

Bulletin Board

Autism Spectrum Disorders Alliance

Canadian Autism Spectrum Disorders Alliance (CASDA) is an alliance of Autism organizations across Canada working for change from our federal government on behalf of families affected by Autism Spectrum Disorders. Check out their newly launched website www.asdalliance.org.

Help Keep Grandview Safe

Families are asked to support Grandview Children's Centre's commitment to Health and Safety by:

Reducing the risk of exposure for clients, staff and visitors with allergies/sensitivities by:

Not bringing nut products;
Not bringing products made with latex such as balloons;
Not wearing strong scents such as perfume.

*Please note: Grandview Children's Centre strives to be aware of allergies/sensitivities of our clients and staff, but cannot guarantee a risk free environment.

Help Grandview stay healthy

To help prevent the spread of flu and other illness at Grandview, we have implemented a client, family and visitors' screening process. All visitors are required to self screen. If you or your child has a fever, new or worse cough, sore throat or new aches and pains, you are asked to please stay home and contact your child's therapist to reschedule the appointment.

The Power of One Award

This is your chance to nominate a Grandview Staff member for the 'Power of One' award for their hardwork to make Grandview a welcoming place. One staff member will be chosen to receive recognition. Nomination forms can be found on our website or at reception in the Oshawa and Ajax sites.

Bike Fair

Grandview will be holding a Bike Fair on March 5, 2011 at our Oshawa Facility from 10 a.m. – 2 p.m. Keep an eye on our e-news for more information. If you haven't signed up to receive our e-newsletter please visit: www.grandviewcc.ca.

Food Banks and Christmas Hampers in Durham Region

Finding healthy food for a growing family can be difficult, and sometimes we could use a little help. Check out our website for a full list of places that can help www.grandviewcc.ca

Building an Understanding

By Tracey McQuade, Mom of Kyle, Grandview Client

My son Kyle is 5 years old and has just started kindergarten. Kyle has Autism, so I had several concerns about him entering the school system. I also wondered how other children - and their parents - would react to him because of the differences in his communication, behaviour and social skills.

Grandview has been such a great support for my son and our family, and by being a part of their community, I heard about Grandview's Disability Awareness Program.

The Disability Awareness Program Coordinator comes into your child's school and tells a story about your child to their peers so they can gain understanding about how your child may be different from other children in his/her class.

Program Coordinator, Lisa Wilson, and I met together and discussed all of the wonderful things about Kyle and about his Autism. Based on that information, she put together a great storybook about Kyle, including pictures provided by our family, and presented it along with a DVD about Autism to his class. I attended the presentation with Kyle's teacher, educational assistant, and other school staff. **Continued Inside**

Check it out!

Child and health information from Canada's Paediatric Experts available at: www.caringforkids.cps.ca

FROM THE FOUNDATION...

...with you on their side a whole world opens up



We have launched! Help Our Kids Today

Grandview Children's Foundation is excited to announce the launch of the 'Help Our Kids' campaign! With nearly 1,000 children with disabilities and special needs on Grandview Children's Centre's wait list to receive outpatient rehabilitation treatment; Grandview Children's Centre has asked the Foundation to raise funds to help provide **critical therapy services** for Durham Region children.

Each year Grandview Children's Centre provides programs and services for over 4,300 children and youth with a variety of physical, developmental and communicative special needs. As the population grows in Durham Region so does the need for children's rehabilitation programs and services offered by Grandview. We need the help of our community to 'Help Our Kids'!

On October 28th we invited friends, supporters and families to join us at our Ajax and Oshawa facilities for a community awareness launch of the Help Our Kids campaign. Special guests included two of our Shining Star Ambassadors Andrew and Daniella and their families. Please visit our website www.helpourkids.ca to see videos of them telling their truly inspiring stories.

Our special mailing has gone out and as a friend of Grandview we hope you can help make a difference in the lives of Our Kids by becoming a monthly donor or making a single one-time gift donation to Grandview Children's Foundation. For your convenience we have also enclosed a donation card with this newsletter. To donate online or find out other ways you can support Our Kids visit www.helpourkids.ca and 'Help Our Kids' today!

Thank you for your support!

Introducing Our Kids

Follow Our Kids' stories by subscribing to Grandview's YouTube channel at: www.youtube.com/grandviewkids



SPECIAL WAYS OF GIVING

Gift of Securities, Mutual Funds, Stocks...

The Foundation is pleased to accept donations of stocks, bonds, securities or mutual funds and in return, will provide a charitable tax receipt (value of tax receipt will be based on the value of your gifted securities at the close of business on the day they are sold by our brokerage account). Thanks to the federal government's elimination of capital gains tax on gifts of publicly traded securities, like stocks, bonds, or mutual funds, you no longer pay capital gains tax when you donate appreciated securities to public charities.

This makes appreciated stock one of the most cost-effective ways to donate to Grandview Children's Foundation!

Team Grandview Wigs Out!



Grandview Children's Centre staff and friends participated in the Scotiabank Toronto Waterfront Marathon. The team, who wore blue wigs in support of the Foundation's colours, were thrilled to exceed expectations raising an amazing **\$6,121** in support of Our Kids. Next year the team hopes to double their goal! For more information on how you can participate in next years event contact the Foundation Office **905.728.1673 x2312**.

Golf Fore Grandview Kids!

The Foundation held our 14th Annual 'Golf Fore Grandview Kids' Charity Golf Classic raising an outstanding **\$45,000** in support of Grandview Children's Centre.



The Lieutenant Governor of Ontario David Onley was the keynote speaker for the event. As the Queen's representative he has been a champion for disability issues on many fronts. Having polio and post-polio syndrome since the age of three, he has broken through social barriers and become a role model. The Foundation would like to

thank the more than 1,700 golf enthusiasts, 350 dedicated volunteers and sponsors who have made this event a success in support of Our Grandview Kids for the past 14 years. Watch our website for information about next year's event!

THANK YOU

Charitable Business Number 89105 8547 RR0001

Grandview Children's Foundation

600 Townline Road South, Oshawa, Ontario L1H 7K6
905.728.1673 Ext 2312 or **1.800.304.6180**

Email Us: foundation@grtc.ca Website: www.helpourkids.ca

Grandview Children's Foundation respects your privacy. For more information about our privacy policy, email foundation@grtc.ca



GRANDVIEW CHILDREN'S CENTRE

centre closures

Grandview Children's Centre wishes all our friends, families and supporters a safe and happy holiday season! The Centre will be closed on December 27 until 8 a.m. January 3, 2011.

e-newsletter

Sign up for Grandviews email newsletter by visiting www.grandviewcc.ca

our mission

Grandview Children's Centre works with children and youth with special needs and their families to achieve their personal best

"Grandviews" is produced for families and supporters of Grandview Children's Centre and Grandview Children's Foundation.

Our mailing list is not shared with any organizations outside of Grandview. If you wish to have your name removed from this list, call 905.728.1673 ext. 2274.

www.grandviewcc.ca

Grandviews

Grandview Children's Centre Newsletter



Winter/Spring 2011



Introducing Our Kids

Hi, I'm Timothy. I am 7 1/2 years old. This is my story.

I have two brothers and two sisters, my one brother and sister are older and live on their own now, my other brother and sister are around my age so they live at home with me and my Mom and Dad. Their names are Joshua and Cassandra. Cassie is my twin so we are both 7 1/2!

My sister and I were born 10 weeks early on April, 9 2003. Cassie weighed 3lbs. 1 oz. and I was 3lbs.

7oz. We were small but healthy! We stayed in the hospital until we were at the right weight to go home, so in May of 2003 we were both a healthy weight and we went home to be a family.

One day in September of 2003, I got a cold so my mom took very special care of me, making sure I had everything I needed. But the next day I still wasn't feeling good so my Mom took me to the Doctor. The Doctor



looked me over and told my Mom to take me to the Hospital for Sick Children right away, because the Doctor thought I might have Meningitis. I went to the Hospital for Sick Kids and the Doctor there confirmed I had Meningitis so my Mom and I were quarantined until Doctors could figure out what type of Meningitis I had. We found out 6 hours

later that it was Pneumococcal Meningitis, so I wasn't able to leave the hospital.

While I was in the hospital I fell into a coma, and I slept for a week. While I was sleeping my family would visit me everyday, they would talk to me and give me hugs and kisses even though I was asleep. When I woke up from my sleep the Doctors checked me over and found that I had

Bilateral Profound Sensorineural Hearing Loss so now I use a Cochlear Implant so I can hear. Because of the Meningitis, I have Shunted Hydrocephalus which is excess fluid on the brain and I also have Cerebral Palsy.

I started coming to Grandview Children's Centre for therapy when I was 2 1/2. I also go to Campbell Children's School (CCS) at Grandview; I

started going there when I was 6 years old. Before I started going to Campbell's I went to a regular elementary school, I miss my friends from school but I go and visit them when I can and I have made many new friends at CCS.

Continued Inside

Family Support Services

Continued from front



Jen my Physiotherapist at Grandview helped me learn how to use a walker. She would also do different exercises with me, moving around my arms and legs to make them stronger. Since I was 3 years old I have been going to Grandview's Muscle Tone Clinic. At the Clinic I see Dr. Mason he gives me a series of needles which I call "pokes". They help me with some of the symptoms of Cerebral Palsy. Kathy my Occupational Therapist helped me learn how to eat by myself. We practiced swallowing, holding a spoon and many more skills, which my family and I would also practice at home. Before coming to Grandview, Doctors told my parents I would never walk, talk or eat on my own. But now because of Grandview and my therapies I am able to walk with a walker, I can talk in almost full sentences and I can eat on my own!

When I wake up in the morning I am so excited to get on the bus to go to school and to see my friend Thomas! I like playing on the computer, colouring and doing puzzles. Although I have a disability I just want everyone to know that I am just like every other 7 1/2 year old and nothing can get in my way!

Thank You Grandview!

It's Tax Time!

With the endless tasks of day-to-day life, between work, home, school, activates and non-stop appointments, getting your tax information together and actually filed can prove to be a difficult task. Visit our website www.grandviewcc.ca to view a list of reminders why it's important to get done and what additional tax breaks you may be eligible for depending on your situation.

Grandviews Disability Awareness Program

Promoting Acceptance and Inclusion

Grandview's Disability Awareness Program is funded by Grandview Children's Foundation, through the generous support of the RBC Foundation. The program is a free service to the community to educate students about differences, while advocating acceptance and inclusion.

Our Disability Awareness Program Coordinator is available to work with parents/guardians to develop a presentation with a particular child/youth in mind, or can conduct presentations tailored for various age groups to raise general awareness of disabilities - and abilities.

Parents/guardians, principals and staff can request a presentation. Please read Building an Understanding (next page) a story of how Grandview's Disability Awareness Program helped a Grandview clients' class and community understand his special need.

Family Support Services Link 'n' Learn

Stepping Stones to School

Tuesdays, Feb. 8, 15, 22 and March 1st 6:30 p.m. – 8:30 p.m. (Oshawa) – this is a 4 part series that focuses on families who will be entering kindergarten in the public and catholic school boards. It will provide a comprehensive overview of the special education system, advocating for your child's needs, working with the school staff and will provide useful resources for families. There will also be guest speakers to share their valuable knowledge.

Still to come...

Parent to Parent – "Life after Diagnosis" – an opportunity to meet with other families at the Centre and hear from parents that have received a diagnosis and are able to share their stories and insights.

Super Sib Saturdays – a social and recreational drop-in group for brothers & sisters of Grandview clients. This is an opportunity for kids to meet each other, share and have fun!

For more information or to register, please call **905.728.1673** or **1.800.304.6180** ext. 2358 or speak with your Family Support Worker.

Executive Directors View

Bursting at the seams!

By Vicky Earle

The Oshawa building (our main site) was built in 1983 and we have seriously outgrown this facility. In order to partially compensate for this, we lease space in Ajax and Whitby, and use other community sites. Even all this additional space is not keeping up. We now serve 4,300 children and youth with special needs and disabilities each year – as Durham has grown, so has the need for our services. We have submitted a proposal to the Ontario Government which requests funds to build a new consolidated facility, likely to be located in Ajax. However, the Ontario Government is currently reviewing its Infrastructure Plan and intends to issue a new plan in 2011. In the meantime, we have been told that all capital projects are on hold.

In the meantime, we're bursting at the seams...

We have therefore purchased a used portable classroom which is located behind the Oshawa building. Our Building Staff are doing a wonderful job of restoring this space so that we can use it for meeting rooms. We will be making our current meeting space in the Oshawa building more "therapy friendly" so that it can be used for a wider range of therapy services and programs. We have also converted some other space to allow us to squeeze three new therapists into the building!

I want to thank everyone (families, staff, volunteers and visitors) for your patience and understanding as we await approval for our badly needed new building! I also want to take this opportunity to add that the growth in the need for Grandview's services has exceeded the increases in funding from the Ontario Government. While the Ontario Government is very supportive, we still have about 1,000 children waiting too long for services. That's why Grandview Children's Foundation has launched the 'Help Our Kids' Campaign. Please check out www.helpourkids.ca for more information.

I wish all of you a happy and safe holiday season, and warmest wishes for a wonderful New Year!

Building an Understanding

...Continued



Kyle

After the presentation, Kyle's teacher had a wonderful idea. She asked if Lisa would come back to Kyle's school and conduct a presentation for the parents of the students in Kyle's class to help them understand Autism and how it affects Kyle. This request was just one more way staffs at Kyle's school have shown their support for him and his diagnosis, and have been doing a great job in helping Kyle adapt to new routines.

Several parents of the children in Kyle's class came to the second presentation, as well as his teacher, the school principal, and me. Lisa gave a great presentation about Autism and included some specific information about Kyle.

Afterward, some parents asked questions about Kyle and how their children could try to communicate with him. It was great to see the parents so interested in supporting my son.

The next day at school it was amazing to see the children in Kyle's class - as well as their parents - say hello to Kyle and try to interact with him. A little boy asked me if he could have a play date with Kyle.

It really means a lot to our family that there are parents in our community that are truly interested in helping their children understand why some of their classmates are different, and want to learn ways to get to know them. The Disability Awareness Program presentations were very important to our family in helping to make that happen.

I want to thank Grandview and Lisa Wilson - she did a wonderful job on these presentations!

Note: Kyle's family received a customized storybook developed through the Disability Awareness Program for children at the primary grade level. Other resources, such as PowerPoint, are customized to develop presentations for older children, youth and adults.

For more information about the Disability Awareness Program, or to request a presentation, contact: Lisa Wilson, Disability Awareness Program Coordinator **905.728.1673** or **1.800.304.6180 x2560** email: lisa.wilson@gtrc.ca



PROFILE OF A DEDICATED VOLUNTEER

BECKY GIBSON

Becky has been volunteering at Grandview since February 2010. Becky is a recent graduate of the Early Childhood Education program at Durham College. She is currently enrolled in the Autism Behavioural Science post graduate program at George Brown College.

Becky started volunteering at Grandview to increase her knowledge of children and youth with special needs. Becky volunteered with winter and spring sessions of the Recreation Services Toddler Playtime program in Ajax. Becky has enjoyed all of her experiences to date and is a welcomed addition to the team.

Becky can now be found Monday nights at Lakeside Community School in Ajax helping with Recreation's Martial Arts program.

When asked what keeps her coming back every week, she said, "I really like volunteering at Grandview and helping the children enjoy their activities and be as independent as possible."

Becky is quite busy with school, however when she has a little free time she enjoys playing acoustic guitar, painting, all sorts of art and going out with her friends. She really likes volunteering and helping the kids enjoy their activities to the fullest. She is thankful for the experience she is obtaining and is confident it will assist her in her professional career. We wish her success in her studies.

Grandview is lucky to have Becky!

Gaining Independence

What is Occupational Therapy?

The primary goal of Occupational Therapy (OT) is to enable people to participate in meaningful activities which give purpose to their everyday lives. In children this can include play, printing, cutting, getting dressed, feeding, hanging out with friends, household chores and participating in school. Sometimes physical, social, institutional and/ or environmental barriers may get in the way of a person's ability to participate in everyday activities. At Grandview, Occupational Therapists can work with you and your child to develop goals that are meaningful and provide strategies to overcome obstacles to increase independence in everyday activities. The month of October was Occupational Therapy month and to help celebrate here are some highlights from Grandview's OT Program:

Community Life Skills

The Community Life skills program at Grandview has been successfully running for the past several years. The program is available to youth age clients of Grandview (9-12 yrs old) by evaluation and recommendation made by therapy staff.

The week-long program runs in the summer and teaches youth a variety of life skills like cooking, budgeting, using transportation and doing laundry. The highlight of the program is when the group takes a trip to downtown Toronto for the day! Everyone is given a budget to work with for the day; they need to pay for their transportation on the Go Train and Subway, they go to lunch where they order, pay and learn to tip, go shopping and then pay for their transportation home. This program not only teaches hands-on life skills but all types of problem solving, community safety/mobility, and independence skills!

Independence Retreat

The Independence Retreat is a 3 day 2 night stay at an accessible cabin resort in northern Ontario. The program is available to youth age clients of Grandview by evaluation and recommendation made by therapy staff.

There are no parents on this weekend getaway so youth learn to conduct, or direct their own care. They plan meals, conduct personal care and learn to speak-up and ask for assistance when they need it! The retreat isn't all work though, youth also get to make crafts, play games and learn about inclusion, differences, friendships, and self-advocacy.

For more information about Grandview Occupational Therapy Program contact us at **905.728.1673** or **1.800.304.6180**.



Christmas Skate

Grandview Children's Centre will be holding a Christmas Skate on Saturday December 4 at the Legends Centre, 1661 Harmony Road North, Oshawa from 10:45 a.m.-12:30 p.m. Santa will be making a special guest appearance for pictures and there will be a pizza party. **Skating will be from 11 a.m. – 11:50 a.m.** Sledges and Ice Aids available. The Christmas Skate is funded by Grandview Children's Foundation through the generous support of The Rotary Club of Oshawa.

Freedom Push Chairs (large adaptive strollers including jogger strollers) Sledges and Ice Aids are available for loan from Recreation Services at Grandview. Please contact us at 905.728.1673 x2247 to reserve. This equipment can be borrowed over the Christmas holidays.