



# Count us in

Newsletter for the Down Syndrome Association of York Region

Volume 23

Fall 2009

## THE DSAYR'S ANNUAL FAMILY PICNIC



The Family Picnic was held at Camp Green Acres on Saturday June 6th, 2009 and as usual it was a huge success. In fact, attendance was at an all-time high, with close to 200 people coming to join in the festivities. With the sun in check, the day turned out better than expected. The loot bags were great, the hamburgers were delicious, the raffle included fabulous prizes, and the grounds were splendid. Many even took advantage of the pool facilities to cool down from the heat of the day. This is always one of our most successful family events, and we were thrilled to welcome many new families, with newborns.... especially little baby Hope who was 10 days old. This is a great event to meet people, reconnect with old friends, and enjoy a true family day in the beauty of nature. Thanks to all those who came out!



### Watch out for these upcoming events this fall:

**A DAY AT CANADA'S WONDERLAND**

Sunday September 20th, 2009  
See flyer inside for more details!

**FALL NETWORKING EVENING AND ANNUAL GENERAL MEETING**

Thursday October 22nd, 2009 7:00-9:00 pm

complementary wine and cheese evening for our members  
McConaughy Center, Richmond Hill

**THE DSAYR'S 5TH ANNUAL BUDDY WALK**

More details to follow....

**DESIGNER GENES: THE DSAO PROVINCIAL CONFERENCE**

October 16th-18th, 2009  
See details inside!

## President's Message



Dear Friends,

I hope everyone is having a wonderful summer despite the unseasonable temperatures and wet weather.

The DSAYR has had a very successful summer with a great turnout at all our events. We were extremely fortunate to have been blessed with favourable weather each time, even though it was close at times.

Our annual picnic at Camp Green Acres was held in June and attendance was the strongest ever! Thanks again to all that helped make this so successful, especially Theresa.

Successful fundraisers were also held this summer by Aurelio and Anna Calabretta (the Rebel Golf tournament held at Cardinal Golf Club) and by Andy Bookes and family (the Brooks Family Golf tournament held at Bradford Highlands). I attended all of them and enjoyed meeting as many people as possible; a great time was had by all!

Another notable success this summer has been the introduction of the Down Syndrome summer camp, "Stepping Stones." The feedback from both parents and

teachers was presented by Kevin Stewart at our first meeting this summer and everyone had wonderful things to say about this camp. Truly an amazing program by my account and we have even started discussing next years camp!

I encourage members to view our website in order to stay up to date with upcoming events, and generally stay informed with what the association is working on.

In closing, please make note of our Fall special days and events: Wonderland fun day in September, Networking evening in October, our annual Buddy Walk, and Chatterboxes... all of these to look forward to!

Enjoy the rest of your summer and see you in the Fall.

*Sincerely,*

*Dave Sartor, President*

***If you have a picture to share or a story to tell, we would love to hear from you! Please contact the DSAYR at [info@dsayr.on.ca](mailto:info@dsayr.on.ca) or 1-800-649-3696.***

## Incontinence Supplies Grant Program For Children and Youth with Disabilities

On January 1, 1999 The Easter Seal Society started to administer the Incontinence Supplies Grant Program for children and youth with chronic disabilities (physical or developmental) that result in irreversible incontinence or retention problems lasting longer than six months requiring the use of incontinence supplies.

### **Who can apply?**

Ontario residents ages 3 to 18 years of age with a valid Ontario health card, who have a chronic disability resulting in irreversible incontinence or retention problems lasting longer than 6 months requiring the use of incontinence supplies.

### **How much money will I receive?**

You may qualify for one of the following grants

**Grant level A ages 3 –5 yrs (\$400/yr) OR**

**Grant level B ages 6 –18 yrs (\$900/yr)**

**For more information visit:**

**[www.easterseals.org/services/default.asp?load=incontinence](http://www.easterseals.org/services/default.asp?load=incontinence)**

## Down Syndrome Association of York Region MISSION STATEMENT

We are a group of parents, individuals with Down syndrome, educators, and community support professionals who firmly believe in the inherent equality of persons with Down syndrome. We are committed to promoting a positive image of people with Down syndrome as being valued community members.

This newsletter reports items of interest relating to Down syndrome and provides a forum for others. The Down Syndrome Association of York Region (DSAYR) does not promote or recommend any therapy, treatment, etc. We will not espouse any particular political or religious view. Individuals or organizations referred to us do not necessarily endorse this publication or its editor. We wish to bring together those interested in Down syndrome and attempt to create an optimistic outlook and attitude. The editor reserves the right to make corrections to material submitted for publication.

## DSAYR EXECUTIVE

Dave Sartor  
*President*

Theresa Burfield  
*Vice President*

Tracey Armstrong-Smythe  
*Treasurer*

Anna Calabretta  
*Secretary*

Elizabeth Lappin  
*Past President*  
*Website Admin*

Andy Brookes  
*Past President*

## COMMITTEE MEMBERS

Kevin Stewart  
*SEAC Rep – Public*  
*DSAO Rep*

Celina Sturk  
*SEAC Rep – Public (Alternate)*  
*Newsletter Editor*

Kathy Kawaja Bryden  
*SEAC Rep – Separate*

Odie Pariselli  
*SEAC Rep – Separate (Alternate)*

Shaleigh Watson  
*Buddy Walk Coordinator*

Kim Elias  
*Telephone Administrator*

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*Accountant / Auditor*

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# 10th Annual Rebel Golf Tournament

SATURDAY JULY 11, 2009 – CARDINAL GOLF COURSE



This was the 10th year that my buddy Claudio Chiappetta and I, teammates from the former Rebel Hockey team, organized the Rebel Golf Tournament. What started out as a friendly get together of golf, has turned out to be a fun-filled fundraiser for a cause that is dear to me. Seven years ago, my daughter Jasmine was born. That's when we decided that our tournament can do more than just host a bunch of amateur golfers to a day of laughs. For the last six years we have used this special event to raise funds for the Down Syndrome Association of York Region, accumulating just over \$40,000.



Volunteers: Anna Calabretta, Sonia Rossi, Michelle Mazepa and Jasmine Calabretta



Dave Sartor (DSAYR President), Jeff Smythe, Rick Hand & Dave Persaud

This year, after major thunderstorms passed in the early morning, the day turned out to be fabulous with blue skies and warm weather. Golfers were in great spirits and everyone had an amazing day. Cornerstone Restaurant (at Highway 7 and Weston Rd) served up a tasty meal for supper, and by the end of it all, over \$12,000 was raised for the DSAYR.

Thanks to all our sponsors, players and volunteers, without whom this could not be possible!

Aurelio Calabretta

## WEBSITES

School is just around the corner...here are a few websites to help out with all the 'back to school' preparations:

York Region District School Board  
[www.yrdsb.edu.on.ca](http://www.yrdsb.edu.on.ca)

York Region Catholic District School Board  
<http://www.ycdsb.ca>

Ontario Ministry of Education  
<http://www.edu.gov.on.ca/eng>

Canadian Association for Community Living  
<http://www.cacl.ca>

CACL - No Excuse – Inclusive Education  
<http://www.no-excuses.ca>

Kids Together  
<http://www.kidstogether.org>



Check out page 68 of the BabiesRUs catalogue to see our very own DSAYR member Owen Koyen looking adorable as he models Joe Boxer PJs! (bottom left)

## WE NEED YOU!!!!

As always we are looking for volunteers! Currently, we need individuals willing to coordinate some of our annual events such as the Winterfest Bowling and Spring Picnic. If you would like to help out with anything, please contact us at [info@dsayr.on.ca](mailto:info@dsayr.on.ca).

# Fantastic Feeders

## A workshop to discuss Feeding Development and Challenges

Notes from a workshop presented by Kathryn Wise, OT Reg (Ont.), Occupational Therapist

May 28, 2009 - Ontario Early Years Center – Oak Ridges

### WHAT WE KNOW ABOUT

#### FEEDING DISORDERS

- Not all children find the eating process natural or easy
- Feeding disorders are common in early childhood, occurring 25% - 35% in typically developing children
- Children with developmental delays are at an increased risk of developing feeding related difficulties

#### POSSIBLE FEEDING CHALLENGES

- Aspiration
- Weak sucking
- Endurance
- Decreased arousal
- Mouth may be less alert
- Problems with texture progression
- Reflux
- Difficulty chewing
- Palate structure

#### FEEDING CHALLENGES

##### IDENTIFIED BY PARENTS

- Food refusal and rejection of novel foods
- Chewing skills deficit (often associated with transition to solid foods)
- Insistence on eating only with certain utensils
- Refusal to self feed
- Refusal to sit at the table

##### RED FLAGS (CONTACT YOUR DR. OR OT IF ANY OF THESE EXIST)

- Arching or stiffening during feeding
- Coughing or choking
- Prolonged feeding
- Recurring respiratory infections
- Frequent spitting up
- Gurgly, hoarse breathing
- Excessive leakage of food or liquids from mouth
- Pocketing of food for a prolonged period of time
- Coughing, gagging, or vomiting during or after meals
- Difficulty accepting new textures
- Difficulty coordinating breathing during feeding
- Excessive drooling

#### THE REGULATION PROCESS:

1. Getting hungry and eating
2. Becoming satisfied
3. Stopping eating

As parents, your job is to support this Regulation Process as follows:

- Have regular meal routines
- Parents should eat with their children at every opportunity

- Provide regular snacks
- Do not pressure or interfere with your child's eating. It can make a child resistant, and doesn't help the child learn to eat more effectively. Here are examples of pressure:
  - Withholding food
  - Forcing food
  - Creating/perpetuating anxiety around eating/feeding

#### MEALTIME TIPS

- Routine, routine, routine: 3 meals & 2 snacks a day
- Set regular times for meals & snacks – avoid grazing or nibbling between meals
- Offer food at those times whether the child asks or not
- Have good tasting food that looks good and smells delicious (we often buy prepared foods, therefore minimizing the smell of cooking food in the house, which stimulates hunger)
- Avoid junk food and drinks
- Create menus children can choose from and play waitress with
- Make mealtime fun - talk about the best parts of your day at mealtime
- Avoid commenting/praising/reprimanding their good or poor habits or intake amount
- Ensure child has a stable seat with back and feet supported
- Involve child in food preparation
- Avoid distractions – turn off the TV!!!

#### SENSORY ISSUES AND FEEDING

Sensory sensitivities have been shown to decrease the pleasantness and enjoyment of food as well as reduce overall food consumption. Sensory Sensitivities come in two categories:

**Hypersensitivity** (over sensitive) – ‘gets nervous when feels sensory’

- Prefers eating bland, soft, creamy foods
- Prefers foods like plain pasta, puddings & oatmeal
- Uses tip of tongue to eat
- Prefer foods with consistent texture/temperature
- Frequently gag when texture of food changes
- Not touch or play with certain textures (i.e. playdoh)

**Hyposensitivity** (under-sensitive) – ‘needs extra input to become more sensory’

- Prefers to eat sweet then sour
- Needs resistant crunch of a crispy food to help brain sense the food and taste

- Prefers flavors like garlic & BBQ sauce
- Responds better to new foods that have spices and strong flavors
- Not feel food on face
- Tires easily

#### SENSORY STAGES OF EATING

1. Exposure: increase tolerance of exposure to new food (20-30 exposures is typical)
2. Touch: increase willingness to touch new food
3. Smell: increase willingness to smell new food
4. Taste: increase willingness to taste new food
5. Eating: increase willingness to eat new food

#### DEVELOPING TOLERANCE FOR TEXTURE AND INCREASING TONE

- Encourage mouth play
- Do not wipe hands & face – feeling of food build tolerance
- Introduce new textures and tastes early
- Keep at it & be patient!
- Use a variety of temperatures
- Present foods in neutral containers to reduce brand preferences

#### INCORPORATE FOOD AND EATING IN PLAY, OUTSIDE OF MEAL TIME

- Model grocery shopping, cooking, eating at the table, eating at restaurant
- Pretend feeding dolls, using plastic utensils, cups and plates
- Draw with pudding or yogurt to test new textures & get messy
- Place stickers on paper and cover with new food
- Play checkers/bingo with cut up fruit or veggie

#### BEHAVIOR ASPECTS OF FEEDING

- Children learn successful behavior by, being taught by adults, observing appropriate behaviors and responding to consequences given by adults.
- Praise appropriate behaviors and ignore inappropriate behaviors
- Investigate why the behaviors occur
- Distraction is delivering a reward DURING the child behaving in the desired manner (watching TV during supper) – works in the short term but does not promote socially appropriate behavior
- Reinforcement is delivering a reward AFTER the child behaves in the desired manner (watching TV after supper)

# Happy Birthday!

## May

**Adam Brookes**

May 2nd  
24th birthday

**Jamie Dempster**

May 2nd  
22nd birthday

**Jamie Fryer**

May 6th  
24th birthday

**Micayla Pegg**

May 7th  
12th birthday

**Benjamin Wong**

May 8th  
6th birthday

**Tamara Benjamin**

May 12th  
25th birthday

**Lianna Ferreira**

May 14th  
24th birthday

**Ryan Grant**

May 19th  
22nd birthday

**Leah Bryan**

May 20th  
7th birthday

**Russell Johnson**

May 21st  
23rd birthday

**Colin Dawe**

May 22nd  
19th birthday

**Kristina Boudreault**

May 23rd  
27th birthday

**Jordy Elias**

May 24th  
12th birthday

**Theresa Conrad**

May 24th  
15th birthday

**Madison MacLennan**

May 25th  
7th birthday

**Vanessa Cusumano**

May 27th  
8th birthday

**Michael Donato**

May 27th  
1st birthday

**Marc Ceci**

May 30th  
18th birthday

## June

**Ruby Lappin**

June 5th  
12th birthday

**Julian Pasquariello**

June 7th  
24th birthday

**Carlie Bo Plia-Chin**

June 10th  
11th birthday

**Katie Veitch**

June 14th  
11th birthday

**Eric Silver**

June 18th  
5th birthday

**Darryl Dickson**

June 26th  
28th birthday

**Jeffrey Tsao**

June 26th  
23rd birthday

## July

**Tom Martin**

July 8th  
21st birthday

**Lily Rosenberg**

July 9th  
2nd birthday

**Kyla Davis**

July 10th  
15th birthday

**Carmen Bruno**

July 14th  
6th birthday

**Kristin Shepherd**

July 15th  
7th birthday

**Paul O'Neill**

July 23rd  
2nd birthday

**Joshua Timm**

July 28th  
2nd birthday

## August

**Meredith Allan**

August 1st  
19th birthday

**Frankie Dejak**

August 1st  
33rd birthday

**Jeffrey Vanier**

August 2nd  
22nd birthday

**Julian Teofilo**

August 5th  
18th birthday

**Ryan Carpenter**

August 7th  
6th birthday

**Sophie Mazur**

August 8th  
5th birthday

**Gianluca Mazzonna**

August 8th  
7th birthday

**Eric Dvfgala-Froese**

August 9th  
16th birthday

**Blake Hayden**

August 11th  
19th birthday

**Rachel Colangelo**

August 12th  
23rd birthday

**Marco Manno**

August 14th  
22nd birthday

**Chloe Ritchie**

August 14th  
1st birthday

**Vivian Chan**

August 15th  
20th birthday

**Lee McConnell**

August 18th  
14th birthday

**Ryan MacMillan**

August 21st  
16th birthday

**Mackenzie Copping**

August 22nd  
10th birthday

**Derek Haddock**

August 23rd  
27th birthday

**Evan Fawns**

August 25th  
22nd birthday

**David Salemi**

August 29th  
10th birthday

# STEPPING STONES

This summer we were pleased to offer for the first time 'Stepping Stones' summer camp, a four week summer intensive program for children with Down syndrome ages 2 1/2 - 6 years of age. Seven children in total participated in this fantastic kindergarten readiness program which involved speech pathologists, occupational therapists, teachers and volunteers in a collaborative model designed to provide a focus on academics, communication and physical development. Of course the program would not have been complete without the exciting Friday events which included Karate and Music lessons, presentations by puppeteers and a special visit from the fire department!

The camp was a huge success thanks to the hard work and dedication of all involved. A special thank you to the camp director Susan Chen who was the driving force behind this truly amazing opportunity. We are already looking forward to next summer!



## Moms and Tot

Another successful gathering at Sp Baptist Church this spring! For any our mailing list and who would like to regarding the date and time of this ev contact the DSAYR at [info@dsay](mailto:info@dsay)



*A big welcome  
to our new  
families!  
Congratulations  
on your new  
arrival!*

# Back to school – ideas for packing a healthy lunch

Summer is almost over and school is around the corner. Back to the old routine of waking up early and making lunches and snacks for the kids. How do we keep lunches and snacks interesting and yet not too time consuming to make?

Lunchables may seem convenient, but may not be the best choice from a health perspective. If one looks at the ingredients, these snacks are full of processed cheese, processed meats and high glycemic index carbohydrates.

Deli meat sandwiches are also convenient, but most contain nitrates and other preservatives.

With our family, lunches and dinner have a weekly schedule. Here are some healthy lunch ideas:

- Homemade burritos (refried beans can be made ahead of time and kept in the freezer and used as needed)
- Grilled cheese sandwiches (soy cheese or goat cheese can be substituted for kids with dairy sensitivities)
- Pasta with tomato or meat sauce (kept warm in a thermos).
- Mixed green salad (baby spring mix) with cheese, tuna or chicken slices. The protein is best kept out of the salad in a separate container. Let the kids mix the protein together with the salad at school.

- Sandwiches also work well. Remember, all elementary schools have a no nut policy so a good protein alternative is sliced turkey, chicken or tuna. For a vegetarian option, hummus and pita are also great choices.

Good snack choices include fruit or vegetable slices. For kids who do not like to get messy, try bananas, grapes or strawberries. Cut melons (honeydew, watermelon, and cantaloupe) also work well. Carrots, cucumber and celery are kid friendly vegetables that are easily portable.

If fruits and vegetables do not go over well, try homemade cookies and muffins (with whole grains and fruit juice used as sweetener).

If you can, try to introduce these lunch options before school starts. Use the same containers that they will be using at school. This is especially important for the younger ones, just entering school. Get them accustomed to opening and closing the containers. Having kids eat by themselves also helps develop self confidence. Furthermore, having kids help assemble their lunches and pack their lunch bags will give them a great sense of responsibility and give you some more time on your hands.



**“Calling all children from 7 – 11 years old.** I am interested in setting up a play group for my son who is 8 years old. I have always found it difficult to arrange play dates with other children in his class because I find they don't always play well. I would like to see how many people would be interested in attending this if I ran it. I was thinking of planning different social events like bowling, movies, etc. or just hosting it at someone's house. My idea is to hold a “get-together” once or twice a month. If you are interested, please contact **Luana Fazio** at **905-893-7662** or email address [zialulu@live.com](mailto:zialulu@live.com).”

## ots

Springvale  
yone not on  
to be notified  
event, please  
[dsayr.on.ca](http://dsayr.on.ca)



## PLAYERS WANTED

No experience required  
(We'll even teach you how to skate!)



The Newmarket Nighthawks are a hockey team for players with a developmental delay. The team caters to all ages and abilities -with both a Junior and Senior Team. The hockey season runs from October to April and culminates with the Special Hockey International Hockey Tournament in April. In 2007 the Nighthawks traveled to Washington DC to participate in this tournament with 36 other teams from across North America.

The Nighthawks practices Saturday afternoons, in Newmarket. Times and the arena will be confirmed in September 2009. Practices will resume in October 2009.

Please contact **Bob MacKenzie** at **905-898-7451** or via email at [b.mackenzie@sympatico.ca](mailto:b.mackenzie@sympatico.ca) for further information or check [dsayr.on.ca](http://dsayr.on.ca) for further updates.



The following is a compilation of notes taken at our March Networking Evening when we had the pleasure of listening to Len Nicholson talk about teaching individuals with Down syndrome

**LEN NICHOLSON CONSULTING INC.**  
**416-969-9272 • I.Nicholson@sympatico.ca**

Unbelievable things can happen when we teach individuals with Down syndrome using strategies that differ from standard teaching practices.

Ask yourself "Does the child have the same skills as the other children they are being taught with?" If not, we must find ways to bridge the gap.

How can you keep their attention for 2 hours vs 5 minutes? – make sure they are engaged, be persistent, and be insistent.

How can we do this?

- 1) **Insist** the do it correctly and **persist** that they do it
- 2) Conduct a **task analysis** to ensure teaching is functional
- 3) Teach them things that are **developmentally appropriate**

**1. Insist and persist - How to teach a skill.**

- a. Sit across from the child and make eye contact
- b. Insist with gentle hand on shoulder that he/she sit
- c. Say it (Put the picture of the dog on the word")
- d. Show it - then undo it
- e. Hand it to the child
- f. Say "You do it"
- g. Insist he/she performs the task correctly; repeat as necessary

- h. Use pictures whenever possible; this is especially helpful for visual learners
- i. Avoid using hand over hand
- j. Insist the child does it exactly as it should be done. Do not expect less from him/her; simply ensure the lesson is developmentally appropriate
- k. Persist with the child to give him/her the opportunity to do it right and be proud of his/her achievement

**2. Task analysis - check that the lesson is appropriate**

- a. The lesson should be meaningful and functional
- b. Ask yourself 'Why am I teaching this? What is the purpose?'
- c. It is important to teach functional literacy (to read signs, directions, labels etc.)
- d. and functional numeracy (number recognition, money, time, and sorting)
- e. and social (life) skills
- f. When the task is not functional or not at the appropriate developmental level, contentious behaviour can result (due to anxiety or frustration)

Len never blames the child for behaviour issues but rather suggests that behaviours are sometimes a result of being presented with challenges in

a way that are not understood by the child.


**3. Teach at their developmentally appropriate level. Some important basic skills are the ability to:**

- a. Discriminate size
- b. Discriminate shape
- c. Discriminate colour
- d. Distinguish same and different
- e. Recognize position (in, under, on)
- f. Observe and continue patterns
- g. Make comparisons (empty/full, up/down, big/small)
- h. Classify and categorize (sorting)
- i. Social readiness (recognize body parts)

These skills are taught through E.C.E. play such as blocks, stacking rings, putting shapes in correct holes, etc. If necessary, go back to these basics.

**Benefits derived from re-programming:**

- Independence
- Increased expectation (from student, peers, instructors)
- Opportunity to communicate with others
- Immediate learning
- Meaningful activity
- Appropriate behaviour



**DSAO Provincial Conference**  
**October 16th - 18th, 2009**  
*Holiday Inn Waterfront,*  
*Peterborough, ON*  
 Visit [www.dsayr.on.ca](http://www.dsayr.on.ca) for registration forms and additional information.

**Free New Skateboarding Program!!!**

We are looking for boys & girls with Down Syndrome age 8-18 to participate in an exciting free new program at CJ Skateboard Park in Etobicoke ([www.cjskateboardpark.com](http://www.cjskateboardpark.com)). CJ is currently Canada's largest indoor skate park. There is no cost for this program and no previous experience is necessary. All equipment will be provided at the park. We are looking to start the program as soon as possible and spaces will be granted on a first come first serve basis. If you are interested and want more details please email us at: [info@dsayr.on.ca](mailto:info@dsayr.on.ca).

**Chatter Boxes**

**Fall 2009 Session**  
 A combined Speech/ Language & Occupational Therapy Group  
 Calling all children from SK to Grade 2  
 Dates: September 29 – November 17  
 Tuesday Evenings: 6:30pm – 7:45pm  
 Cost \$200 per child  
 Max 6 children, call Anna Calabretta to register (647) 221-5253

January						
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Tax Receipts for 2008 Tax year						
10: DSAYR Exec Committee Meeting						
22: Winterfest Bowling @ Stellar Lanes						
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Tax Receipts for 2008 Tax year						
10: DSAYR Exec Committee Meeting						
26: Networking Evening - tentative						
31: DSAYR Membership Renewal deadline						
April						
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Newsletter/Educational Mailing						
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12: DSAYR Exec Committee Meeting						
21: DSAYR-Annual Elections & Networking Evening - tentative						
June						
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6: Green Acres Family Day						
9: DSAYR Exec Committee Meeting						

July						
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Newsletter						
No DSAYR meeting in July						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31
Newsletter/Educational Mailing						
13: DSAYR Exec Committee Meeting						
16-18: DSAO Conference - Peterborough						
22: Networking Evening - tentative						
November						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
1: Buddy Walk - Tentative date						
10: DSAYR Exec Committee Meeting						
December						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
8: DSAYR Exec Committee Meeting						

**General Notes:**

- DSAYR Executive Council Meetings are held the 2nd Tuesday of every month at 7:00pm, at the York Administrative Bldg in Newmarket
- SEAC Public School Meetings are held the 1st Thursday of every month at 7pm - September to June - all are welcome
- SEAC Separate School Meetings are held monthly at 7pm - September to June - See website for dates - all are welcome

**Expected Mailings:**

- Tax Receipts - February/March
- Quarterly Newsletter - April, July & October
- Educational Supplements - April & October

**Programs:**

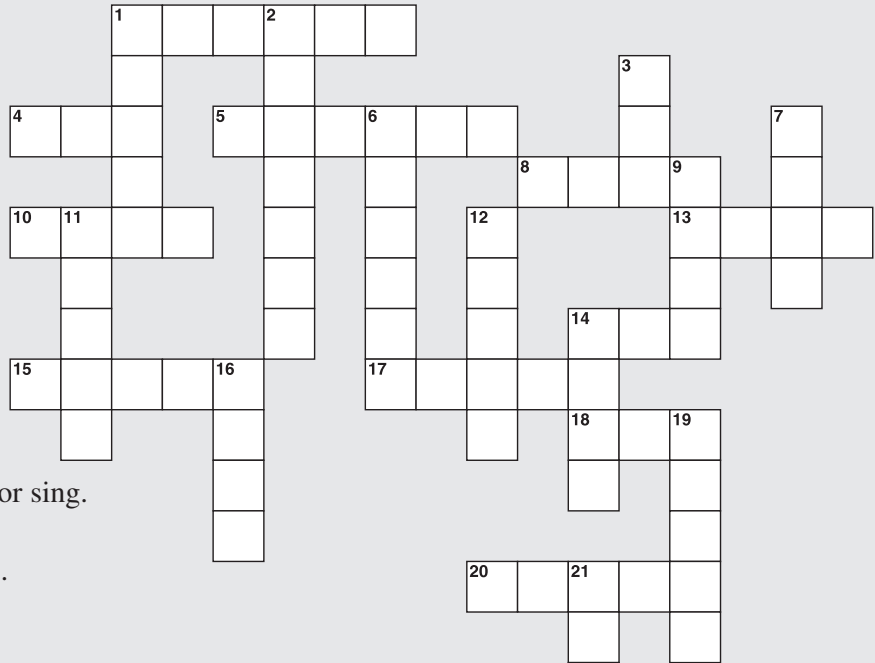
- Music Therapy - Winter Session: Saturdays from Jan 10 - Feb 28, and Thursdays from Jan 15 - March 5
- Music Therapy - Spring Session: Saturdays from April 18 - June 13, and Thursdays from April 9 - May 28
- Music Therapy - Fall Session: Tentative September/November
- ChatterBoxes - Spring Session: April 15 - June 17
- ChatterBoxes - Fall Session: Tentative September 29 - November 17th
- Bowling Buddies - Youth Bowling is held from September to June, every Tuesday night at 7:00pm

**ACROSS**

1. 5 cents.
4. This means not small.
5. What makes things happen or move.  
Heat, light and electricity are forms of \_\_\_\_\_.
8. Tiny rocks that you find at the beach.
10. A door in a fence.
13. A kind of flower that can be red, pink, yellow or white.
14. Use this to cut wood.
15. What you do in bed.
17. Use this to chew food.
18. A bird with large eyes that hunts at night.
20. You make this when you play the piano or sing.

**DOWN**

1. When it is dark outside. When you sleep.
2. Where a king or queen rules.
3. To move fast with your legs.
6. An animal with long ears and soft fur.
7. To clean yourself with soap and water.
9. To make a picture.
11. A kind of fruit that can be red, yellow or green.
12. A big wild animal that looks like a cat.
14. Put this on your foot.
16. A baby horse.
19. The meal you eat in the middle of the day.
21. This animal has sharp teeth and lives in the ocean.



apple	lunch	rabbit	
big	music	rose	shoe
draw	nickel	run	sheep
energy	night	sand	teeth
gate	owl	saw	tiger
kingdom	pony	shark	wash

*come join us!*



## Bowling Buddies Strike Again!

Bowling will resume this fall at the Gateway Cafe and Lanes on 210 Edward St. in Aurora on Sept. 15. The "Buddies" start play at 7pm and play 2 games finishing up about 8:15 - 8:30. This has proven to be an excellent social event for our bowlers and and Parents/volunteers. Any further inquiries please call Jutta Johnson at 905-727-0840





# DOWN SYNDROME ASSOCIATION OF YORK REGION



## Membership Application/Renewal Form (Charitable #89156 0971 RR0001)

### *Mission Statement*

*We are a group of parents, individuals with Down Syndrome, educators and community support professionals who firmly believe in the inherent equality of persons with Down Syndrome. We are committed to promoting a positive image of people with Down Syndrome as being valued community members.*

In order to continue to communicate valuable information with all our members, it is vital that we maintain up-to-date and accurate records.

Your membership includes:

- ☼ access to special programs for individuals with Down Syndrome
- ☼ quarterly newsletter entitled "Count Us In"
- ☼ social functions (Winterfest, Green Acres Family Picnic, Wonderland Family Day)
- ☼ networking evenings with guest speakers, and
- ☼ access to our lending library.

**YES,** please sign me up for a membership in the Down Syndrome Association of York Region. \$25.00

**YES,** I would like to make a donation to the Association. \$ \_\_\_\_\_  
(Tax receipts will be issued for donations of \$10.00 or more.)

**Total** \$ \_\_\_\_\_

Please complete the information below:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Information about the individual with Down Syndrome:

His/her name is: \_\_\_\_\_

His/her birthdate is: Year: \_\_\_\_\_ Month: \_\_\_\_\_ Day: \_\_\_\_\_

I agree to have his/her name published in the DSAYR's newsletters: Yes / No

I agree to have his/her picture published in the newsletter: Yes/No

*Please check all the statements that apply:*

- I am an individual with Down syndrome
- I am a parent/guardian of an individual with Down syndrome
- I am a relative/friend of an individual with Down Syndrome
- I am an educator/medical professional

Please complete this form and mail with your cheque payable to:

**The Down Syndrome Association of York Region**

17705 Leslie Street, Suite 15-345, Newmarket, Ontario L3Y 3E3

[www.dsayr.on.ca](http://www.dsayr.on.ca) [info@dsayr.on.ca](mailto:info@dsayr.on.ca)

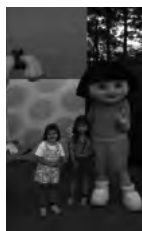
Down Syndrome Association of York Region  
1100 Gorham Street  
Suite 11B-345  
Newmarket, Ontario L3Y 8Y8  
www.dsayr.on.ca

Publication Mail Agreement  
#40112306

## Down Syndrome Association of York Region

Presents

### A DAY AT



## Sunday September 20th, 2009

Discount tickets, subsidized by the DSAYR are available:

**Park Admission**  
\$28.00 per person over 48" (adult)  
\$27.00 per person under 48" (junior)

(Children 2 yrs. old & under free)

**\* FREE LUNCH WILL BE PROVIDED BY  
D.S.A.Y.R. \***

**We will meet for lunch between 1:30 – 2:30pm  
in the Birthday Pavillion in NICKELODEON CENTRAL**



RSVP Required:  
If you wish to join us, please fill in the attached form and mail, with your cheque, by September 8th so we can send you your tickets. Or call before September 17th and arrange to pick them up. If you already have season passes, call us or e-mail us for your free lunch tickets.

## ORDER FORM

MEMBER NAME: \_\_\_\_\_

RETURN ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

# of Adult Park Admission Tickets: \_\_\_\_\_ x \$28.00 = \$ \_\_\_\_\_  
# of Hot Dogs \_\_\_\_\_ # of Hamburgers \_\_\_\_\_

# of Junior Park Admission Tickets: \_\_\_\_\_ x \$27.00 = \$ \_\_\_\_\_  
# of Hot Dogs \_\_\_\_\_ # of Hamburgers \_\_\_\_\_

Total \$ Amount Submitted: \$ \_\_\_\_\_

# of Junior Lunch Tickets Only: # of HotDogs \_\_\_\_\_ # of Hamburgers \_\_\_\_\_

# of Adult Lunch Tickets Only: # of HotDogs \_\_\_\_\_ # of Hamburgers \_\_\_\_\_

**Lunch is hamburgers, hot dogs, penne marinara, salads, ice cream, drinks.  
(and lunch is on us)**

**\*\*We reserve the right to limit lunch tickets to 8 per member and a maximum of 200 in total\*\***

If you prefer to pick up your tickets, please call and leave a message or send us an e-mail.

**MAIL YOUR CHEQUES TO:**

**DSAYR  
17705 Leslie Street, Suite 15-345  
Newmarket, Ontario L3Y 3E3**

**OR CONTACT US AT:**

416-410-DOWN  
800-649-DOWN  
info@dsayr.on.ca