



# Count us

# in

Newsletter for the Down Syndrome Association of York Region

Volume 13

Fall 2003

## Something to Shout about!

*On Monday June 23rd, 2003 Erin Magee, a grade 5 student at Regency Acres Public School gave a presentation on Down syndrome to her classmates. The following is an account of this presentation as dictated by Erin to her mother who helped facilitate the interview.*

I decided to do this presentation so people would not make fun of me because I have Down syndrome or judge me for my differences. I also wanted to tell my classmates that I have Down syndrome because I am going to a new school next year and this group of students may never know another student who has Down syndrome.



### *General Meeting and Executive Elections*

**Please join the DSAYR executive for the Annual General Meeting and Executive Elections on Monday October 20, 2003, 7:00 pm, at the York Region Administration Building, 17250 Yonge Street, in Newmarket.**

The President, Vice-President and Treasurer and Director will be seeking re-election.

We currently have vacancies for a Secretary and an Alternate SEAC Rep (public). We also require members for our Social Committee. If you are interested in running for any executive position or would like to volunteer for a committee, we look forward to hearing from you at 1-800-649-DOWN or [DSAYR@hotmail.com](mailto:DSAYR@hotmail.com)

We will also be discussing several upcoming events, fundraising opportunities and other business.

Please bring your enthusiasm and ideas and join us for an interesting meeting.

Awesome refreshments will be served.

In the presentation my mom dressed up as Patricia Parker from the new VR news. She came to the class and began to interview me and talk about Down syndrome. My teacher, Miss Deeks had set up two large chairs with a small table and a bouquet of peonies in between us. It looked like a real TV set.

In the interview we talked about the facts about Down syndrome. I described what it is like for me to have Down syndrome and what things I find challenging. After the interview we played the video "its O.K. to be Different" produced by the PREP Program for the Ups and Downs Calgary Down Syndrome Association.

When the video was done my mom answered questions from my classmates about Down syndrome. There were over twenty questions. I was surprised to see how many people asked questions. I would encourage anyone who has Down syndrome to do a presentation so that their classmates and friends can learn all about Down syndrome from someone who knows about Down syndrome. ☺

## **CELEBRATE DOWN SYNDROME AWARENESS WEEK with the DSAYR**

**Monday,  
November 3, 2003  
7:00 – 9:30 pm  
at the York Region  
Administration Building**

Please join us for our Fall Networking and Workshop Evening

### **Exploring Literacy**

A workshop, facilitated by Len Nicholson, Special Educator

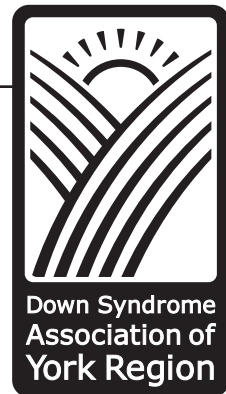
Len will be discussing literacy strategies for children with Down syndrome.

This will be a "hands-on" and practical workshop.

There will be a nominal fee for materials.

*Look for more details in an upcoming flyer.*

# President's Message



There are so many wonderful events this fall for the DSAYR members. Our General Meeting and executive elections will be held on Monday October 20, 2003 at the York Region Administration building. If you are interested in volunteering with the DSAYR there are several vacancies on our executive and committee that need to be filled. We are currently looking for a Secretary, an Alternate SEAC Representative for the Public School Board and members for our Social Committee. Please bring all of your questions, ideas and enthusiasm to our General Meeting.

The Down Syndrome Association of Ontario is holding their annual conference, in Orillia, on October 24 – 26th, 2003 at the Highwayman Inn. The DSAYR is one of the proud sponsors of this event, hosting the morning coffee break for Sunday's session. We will also have a display table for the conference.

Down Syndrome Awareness week is November 1 – 7th. The DSAYR will be celebrating by hosting another evening with Len Nicholson on Monday November 3rd at the York Region Admin Building. He will be expanding on his approach to Literacy for

children with Down syndrome. It should be another fascinating evening. We are going to do something a bit different that night (please note the change in venue) it will be a workshop with the end product being a book or some materials you will be able to use at home with your child.

Now that school is in full swing, Tanya Magee, our SEAC Rep for the Public Board wants to hear from you. She is extremely interested in hearing your school stories, issues and concerns. Please contact her, through the DSAYR phone line or email address. She is anxious to hear from our members regarding educational challenges and success stories.

As always, I love to hear from our members. Please forward your stories and pictures to me for our Winter Newsletter. No success is too small to share. Deadline for submissions is November 15th.

*Cheers,*  
Elizabeth Lappin



When I think about Down Syndrome Awareness week, I not only think of how blessed our family is to have Ruby, I also think of all of the wonderful people I have met because Ruby was born with Down syndrome. I meet them everywhere, at conferences, meetings, shopping malls, and hockey rinks, schools and of course through the DSAYR events. I marvel at their tenacity, their patience, their unconditional love, and their willingness to help other families many who are virtual strangers – and all because we share the bond of Down syndrome.

As an Association, we are blessed with volunteers, directly and indirectly involved with the DSAYR that attend monthly meetings, advocate for our children officially and unofficially, plan fundraising

events, meet parents with new babies and enthusiastically spread the word about Down syndrome. They are a special group of parents and professionals.

I know, when a parent of a child with Down syndrome asks me "how's things?" they really want to hear the challenges, the adventures and the success stories. I can voice my concerns about an oral fixation, or a speech delay, feet that aren't going the proper way or a wandering issue, and they won't be judgemental and they won't be thinking "oh my goodness, how

overwhelming." What they will be thinking and relaying is the dentist they went to, or the video tape that helped out, or where to get good orthopaedic shoes at a half decent price or the security plan they implemented at their school. And all of the sudden you are grounded again, you realize you are not alone; there are solutions to every problem (they just may take a little longer). And you are, once again, ready to fight the good fight and take every victory, no matter how small.

To all of our DSAYR families and friends, thank you for continuing you amazing efforts. So many people are benefiting.

Please contact the DSAYR if you would like Awareness Week posters and literature.

## DSAYR EXECUTIVE

Elizabeth Lappin  
*President*

John Bryden  
*Vice-President*

Andy Brookes  
*Past President*

Bev Veitch  
*Secretary*

Tracey Armstrong-Smythe  
*Treasurer*

## COMMITTEE MEMBERS

Sue Hoey  
*Executive Advisor*

Beverley Weick  
*SEAC Separate School*

Linda Bernofsky  
*DSAO Representative*

(Vacant)  
*Social Direction*

Elaine Dawe  
*Meeting Coordinator*

Dawn Fawns  
*Phone Committee*

Theresa Burfield  
*Director*

Tanya Magee  
*SEAC Public School  
Representative*

Dr. N. Blustein  
*Medical Advisor to the Board*

## THE DOWN SYNDROME ASSOCIATION OF YORK REGION

1100 Gorham Street  
Suite 11B-345  
Newmarket, ON L3Y 7V1  
416-410-DOWN  
800-649-DOWN  
E-mail:DSAYR@hotmail.com

# Interesting websites

## The Special Needs Planning Group

[www.specialneedsplanning.ca](http://www.specialneedsplanning.ca)

This Web site is presented to you as a resource, which will give you some of the basic information necessary to understand and implement plans for the future of your family member with a disability. Please sit back and enjoy the experience of finding the answers to your worries.

## J.P. Das Development Disability Centre

### Resources for Inclusive Education

[www.ualberta.ca/~jpdasddc/inclusion/](http://www.ualberta.ca/~jpdasddc/inclusion/)

A great deal of varied information and resources on Inclusive Education. There are some fabulous videos and research papers available on this website. Definitely worth a visit.

## BEATTITUDES FOR MY FRIENDS

Blessed are you who take the time  
To listen to difficult speech  
For you help me to know that if I persevere  
I can be understood.

Blessed are you who never bid me to "Hurry up"  
And take my tasks from me  
And do them for me,  
For often I need time, rather than help.

Blessed are you who stand beside me  
As I enter new and untried ventures,  
For my failures will be outweighed  
By the times I surprise myself and you.

Blessed are you who asked for my help,  
for my greatest need is to be needed.

Blessed are you who understand that  
It is difficult for me  
To put my thoughts into words.

Blessed are you who never remind me  
That today I asked the same question twice.

Blessed are you who respect me  
And love me as I am, just as I am  
And not like you wish I were.

--Anonymous

# Down Syndrome Association of York Region

## MISSION STATEMENT

We are a group of parents, 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.

### Let's get active!

**Skaters First with  
Lynn Hayzelden & Associates**

905-727-4600  
[lhayzel@aci.on.ca](mailto:lhayzel@aci.on.ca)  
[www.skatersfirst.com](http://www.skatersfirst.com)

Special Needs Skaters

Skaters First has always welcomed children with special needs. We believe every child should have the opportunity to learn this wonderful sport.

Many of our coaches have completed the Canadian Special Olympics/National Coaching Certification Program.

We provide one on one instruction and special skate walkers when necessary. If your child is placed into a group, we will ensure that there will be an "assistant coach" in that group to offer the support required.

During our Saturday classes we keep extra spaces available for older special needs children.

At the time of registration, please let us know what your child's needs are and we will do everything possible to help make his or her skating lessons enjoyable.

### GiddyUP!

**Horseback riding  
in Stouffville**

**4852 Vandorf  
Sideroad**

Please join us for our newest program for children and adults of all ages and abilities.

Learn about horses and how to ride. Different levels are available from beginner to independent.

All instruction is on a one-to-one basis.

All GiddyUp staff are enthusiastic riders and horse owners who value the recreational benefits of horseback riding.

Call Laura Huner at 905-642-8001 for more information.

### Aquadome Aquatics



1215 Stellar Drive  
Newmarket  
(905) 853-4466

[www.aquadomeaquatics.com](http://www.aquadomeaquatics.com)

We are a one of a kind, private swimming facility, offering something for the entire family.

We now offer special needs swimming lessons and adaptive programs, suited to the individual's needs, private and semi-private and group lessons, Aqua fitness, lap swimming for adults, camps for kids, party rentals and a therapeutic pool.

Also check out our new water polo.

Registration is now being accepted for all programs.  
(905) 853-4466

# Introducing... The Newmarket Nighthawks, ice hockey for developmentally delayed players.

**Do you know a Developmentally Delayed Individual who wants to play ice hockey?**

**No experience necessary.**

**You don't need to know how to skate. We'll teach you.**

**Full equipment is required.**

**Registration:** Saturday October 4, 2003 and Saturday October 11, 2003

2:00 to 4:00 pm

Hollingsworth Arena

35 Patterson Street

Newmarket (Davis Drive & Patterson)

**Cost:** \$150.00

**Ice Time:** 2:00 – 4:00 pm Saturdays at Hollingsworth Arena throughout the hockey season

The first two Saturdays, October 4 and 11 will be for registration, but the players can bring their equipment and go for a skate.

Registration is open to players, of any age, male or female, who are physically able to participate, but who are ineligible to participate in an existing program due to his or her disability. Skating skills are not a requirement. They will come with practise. A willingness to play is the only requirement.

The goal of this program is to enhance the player's gross motor skills, social skills, confidence and their ability to play hockey.

The Newmarket Nighthawks will be a member of Special Hockey International. Special Hockey International (SHI) has about 25 teams throughout North America, half of which are in the GTA. The league began about 20 years ago, when Pat Flick, who while coaching a rep team, noticed two special needs boys in the stands whose brothers played for his team. He wanted to get these boys on the other side of the glass.

There is a very strong organization in Durham Region, run by Cindy King.

Visit their website at [webhome.idirect.com/~durhamdragons](http://webhome.idirect.com/~durhamdragons) for information and pictures on SHI.

The Newmarket Nighthawks are supported by registration and support from local organizations such as Investors Group.

For more information on registration, or to make a donation to the Newmarket Nighthawks contact The Newmarket Minor Hockey Association at 905-898-0714.

See you at the Rink!

## ***YOUTH BOWLING LEAGUE***

*for*

*Teenagers and Young Adults with Down Syndrome.*

**Are you a great bowler? Do you want to be a great bowler?**

Tuesday nights at 7:00 pm, starting on September 30, 2003  
Don't worry if you've missed the first few, it's not too late to join.

**Location: Aurora Bowl**  
210 Edward Street  
Aurora, Ontario

This will be a great opportunity for teenagers/young adults (and their parents) to get together,

develop new friendships, be physically active and have a great time!

If you are interested or for more information, please contact:

**Jutta Johnson 905-727-0840**

# lookingUP

Charity Bowl for Kids with Down Syndrome



We are pleased to announce the 3rd Annual “**Looking UP! Charity Bowl-A-Thon for Kids with Down Syndrome**” to be held on Sunday November 2nd at 1:30 PM at Woodbridge Bowl, 191 Marycroft, Woodbridge (near Hwy #7 & Weston Road).

Over the past two years the event has raised over \$20,000 – and we are certain that this year’s event will be just as successful.

*Education and acceptance are two of the main objectives of the event, and critical to the success and achievements of our children. We are continuing to work with the **Down Syndrome Association of York Region (D.S.A.Y.R.)** and **Alternatives Integrating Special People in Vaughan** to meet these goals.*

The D.S.A.Y.R. continues to support the community with Educational networking seminars, newsletters and information packages for new parents and professionals.

Alternatives mission is to provide training for individuals with a developmental disability. Through Chocolate Concepts Inc., participants of the Alternatives program are provided with on the job training and work experiences within a viable commercial enterprise. This program was founded by a group of dedicated parents – it is inspiring to see a proactive path to improving the quality of life of their children using their own resources. We are pleased that a portion of the proceeds from the previous year’s event went towards a very successful Speech and Language program for this group. We hope to continue this program, expanding it to include additional age groups.

Once again, we are hoping we can count on your support!

Our raffle and silent auction seem to be a highlight of the event and we already have some terrific prizes donated --- but we still need your help. **We are appealing to companies and services to donate items for the auction or raffle.** All contributions will be recognized at the event.

Please contact me if you are able to participate --- a donation of money, prize or services would be greatly appreciated.

I know that together we can continue to help children of all ages with Down syndrome fulfill all their goals and dreams!

Yours truly,

Beverley Weick

Ph: 905-832-6981 (hm) / 905-669-8711 ext 222 (wk)

Email: [alex-bev.weick@sympatico.ca](mailto:alex-bev.weick@sympatico.ca)

7 Clemson Crescent,

Maple, Ontario L6A 1C8

## Newsletters available, free of charge for Teachers and Educational Assistants

The DSAYR is following the lead of other Down Syndrome Associations. We will now be offering newsletters to Teachers and Educational Assistants within York Region free of charge. If you would like your child's teacher or Educational Assistant to receive upcoming newsletters please contact us with their name and school. We will add them to our distribution list.

## United Way Donations

Did you know you could make a charitable donation to the DSAYR through the United Way? It's as easy as filling in our Charitable Registration Number #89156 0971 RR0001 on your pledge form. This allows you to make a monthly or one time donation to the DSAYR through a payroll deduction.

## The Brookes Family

Once again, I would like to thank Andy and Heather Brookes and their family for all of their hard work

with the DSAYR. Andy, Heather and the kids can always be counted on to pitch in. Whether it is taking pictures at the family picnic, or hanging banners or keeping an eye on the kids or making sure everything is going accordingly at the BBQ, they are always there to lend a helping hand. Our events always run so smoothly with the Brookes Family helping out.

Every summer Andy organizes an LCBO employee golf tournament. This summer a \$3560.00 donation was made to the DSAYR. Thank you again, all of your hard work is so very much appreciated.

## Website Designer Wanted

The DSAYR is moving in to the information age (finally). We will be launching our website early in the new year! If you know a talented Website Designer – who loves to work for free or needs volunteer hours for high school, please contact us. We will recognize your contributions on the website and in future newsletters!

## An inspirational website by Artist Michael Juroque Johnson

<http://users.psln.com/sharing/Michael/mainMichael.html>

Michael Juroque Johnson is a full time artist. Art is his job. He paints almost everyday and works in the cottage industry that has developed from his talent. Michael was born with Down syndrome, and he was also born with a sense of wonder, an ability to appreciate simple things and the determination to communicate with others. Art opened up Michael's world.



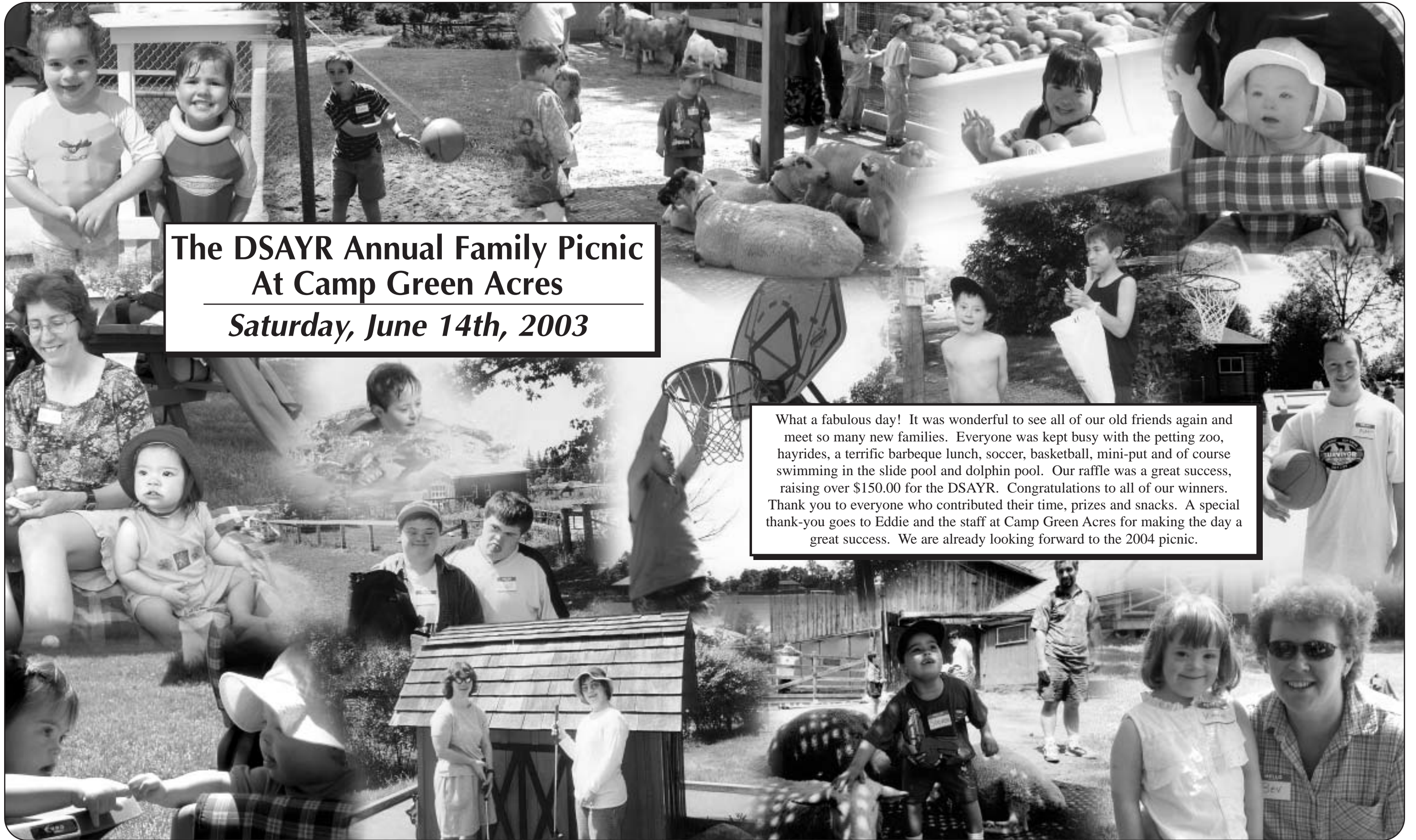
Thank you Michael Juroque Johnson for permission to reprint your picture.

## The Workplace Language Group

Presented by "The Exceptional Learning Centre" and sponsored by The Down Syndrome Association of York Region and Alternatives – Chocolate Concepts. (January – March 2003)

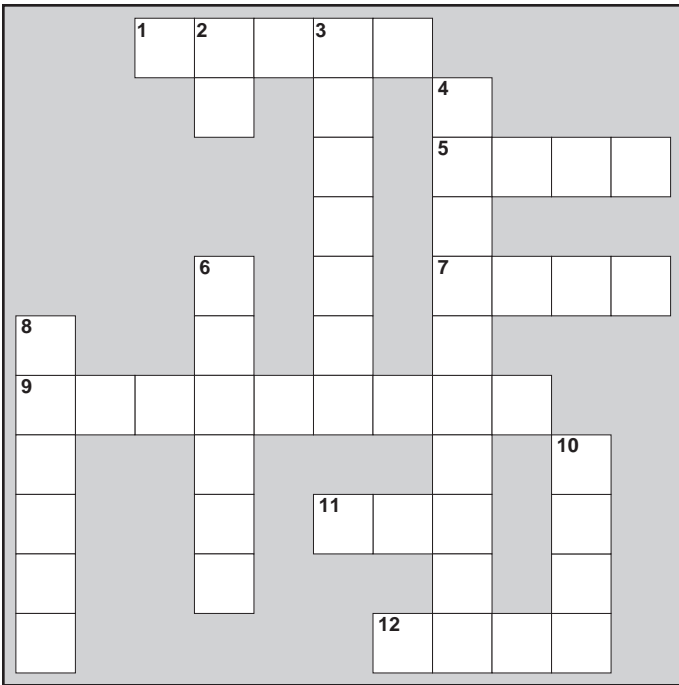


The Workplace Language Group met on a weekly basis at the Alternatives – Chocolate Concepts premise. The group of young adults enjoyed improving their communication skills and practicing their social interactions. We would like to thank everyone who participated in this new, but very successful program. We are looking forward to offering more programs like this in the New Year.



**The DSAYR Annual Family Picnic**  
**At Camp Green Acres**  
*Saturday, June 14th, 2003*

What a fabulous day! It was wonderful to see all of our old friends again and meet so many new families. Everyone was kept busy with the petting zoo, hayrides, a terrific barbeque lunch, soccer, basketball, mini-put and of course swimming in the slide pool and dolphin pool. Our raffle was a great success, raising over \$150.00 for the DSAYR. Congratulations to all of our winners. Thank you to everyone who contributed their time, prizes and snacks. A special thank-you goes to Eddie and the staff at Camp Green Acres for making the day a great success. We are already looking forward to the 2004 picnic.



big  
 crayon  
 flashlight  
 four  
 line  
 mitten  
 mouse  
 on  
 rectangle  
 sled  
 snowman  
 star

**Across**

- 1 a small animal that squeaks (KK)
- 5 a pencil mark that is straight (HH)
- 7 ride this down a snowy hill (FF)
- 9 a 4 sided figure (AA)
- 11 another name for large (CC)
- 12 this twinkles in the night sky (GG)

**Down**

- 2 opposite of "off" (LL)
- 3 a man made of snow (EE)
- 4 use this to see in the dark (II)
- 6 put this on to keep your hands warm (BB)
- 8 make colorful pictures with this (JJ)
- 10 the number after three (DD)

**Additional Clues**

- (AA) rhymes with angle, starts with **r**
- (BB) a type of glove, starts with **m**
- (CC) opposite of small, starts with **b**
- (DD) the number before five, starts with **f**
- (EE) this is made of big balls of snow, starts with **s**
- (FF) this rhymes with Fred, starts with **s**
- (GG) another name for the sun, starts with **s**
- (HH) rhymes with pine, starts with **l**
- (II) this uses batteries to work, starts with **f**
- (JJ) rhymes with rayon, starts with **c**
- (KK) cats chase this, starts with **m**
- (LL) "no" spelled backwards, starts with **o**

Reprinted with permission from [www.smartcrosswords.com](http://www.smartcrosswords.com).

# Nursery School



*Eric Smyth at his nursery school graduation*

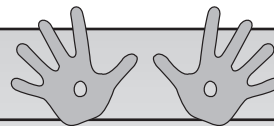
Nursery school was a colourful place of new experiences. It was a cheerful place of creativity, encouragement and caring.

It was a place where children could laugh, play, sing and learn together -- all children.

Congratulations to our little graduates. We are so proud.

Best wishes as you step out into the wider world, ready to learn, as well as to teach.

## Hand Skills for Children



**Phone: 905-761-0011**

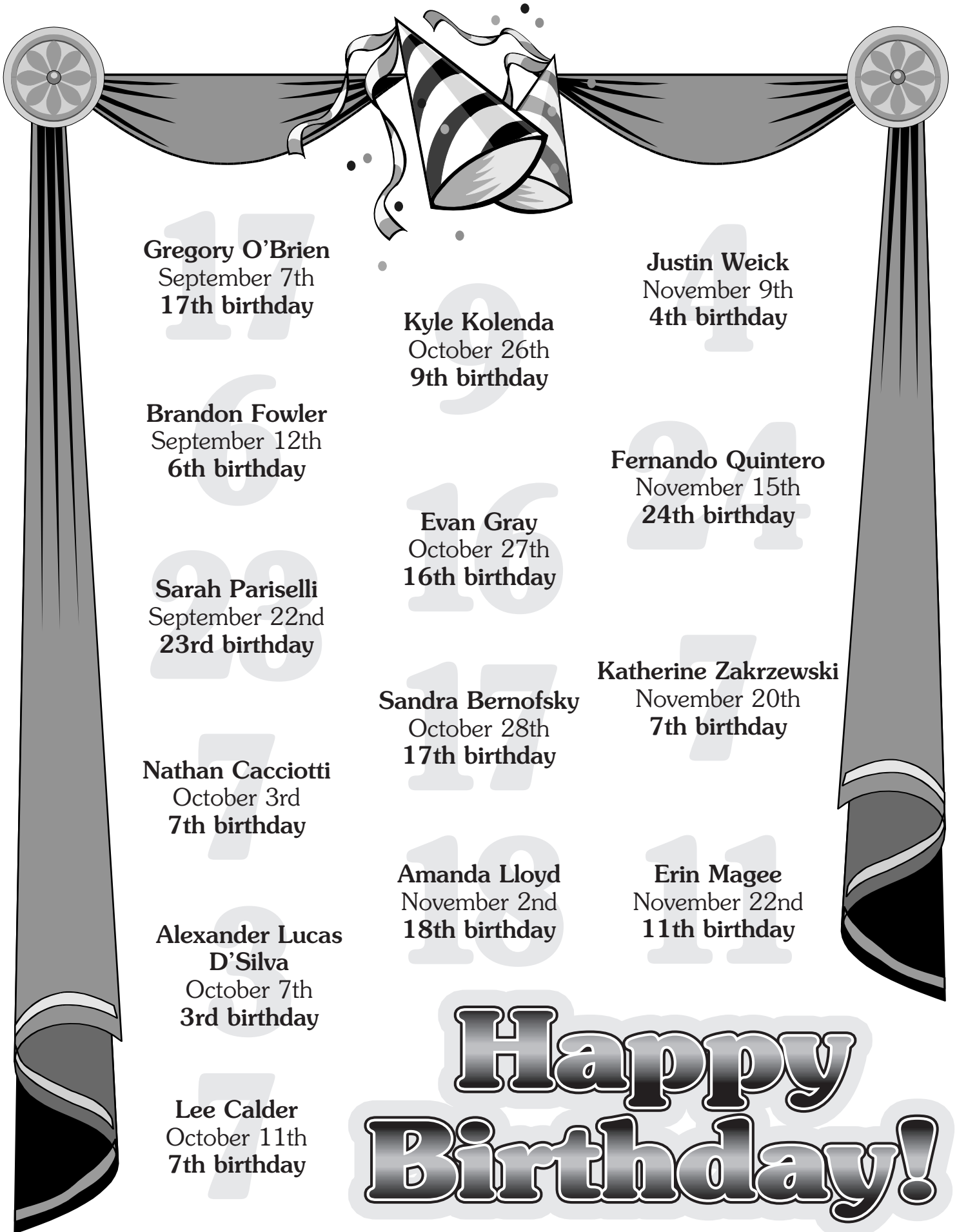
7777 Keele St. Unit 216  
 Vaughan, ON, L4K 1Y7  
 or Fax #:905-761-8196

[www.handskillsforchildren.com](http://www.handskillsforchildren.com)

Hand Skills for Children is a private pediatric practice, which offers individual, and group based therapy programs with a particular focus on pre-printing, printing, handwriting and fine motor skills. Individual therapy services include assessments, one to one therapy, program development

and/or consultation. Group based programs offer children a supportive environment while providing parents with an alternative choice to private therapy.

Now accepting registration for fall classes.



**Gregory O'Brien**  
September 7th  
17th birthday

**Justin Weick**  
November 9th  
4th birthday

**Kyle Kolenda**  
October 26th  
9th birthday

**Brandon Fowler**  
September 12th  
6th birthday

**Fernando Quintero**  
November 15th  
24th birthday

**Evan Gray**  
October 27th  
16th birthday

**Sarah Pariselli**  
September 22nd  
23rd birthday

**Katherine Zakrzewski**  
November 20th  
7th birthday

**Sandra Bernofsky**  
October 28th  
17th birthday

**Nathan Cacciotti**  
October 3rd  
7th birthday

**Erin Magee**  
November 22nd  
11th birthday

**Amanda Lloyd**  
November 2nd  
18th birthday

**Alexander Lucas  
D'Silva**  
October 7th  
3rd birthday

**Lee Calder**  
October 11th  
7th birthday

**Happy  
Birthday!**

On behalf of the DSAYR I would like to acknowledge the dedication of Jennifer Mitchinson as a SEAC representative for our association. Jennifer has served in the role of Rep or Alternate Rep for the last six years. It has been a pleasure to work and learn from Jennifer. She has represented our association and its members well. She will be pursuing other opportunities to advocate for individuals with Down syndrome.

We are currently seeking an alternate and I would encourage anyone who is interested in learning more about the York Region District Public School Board to inquire. We meet once a month for approximately three hours. If interested please call or email the association.

The following is a question that was asked of Lindsay Moir a writer for Family Net at [www.familynet.on.ca](http://www.familynet.on.ca). Lindsey Moir was a principal and currently helps families advocate for their children. It has been printed with permission and I would encourage you to use this valuable tool to acquire knowledge and become an effective advocate for your son or daughter.

Ask Lindsay Moir  
July 3, 2003

***Question: What is SEAC? How can a parent access this committee to assist with advocacy?***

Answer: The Special Education Advisory Committee (SEAC) is a mandatory, standing committee of every school board in Ontario.

This committee is made up of representatives of provincially chartered parent's organizations which represent exceptional students (for example, Community Living, Learning Disabilities Associations, Easter Seals) and local members at large who represent stakeholders in special education (for example, Children's Treatment Centres).

The purpose of this committee is to provide the trustees with advice on all matters to do with special education in the board. Some SEACs are incredibly effective, sending draft policies to the trustees dealing with matters like "Standard Intake for special needs children" entering the system, "managing CAS students in Transition" or carefully scrutinizing the Special Education budget.

Others, unfortunately are kept "busy" with presentations and information exchange that could be easily done in another format and do not actually give any advice at all. The effectiveness of the SEAC varies greatly from board to board. Find out how yours operates. Well-trained SEACs can, and do have positive impact on the programs and services for exceptional kids.

Although SEACs do not exist to deal with individual cases, but rather with broader issues in Special Education, the SEAC member who represents your child's exceptionality is a valuable resource to parents.

He or she understands your child's exceptionality and they know the staff, schools and decision-making processes within the board. Never under-estimate the importance of taking your issues to "the right person".... and your SEAC representative can help you to find that person.

The SEAC representative is usually aware of the success stories in the board; the school that is successfully educating a student like yours. If they can do it, why not in your school?

Quite often finding "successes" is the key piece in convincing a school that this is "do-able" and that there are peer resources for your child's teacher. Most teachers do want to help your child, if you can link them

up with peers who can support them they are usually willing to try.

The SEAC representative has the big picture of what is happening across the board.

SEAC representatives make good mediators and facilitators. Although this is not a mandated part of the role, as a parent with a "foot in both camps" they have a unique credibility with educators and parents. To maintain this credibility, they need to be careful to be the "problem solver" not the "advocate" in this role.

Sometimes your issue has a broader issue embedded in it.

Individual parents who bring individual issues to the SEAC representative are often the catalyst in SEACs identifying issues that require policy change or board wide responses. By making your SEAC representative aware of individual issues (and successes) you help them to be effective.

If you don't know who your SEAC representative is, call the board office and they will put you in touch. Of course, active participation in your local parent's organizations will help you to know.

SEACs are appointed for the "life of the board"-- when the trustees are elected, a new SEAC is formed. for the three year term of the board.

Parent Associations are asked to nominate a representative and an alternate for SEAC. Each board also appoints trustees to SEAC. Their primary role is to take "advice" back to the board meetings where the entire board of trustees act upon it.

*Lindsay Moir is an educational consultant with Comhnadh Consulting in London Ontario and may be reached at [l.moir@sympatico.ca](mailto:l.moir@sympatico.ca)*

# Summer Adventures

Kasia Zakrzewski had a wonderful summer. It was filled with an exciting trip to Poland with her family. The trip included visits with her Grandparents and relatives. She is pictured with her brother Matthew, playing with water on a hot summer day in Poland.



Ruby Lappin had a great time with her swimming lessons. She successfully completed her Aquaquest Level 2, and is very close to completing her Level 3. A special thank you to Caroline Tesky at Green Dolphin Endeavours for her expertise and patients in teaching all of the Lappin children this summer.



Eric Smyth enjoyed boating, canoeing and fishing at the family's rustic hunting cabin this summer. He and his family had a fabulous time enjoying the great outdoors, even though the weather didn't always co-operate.

Both Eric and Ruby enjoyed a little horse riding adventure this summer. They are both pictured with their favourite ponies during Canada Day Celebrations in Newmarket.



# RISE UP!

*Come to the*

## 2003 Provincial Conference of the Down Syndrome Association of Ontario

October 24-26 • Orillia, Ontario

**Keynote Speaker: Carol Johnson**

*author of: "Captain Chaos Lives Here" and "Teams Work: Teachers and Assistants Creating Success"*

### 1. Conference at a Glance

#### **Friday, October 24**

5:00 7:00 Registration (main lobby)  
7:00 10:00 Meet and Greet  
Leacock Room

#### **Saturday, October 25**

8:00 9:00 Registration (main lobby)  
9:00 4:00 Publisher's Displays in main lobby  
9:00 Welcome: DSAO Board  
9:00 10:30 Keynote Address: "Rise Up" by Carol Johnson  
(Simcoe Room)

10:30 11:00 morning break

11:00 12:30 Workshop Series A  
(please consult your itinerary for the location of your workshop)

12:30 1:30 Lunch Break  
1:30 3:00 Joint Session  
(Simcoe Room)

"Making It Real: The Realities of Parenting a Child With a Disability" by  
Carol Johnson and Lin Hermanson

3:00 4:00 DSAO Annual General Meeting  
\*See below for available activities for Saturday evening.

#### **Sunday, October 26**

8:30 9:00 Muffins and Coffee

9:00 10:30 Workshop Series B  
(please consult your itinerary for the location of your workshop)

10:30 11:00 Closing Ceremonies  
Door Prize Draws

# RISE UP! 2003 D.S.A.O. CONFERENCE

## WORKSHOP DESCRIPTIONS

### **Saturday, October 25**

9:00 - 10:30 Keynote Address: Carol Johnson

11:00-12:30 Workshop A Choices:

**A1** Down Syndrome 101

Lin Hermanson

This workshop addresses general issues surrounding Down syndrome - what is Down syndrome, how does it happen, exploring myths and stereotypes, sibling issues, and support to parents.

**A2** Is Mad Bad

Carol Johnson

Explores issues related to anger and aggression with children and adults. Focuses on building pro-social skills to replace angry outbursts.

**A3** Financial Planning and Your Special Needs Child

To be arranged

This workshop will explore financial planning issues involved in parenting a child and adult with special needs. The focus will be on wills, trusts, and power of attorney (regarding both general and health issues).

**A4** Individualized Funding and the Special Needs Adult

Jan Burke-Gaffney

What happens once your "child" leaves the school system? This workshop addresses options available to parents through the acquisition of individualized funding. The concepts of individualized funding and how to apply for it will be explored, as well as a look at support groups which are already taking advantage of this opportunity.

1:30 - 3:00 Joint Session

"Making It Real - the realities of parenting a child with a disability"

Carol Johnson and Lin Hermanson

It is like parenting all children - and it is not. Some parents survive and flourish - some struggle. Discover what makes families resilient; what helps and what doesn't.

### **Sunday, October 26**

9:00 - 10:30 Workshop B Choices:

**B1** Making Groups Work - Running a Successful Volunteer Organization

Lin Hermanson

Looking at group situations, evaluating strengths and challenges, hooking into resources and making a plan to meet goals. Troubleshooting leadership snags, avoiding burnout, how to identify natural leaders and nurture their skills. How to keep your volunteer organization alive and kicking.

**B2** From Where Does the Money Come?

John Pugsley (Trillium Foundation)

and a Fundraising Panel of Experts from Down syndrome associations across the province

John Pugsley will address such issues as grants, where to find them, how to apply for them, and eligibility requirements.

Local D.S.A. representatives will share their fantastic fundraising ideas and suggestions. Handouts will be provided.

**B3** "Relaxation Workshop - Techniques to relax"

Kathleen Bird: Registered Massage Therapist

Down Syndrome Association of York Region  
1100 Gorham Street  
Suite 11B-345  
Newmarket, Ontario L3Y 7V1

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**RISE UP!**  
**2003 DSAO CONFERENCE**  
**FRI. OCT. 24th - SUN. OCT. 26**

**2003 DSAO Conference Registration Form**

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

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

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Local association you belong to: \_\_\_\_\_

Please circle 1st and 2nd workshop choices:

Saturday morning workshop <b>A</b>	<u>1st choice</u>	<u>2nd choice</u>	Sunday morning workshop <b>B</b>	<u>1st choice</u>	<u>2nd choice</u>
	A1	A1		B1	B1
	A2	A2		B2	B2
	A3	A3		B3	B3
	A4	A4			

I will be attending the Meet and Greet Friday evening \_\_\_\_\_

I would be interested in going out for dinner with the conference group on Saturday evening \_\_\_\_\_

**OR**

I will not be joining the conference group for dinner on Saturday evening \_\_\_\_\_

I will be attending the Brunch on Sunday \_\_\_\_\_

My group/association will be bringing an information display and would like to request space at the publishers' display \_\_\_\_\_

I would be interested in volunteering with conference this year (examples: introducing speaker, thanking speaker, registration table) \_\_\_\_\_

*To guarantee your workshop preferences, please include one registration form per person attending, including first and second workshop choices.*

*Please include your registration fee of \$40 with this form. (Please make cheques payable to **Down Syndrome Association of Ontario**.) Forward registration and payment to:*

**Erica Brennan**  
**38 Birchfield Avenue**  
**Kanata, Ontario**  
**K2M 2N5**

*Early registration deadline is September 20. After September 20, registration will be \$50. Please book your room directly with **Highwayman Inn** (1-800-461-0269). Ask for the DSAO conference group for special rates (must be booked by September 20).  
**Register early as space is limited.***