



Calgary Down Syndrome Association

newsletter

NOVEMBER 2015

GETTING UP ON DOWN SYNDROME

TEEN AND YOUNG ADULT CHRISTMAS PARTY | CHILDREN'S CHRISTMAS PARTY



GETTING UP ON DOWN SYNDROME NOVEMBER 2015

Getting Up on Down Syndrome is the newsletter of Ups & Downs, Calgary Down Syndrome Association. The newsletter is distributed to all current members of the Association.

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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.

Charitable Donation Number

136121910RR0001

Upcoming Events for 2015-2016

Dates for Your Diary

December 11 evening

Christmas Party for Teens and Young Adults

December 13 midday

Children's Christmas Party

January 11

Mom's Night Out

January 26

Play With Me! K-3 Friendship Group

February 6

Teen and Young Adult Valentine's Dance

March 18-20

William Watson Lodge Weekend

Please note that event dates may be subject to change and you are advised to consult the website for the most up-to-date details

For further details on any of the events listed, please visit www.upsdowns.org, call **403-289-4394**, or email director@upsdowns.org.

Contact Information: If you contact information has recently changed please give us a call at (403) 289-4394 so we can update your information.

Membership

Continue to support Ups and Downs by renewing your membership at www.upsdowns.org

Remember, your Ups & Downs membership comes with a variety of benefits and privileges including:

- Receive a bi-monthly copy of our newsletter and all of our emails
- Free advertising in our newsletter
- Receive invitations to attend all of our events
- Access to members-only events
- Apply for Ups and Downs grant money
- Borrow items from our resource library

Memberships are valid for one calendar year. If you are unsure about your membership status, please email director@upsdowns.org

Get Social!

Join the conversation online and get the latest updates by following our Facebook and Twitter channels.



www.facebook.com/upsanddownscalgary



www.twitter.com/upsdownscalgary

Share your news with us

Do you have any news you'd like to share with other Ups and Downs members? Do you have a story or photo you would like to share? Or, perhaps you have an exciting idea for an upcoming issue of Getting Up on Down Syndrome? Feel free to share your contributions by emailing us at director@upsdowns.org

Big Birthday Bashes!

Some very special, generous Ups and Downs members celebrated their birthdays in a very unique way. They all took a portion of their Birthday money and donated it to Ups and Downs. Theresa Dias and Jodi Tamagami celebrated their birthdays together in March. We are putting their gifts towards the Teen and Young Adult Christmas party. This event is new to Ups and Downs and we are thrilled to be able to offer it in part due to their generosity.

Ella Flath celebrated her 8th birthday with a Katy Perry dance/yoga party in October. And in November Gracyn and Zachary Brown celebrated their 7th Birthday, artistically creating masterpieces. Their monies was also put towards a new Ups and Downs event - the Children's Halloween Party.

We hope you all had a wonderful celebration and THANK YOU for thinking of Ups and Downs on your special Days!

South Hill Designs Fundraiser!

Christmas is fast approaching and we are all trying to find perfect gifts for our loved ones. South Hill Designs has a wide selection of jewelry. Many pieces can be personalized for your loved ones or even yourself. By individual selections you can make beautiful lockets thoughtful, meaningful, and full of love. One unique feature of South Hill Designs is that it is one of the few companies that offer the Down Syndrome Ribbon. If lockets are not for you there is also a wide selection of necklaces, bracelets, wraps, earrings and much more.

Ups and Downs has partnered with Tasha Walsh, an Ups and Downs member and an independent artist for South Hill Designs for this fundraiser. To start your creative shopping experience go to:

<http://www.southhilldesigns.com/tashawalsh>

When Checking out, simply click on UPS and DOWNS FUNDRAISER so that your purchase gets credited to our group.

Go to our Ups and Downs Facebook page to easily find the South Hill Design link to start shopping for a great cause!



Tasha Walsh Independent Artist

Wear what you love! Ups and Downs members book a social and get 2 free charms including the Down Syndrome Charm.

Artist ID#177520

www.southhilldesigns.com/tasha.walsh

twalsh@shaw.ca 408-249-4418

You do not want to miss out!

Look what's Up and Coming...

Connections Christmas Party *Teens and Young Adults*

FRIDAY, DECEMBER 11, 5:00pm

CP HOLIDAY TRAIN and POTLUCK

The Teen and Young adults are in for a Holiday treat. They will meet at 5pm at St Andrew's Center (#1 10601 Southport Rd) for supper. Members of the Center will be providing supper. At 6:30 our Teen and Young Adults will walk to Anderson LRT Station to view the CP Holiday Train. The festive Seasonal spirit will overtake you with amazing lights and performances by Jim Cuddy (from Blue rodeo), Devon Cuddy (Jim's talented son), and recording star Kelly Prescott. Attendees will then return for a fun gift exchange. You will need to bring a food bank donation or hats, mitts or gloves for those less fortunate and a \$10 gift for the exchange. Ups and Downs Members will have a \$10 fee, non-members \$20. Please sign up on the Ups and Downs website at www.upsdowns.org. As this will be a very busy event we are asking for volunteers or Aides to attend.

Children's Christmas Party *Children ages 0-12 years*

SUNDAY, DECEMBER 13, 10:00am

It is one of our biggest Events of the Year! Children 0-12 and their families please join us at Mountain View Bowling Alley at 10am. You may sign up to bowl from 10-11 or 11-12. At the alternate time guests can partake in a snack, visit Santa, do crafts and play. A play area will be set up for the little ones that are not able to bowl. Sign up on the Ups and Downs website at www.upsdowns.org now for fun for the whole family.

Mom's Night Out

TUESDAY, JANUARY 11, 7:00pm

The Christmas Chaos will have passed and we're sure your New Year's Resolution is to spend more time with friends... join us again for an evening with like minded moms where Ups and Downs will provide appetizers, non-alcoholic beverages, and great company. Join us at Joey's on Barlow located at 3026 23 St NE. Reservations will be made under Ups and Downs and look for Janene Hokanson. Please RSVP to 403-289-4394 or director@upsdowns.org.

Play With Me! K-3 Friendship Group

TUESDAY, JANUARY 26, 4:00pm

Meet at Hop, Sip and Jump at #108, 8060 Silver Springs Boulevard NW. As a benefit of your membership, children will be granted free access. Please RSVP by Thursday January 21 to 403-289-4394 or director@upsdowns.org.

As our children get older, play dates with school mates often become fewer. Our children however, do not become less social. Ups and Downs has started a friendship group called **Play With Me!** for children in Kindergarten through to, and including those in, Grade Three. We hope that regular interactions with friends within our community will give our children an opportunity to play, have fun, be themselves, and satisfy their social needs.

Save the Date – Saturday, February 6, 2016

The Connections (Teen and Young Adult) Valentine's Dance will be held at St. Andrew's Center on Saturday, February 6 at 7:00pm.

Check out the website or watch for emails for more details.



Boon Manual Therapy's philosophy is to provide a holistic health care approach to the human body, tailoring both treatment and self-care plan to each individual patient. Boon manual therapists strive to call upon the internal healing powers of the human body to promote overall health and well-being. Our goal is to give every patient a better understanding of how their bodies work and what can be done to reach optimal movement and function.

Boon Days

Part of the philosophy at Boon Manual Therapy is to give back to the community. Not everybody is fortunate enough to have great benefit plans or have a lot of expendable income, so on "Boon Days" there will be a "pay what you can" policy. The patient can give as much or as little as they can and all proceeds will be donated to the Ups and Downs Association to help people with Down Syndrome. Boon Days will be held once a month on a "first call, first booked" basis.

Contact Natalie to book your massage appointment at 403-475-2684, email info@boontherapy.com or go to www.boontherapy.com

They are located at 202, 310a 16 Ave NW.

Connections *(Teen and Young Adult)*

Toastmasters

Are you interested in a great way to connect with friends, share stories and become more comfortable in public speaking skills?

Ups and Downs is offering an 8 week Toastmasters Program.

The course starts **January 11, 2016** and will be held on Monday evenings from 6:30 - 8:00pm at St. Andrew's Center located at #1, 10601 Southport Road SW. The cost for the 8 week session is \$40.

Space is limited so call **Jacquie** at **403-289-4394** or **director@upsdowns.org** to secure your spot.



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The page features several large, overlapping blue shapes that resemble torn paper or abstract geometric forms. These shapes are positioned around the central text, with some at the top, one on the left, and a large cluster at the bottom. The shapes are solid blue with a slight drop shadow effect.

Celebrating National Down Syndrome Awareness Week

Once again we gathered at Pinebrook Golf course for our annual Dinner and Dance to celebrate National Down Syndrome Awareness week. The family oriented buffet did not disappoint, nor did our DJ. We spiced things up this year with a magician to entertain us before dinner. And we were grateful for a 'Ups and Downs 2015 year in review' slideshow that the Canadian Down Syndrome Society created for us. Special thanks as well goes out to PREP for donating a photo booth... it was great fun. The best part of the evening however were the people in attendance. It was great to reconnect, meet new families and, of course, DANCE !!! As with all good things, the evening ended much too quickly.

To My Daughter's Teacher,

From 'That' Parent, Johanna Hirons

Johanna is a teacher and a mother of three beautiful daughters. She and her husband Mike live in Airdrie. As the first report cards of the year have now been sent home and the interviews are done. You may be wanting to relay what your job entails.

Dear Teacher,

I'm sorry I'm "that" parent. That parent who calls, emails and sends notes in the agenda asking about how my child, Phoenix, is keeping up with the expectations of the classroom. That parent who asks you for the names of the kids Phoenix plays with so we can ask her about her day. That parent who expected the school to be fully prepared to support her on the first day of school and every day thereafter.

Please understand that my expectations for excellence lie not just with you, but with our entire system. As a teacher myself, I can understand the difficulty of achieving balance between meeting the needs of all the students, producing and performing lesson plans, meeting the demands of the administration, coordinating with other professionals like occupational therapists, preparing student agendas and handouts, writing report cards and writing and implementing IPPs (individual program plans).

I know it's a big job, and I know you're doing it to the best of your ability.

However, I'd like to tell you about my job.

It's my job to love, nourish and support this little girl to be the best she can be with the challenges she has been born with. So while you focus on teaching my child the skills she will need to pass this year, I focus on the skills she will need for her lifetime.

I look at barriers like weak hand muscles and poor fine motor skills and think, "Well, we'll just teach her how to type." I arrange occupational therapy to help us find ways to modify and adapt clothes to make them easier to put on and take off. I work with Phoenix on reading flashcards, not only to teach her the fundamental skill of reading, but to have her practice speech and articulation daily. I was the one to teach her sign language as a baby to help her communicate her wants and needs before she could speak.

I advocate. I write. I research and I connect with others like me in the Down syndrome community who are blazing a trail, demanding equality for our children.

You see, because Phoenix was born with an extra 21st chromosome, she falls into a group of people who are some of the most marginalized in our entire society. So not only do I worry about her ability to make friends, complete school work and negotiate the education system, I also

worry that her inclusion in this very visible group makes her a target for low expectations, preconceived ideas about her competence and outdated ideas about where children like her "belong."

Did you know there are still administrators and teachers who believe children like Phoenix don't belong in a classroom of their peers? That it's a waste of resources to teach a child like Phoenix who

may never achieve a high school diploma, go to college or contribute to society in a meaningful way? (Their biases, not mine.) Did you know it's only within our lifetime that children like Phoenix have been entitled to go to school with their peers?

Did you know that in the generations preceding mine, parents with a child like Phoenix were encouraged to abandon their child in an institution because this child was considered uneducable? That it was doctors and experts who recommended this, and that it was families like mine who pushed back to make this practice unacceptable? Did you know there are places in the world where this practice still happens?

Did you know that these ideas still influence perceptions of children and adults with Down syndrome today? And that adults with disabilities face a large barrier to finding employment?

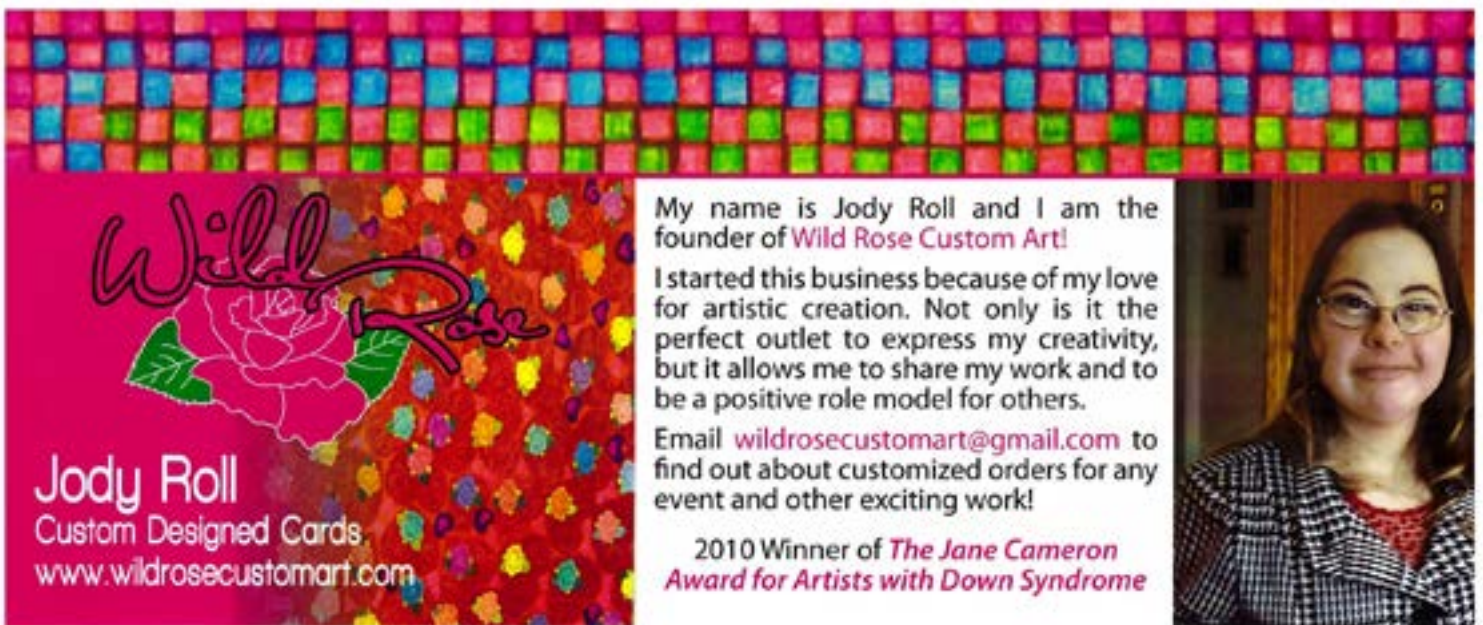
Dear Teacher, I'm aware of these things.

I'm aware of the prejudices and biases. I know people look at Phoenix and underestimate her abilities and knowledge. People look at Phoenix and they lower their expectations. I see it all the time.

I'm not trying to interfere when I ask to speak to her aide about how things in the classroom are going, or when I question what Phoenix is able to do. I need to know your expectations for what her year looks like are just as high as mine. That you will expect good behavior and use positive incentives to encourage good choices. I need to know you see her as a child who is willing and able to learn — if she is given the right supports to do so.

I'm building this child up to face challenges, meet expectations and feel confident enough to take chances. I'm fostering her loving and accepting nature. I give her hugs, dry her tears of frustration and encourage her to try again. I nurture her spirit.

Dear Teacher, we both have important jobs to do here. My actions and thoughts will always be guided by what I feel is in Phoenix's best interests.




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My name is Jody Roll and I am the founder of **Wild Rose Custom Art!** I started this business because of my love for artistic creation. Not only is it the perfect outlet to express my creativity, but it allows me to share my work and to be a positive role model for others.

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2010 Winner of **The Jane Cameron Award for Artists with Down Syndrome**





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PROGRAM REGISTRATION

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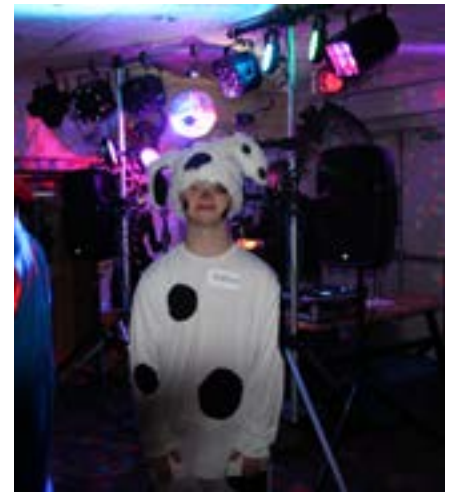
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HALLOWEEN HAPPENINGS

Halloween happened not just once, but twice this year at Ups and Downs. The morning festivities started with our little ones up to age 10. We decorated ghoulish cookies and trick or treat bags. We bravely touched werewolves tongues, eyeballs, brains and spiders then captured donut treats by biting them from swinging string. All of this before the party, games, or Halloween snacks even started. The biggest complaint about the party was: that it ended.... The children wanted more and a year is a long time to wait.

Later that evening the evening Teen and Young Adult Halloween dance also started with cookie decorating/eating. They quickly got into main attraction: DANCING! As usual, the snacks were great and the costumes were outstanding.



HALLOWEEN HAPPENINGS

