

YEAR AT A GLANCE



Ups and Downs Casino

Date: Wednesday and Thursday, December 26/27th

Illusions Magic 'n Miracles

Date: Friday December 28, 2007

TELUS World of Science and Creative Kids Museum

Date: Sunday January 13, 2008

William Watson Lodge

Date: March 14-16, 2008

Street Meet

Date: Saturday June 21, 2008

Dinner and Dance- Down Syndrome Awareness Week

Date: November 7, 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: December 17, 2007, January 21, 2008
Time: 9:30 – 11:30 am

UPS AND DOWNS CASINO

Date: December 26/27th, 2007

We still need a few volunteers to help fundraise for Ups and Downs by working our Casino Days. The mail outs for volunteers has been sent, if you have not received it and are interested in volunteering please contact Keston Roberts at 289-4394. Please consider volunteering your time to this beneficial fundraiser.

Ups and Downs Contact Sheet

www.upsdowns.org

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

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ILLUSIONS MAGIC 'N MIRACLES

On Friday December 28, 2007 Xentel DM is holding their annual holiday benefit, Magic 'n Miracles. The show will be at the Jubilee Auditorium at 2pm, 5:30pm and 8:30pm. Tickets are complementary but are on a first come basis. Call Michelle McIntyre ASAP to book your tickets, at 283-1949 or e-mail manddmcintyre@shaw.ca

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 NEWS

The Wonder Years

This year's edition of the Wonder Years Conference provided a great opportunity for parents of young children with Down syndrome to share their stories and learn from the experiences of others. It was held downtown on November 4th at the FCJ Retreat Centre in a comfortable setting with excellent food as well as

childcare for the babies or toddlers with Down syndrome.

The conference was directed towards parents of children with Down syndrome under the age of three, but there was also a separate session available for the extended family and friends of children with Down syndrome to attend.

The parent conference opened with a very uplifting video followed by casual panel discussion led by members of the Down Syndrome Follow Up Clinic at the Alberta Children's Hospital. They invited parents to share their many experiences, including how they learned that their child had Down syndrome and how they have managed to this point in their young lives. To help facilitate the dialogue, they passed around a box of random questions that parents could read aloud and choose to respond to. It was interesting to see how many people have experienced similar emotions and feelings along the way, but that every story is also so unique.

Over lunch, parents had the opportunity to mix with each other and with the members of the developmental clinic. The afternoon session provided attendees with a chance to interact and hear life stories directly from five teenagers and young adults with Down syndrome. They spoke about the relationships with their parents, siblings, teachers, and friends, as well as their many accomplishments to date and hopes for the future. They fielded several questions from the attendees and spoke with lots of optimism. The most memorable quote came from one of the young adults, who said that, "life is worth living!"

It was great to see a dynamic mix of families present at this year's conference. There were parents of fresh newborns right up to toddlers three years of age, and with so many changes in those first few years of life, there was a real benefit to sharing those experiences across the ages.

A heartfelt thank you to Michelle McIntyre for her incredible talents at planning, organizing and orchestrating such a tremendous event! Thanks as well to the many volunteers, including the young adults with Down syndrome, the ACH Down Syndrome Follow-Up Clinic, members from the PREP program and other organizations.

Melanie Grant and Brian Lema

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.

GIFTS Book Review

Is your family's journey similar to many of those in *Gifts*? This book, edited by Kathryn Lynard Soper, is a collection of Mother's stories on how children with Down syndrome have enriched their lives. The sixty-three contributing authors share their personal experiences, emotions, honest thoughts, and fears as well as lessons learned from having a child with Down syndrome.

Sometimes with tear filled eyes, I read the two to three page stories, which are divided into appropriately named sections: The Gift of Respect, The Gift of Strength, The Gift of Delight, The Gift of Perspective, and The Gift of Love. Story after story, a memory, a feeling, or thought would trigger my own emotions and therapeutically

allow me to share other's joy, pride and hope for their cherished children. I cried and felt their emotion through eloquently stated or raw feelings shared when their surprise gift was born. The stories continue to give me courage and insight to face the adventures of our present and future family journey.

I greedily kept *Gifts* from the Ups and Downs lending library for many months after a friend placed the book into my husband's hands and said, " You have to read this!" Thank you Laurie for sharing the treasures of *Gifts* with us. It is a book I continue to have in an accessible spot where I can quickly read a story and connect with a supportive unknown author who lives somewhere distant or somewhere close. Sherrill Rechner, the Visiting Parents Coordinator and a Member at Large for Calgary's Ups and Downs association is a contributing author sharing her heartfelt *Defining Moments*.

It is to my great pleasure that we received *Gifts* at the Wonder Years Conference so the lending library copy is back on the shelf at the office. However, if you are like me, you may just want a copy of your own.

By Janna Mazurkewich, proud mom of Kinley

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 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

Post Natal Helpers:

Contact: Lynn
Phone: 640-0844

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.



McMan Youth, Family & Community Services Association is a non-profit society, incorporated in January of 1976. Over the past 31 years McMan has expanded to provide a full range of programs to disadvantaged and at-risk children, youth, families and children and adults with developmental disabilities who require support to function more effectively and independently in their communities.

McMan provides Behavioral Aide and Developmental Aide Supports to children with disabilities and their families by a variety of methods, including:

- Time limited one to one aide support to the family;
- Parent education/training sessions;
- Structured group activities that involve children, parents, and siblings;
- Support for participation in existing community based organizations;
- Individualized advocacy support for families;
- Parent support, education and consultation; and
- 20 hours of counselling.

Services are designed to meet the particular needs of child or family within a limited framework;

- The child or family can receive flexible and continually changing levels and types of support;
- A range of services are available from other programs within the agency or within the individual's community;
- The child or family participates in a meaningful way in the intervention process;
- Natural supports are sought out and nurtured in the lives of people;

- Community membership means participating in meaningful and valued roles and relationships; and
- Services are provided within the child or family's community in order to maintain community connections and enhance the knowledge and use of generic community resources.

Program Manager...Torrie Johal 403.209.1407
torrie.johal@mcman.ca

Program Clinician...Tara McNeil 40.209.1456
tara.mcneil@mcman.ca

1609C Kensington Rd NW
Calgary, AB

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.

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

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.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

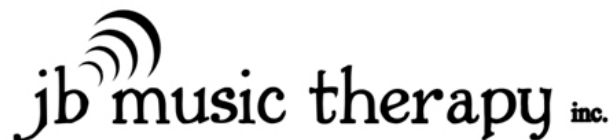
Two talented young women provide a unique and highly entertaining production through the use of sign language, accompanied by music, sets, and costumes. Watch as your children experience the wonder of cultivating a new language solely through the use of their visual learning skills. Signing is no longer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

December, 2007

UPS and DOWNS NEWS



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