

Resource Room News

A Publication of The Family Resource Room at
Kinsmen Children's Centre (306) 655-6871
Spring/Summer Newsletter 2007, Volume 5, Issue 2
Partners with Families Helping Children



Free Public Lecture

“Supporting your Child with Special Needs in Learning and Development”

Dr. Louis Rossetti, Professor Emeritus of Communication Disorders at the University of Wisconsin has authored five books on infants and toddlers with special needs. He is the author of a widely used language scale, the most famous communication scale for children under three years of age. The Alvin Buckwold Child Development Program is proud to host Dr. Rossetti's lecture for parents about caring for children with special needs on June 20th, 2007. The lecture will be held at the Saskatoon City Hospital Rependa Auditorium from 7:30pm to 9:00pm. There is no daycare provided so please make alternate child care plans. There is rush seating for up to 180 people.

What's New?

The Cerebral Palsy Association has moved their library resources to the Family Resource Room at Kinsmen Children's Centre. Books about cerebral palsy have always been available here and now our holdings have increased to serve you better. The Cerebral Palsy Association is still active and to contact them about programs and services they offer please call 955-7272.

Sending my Dreams to space with Dr. Dave, part of the Space Awareness and Learning Program of the Canadian Space Agency, invited children from Royal University Hospital and Kinsmen Children's Centre (KCC) to participate in the space flight mission of Canadian astronaut Dr. Dave Williams. Each time an astronaut is named to the mission crew, he or she has the opportunity to bring token content from organizations and associations across the nation to space. One sentence dream statements in the children's own words were requested along with their first name only (to respect privacy) to be submitted from children's hospitals across Canada. At the conclusion of mission STS-118, the contents of the "Dreams CD" will be printed onto a background of pictures taken during the mission and a letter, signed by Dr. Williams, confirming that the dreams have been to space, will also be affixed to the presentation which will either be sent or presented, schedule permitting, to Saskatoon for the benefit of the children, their families and the local community. Here are some of the dreams the children at KCC sent to Dr. Dave.

- I "wanna" have a nice day.
- I'd like to be all done here (Kinsmen Children's Centre / Therapies) so I can walk and play.
- My dream is to have a good brain like Brandon (brother) and to be normal like everyone.
- I wish that I could go all around the world and meet kids that I never met before.
- I wish to have a motor toy airplane. It's a toy with batteries on the back.
- I want to be a "Hot Wheels Guy all right!"

For more information about Dr. Dave and this space mission due to launch on the Space Shuttle Endeavour in August 2007 go to the website at: <http://www.space.gc.ca/asc/eng/missions/sts-118/default.asp>

May is hearing and speech month...

Speech-Language Pathologists and Audiologists Caring About Communication is the theme of hearing and speech month in May. One in ten Canadians has a speech, language or hearing problem. If you suspect a problem, contact a speech-language pathologist or audiologist. They work in hospitals, rehabilitation centres, health clinics and in private practice. Resources about speech therapy, information about speech/language development in children, and private practice lists are available from the Family Resource Room at Kinsmen Children's Centre. You may also consult the yellow pages or the national website at: www.caslpa.ca or call 1-866-757-3990 to find a therapist near you.

Milestones of Speech and Language Development

- One year old children should be able to understand a variety of words and should be using a few single words.
- By age two, words should be combined into two and three word phrases and sentences.
- Between the ages of three and five children learn to carry on a conversation, ask and answer questions, follow and give directions, and speak alone in the presence of a group. These skills are important to success in kindergarten.
- After age five sentences become increasingly complex. Children begin using words like "when," "while," and "since" to relate two or more ideas in a single sentence. The language level used by teachers and textbooks assumes that children have this skill by the age of seven or eight.
- As a rule children use understandable speech by age four and use all speech sounds correctly by age five to seven.

Tips to Help Develop a Child's Language Skills

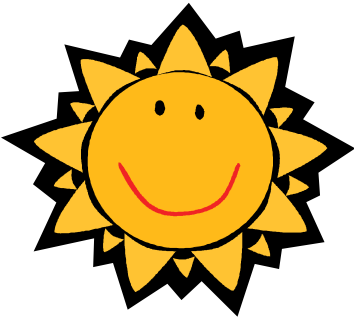
Preschool years are crucial in the development of your child's communication skills.



- Talk to your child. Name things around you. Describe what you are seeing, hearing, and doing.
 - Listen to your child. Respond to their attempts to say words and phrases by replying, nodding, or smiling.
 - Read to your child. They will enjoy looking at pictures, asking questions, and hearing the story over and over again.
- Introduce your child to nursery rhymes. The rhymes will help in language development of later reading skills.
 - Be a good speech model by using slow, clear speech and be patient giving your child time to respond.
 - Repeat, repeat, repeat, and avoid interrupting or speaking for them as they need time to organize their thoughts and to learn words in order to master using language to communicate.
 - Use facial expressions and gestures to help your child understand what you are saying.
 - Encourage talking while avoiding placing too much pressure on your child to perform verbally in front of others. Remember, talking should be fun.

"KINDNESS is a language that the deaf can hear and the blind can see"

Recreation Programs



Autism Services is offering seven weeks of recreational day programming for children and adolescents from 7 to 21 years of age on the autism spectrum. Each week runs Monday to Thursday at a cost of \$100 per week. The day camps will be at Brunskill School, with a variety of activities around the city including swimming, the Forestry Farm Park and Zoo, bowling and a weekly outing to Pike Lake. Registration for programs will begin on May 30th Room 101, Remai Board Room and May 31st

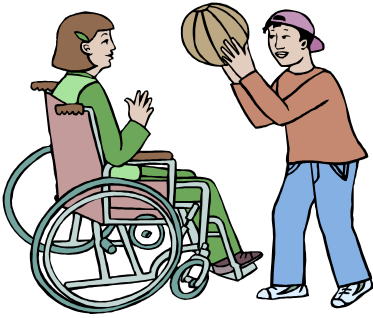
Room 308, 3rd Floor Board Room from 5:00pm-7:00pm both located at the Saskatoon Community Village, 506-25th Street beside Kinsmen Park. Programs start July 9th and run through to the end of August. Summer programs for preschool children with Autism Spectrum Disorder between the ages of 3-6 years will be offered if there is enough interest expressed. For more information about all programs please call Morgan Rice at 665-7013 ext. 7, or email mrice@autismservices.ca. Information and registration forms can also be downloaded online at: www.autismservices.ca.

The City of Saskatoon Leisure Services Branch works to remove barriers to participation and encourages people with disabilities to participate in all leisure programs. Every effort will be made to modify programs to suit individual needs and ensure a positive recreation experience. Together the programmer and the individuals will determine a course of action (i.e., program supplies, program adaptation, etc.). For drop in programs the support person accompanying the individual with a disability does not have to pay admission into the program, and the general admission rates apply for the participant. To ensure the best service is provided the individual with a disability or parent/guardian should contact the programmer at the facility they wish to use. Contact the City of Saskatoon at 975-3200 or check the website at www.saskatoon.ca for more information and leisure facility phone numbers.

There is a **Summer Integrative Program** to provide support for children and youth with disabilities so they may attend playground and youth centre activities offered by the Community Development Branch. The aim is to provide support to children and youth with disabilities to ensure a positive, fun and rewarding play experience. Supports may include: specialized training resources provided to playground leaders, provision of adapted play equipment or a one-on-one play assistant. There are free drop in programs for ages 2-12 years at the playgrounds including games, music, drama, crafts, water play and special events. Children under 6 years must be accompanied by an adult. The Youth Centres offer free programs for ages 10-18 years which may include sports, games, music, special events and qualified leaders who offer opportunities for youth to participate in a wide range of activities. The deadline to apply for a one-on-one play assistant is June 15th. For more information call the Community Development Branch, City of Saskatoon at 975-1429.

The Saskatchewan Abilities Council will operate “Summer Fun” again this year. This recreation program is for children and youth between the ages of 6-22 years who have a physical disability. The program provides the participants with the opportunity to gain new experiences, make new friends, learn new skills, and enjoy challenging outings within the community. Summer Fun starts July 3rd and will run to August 23rd. Activities may include swimming, bowling, tours, the “Ex”, fishing, and much more! The cost for the program is \$125 which includes transportation, refreshments and activities. Registration forms must be in no later than June 8th including medical information. Please call Janine for more information at 664-7207 or email jbaumann@abilitiescouncil.sk.ca.





Recreation Programs continued...

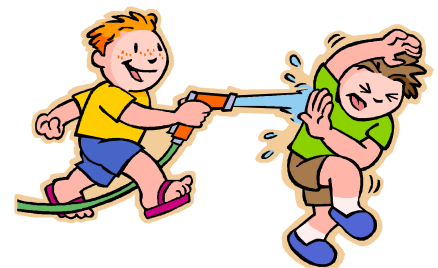
The **Abilities Council and White Buffalo Youth Lodge** is operating an **Aboriginal Slyp-Out Program** for youth ages 12-22 years who have a physical disability. Weekly outings are organized and scheduled with the participants and transportation is provided. For more information contact Julia at 664-7236 or email jbidonde@abilitiescouncil.sk.ca.

The Saskatchewan Cerebral Palsy Association is running Camp Critter which is a wheelchair accessible day camp for children aged approximately 3 -10 years with cerebral palsy and similar disabilities. Camp Critter will run from July 3rd to August 16th with morning and afternoon sessions available. Transportation is available for all camps. The camp will be at Mother Theresa School at 738 Konihowski Road in Saskatoon. New this year is a week of teen/adult nights out that will run from June 25th-29th. Everyone is welcome to the Wind Up Barbeque on August 17th at 12:00 noon at Ebenezer Baptist Church at 107 McWillie Avenue. Please call the SCPA office at 955-7272 or toll free at 1-800-925-4524 for more information or check out their website at <http://members.shaw.ca/saskcpasbr/>.

The Saskatoon Association for Community Living (SACL) offers summer day camps for children, teens, and young adults with special needs. The activities include indoor games, crafts, trips to the Forestry Farm Park and Zoo, and swimming. All activities and admissions to venues are included in the cost of the camp. A non-refundable \$25 deposit is required to register and will be deducted from the camp fees if the child attends each week they are registered for. Cost for all camps is \$200 per week for non-members and \$150 for SACL members. The annual membership fee is \$25. Telephone registration will not be accepted and applications must be faxed to 652-9112, mailed or dropped off at the SACL office at 102 Robin Crescent, Saskatoon, SK., S7L-6M3. For more information call Jeanne at 652-9111 or email sacljr@sasktel.net.

The Radius Acquired Brain Injury Community Integration Service offers “The Quest Experience” which is a four day camp for children and youth ages 9-15 years with an acquired brain injury at Christopher Lake. The camp provides them with an opportunity to have fun in a variety of activities such as swimming, canoeing, archery, crafts and boating. The cost for the camp is \$300 and it runs from June 24th-27th. For more information call Mark Lich at Radius Community Centre 665-6682.

Radius Community Centre has a **Youth Companion Program (YCP)** to provide supports for working parents of youth with disabilities. The intent of the program is to ensure that parents of youth with disabilities are supported in a way that allows them to remain in the workforce and able to contribute to the financial well being of their families and the growing Saskatchewan economy. In order to achieve this the YCP will facilitate the participation of youth with disabilities in recreational and leisure activities typical of their age group. Through the program the participants will build relationships and take part in community activities in a fun and safe environment. There are so many exciting events, festivals and activities happening in Saskatoon during the summer. In order to take advantage of these opportunities the YCP will expand their program to organize and implement activities, outings and games for youth all summer long. The YCP is funded by the Cognitive Disability Strategy. For more information call 665-0362 or email ycp.radius@sasktel.net.



Recreation Programs continued...

The University of Saskatchewan Physical Activity for Active Living (PAAL) program is being offered for children and youth between the ages of 5-18 years who are visually and/or hearing impaired, physically and/or developmentally delayed. The camp provides opportunities to be physically active, socialize with others, work on skills development and have lots of fun! Volunteers will be assisting the participants through the various activities during the week which includes soccer, golf, tennis, track and field, swimming, nature hikes, games, beach volley ball and sand castles building. The cost for each camp session that runs August 20th-24th is \$90. For additional information call Jodi or Kim at 966-1003 or go to the website at kinesiology.usask.ca/community-programs where you can download an application form. Applications can be mailed in, dropped off or phoned in with a Visa or Mastercard at 966-1001.

The Saskatchewan Camping Association guide is available in the Family Resource Room at Kinsmen Children's Centre. The guide provides information on numerous agency and private camps in the province regarding what they have to offer in terms of services, activities, facilities, costs and contact information. If you can't afford to go to camp there are many camps that have programs in place to provide financial assistance for parents and guardians of children who cannot afford to pay the whole camp fee. To view or obtain a guide for yourself check the website at www.saskcamping.ca or call 244-2912. You may also email drfterl@shaw.ca.



Local Sports Opportunities... are available for children with disabilities and able bodied children to share in the fun together!

The Little League Baseball Challenger Division is for children ages 5-18 years with physical or cognitive disabilities. There is a small fee. There are standard rules and regulations for participation and fair play with the goal of giving everyone a chance to play regardless of limitations. For more information call 384-6827 or 343-8758.

Soccer Anyone? Come and play just for fun where everyone is welcome! The games will be modified for kids who are physically and cognitively challenged, but able bodied friends and family are welcome to participate. For more information contact Barbara at 249-4392 or Loren at 373-5809.

The Saskatchewan Wheelchair Sports Association contact number is 975-0824.

The Swift Current and District ECIP will be running the **Summer Discovery Program** which is a recreational program for children ages 7 years and under who have a disability, developmental delay or who are at risk for delay. For more information call (306) 773-3600.

Your Opinion Counts!

The Alvin Buckwold Child Development Program at Kinsmen Children's Centre is conducting a survey. Participation is voluntary and very much appreciated. Please help us to provide quality care in Saskatchewan by sharing your experiences with our services. We want to know what you thought about your experiences during your recent appointments at Kinsmen Children's Centre. From May to June 2007 surveys will be sent to a number of randomly selected families. The results will show us what we're doing well and what we can be doing better. These results will be made public. If you do not wish to have a survey sent to you, please do not hesitate to advise our receptionist or call her at 655-1070. Thank you.



Ability Online invites you to take a second look...

Ability Online is a free monitored Internet service offered through the Family Resource Room at Kinsmen Children's Centre. Once you are signed up here you can access the site from your home computer. The service provides a place where children and youth, with special needs or illnesses, and their parents can meet online. They can share their stories, exchange information and support, and make friends with people from all over the world who share similar experiences.

Ability Online now has a new look on the outside but still the same great friendship network plus all new features on the inside! Some of the new exciting additions include a Homework Help and Job Readiness feature. There are study tips and worksheets as well as tutors to access for help with that tough math homework too! If you are looking for a job or volunteer work you can get help with writing resumes, cover letters, interview skills and much more. For information and to sign onto the network go to the Family Resource Room where information pamphlets are available about this fantastic free internet service. You may also email the Ability Online contact person Michelle at michelle.mclure@ablelink.org or call toll free at 1-866-650-6207. Check out the website today to find out what it's all about at www.abilityonline.org.

Dreams Take Flight!

The Dreams Take Flight Program is set up to provide a once in a lifetime opportunity for children with physical, cognitive or social challenges to just be "a child for a day in Disneyworld." Air Canada donates the flight, Shell Oil company fuels the plane and many other businesses donate services and products to bring this dream to life for a child with disabilities. Fundraising takes place throughout the year to cover other expenses. Air Canada employees and members of the community donate their time year round to raise funds, plan the adventure and make this a memorable day for the children. Saskatchewan residents may apply for this opportunity through the Winnipeg chapter of the Dreams Take Flight Program. To participate in this wonderful dream contact Darlene Seifert in Saskatoon at Air Canada Dreams Take Flight at 955-9967. For more information see their website at <http://ywg.dreamstakeflight.ca/index.html>.

Catch this...more news!



Jaunt and Family Fun Day fundraiser for Autism is Sunday June 3.

The Kinsmen Rides and park area (by wooden shelter) has been reserved for the event. Registration starts at 10:00am with the walk at 10:30. This will be followed by a BBQ at 11:15 and rides from 11:45am-12:45pm. To register and obtain donation pledge sheets call Autism Services at 665-7013.

Music Therapy for Individuals with Autism is being offered by professionally trained university graduate Leanne Hoeft. For more information call 934-6997 or email leanne.musictherapy@yahoo.ca. The Canadian Association for Music Therapy website is www.musictherapy.ca.

Many parents have inquired about a support group for Down Syndrome. The Alvin Buckwold and Prairie Hills Early Childhood Intervention Program can be contacted for information about the **Down Syndrome Parent Support Group** at 655-1083.

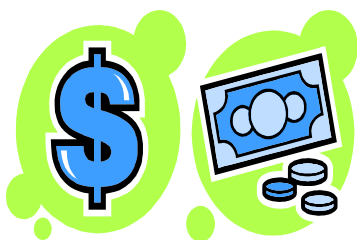
A new **Learning Disabilities Support Group** is being created. Do you have, or know someone with a learning disability? Do you need support? For more information call Betty and leave a message at **978-1015**. There is a newsletter available that deals with family fun and education issues such as Learning Disabilities and Attention Deficit Disorder at: familyeducationnetwork@fen.rsc01.com.

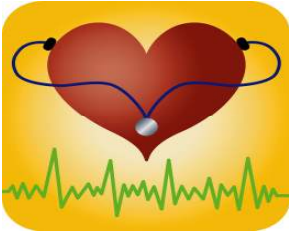
A Saskatchewan initiative to improve the knowledge and understanding of **Assistive Technology** has taken place. The Assistive Technology Workshop Planning Committee in Saskatchewan along with Sask. Learning have produced an online discussion board on the Internet. The discussion pages are designed to be a tool for sharing information and communicating with colleagues across the province about Assistive Technology. On the file you will find written materials that have been prepared by various professionals (teachers, Speech and Language Pathologists, Occupational Therapists etc.). You will also find forums on children's rehabilitation services and hot topics in children's rehabilitation services surrounding the use of technology, both at home and in the classroom. This can be accessed from any computer connected to the Internet. To sign up for this free learning opportunity all you have to do is email Tom at tom.german@spiritsd.ca to register. For more information go to the website at <http://bbcentralischool.ca>. In addition the helpful guide "**A Parent's Guide to Assistive Technology**" can be found online at <http://www.schwablearning.org/articles.asp?r=488>.

Disability Tax Credit / Child Disability Tax Benefit: Are you getting the full benefit from your tax deductions? If you have a child with special needs you may be eligible for Child Disability Benefit payments. For more information and forms contact your health care provider, the Family Resource Room at: **655-6871**, or go to the Canada Revenue Agency website where you can download forms and information at:

<http://www.cra-arc.gc.ca/formspubs/menu-e.html>

or call toll free: Canada Revenue Agency at 1-800-387-1193.





Little Hearts Family Group ...

Do you have a child with Congenital Heart Disease?

We may be able to help! We are a group of parents with children who have heart defects. We came together to support one another, the children and siblings. If you would like to become a part of this group or need information, please feel free to contact us at the following numbers: Sandi 232-5041 or Rick 955-0164.

Therapeutic Foster Homes are needed!

Saskatchewan Community Resources is seeking out applicants for the therapeutic foster care program in Saskatoon and surrounding areas. Children ages 8-14 years need your help and their families are in need of support. Initial and ongoing training is provided with 24/7 support and a professional teamwork approach. For more information call (306) 964-1497 or toll free at 1-800-667-7002.

The Affordable New Home Development

Foundation needs help from you! We are looking for households that require accessible housing. An Affordable/Accessible Housing Demonstration Project is being undertaken this summer in Confederation Park. The goal is to demonstrate the application of barrier free, flexible designs while providing badly needed high quality new homes for individuals and their families. Certified Professional Home Builders will be involved in the project along with the Affordable New Home Development Foundation, CMHC, The Saskatchewan Housing Corporation and the City of Saskatoon will provide some funding as an additional incentive to assist in making the project viable. The Affordable Accessible Demonstration Project will be diverse, with up to 27 barrier free units built on the site located on Borden Crescent in Saskatoon. The entire project will be based on accessibility. The Foundation has the ability to provide some or all of the families with financial assistance. There may also be an opportunity for rental units in this project. The only way to determine what should be built is to have interested people contact the Foundation to discuss the project. Please call as your input is needed at 477-4034. Thank you for your assistance.

Matthew Epp is a remarkable boy. What happens when an inspiring boy uses the four powerful values of Hope, Faith, Courage and Love to overcome adversity? First time young author Matthew Epp is all too familiar with this. Since the age of 2, the boy from Fiske, Saskatchewan has successfully combated a rare form of cancer. But now, the 14-year-old is fighting the cancer relapse of his life.

His book **Hope and the Dragon** is finally providing young cancer patients with something they've never had: a powerful story written by one of their peers, offering the strength to beat the illness. The story tells how a boy undergoing surgery to remove a tumour dreams of a magical land. While a dragon becomes the metaphor for the cancer, the boy receives four special powers to slay the demon. Beautifully illustrated by Maris Chisholm, *Hope and the Dragon* explores a personal life story from surviving a major illness to embracing the support of loved ones. "I have Hope, Faith and Courage on my side and Love standing guard at my back. No Dragon in the world is a match for all that," says the boy in the book, based on Epp's own courageous journey. *Hope and the Dragon* will certainly fill anyone with inspiration and tell them what it takes to survive a major challenge.

Through the sale of his book Matthew is supporting the Childhood Cancer Foundation by donating a portion of the proceeds to the organization. He also made a donation to the CHHF at The Celebrity Dinner fundraiser this April where he attended as a guest speaker. You may read about Matthew Epp on the Children's Health and Hospital Foundation website as he was the CHHF's 2004 Champion Child at www.chhf.sk.ca.

Matthew is building his own legacy to help and inspire numerous other children and adults to fight hard to beat cancer and any other challenge we may face. We are very proud of you Matthew and wish you all the strength, courage, and eventual good health to come after your current battle with this cancer relapse. Thank you Matthew for sharing the precious gift of your story. To find out more about the book or to purchase a copy please go to the website: www.aspirationspublishing.com.

