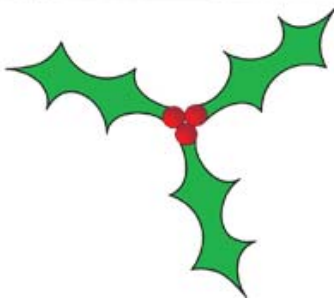


*The Board Would Like to
Wish Everyone a Very
Happy New Year*



Ups and Downs Contact Sheet

www.upsdowns.org

Amber Boyd: President	Amber891@telus.net	Nici and Ken Weipert: Communications	nweipert@abnet.ca
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 – 6th Avenue NW. , Box 61180, Kensington RPO, Calgary, Alberta, T2N 4S7

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

YEAR AT A GLANCE



TELUS World of Science and Creative Kids Museum Date: January 13, 2008	No Ka Oi Ranch Weekend Date: July 2008 (Date to be confirmed)
Youth Conference Date: February 23, 2008	BBQ Date: August 2008 (Date to be confirmed)
William Watson Lodge Date: March 14-16, 2008	Golf Tournament Date: September 2008 (Date to be Confirmed)
AGM Date: March 18, 2008	Wonder Years Date: October 19, 2008
Westside Recreational Centre Swim Date: April 13, 2008	Dinner and Dance- Down Syndrome Awareness Week Date: November 7, 2008
Street Meet Date: June 21, 2008	Christmas Party Date: November 29 th , 2008

Coffee Mornings

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

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

Date: January 21, March 17 and April 21st, 2008
 (note: there will be no coffee morning in February due to Family Day) Time: 9:30 – 11:30 am

UPS AND DOWNS EVENTS

THE TELUS WORLD OF SCIENCE AND CREATIVE KIDS MUSEUM

On Sunday January 13th Ups and Downs would like to treat you and your family to a day at The TELUS World of Science and the Creative Kids Museum. It was a huge success with great turn-out last year so it seemed like it



was time to do it again. This should be a great way to while away a cold Sunday in January. As long as you RSVP you can show up anytime between 10am and 5pm on Sunday and just let the front desk know that you are with the Ups and Downs group. Hope to see you there!

Note: Please RSVP to Michelle McIntyre 283-1949 or manddmcintyre@shaw.ca so that she can confirm numbers and pay accordingly. If you have a yearly pass please let Michelle know so that she doesn't pay for you again

Ups and Downs Annual Youth and Teen Conferences

When: Saturday, February 23rd

Time: Youth aged 9-12 10:00 am-1:00 pm and Teens aged 13-17 10:00 am to 4:00 pm

Where: FCJ Centre, 219 19th Ave SW

Cost: Youth \$5/individual and Teens \$10/individual

Dress Code: Teens no jeans please.

Youth Conference Information: Drop your children and enjoy a coffee with the other Moms. While you chat and relax your kids will be playing games, doing crafts, and then having lunch in the FCJ Centre dining area. Hamburgers, french fries, veggies and dip, plus ice cream is on the menu for lunch from 12pm-1pm for the kiddies. The students from Mt. Royal College Disability Studies will be volunteering and enjoying playing and helping the kids. Siblings are welcome too but please let us know ahead of time so we can plan volunteers accordingly.

Teen Conference Information: Hey, teens! Come and have a great day hanging out with other teens. We will have speakers, activities, lunch and a little dancing! This will be a great opportunity to meet more friends or just have some time hanging out with the kids you know!

Please pass on the word to your friends who have kids age 9-17 with Down syndrome.

Youths please RSVP to Michelle at 283-1949 or manddmcintyre@shaw.ca

Teens please RSVP to Barb Wilson at 256-6035, wilson.barbara@shaw.ca or Lorinda Block at 274-1009, klblock@telus.net.

UPS AND DOWNS NEWS

Christmas Party 2007

On December 8, 2007 125 people attended this year's Ups and Downs Christmas Party. The new locale was a welcome change. It was brighter, the food was much tastier, and we saved money on being able to bring our own pop, juice and water, all left over from Street Meet. There were chicken breasts on a bun with BBQ sauce, lettuce and tomato. There was coleslaw and roasted potatoes. The dessert of vanilla ice cream with optional mango sauce was yummy. Granpa Irv did a fantastic job as Santa. He owns his own suit and he is the only Santa in town who is in no rush. He will sit with the kids as long as they like and if they want to come back for a second visit with him he is only too happy to oblige. The Caring Clowns sent out their usual happy crew. In addition, five students from The Mt. Royal Disabilities Studies Program volunteered for the day and played happily with all the kids. As well they worked as elves to help out Santa with the giving out of stuffed animals and Santa Sac goodie bags. The kids had a lot of fun playing with the toys, clowns and volunteers. A big thank you to Shannon Stengler who mixed and baked 70 cookies, she also brought all kinds of decorations for the deluxe cookie decorating station.



We Sincerely Apologize

It has come to our attention in the last few months that some members have not been receiving their newsletters regularly (or some not at all). We realize the importance of this communication tool and we are working hard to fix this problem as promptly as possible. Our first course of action will be to send a hard copy of the newsletter to every member in our database. As well those who requested an electronic copy will continue to receive this. Also we are once again going over our database to make sure no one is missing. If you continue to not receive your newsletter please email Nici at nweipert@abnet.ca or call at 936-2783. Thank you for your patience.

Kids Up Front Tickets

Just a little reminder to everyone what the criteria is for receiving Kids Up Front Tickets. First of all you must be a member in good standing. Second, a child must attend the special event with you. Not written in the rules but very much appreciated is a thank you note to either Kids Up Front or the actual person or company who donated the tickets.

Street Meet Committee

We are looking for members to join a Street Meet Committee. If you are interested please contact Keston Roberts at the Ups and Downs office at 289-4394.

Board Members Needed

In March 2008 at the Annual General Meeting we will be looking for new members to fill a variety of board positions. If your are interested in becoming an active member please contact the Ups and Downs office at 289-4394.

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.

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



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

Access 2 Entertainment Card

The Access 2 Entertainment card provides free admission (or a significant discount) for support persons accompanying a person with a disability at member movie theatres across Canada. The person with the disability pays regular admission.

Persons with a permanent disability who require a support person when attending a movie theatre are eligible for the card.

For terms and conditions and locations accepted please access the website at:
http://www.access2.ca/english_default.html

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.

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.

DDRC: The Community Respite Network (CRN) assists ^{Cost:} children with disabilities and their families who live in ^{Local} 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@ddrc.com

Post Natal Helpers:

Contact: Lynn
Phone: 640-0844



Other Community Events

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.

How to Talk to Preschool Children about Sexuality

Date: January 14, 2008, 10:00-11:30am

Location: The Mom Store-Chinook Centre 2nd Floor-
Next to the Bay-6455 Macleod Trail SW

This FREE educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with the Calgary Health Region Sexual and Reproductive Health and the Mom Store.

To register please email ces@sacyhn.ca or call 955-7420 by January 7, 2008.

Supporting Students with Writing Tasks

Date: January 16, 2008 6:45-8:30pm

Location: St. Brigid School, 730 Citadel Way NW

This **FREE** educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital.

To register please email ces@sacyhn.ca or call 955-7420 by January 9, 2008.

Children's Understanding of Partnership Roles in Family Centered Care

Date: January 22, 2008 10:45am-12:30pm

Location: Alberta Children's Hospital Auditorium-4th Floor

This **FREE** educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital.

To register please email ces@sacyhn.ca or call 955-7420 by January 15, 2008.

It's a Girls World

Date: January 23, 2008 12:00-2:00pm

Location: Alberta Children's Hospital, 2nd Floor, Room B2200

Date: January 31, 2008 10:00am-12:00pm

Location: Peter Lougheed Centre, 3rd Floor, Room 3121

This **FREE** educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital.

To register try the **NEW** Online Registration system by visiting www.fcrc.sacyhn.ca.

Or email ces@sacyhn.ca or call 955-7420.

Literacy: Supporting Adolescents

Date: January 28, 2008 10:45am-12:30pm

Location: Alberta Children's Hospital Auditorium-4th Floor

This **FREE** educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with Literacy for Life Foundation.

To register try the **NEW** Online Registration system by visiting www.fcrc.sacyhn.ca.

Or email ces@sacyhn.ca or call 955-7420 by January 21, 2008.

An Introduction to Sexuality and Disability

Date: January 31, 2008 11:45am-1:30pm

Location: Alberta Children's Hospital Auditorium-Kinsmen Learning Centre

This **FREE** educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with Calgary Health Region's Sexual and Reproductive Health.

To register try the **NEW** Online Registration system by visiting www.fcrc.sacyhn.ca. Or email ces@sacyhn.ca or call 955-7420 by January 24, 2008.



Connections Counseling and Consulting Foundation

Sibshops

Dates: Saturdays, January 26th, February 2nd, and February 9th 2008 from 9:00 am to 12:00 noon.

Cost: \$40

Location: Providence Children's Centre located at 5232 - 4th Street S.W, Calgary.

The Saturday morning Sibshops 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.

For more information or to register, please contact the office at 209-1100 or e-mail at connect@calcna.ab.ca by January 17, 2008.

Family Support Services

Chat Nights

February 12 – 7:00 p.m. -9:00 p.m.

'Wills and Estates'

Lawyer, Robert Kitchen will be discussing the specific concerns that families with children with special needs may want to consider when developing their wills and planning for their estate.

March 11-7:00-9:00pm

'Registered Disability Savings Plan'

Join Greg Stevenson and Lori Vooyoys, from Richardson Partners Financial, to learn why "this is the one plan the government got right" this plan will be equally beneficial to both low and high income families. All families are encouraged to attend – RSVP to Jan Jensen-Smith @ 282-5011 ext. 102 or email jan@prepprog.org.

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.

Family Support for Children with Disabilities: Recognizing and Building on the Strengths and Abilities of Children with Disabilities

Date: February 4, 2008 6:15-8:00pm

Location: Alberta Children's Hospital, 2nd Floor, Room B2200

This *FREE* educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's Hospital in partnership with Calgary and Area Family Services.

To register try the *NEW* Online Registration system by visiting www.fcrc.sacyhn.ca.

Or email ces@sacyhn.ca or call 955-7420 by January 28, 2008.

Parenting in a Blended Family: If Only Cinderella Knew

Date: February 6, 2008 6:15-8:00pm

Location: Learning Village Family Place at Valleyview School 4105-26 Avenue SE

This *FREE* educational session is offered by the Community Education Service, Family and Community Resource Centre, Alberta Children's

Hospital in partnership with the Whole School Mental Health Program and the Calgary Learning Village.

To register try the **NEW** Online Registration system by visiting www.fcrc.sacyhn.ca.

Or email ces@sacyhn.ca or call 955-7420 by **January 30, 2008**.



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.

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, call 283-KIDS (5437), or visit their establishment at 207A 19th 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

January 11 and 25, February 8 and 22, March 7 and 28, 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 3rd 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.

PREP

Call 282-5011 or Visit 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!

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.



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 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.

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 or call them at 667-5364. **Everything But The Cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.**

SMALLTALK – Visual Therapy

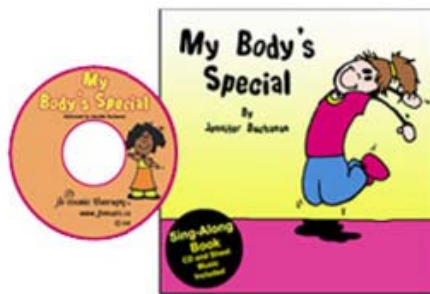
Two talented young women provide a unique and highly entertaining production through the use of sign language, accompanied by music, sets, and costumes. Watch as your children experience the wonder of cultivating a new language solely through the use of their visual learning skills. Signing is no longer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

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

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

jb music therapy inc.

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



President of JB Music Therapy Inc. a music therapy company that has offered music therapy services to Calgary and area since 1991. Books are available online at www.jbmusic.ca 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 for event listings, page layout ideas, online ordering and much more!

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



A resource center dedicated to the inclusion of individuals with Down Syndrome in home, school and community life.

THE PREP PROGRAM Early Learning

Learning Through Play & Language Group

Registrations are being accepted for our Early Learning classes. Children from 0-18 months begin in our Learning Through Play classes. Children over the age of 1 1/2 register in our Language Group classes. The 1 1/2 hour classes are offered weekly and children attend with a parent or other designated adult.

Join other parents in a caring community that celebrates the success of children with Down Syndrome.

To inquire about your child's eligibility for Early Learning services please contact: **Bonnie Moschopedis 282-5011 ext. 121** or bonnie@prepprog.org

Check out our website at: www.prepprog.org/prep1.php



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