<sup>th</sup>

Time: 9:30 – 11:30 am

**NOTE:** There is no meeting in May as the Monday falls on Victoria Day.

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

### FRIENDSHIP CLUB

Date: Saturday, April 21<sup>st</sup>

Time: 11:00 am to  
12:30 pm

Location: The Crux  
1415 – 28<sup>th</sup> Street NE  
(behind the Coast Plaza Hotel – looks like a grain elevator)



The Friendship Club is going climbing! Up the wall that is! Don't be worried about having no experience – there will be one helper per climber. Still nervous? Come watch. Light snacks and refreshments will be served.



Please wear loose comfortable clothes (no shorts). Climbing shoes and harnesses will be provided by the Crux. Parents – you may drop off your climbers – for this event ONLY.

RSVP to Michelle McIntyre at 283-1949 by April 14<sup>th</sup>. Please note – the Friendship Club is for individuals 15 years and older.

Thanks to Linda Fairs for organizing the event.

## TELUS WORLD OF SCIENCE AND CREATIVE KID'S MUSEUM

Date: Saturday, April 14<sup>th</sup>  
 Time: 1:00 pm onward  
 Location: Telus World of Science  
 701 - 11 Street SW



Join us as we explore the Telus World of Science and Creative Kid's Museum. Set your imagination and curiosity free!

Members who would like to attend must RSVP to Michelle McIntyre at either 283-1949 or manddmcintyre@shaw.ca. When you RSVP please let her know:

1. How many adults attending?
2. How many kids attending? How many kids with Down syndrome attending? Ages of all kids attending?
3. Do any of you already have a membership at The Telus World of Science?

## OUR LADY QUEEN OF PEACE RANCH WEEKEND

Date: July 27<sup>th</sup> - 29<sup>th</sup>, 2007

Ups and Downs has 18 teepees booked at Our Lady Queen of Peace Ranch (formerly known as No Ka Oi Ranch) on the weekend of July 27<sup>th</sup> - 29<sup>th</sup>, 2007. Hooray for 18 lucky Ups and Downs families will be able to enjoy 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.

**Cost?** Free to any of our Ups and Downs members who register.

This year the Ranch has asked us to submit **before April 31<sup>st</sup>** all the vital details about the families who are registered to attend.

To book, call or e-mail Michelle McIntyre at 283-1949 or manddmcintyre@shaw.ca.

## 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

### By-Law Amendment

To all members of Ups and Downs – Calgary Down Syndrome Association:

At the Board meeting session held on February 5, 2007, it was agreed that some changes should be made to the by-laws. The following will be presented at the Annual General Meeting on March 29, 2007 for membership approval. The current by-law reads:

“Article VI: Officers

E. The treasurer shall assure that:

4. The books and financial records of the Association are audited at least once a year by a qualified auditor.

5. A properly audited statement is submitted to the Annual Meeting.”

The new by-law shall read:

“4. The books and financial records of the Association are to be compiled by a qualified auditor at least once a year.

5. A Properly compiled statement is submitted to the Annual Meeting.”

### Ups and Downs Fax

After months and months of trying to get connected with Telus, our fax has been installed. Our new fax number is 289-1015.

### Membership Renewals

Membership renewals are in the mail, or by the time you read this, should have reached you. If you haven't received yours yet, give Keston a call at the office and COMPLAIN! Just kidding – testing to see who's reading this! Just let him know – he'll be happy to send you a new one.

### New Website

We've been telling you it's coming! And now it's just about here. Come to the Annual General Meeting to sneak a peek!

### New Library Books

New library books are arriving daily. Come in and check them out.

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.



### News from the 2007 CDSS Conference Committee

Two months left!

Registration can currently be done by visiting the conference website at [www.cdss2007.ca](http://www.cdss2007.ca). At the bottom of the home page, follow the registration link. On the next page, there are links to both the registration form and the session information. Watch for the on-line registration.

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.

If you are interested in volunteering, or know of anyone who might want to help out at the conference, please email our Volunteer Coordinator, Rose Jefferson, at [jeffersj@telusplanet.net](mailto:jeffersj@telusplanet.net).

## Thanks, TELUS!

With much paper work completed by Michelle McIntyre, TELUS has provided Ups and Downs with a \$2,500 donation towards our Grant Program.



We appreciate it!

## To Test or Not to Test

After attending the press conference hosted by CDSS, regarding the announcement by The Society of Obstetricians and Gynaecologists of Canada (SOGC) of a new guideline recommending that every Canadian woman, regardless of her age, be offered the choice to undergo non-invasive genetic screening during her pregnancy, I sat down for a long time and thought about the relevance of such tests and how the results of those tests would shape our society in the years to come.

The CDSS representatives, including one well-spoken young man with Down syndrome, spoke about the information gap in society that exists between the perception of the severity of a diagnosis of Down syndrome, versus what the modern reality is. They also spoke about the importance of the physicians, in addition to offering all women genetic screening, also offering up-to-date, accurate information about what potential a person with Down syndrome has in today's world.

I have an experience I would like to share with you. I am the mom of three children - John (6), Daniel (5, our child with Down syndrome) and Emily (3). While pregnant with Emily, I was at a play group with John and Daniel. A mom I was talking to asked me if I was going to have amnio. I said "No." She responded, "You mean you already have a child with Down syndrome and you are not going to get an amnio?" I repeated, "No." I did not

judge her because I thought about how society's values are increasingly becoming watered down. I also thought about the distorted view of "perfection" we have.

If a woman is faced with having a child with a determination to have Down syndrome, it is important for her and her spouse to understand that their child would today be living a life very different from that of a child born with Down syndrome 15 to 20 years ago. Children born today with Down syndrome have much more opportunity for a meaningful, included life and are, all around us, demonstrating their ability to finish high school and enter the labour force. They are given early intervention therapies that enhance their strengths and help them overcome their weaknesses.

Because of inclusion in the classroom and workplace, people with Down syndrome have access to many of the opportunities life has to offer the rest of us (education, work, marriage). Before having these tests done, I suggest that women and their spouses consider the following questions:

- 1) Does the outcome of this test, positive or negative, guarantee you a "perfect" child, a healthy child, for as long as that child lives?
- 2) Have you been informed about the possibility of false positives? (triple screen)
- 3) What is a "perfect" baby?
- 4) Is the potential risk to your unborn child worth the risk of having an amnio?
- 5) If you were to develop Alzheimer's or Parkinson's, how would you value the worth of your life?
- 6) What would you do with the results that you receive from the tests?

Thanks to organizations like CDSS and Ups and Downs for helping to shape a modern view of what it is like to have a child with Down syndrome.

"I am only one, but still I am one.  
I cannot do everything, but still I can do something.  
I will not refuse to do something I can do."  
Helen Keller

*By Anne Carvalho*

## FYI!

**Canada's New Government Establishes Program Eligibility for the Children's Fitness Tax Credit**

The Honourable Jim Flaherty, Minister of Finance, released guidelines on the Children's Fitness Tax Credit.

The Minister confirmed that as recommended by the Expert Panel for the Children's Fitness Tax Credit, the definition of eligible programs will support children's participation in all programs that significantly contribute to their fitness. In addition, the Minister indicated that substantial additional support would be provided to children eligible for the disability tax credit to recognize the unique barriers they face in becoming more active.

"Studies show that regular physical activity has many positive effects on children, including balanced growth and development and improved physical fitness," said Minister Flaherty. "This measure will help parents offset some of the costs associated with these activities and start children down the road to a lifetime of healthy, active living."

Minister Flaherty noted that he would soon introduce regulatory changes that would define an eligible program for the purposes of the credit and amendments to the Income Tax Act to implement the proposed enhancements for children with disabilities (see the attached backgrounder for more information).

"We know that families have limited budgets, and the Children's Fitness Tax Credit will help make it possible for more young Canadians to get involved in sport and physical activity," said the Honourable Peter Van Loan, President of the Queen's Privy Council for Canada, Minister of Intergovernmental Affairs, and Minister for Sport. "I am pleased that we are delivering on this important commitment for families and taxpayers."

## Book Review

**'Win Win Advice for the Inclusive Classroom'**

Written by Barb Tien and Claire Clelland

Having come to believe that successful inclusive schooling was solely a matter of luck (and had nothing to do with specialists, training, consultations, or even helpful reading materials) I was most relieved to read this book. It has thankfully given me new found hope for the majority of kids with Down syndrome who are not yet in ideal inclusive school settings.

From personal experience I can certainly testify that there are some schools where true inclusion is not given much credence and where children with disabilities will never feel like they belong. However, my belief is that the majority of school staff and administration lack not the desire but merely the knowledge, experience, confidence and tools. Reading through this book I soon began to realize that a successfully inclusive environment does not just occur simply because principals teachers, aides, therapists, specialists and parents all agree that they want it too.

Most parents that I know within the Down syndrome community have their children in inclusive school settings but are continually struggling with ongoing issues and are often dissatisfied with the outcomes. Barb and Claire's book is tailor-made for the administrators and staff of schools who value the student with Down syndrome and who really want inclusion to succeed.

I have seen films on inclusion where professionals used vague terms like 'it requires more work, patience, adaptation and teamwork. It is not easy, but when it works it can be very rewarding'. These statements, while positive and encouraging, don't actually offer any meaningful strategies when parents, and educators are all frantically trying to make an inclusive friendly environment. Barb and Claire's book effectively demystifies all the vague terminology and cuts to the chase.

Using simple, straight-forward language, they fill their book with easy to understand ideas, helpful tips, and practical solutions for helping to successfully integrate any school-aged child with Down syndrome (all ages are covered). Problematic situations are addressed and the book provides priceless kernels of wisdom as to how to navigate through land mines of miscommunications, misinterpretations, and even offensive situations.

Anyone, who is involved in the process of creating an ideal inclusive school environment for a child with Down syndrome, will find this book an invaluable resource.

In addition, Barb and Claire have recognized that, while the book's focus may be on inclusion of children with Down syndrome within schools, the aim goes far beyond. The book is jam packed with useful information to help parents best raise their children with the ability to become contributing and fully included members of school, community and society as a whole.

- Michelle McIntyre -

## Special Olympics Alberta

Special Olympics Alberta athletes were treated to first class competitions at venues around Calgary the weekend of February 23-25, 2007. Hosted by Cardel Place, Canada Olympic Park, Calgary Winter Club and Notre Dame High School, the Games were a huge success. Highlights include: amazing performances at the opening ceremonies, including speeches from the Honourable Lieutenant Governor and Premier of Alberta, and the Mayor of Calgary; a basketball demonstration, which hosted a team from Montana, USA; Special Smiles, a program run by local dentists and hygienist to help athletes become more aware of dental health; amazing and fierce competitions in curling, speed skating, figure skating, alpine skiing, nordic skiing, snowshoeing, and floor hockey, in which a bronze medal final game went into sudden death.

Over 450 athletes were supported by over 100 coaches and over 400 volunteers. Generous sponsors donated not only time, but also hours as volunteers as well. It was with the true spirit of Special Olympics that these Games were carried out.

## 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).

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](mailto: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.



Parents who have children with special needs know the frustrations of balancing a livelihood with finding the care and services they require for their loved ones. As parents of a child with Down syndrome, Wil and Kathy Garth found there was a lack of quality transportation services available to people with disabilities and limited mobility, and we felt we had to do something about it. They wanted a quality service that not only physically moved people from point A to point B, but also did so with flexibility, respect and friendliness. After their search left them empty-handed, they decided to explore the possibility of striking out on our own.

In September 2002, along with their former business partner, Lynn Hazen, the van doors opened to *D.R.E.A.M.S. Transportation Ltd.* and Calgary's special needs community welcomed them immediately. Their philosophy is simple; to the best of their ability and resources, they will provide an efficient, courteous, and compassionate service that recognizes the value of those with special needs in the community. Not only do they provide an essential service but they are also quietly changing the perception of individuals with special needs in the community. Their dream is to create a place where all individuals will be recognized for their unique skills and gifts and valued for their capabilities. When Wil and Kathy talk to families of new clients and they find out that they have a child with special needs themselves, Wil and Kathy can hear the relief in their voice that *they get it* – they understand their needs.

The acronym *D.R.E.A.M.S.* stands for Disability Recognition Employment Awareness Mobility Specialists and truly encapsulates their vision of what their business is all about. Where they feel *D.R.E.A.M.S.* really separates itself from the competition is in the level of

accessibility and emphasis on customer service. They do more than just pick up and deliver clients. They like to think that their service is the "beginning of our client's day," and have watched their clients form friendships and grow as individuals. *D.R.E.A.M.S.* recognizes that clients require transportation for social, recreational and community outings -- not just trips to the doctor. *D.R.E.A.M.S.*, however, does not stop there. They are also striving to provide meaningful employment opportunities to those with special needs.

They started with only one vehicle and two passengers and now have 19 vehicles and transport over 100 individuals on a daily basis and many others, including seniors, who require one-time service. Need a ride? *D.R.E.A.M.S.* is here to take you to and from wherever you need to go, whether it is to the Alberta Children's Hospital, specialty school programs, shopping trips, summer camps or a birthday party. They will also go anywhere in Alberta so call them if you would like to do an out of town trip or if you live outside the city limits and need a ride into town. They have a staff of twelve Mobility Specialists, six full time and six part time (and are looking for more).

It is very easy to use *D.R.E.A.M.S.* so give them a call – they will talk to you about what your needs are and how they can help. They have weekly and monthly rates as well as charter bus rates for groups. If you have an FSCD contract with transportation coverage they can direct bill to FSCD.

To learn more about the services offered by *D.R.E.A.M.S. Transportation Ltd.*, call 590-RIDE (7433), email Wil or Kathy at [info@dreamstransportation.ca](mailto:info@dreamstransportation.ca) or visit their website at [www.dreamstransportation.ca](http://www.dreamstransportation.ca)

## 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).

### Family Support Services

*3<sup>rd</sup> Annual Summer Family Camp Weekend*

**Friday, August 24 – Sunday, August 26**

**Location:** Our Lady Queen of Peace Camp (aka  
NoKaOi Ranch)

**Cost:** No charge

We have reserved 10 teepees for the weekend. More  
families will be able to participate if families don't  
mind bunking together, however you can still request  
to have your own teepee.

Please register by **Tuesday, April 24**. Please note that  
Our Lady Queen of Peace requests that they receive all  
of the registrations by Monday, April 30 from PREP. In  
order to assist with meeting this deadline, please have  
your

Our mailing address is: 2004 12 Ave. N.W. Calgary T2N  
1J7 you can also email or fax it in. Due to the limited  
number of teepees, registration forms will be numbered  
in the order they are received. Please contact  
Annamarie Zobatar for more information or to get a  
registration form.

*May Chat Night*

**Tuesday, May 8<sup>th</sup>**

**7:00 – 9:00 pm**

**Personal Directives, Monique Rigole**

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).

### Between Friends

**Registration:** Tuesday, March 27

5:30 p.m. to 7:00 p.m.

NOTE: You must be a current member to register on  
this date. **Phone in registration ONLY on Tuesday  
night.** The following telephone lines will be open  
during these times: 508-0117, 508-0116, 508-0115, 508-  
0110 and 508-0111.

Open registration for anyone interested in Camp  
Bonaventure will then start at 12:00 (noon) on  
Wednesday and be ongoing from 8:30 am to 4:30 pm  
weekdays until all sessions are full. Call 269-9133.

Please visit the Between Friends website at  
[www.betweenfriends.ab.ca](http://www.betweenfriends.ab.ca) for further programming  
information.

### Caregivers Revitalize Day!

**Sunday, May 6, 2006**

**Time: 8:30am to 4:00pm**

**Location: FCJ Centre at 219 - 19th Ave S.W Calgary**

**Cost: \$20 per person and \$30 per couple**

Children's Link is hosting a Caregiver's Revitalize Day.  
Join them for a day to nourish the mind body and spirit  
of non-paid family caregivers - come to re-learn the art  
of recreation and relaxation! They will be having a  
guest speaker and fabulous door prizes.

For more information or to register for the event please  
call Angie at The Children's Link Society at 403-230-  
9158.

Registration deadline is Monday, April 23, 2007.

### Connections Counseling and Consulting Foundation

*Sibshops*

**Saturday, May 26 9:00 am to 12:00 noon**

**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 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.*

### 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**

April 13, 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.

### 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

### 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'. 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 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.

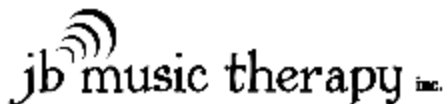
**Everything But The Cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.**

## 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 resources for.