

YEAR AT A GLANCE



Getting Up By Getting Down With Cooking

Date: Saturday, October 13th

Dinner and Dance

Date: Friday, October 19nd

Wonder Years Conference- Down Syndrome Awareness Week

Date: Sunday, November 4th

Kid's Christmas Party

Date: Saturday, December 8th

Ups and Downs Casino

Date: Wednesday and Thursday, December 26/27th

William Watson Lodge- Call December 1st to reserve your spot

Date: March 14-16, 2008

Street Meet

Date: Saturday June 21, 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 call Michelle at 283-1949.

Location: Ups and Downs Office West Hillhurst
Community Centre 1940 – 6th Avenue NW
Date: October 15, November 19, December 17, 2007
Time: 9:30 – 11:30 am

Ups and Downs Contact Sheet

www.upsdowns.org

Amber Boyd: President	amberboyd@shaw.com	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 4S6

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

GET UP BY GETTING DOWN WITH COOKING (FUNDRAISER)

A night of fun, laughter and Thai food.

If you're looking for a fun night out, you'll want to attend our 3rd annual cooking extravaganza on October 13th. This year's event we'll be toasting and cooking Thai cuisine!



Learn the truth from Dee about the delicious simplicity of Thai cooking and its signature ingredients –coconut milk and kaffir lime leaves, cilantro and basil, lemongrass and ginger.

This night will be wonderful template for cooks looking to produce great meals without fuss. This night is hands-on fun, so come prepared to be delighted with yourself.

Tickets are over 50% sold so call Amber Boyd now at 802-4733 to reserve your spot

UPS AND DOWNS ANNUAL DINNER AND DANCE

Date: Friday, October 19th

Time: Cocktails 5:30 pm
Dinner 6:15 pm

Location: The Delta
Calgary South
135 Southland Drive SW

Cost: \$40 per family; \$15 per individual



Contact Michelle McIntyre at 283-1949 or email manddmcintyre@shaw.ca to confirm your attendance by Friday, October 5th. Michelle will need names and ages of all participants, how many adult beef dinners vs. dinosaur chicken nuggets for kids, and if there are any dietary concerns.

As we need to order the meals ahead of time, we will not have ticket sales at the door. Please send all payments by cheque to the main Ups and Downs office, Box 61180, Kensington RPO Calgary, AB T2N 4S7 or by Visa/MasterCard over the phone, 289-4394.

The Dinner and Dance is only for members and their friends or relatives so please make sure your membership is up to date.

There will be a separate room with DVD and television and child caregivers hired for small children who don't like the music or can't sit still for dinner. There will also be a silent auction so get ready to place your bids!

Rooms at the Delta Calgary South will be \$129.00/night for anyone who is part of the group.; to book your room call 278-5050.

DOWN SYNDROME AWARENESS WEEK WONDER YEARS CONFERENCE

Date: November 04, 2007

Ups and Downs' annual Wonder Years Conference is designed specifically for new parents and the extended families and friends of babies and toddlers with Down syndrome.

Cost: **FREE** (coffee, lunch, snacks and door prizes will be provided)

Location: FCJ Centre, 219 19 Ave SW
(See website for map:
www.fcjsisters.ca/fcjcentre/location.html)

Time: 9:30am-4pm

Invitees:

-10am-(Conference Room) Parents of children with Down syndrome under the age of 3 years old.

-11:30am-(Cafeteria) Grandparents, aunts, uncles, and friends of children with Down syndrome.

Childcare: To enhance each parent's focus on their child with Down syndrome, we are recommending that siblings stay at home for this day.

We will have childcare provided and rooms put aside on site in order to care for the babies or toddlers with Down syndrome. This childcare is no extra charge. If you will require child care on the day of the conference please include that information when you book.

RSVP: Michelle at 283-1949 or manddmcintyre@shaw.ca

New Parents:

As the conference name suggests, these are your child's Wonder Years and Ups and Downs wants to ensure that you enjoy every precious second, without the distraction of unfounded fears.

If you are seeking dry medical lectures about therapies or about potential problems to watch for in your new baby, this may not be the conference for you. Although the team from the developmental clinic as well as speakers from Early Intervention will all be in attendance, they

will not be there to lecture. They will be doing their own special presentations and, you may find that, even in the absence of formal lectures, you still learn a great deal. If you do have any pressing questions for the speakers, you and the rest of the conference attendees will have a chance to meet and talk with all of them casually over lunch.

Have you ever wanted to meet a teenager or young adult with Down syndrome and talk to them about his/her experiences and dreams for the future? Our panel of young people with Down syndrome will provide their insights as to what it is like to grow up with Down syndrome.

Best of all you will have the chance to meet other parents who, just like yourselves, are just entering the realm of raising a child with Down syndrome. In addition, there will of course be other parents volunteering who have older children with Down syndrome. You will find that other parents like yourselves are often your best sources support, information and inspiration.

Friends and Relatives:

You are the ones who support us parents through the ups and downs of raising a child who faces different challenges. Having arrived upon the road less travelled you help us negotiate our route, find our way, and ultimately discover all the best that life has to offer for ourselves and our children.

This Wonder Years workshop is a chance for extended family and friends to meet, share thoughts, ask questions and learn a bit more about their newest family member. You will join the parents for lunch and also for the afternoon session to meet and talk with the young adults with Down syndrome.

We look forward to seeing you there!

KID'S CHRISTMAS PARTY

Date: December 8th, 2007

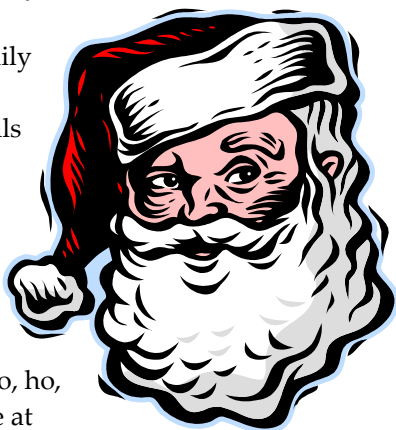
Time: 11:00 am to 3:00 pm

Location: Varsity Community Centre,

4303 Varsity Dr NW

Cost: \$10/Family

Santa is coming! With bells and toys! Join us on December 8th as we ring in the jolly season! There will be entertainment for the kids and lunch will be provided. Don't forget your ice skates!! Ho, ho, ho, call Michelle McIntyre at 283-1949 to ho..ho...hold your spot!



UPS AND DOWNS CASINO

Date: December 26/27th, 2007

We need 36 volunteers to help fundraise for Ups and Downs by working our Casino Days. The mail outs for volunteers has been sent and need to be returned by October 20th, 2007. If you have not received a mail out and are interested in volunteering please contact Keston Roberts at 289-4394 Please consider volunteering your time to this beneficial fundraiser.



UPS AND DOWNS NEWS

Ups and Downs Annual BBQ

Great People, Great Food and Great Location! What more could a new family to the Ups and Downs Society ask for?! We were welcomed by all 60 people who attended the annual Ups and Downs BBQ at Bowness Park with smiles, nods, hugs and tears.

It was a casual event, which was very nice for our family as we had never attended a BBQ with Ups and Downs before. We have a six month old son, Luke, that was born with Down Syndrome. We're still new to this life changing circumstance, yet it has seemed effortless so far. All the events that are planned through Ups and Downs have allowed all of our family to attend (my husband Cory, our 4 year old daughter Emmi and my parents who live in Crossfield). There was a tremendous support for the BBQ, from corporate sponsors to individuals giving of their time.



Country 105 was even there providing background tunes for the event. There were plenty of things for Emmi to do at the BBQ, from toys/bubbles/water spouts to the play park we were right beside. Luke was in there like a dirty rag also, getting all kinds of hugs and cuddles. It was great for me to see people I had made connections with again. A special one was to see Milena who came for a parent visit (sponsored through Ups and Downs) that first week we were home with Luke.



Thank you to everyone for allowing us to be us – there were no expectations of what we had to do – we were just allowed to talk and meet as we felt comfortable. And thank you to everyone also for allowing my parents to feel so welcome and recognize the strong contribution they bring to our family as a whole. We look forward to next year!

Chantal Petersen and family

Open House

On Saturday September 1st 2007 Ups and Downs held its second annual Open House. Last summer the organization moved its main office to the West Hillhurst Community Centre and it has proved to be a perfect locale for all our groups' needs.



Our charismatic office worker Keston mans the office Monday thru Thursday 9am-4pm and he is able to answer the phones and e-mails, lend out books, DVDs or toys, sell cards or posters, and help the Board accomplish their myriad of yearly tasks. The rent for the office space is substantially less than our previous location which really helps our yearly budget. Directly adjoining the office, the roomy gathering space, complete with comfy couches, provides a perfect atmosphere not only for our monthly Board meetings, but also for our monthly coffee mornings, annual general meeting, and even our Open House.

This year's Open House was attended by almost 40 of our members. There was a plenitude of food and drinks, including Tim Horton's coffee which is rapidly becoming a necessity for every event! There were lots of new toys to keep the kids occupied and even some door prizes for the adults. Several books were borrowed from our newly stocked library and there were even some new toys and books donated that day.



The sun came out in the afternoon and everyone moved outside to the playground. At the back of the centre, the zamboni from the ice rink had left a large mound of snow and the children were quick to start up a snowball fight in the sunshine. As we drove away I couldn't help but think how very fortunate me and my family are to have met and been befriended by so many lovely families that we have met through Ups and Downs.



Thank you to those who made donations and thank you to Huei for the much appreciated coffee. I must also add a particularly big thank you to my long suffering husband Drew who has spent many days over this past summer transporting materials, lugging heavy items, watching over our kids, setting-up and even barbequing all for Ups and Downs events.

Michelle McIntyre

The Ups and Downs Fundraising Golf Tournament

Our fundraising golf tournament was held on a beautiful sunny day at the Lynx Ridge Golf Course. In all, 77 golfers headed out and helped raise \$16,059.00 for Ups and Downs.

Congratulations to the committee members, Jean and George Creagh, Lyle O'Dwyer, Bill and Amber Boyd, Michael Nagina, Doug Baird, David Mazurkewich, Johnnie Roberts and Robert Geissmann for their amazing job in organizing this event.

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 you are interested in becoming an active member please contact the Ups and Downs office at 289-4394.

Ups and Downs Discussion Forum

Did you know Ups and Downs has a discussion forum on their web site? Come visit us at www.upsdowns.org to ask questions, or give valuable information. We would love to hear from you!

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.

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 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@ddrc.com

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.

Connections Counseling and Consulting Foundation

Sibshops

Dates: October 2007-Saturdays, October 13th, October 20th, and October 27th 2007 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 Sibshop program is for 7 to 11 year old siblings of children with special needs. All those attending participate as a large group in the games and recreational activities. The groups are also divided into smaller discussion group based on age. Register by calling Pat Morris at 209-1100 or e-mail at connect@calcna.ab.ca by October 3, 2007.

Family Support Services

October Chat Night

Tuesday, October 9th

7:00 – 9:00 pm

'Breaking the News'

Presenters: Family Support

Location: Woodridge PREP Centre, multipurpose room

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.

Laughing Families with Jumpa the Clown

October 10, 2007 9:30-11:00 am

Location: Bethany Chapel, (3333 Richardson Way SW)

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

Please register before October 3, 2007 by calling 955-7420 or email ces@sacyhn.ca

Canadian Association of Disabled Skiing

October 20th, 2007

CADS' registration takes place on Saturday, October 20th from 10:00 am to 1:00 pm at Canada Olympic Park. Individual registrations are processed **in strict order of arrival** (first come, first serve). Also, there are no late registrations accepted.

Understanding Sensory Processing

October 23rd, 2007 11:00-12:30pm

Location: Alberta Children's Hospital, Auditorium-Kinsmen Learning Centre-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 the Calgary Health Regions Multidisciplinary Team.

Please register before October 16, 2007 by calling 955-7420 or email ces@sacyhn.ca

Supporting Students with Writing Tasks

October 23rd, 2003 6:30-8:00pm

Location: Calgary Learning Village Valley View Elementary School 4105-26th 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 Alberta Children's Hospital Neuroscience Program, the Regional School Health Partnership and the Learning Village Family Place.

Please register before October 16, 2007 by calling 955-7420 or email ces@sacyhn.ca

8th Annual Giddy Up Gala

October 20, 2007

Cost: Single Ticket \$170
Table of Eight \$1360

Location: Round Up Centre- Exhibition Hall C

In its' brief history, the Giddy-Up Gala has raised over \$735,000 for special needs children in Calgary and the surrounding area.

This year's Giddy-Up Gala evening will include:

- Champagne Reception
- Live Auction
- Dinner
- Dance
- Silent Auction
- \$10,000 Diamond Jewellery Raffle

The money raised from this year's Giddy-Up Gala will support the following organizations:

Between Friends Club
Calgary Cerebral Palsy Association
Easter Seals Camp Horizon
Janus Academy
PREP- Early Learning

Tickets for the 2007 Giddy-Up Gala can be purchased from Michelle Anhorn at 403.261.0295 or manhorn@calgarystampede.com.

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:

2007

October 12 and 26, November 16 and 30, December 14.

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.

Classifieds

This section is a courtesy for our members and those businesses that add value to the lives of individuals with Down syndrome and their families. If you would like to place your free advertisement or announcement in this section, please contact info@upsdowns.org.

J.C. PHOTOGRAPHY

J.C. Photography specializes in black and white photography with hand coloring for a unique touch. They do sittings for pregnancies, babies, children and families in the studio or outdoors. The proofs are yours to keep. Their prices are very reasonable and the experience is enjoyable!



Call Judy at 254-4798 today to book your sitting or make a sitting a perfect baby shower gift.

GYMBOREE

Your Membership with Ups and Downs has its benefits!

Is your child between the ages 0 - 5 years old? If so, you may interested to hear that Gymboree Play & Music is offering Ups and Downs members a **50% discount** on their child's enrolment! Depending on the type of class, that could be a savings of up to \$100.00 or more per set of classes! Each set of classes run for 10 weeks and with Gymboree Play & Music offering 14 different weekly classes you'll have a few options to choose from. The activities in each class are designed to help children develop balance, coordination and

other sensory stimuli while having fun in a group play environment.

For more information, to enrol or to preview a class, please call: 278-5264 or visit www.gymboree.com.

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.

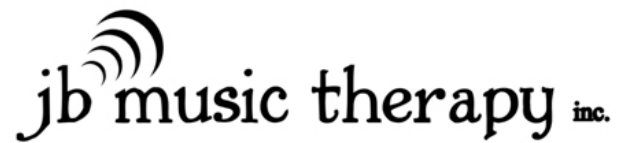
Everything But The Cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.

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.

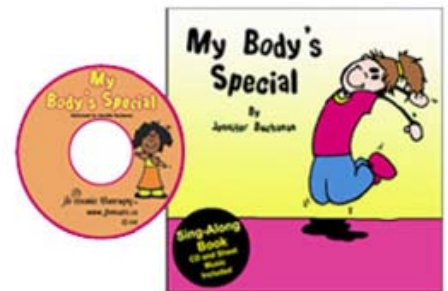


My Body's Special written by Music Therapist Jennifer Buchanan, is a recently published children's book and song CD that celebrates differences. Jennifer is the

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



Check out my website www.mycmsite.com/ tashawalsh for event listings, page layout ideas, online ordering and much more!

Tasha Walsh, Independent Consultant, (403) 249-441



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