



Count us

in

Newsletter for the Down Syndrome Association of York Region

Volume 10

Winter 2003

Something to shout about!

Jordy began his ski lessons at age 4 at Snow Valley in central Barrie. They have a tremendous program there where the instructors take extra care with all the children. He started in a group lesson (called cubs), however, he was easily distracted by all the action around him, and so we moved him into private one-on-one. That seemed to work very well for him.

We believe it's important to do activities as a family and skiing is something that our whole family enjoys. The benefits of outdoor activity in the winter are vital for your health and well being. Skiing is especially wonderful for social interaction. It's too easy to just stay inside and make excuses to be a couch potato, but once you are at the ski hill, you just can't wait to get going. We will begin lessons again in a few weeks.

For anyone interested they offer special needs programs too!

Jordy is pictured with his older brother Zack, having a blast skiing!



Beat the February Blahs DSAYR Family Event 2003

Saturday, February 15th, 2003
Ray Twinney Recreation Complex, Newmarket
5:00 pm to 8:00 pm

Chase the winter blahs away; please join the DSAYR for lots of free fun, swimming, food and friends.

Swimming from 5:00 – 7:00 pm.

Pizza, Refreshments and entertainment from 6:30 – 8:00 pm.

Children under 5 must have an adult with them in the pool. For every three children under 8 years old, there must be an adult in the pool area, ready to get in, if necessary.

Please RSVP by February 10th, at 1-800-649-3696 or 416-410-3696 or DSAYR@hotmail.com

We look forward to seeing you there!

President's Message



We have a new look!

The Association is staying the same, but we have a new logo and new colours. "Why change?" you ask. We were seeing "Our Family" in a lot of different advertisements and on the Internet, in places that didn't represent the DSAYR. We thought we needed to have a unique image that represented the DSAYR, that would belong to the Association solely. So, after much discussion and debate, the new look was decided upon. You will see many things in the new logo. The sun rising over hilltops, or it is peeking up in the mountains. Some see a newborn baby swaddled in blankets. It could also be a "Y" for York Region with the sun shining on it. Whatever you see, it is our new look, and we are very proud of it!

I would like to thank the creator of the logo, Janusz Cieplucha, for the huge amount of time he donated to this project. He had an incredible amount of patience with us, meeting all of our colour and style requests easily.

I believe our new logo is a wonderful way to kick off 2003! We have several exciting events already planned for The New Year. We are looking forward to our Beat the February Blahs Family event on Saturday, February 15th. Join the DSAYR for swimming, entertainment and Pizza at the Ray Twinney Recreational Complex in Newmarket. See the front cover for all of the details.

Our Speaker and Networking evenings in 2002 were a great success. Our fall event was extremely well attended. It was wonderful to meet the new families that have recently joined the DSAYR, and their babies that evening. Rodney Dunn of the Special Needs Planning Group and Peter Weisner, Chartered Account, provided the group with a great deal of valuable information. We are looking forward to hosting our next evening in April. I look forward to seeing everyone there! **We are always looking for volunteers. If you can spare a few hours a month, please contact us.**

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

Odie Pariselli
SEAC Separate School

Linda Bernofsky
DSAO Representative

Jutta Johnson
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

Celebrating National Down Syndrome Awareness Week at the 2nd Annual Looking Up Charity Bowl for Kids with Down Syndrome Sunday November 3rd, 2002

Hosted by Beverley and Alex Weick to support charities involved with kids with Down syndrome and their families. The event was a huge success, raising awareness and money for all involved.



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.

Private Speech Language Pathology Services

When contracting the services of a private clinician, there are a number of questions that should be asked of the therapist. You should contact at least three clinicians and compare responses to be assured that you are enlisting the services that match your needs.

- 1 Does the clinician have experience working with your child's communication disorder?
- 2 How much experience?
- 3 What model of service delivery are they prepared to provide? (i.e. direct, consultation, mediator training)
- 4 What is their approach to therapy? (i.e. play based? Drill?)
- 5 Do they offer group therapy?
- 6 Do they work with a CDA, mediator, students, volunteers?
- 7 What is their time availability?
- 8 Where is treatment conducted? Your home? Their office?
- 9 What is their hourly rate? Is it negotiable based on your insurance coverage?
- 10 Can sessions be conducted in 30 or 45 minutes based on your child's attention span?
- 11 What do they charge for? Phone calls? Travel time? Reports? Meetings?
- 12 Is the clinician willing to communicate and share information with the YRPSLP clinician once service has started?

CDSS 2003 Calendar

The year has never looked better! The 2003 Canadian Down Syndrome Society Calendar is now available. In addition to creating awareness about Down syndrome, the calendars are a unique opportunity to demonstrate and display the numerous activities of our members and their children.

\$8.00 each

Resource Catalogue

The 2003 Resource Catalogue is now available FREE!

Contact the CDSS at:

*Canadian Down Syndrome Society
811 14th Street NW,
Calgary, Alberta,
T2N 2A4
Canada
Tel: (403) 270-8500
Fax: (403) 270-8291
www.CDSS.ca*

CDSS 15th National Conference MAY 15 - 17, 2003



Conference Information Contact:

Edwina Jeffery **phone:** (604)597-9639
email: edwina-jeffrey@shaw.ca
Lynne Perreault **phone:** (604)271-8170
email: lynneper@adsl.intergate.ca

Website: www.lmdss.com

Hosted by the Lower Mainland Down Syndrome Society, Surrey, B.C.
The conference will be held at the Hilton Vancouver Metrotown,
located in Burnaby.

Visit their website for more information on the conference.

"EXPLORE BEYOND VIDEO PRODUCTION" DEADLINE FOR SUBMISSIONS JANUARY 31, 2003

We are thrilled to have Bruce Woloshyn, father, and Senior Digital Compositing Artist, of the Rainmaker Entertainment Group, who has volunteered his time and craftsmanship, as well as several of his colleagues, to produce a video for the CDSS Conference 2003 (Vancouver, B.C.).

To fill the production with those special pictures of our loved ones, still photos and video clips are needed. Selection will relate to the conference theme "Explore Beyond". To ensure that everyone has a chance to have little 'Johnny' or 'Pamela' included in the production, please limit your family submission to three still photos, and one video clip (video may be submitted on any of the following NTSC tape formats - e.g., VHS, Digital-8, DV-Cam, etc. - "No Betamax").

Photos and Video clips will be digitally copied, or scanned, and the originals returned in your self-addressed, stamped envelope.

Please send your submissions (with self-addressed, stamped envelope) to:

Bruce Woloshyn
Rainmaker Entertainment Group
50 West 2nd Avenue
Vancouver, B.C. V5Y 1B3

DEADLINE FOR SUBMISSIONS JANUARY 31, 2003



We had a wonderful day! Lunch was very generous and delicious. Despite the rain we had a great time and Fernando enjoyed every minute! Many thanks for making it possible. God bless you! Laura Quintero.

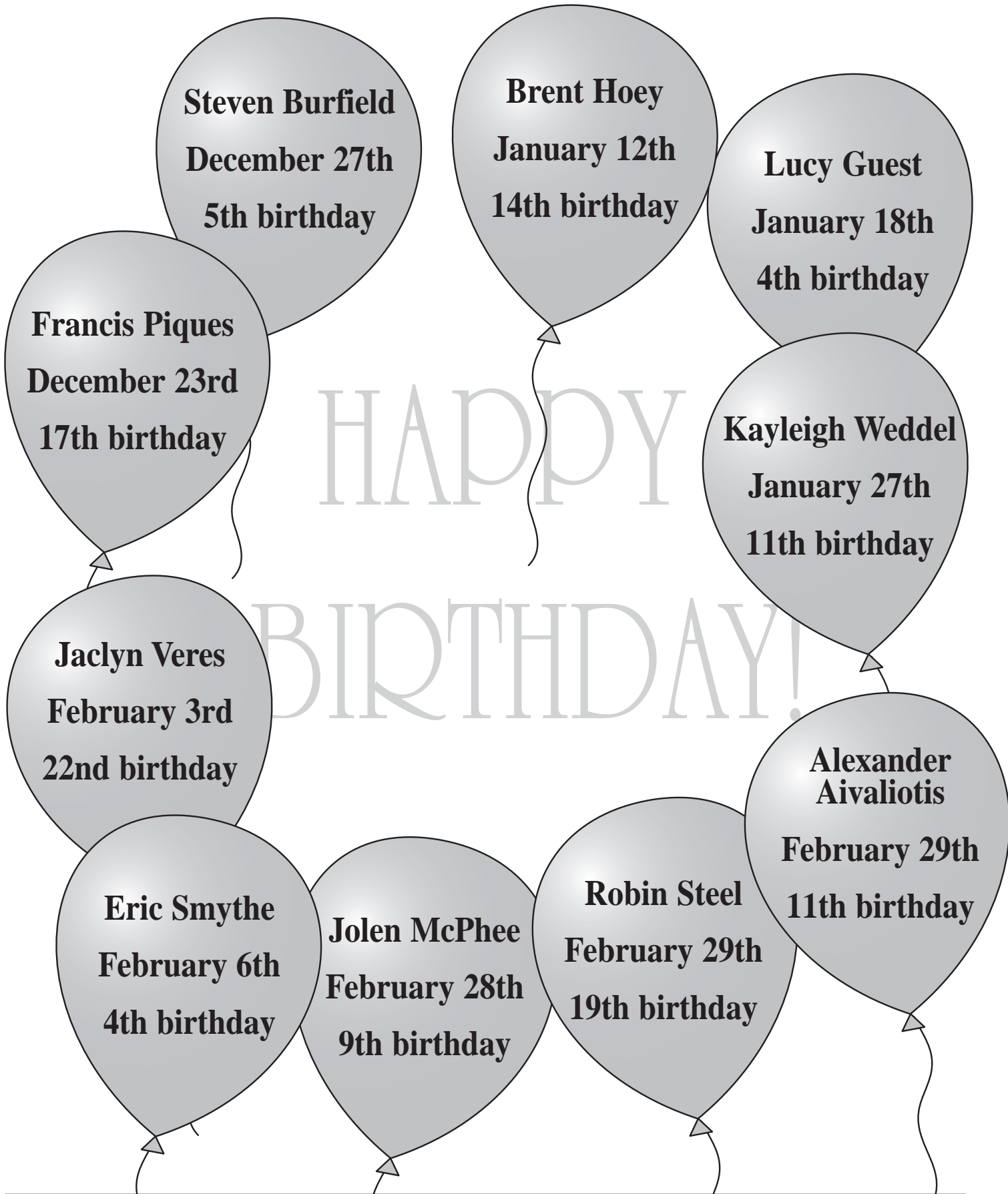
Thank you to all of our members and their families for attending the First Annual DSAYR day at Wonderland. We had a phenomenal response to this event, and are looking forward to hosting this event in 2003. Thank you to Bev Veitch and Tracey Armstrong-Smythe for all of their hardwork in co-ordinating this **successful day!**



DSAYR Day at Wonderland *Sunday, September 22, 2002*



Birthday Wishes – Winter 2003 Newsletter



Still Time to Plan for 2002

By: Peter Wiesner, BComm., CA

(Copyright 2002)

Even though 2002 is over, it is still not too late to be prepared for your 2002 income taxes and financial health. Here are some tips that just may help save you some tax dollars and could even let you sleep a bit easier.

1. Make charitable donations on or before December 31, 2002.

In order to claim the registered charitable donations within the 2002 income tax return the donations need to be made on or before December 31, 2002.

2. Medical expenses should be concentrated within a 12 month period. Therefore, if you have had a lot of medical expenses over the last few months it may be wise to pay for them on or before December 31, 2002.

Medical expenses are deducted on an as paid basis and not when the service is rendered. Therefore, you should consider paying them before December 31, 2002. Also, please remember that the major medical expenses include prescriptions, massage therapy, chiropractic treatments, dental bills, doctor fees, any cosmetic surgery, and some prescribed home renovations.

3. Remember to contribute to your Registered Retirement Savings Plan (RRSP's) before March 1, 2003. RRSP's are a great way to reduce income taxes now at a time when you

are in a high tax bracket. The main advantage is that you can defer the taxes and then pay them many years in the future. Hopefully, once you remove the funds from the RRSP and/or they are converted into a Registered Retirement Income Fund at age 69 (RRIF) you are in a lower tax bracket. Thus, the two main advantages of the RRSP are that you work with the government money and receive compounded interest tax free within the RRSP until the funds are removed, and you have the opportunity to reduce the tax bracket in which the RRSP funds are taxed.

4. Ensure that you do not forget to claim the disability tax credit. If you have a family member with a health impairment (such as vision, walking, speaking, thinking, remembering, hearing, and feeding) then you should consider making the disability tax credit application with Canada Customs and Revenue Agency (CCRA) on a as soon as possible basis. This approval process can take up to six months to complete, and will involve your doctor completing a form which is then sent to CCRA for determination. Once the disability tax credit claim is approved it will reduce your tax bill and can even be transferred to another family member such as spouse or parent.

5. Ensure that you have a Last Will and Testament (WILL). This should be professionally prepared by a lawyer to ensure that it is valid, meets your needs, and has the proper wording within the document. WILLS should be redone or updated if they were prepared before the Substitute Decision Act was passed in the middle 1990's. One should consider the creation of trust for those that have children with disabilities. Thus, as the WILL design and wording is a little more complicated with the creation of a Trust it means that WILL kits are not recommended or can not be used.

6. Life insurance policies should be reviewed annually. Life insurance is an important component of any estate plan. One should consider increasing the current life insurance coverage at this present time. As interest rates have fallen significantly over the last few years it means that one would need more capital or life insurance proceeds to be paid on death in order to maintain the same life style. Thus, this is a good time to revisit this issue.

If you have any questions or comments about the above items, then please contact me at 905-898-3355 or 1-800-567-9522.

Notice to Reader

Every reasonable effort has been made to ensure the accuracy of this information contained in this article. However, the preceding information is for educational purposes only. As it is impossible to include all situations, circumstances and exceptions in this article, a further review should be done by your professional advisor or a Chartered Accountant before acting on its contents.

YOUTH BOWLING LEAGUE

for

*Teenagers and
Young Adults
with Down
Syndrome.*

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

Wednesday nights
at 7:00 pm

Location: SUPERBOWL
56 Charles Street
Newmarket, 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

* This is not a DSAYR
sponsored group

INTERNET NUTRITION:

How to sort through nutrition info on the Web:

There are about 9 million Internet users in Canada and this number increases each month by 15%. People go to the Internet for information on everything from gardening to vacationing to health advice. So what does this mean in terms of nutrition?

Even in cyberspace, the old saying holds true: If it sounds too good to be true, it probably is. With so many nutrition-related sites and information on the internet, it is difficult to sort through what is reliable and what is false or misleading.

Here are some reliable sites to help you through the Internet Maze:
www.dietitians.ca - Dietitians of Canada.

Provides links to current and reliable Canadian nutrition guidelines and resources, as well as how to contact a dietitian in your area.

www.quackwatch.com - Quackwatch.

This site allows consumers to assess nutrition information for accuracy and reliability, and offers tips on how to detect nutrition frauds and "quack" nutrition.

www.healthwatcher.net/Quackerywatch - Canadian Quackery Watch.

This site outlines various false nutrition information and programs.
www.dietfraud.com - Diet fraud.

This site offers book reviews and descriptions of resources in the area of alternative nutrition and nutrition fads.

http://navigator.tufts.edu - Tufts Nutrition Navigator.

Tufts University offers this service that rates nutrition related websites and tells you if they are reliable and accurate.

(Adapted from an article written by the Public health nutritionists of Ontario, 1998 - "Nutrition Information on the Net: How Good Is It?" Produced by Nutritionists/Dietitians at the Leeds, Grenville, and Lanark District Health Unit.

Distributed by Public Health Nutritionists in Ontario. 2002.)

Is there anything Andy Brookes won't do to raise money for the DSAYR?

On October 30, 2002, Andy Brookes, Assistant Manager and David Stabb, Manager of the LCBO in Richmond Hill were challenged to colour their hair blonde and shave their moustaches, all to raise money for the DSAYR. Andy is now a very handsome clean-shaven blonde and David is shaven, but awaiting his new colour. The LCBO raised \$240.00 for the DSAYR during this event! Way to go guys!

New Books to the DSAYR Lending Library

Classroom Language skills for Children with Down Syndrome

A guide for parents and teachers

Libby Kumin, Ph.D., CCC-SLP (2001)

This book covers every aspect of children's language needs from Kindergarten through middle school. After a thorough overview of the characteristic communication problems associated with Down syndrome and how they affect children in school, the book explores the best strategies for adapting schoolwork and improving teacher student communications. Augmentative communication methods, social communication and enhancing conversation are also discussed

The Down Nutrition Handbook

A Guide to Promoting Healthy Lifestyles (2002)

Joan E. Guthrie, R.D., L.D.

This is one of the first books to look at all aspects of nutrition and healthy living for children with Down syndrome, from birth through young adulthood. The author, a registered dietician and a mother of a child with Down syndrome encourages parents to start teaching health habits early in their child's life, but stresses that it's never too late to start. This book is full of fabulous information on every aspect of nutrition and a healthy lifestyle. A great addition to any library.

Becoming Human

Jean Vanier (1998)

Jean Vanier is the son of former governor general Georges Vanier, and founder of L'Arche, an international network of communities for people with intellectual disabilities. "In this provocative work, Jean Vanier shares his profoundly human vision for creating a common good that radically changes our communities, our relationships and ourselves. He proposes that by opening ourselves to outsiders, those we perceive as weak, different, or inferior, we can achieve true personal and societal freedom.

We're looking for your input!

Has your child done something special? Do you have a story to share?
Let everyone know! Send us your pictures and stories for publication
in the next newsletter! Submissions must be received by March 1st, 2003.
If you would like your picture back, please let me know, and I will return it to you.

Have you found a great camp or summer program?
We are looking for your suggestions for our next newsletter.

Please send all submissions to:

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

or

DSAYR@hotmail.com



Down Syndrome Association of York Region
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Publication Mail Agreement
#1951513

Down Syndrome Association of York Region
2003 Membership Application Form
(Charitable #89156 0971 RR0001)

In order to continue to share valuable and informative material with all our members, it is vital that we maintain up-to-date and accurate information. Your \$25.00 membership includes our quarterly newsletters, "Count Us In," social functions, regular Association meetings 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. \$ _____
- 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: _____

My child has Down syndrome. His/her name is: _____

My child's birthdate is: Year: _____ Month: _____ Day: _____

I agree to having their name published in the Association's newsletters: Yes No

Please check all the answers that apply.

- I am an individual with Down syndrome
 a parent/guardian of an individual with Down syndrome
 a medical professional

Please detach and mail with your cheque payable to **The Down Syndrome Association of York Region**
1100 Gorham Street, Suite 11B-345, Newmarket, Ontario L3Y 7V1