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THE BEAR FACTS



May 2005

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Child Development Centre's Annual General Meeting

Wednesday, June 22
2005

4:30 - 6:30pm

Special Guest Speakers,
Light refreshments
and snacks

CDC "Bear"barians having some fun at Silly Boat Regatta.

Coast Capital Savings Presents

The Nanaimo CDC's 21st Annual Silly Boat Regatta - Sunday, July 17th, 2005

The Child Development Centre is very proud to announce that Coast Capital Savings is this year's Presenting Sponsor for the Silly Boat Regatta.

Gerry Eaton, Coast Capital Savings Project Manager says, "Coast Capital Savings is proud to be part of the 21st annual Silly Boat Regatta with proceeds going to the Nanaimo Child Development Centre. Coast Capital Savings believes in helping to make a difference in our local communities. Whether it is through sponsorships of events like this, donations, or encouraging our employees to participate in fundraising activities, we work to strengthen the social fabric of our communities where we live and work. In 2004 we reinvested \$2.8 million back into our local community through events and sponsorships. Last year our employees donated over 20,000 hours of their time to help build stronger more resilient communities."

Child Development Centre's Fundraising Chairperson, Enid Rempel says, "To maintain a successful event, one must continue to change and meet the growing demands of participants, sponsors and the audience. These are the reasons why the 21st Annual Silly Boat Regatta will have another magnificent year and primarily due to the exciting addition to our sponsorship "family" of "Coast Capital Savings". Not only has Coast Capital demonstrated their enthusiasm by accepting our new sponsorship level of "Presenting Sponsor" but they've also shown overwhelming community spirit. Coast Capital's tremendous support will be felt in all aspects of the busy race day events, with their energetic youth team assisting in the children's activities.

We welcome more new faces to the event. Costco has become a new Silver Sponsor and the Port Authority as a race sponsor. We are very pleased to have the following great

friends returning as sponsors: TD CanadaTrust, Air Canada, Ken X and Charlene Westfall, Rutherford Mall, CIBC Wood Gundy, RSM Productions, RainCoast Music, United Rentals, Kinsmen and Kinette, and Vision Arts Eyecare Centre, just to mention a few.

If anyone would like to volunteer pre, during or post-race, please contact Renee and we'll be happy to bring you on board. See you on July 17th.

Last year's event featured a record 50 team entries that resulted in over \$60,000 in pledges raised. All proceeds go to the Nanaimo Child Development Centre to assist with programs and equipment for children with special needs and their families. This family-oriented event also features children's entertainers and plenty of food. Enter now, make a pledge or come for the fun.

For more information, or to register or to donate online, go to www.sillyboat.com, or call Renee Bohun at 753-0251.†

For more information about the content of Bear Facts or to make a donation to The Child Development Centre, please contact 250.753.0251 or email info@nanaimocdc.com

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Welcome Aboard
A Message from Enid Rempel
 Chairperson, Resource
 Development



The Board of Directors, staff and friends of Nanaimo Child Development Centre are proud to announce that the 21st. Annual Silly Boat Regatta is presented this year by our neighbours and friends - Coast Capital Savings. It is with great pleasure that we welcome Coast Capital and their staff

into the wonderful world of "Silly Boating" with all proceeds going to the Child Development Centre.

Each year we see continuous and growing enthusiasm for the Silly Boat Regatta that provides enjoyment for everyone.

- ‡ Those who race can experience the thrill of the chase, of winning or of sinking.
- ‡ Those who watch get to see their favourite businesses and friends brave the chilly waters of Swy-A-Lana Lagoon.
- ‡ Those who spend the day at the Lagoon have the pleasure of being entertained by Nanaimo's finest entertainers and musicians.
- ‡ Those who have made donations or participated in team fundraising events have the satisfaction of knowing that their "hard-earned dollars" are staying in the community and going to a wonderful cause - our children.

The Child Development Centre and Coast Capital Savings sincerely hope you have a wonderfully "Silly" day. Ahoy!

Enid Rempel,
 Chairperson, Resource Development
 Board of Directors

Visit us online!
www.nanaimocdc.com
www.sillyboat.com

The Child Development Centre would like to thank Jamie Penner, from V3 Mediaworks for the kind donation of his time and creative energy towards making these websites possible.

Your support means so much to so many children



A quality preschool is important to your child's speech & language development

The language skills developed in the preschool years are the most significant predictor of later school performance. One of the ways to promote strong language skills is participation in a quality preschool program. A quality Early Childhood Education includes an introduction to simple childhood language themes (e.g. friends; transportation; healthy foods; animals), which expand on a child's daily experiences at home.

Children will learn new vocabulary words and concepts (e.g. "what is a zoo?"), attention to tasks in a group setting, problem-solving using language (e.g. "it's too big, which one is smaller?"), listening for details (e.g. "find a small blue car for

this house"), and conversation skills with other children (e.g. "let's ask Alice to come play").

Most preschool programs also offer an introduction to books and printed words (early literacy), science and sensory activities (to develop thinking, math and problem-solving skills), music and gross-motor exercise.

When looking for a preschool program, parents should watch how the Early Childhood Educators (ECE) tailor their language to suit children at different language levels (e.g. a longer explanation for one child, single words and gestures for another child).

- ‡ Do they use pictures or Sign language to help the children understand new ideas?
- ‡ Do the teachers join in the children's play and help keep the conversations going?
- ‡ Do they model how to solve conflicts with language (e.g. "I want the toy too? Can we take turns?"). Is the classroom setting quiet enough for children to hear each other clearly?

Ultimately a quality preschool experience can enhance the language development work parents are doing at home with attentive, responsive parenting and daily routines. Preschool can promote strong language skills and a great school experience later on.

For more ideas of what parents can do at home to encourage language skills please visit the Hanen Center website (www.hanen.org) for a free printable calendar full of fun activities and ideas, courtesy of the Hanen Center, University of Toronto, and the Canadian Language and Literacy Network. Or check out the speech and language links on the Nanaimo Child Development Centre website at www.nanaimocdc.com. Or attend one of the Ready, Set, Learn events happening at your local elementary schools.

The preschool at the Nanaimo Child Development Centre is taking applications for September. ‡
 By Leslie Catto, MA., CCC-SLP(Reg)

You can make a difference . . .

Donations: All donations made to the Child Development Centre are tax deductible and go directly to programs and services that support children and families in our community.

Volunteer: We are always looking for volunteers.

Please consider some of the volunteer activities below:

- ‡ Bingo Volunteer - work Tuesdays at Bingo 11:30 - 2:30 AM
- ‡ Front Desk Assistant - volunteer to help our office staff with clerical duties
- ‡ 2005 Silly Boat Regatta - All kinds of positions available.
- ‡ Programs - work with our program staff, parents and children

For more information on how you can help the children, please call 753-0251.

Helping children at the Child Development Centre with your donations



Evan was referred by his Public Health Nurse to the Child Development Centre for an assessment. CDC's Infant Development Consultant has been working closely with mom and Evan with home visits and assessments to determine areas that he may need some assistance. Despite a difficult start early in his life, Evan is progressing in his development. The Infant Development Consultant will continue to monitor his development and encourage mom to bring him to Friday's playgroup.



Max, 3 ½ has multiple congenital anomalies and development delay. He currently receives services at the CDC with an occupational therapist, a physiotherapist and a speech and language pathologist and has increasingly complex medical conditions that will require considerable amount of attention over the years.



The Child Development Centre has been able to purchase a number of pieces of equipment due to donations from donors and service groups in the community. One of these pieces of equipment allows older children the opportunity to ride a bicycle. Learning to ride a bike can be difficult but for children with a disability it is even more difficult. Riding the bicycle here at the Centre is not only fun but also great for balance and strength.

Thank You!



Ron Dodd (left) and the President of the Nanaimo Tidesmen Barbershop Chorus (right) presents Renee Bohun, Child Development Centre's Resource Development Officer with a cheque for \$1000. The Nanaimo Tidesmen Barbershop Chorus donates a portion of the proceeds from their performances each year. Their continued support is greatly appreciated and acknowledged.

The Child Development Centre's Speech and Language Department purchases all these wonderful toys used for therapy purposes because of donations received in memory of Michael Clements. Lynne Patrick (left), Speech and Language Pathologist at The Child Development Centre, Robyn Cook, (centre) mother of Michael Clements and CDC's Board of Directors Vice-President and Tracy Simonar (right), Speech and Language Pathologist at the Child Development Centre shown here with just a few of the toys purchased. Thank you to those who donated in memory of Michael.



Paige Foster, owner of Jumping Jiminy's, and J.J. the mascot, presents Renee Bohun from the Child Development Centre a cheque for \$1000 in support of the Little Drummer Fund, Christmas Campaign

A very special thank you to everyone who donated to the 2004 Little Drummer Fund. A special thanks to the shopping malls - Woodgrove Centre, Rutherford Mall and Country Club Mall who organized events and have supported us for so many years. Last year more than \$20,000 was raised.

The Hub City Lions donated \$500 in kitchen supplies to the Family Support Program Teen Group and recently just donated another \$500 in 2005 towards buying life skills supplies. The Hub City Lions are seen right with Holly McLarty, Family Support Worker and members of the Hub City Lions.



Promoting optimum child development

What is Occupational Therapy? & What is Physiotherapy?

A common question that the staff get asked all the time is “what is occupational therapy?” and “what is physiotherapy?”.

What is Occupational Therapy?

Occupational therapists work with children to improve their fine motor skills, assist with self-care, personal care, mobility, leisure activities, sports, play, school, employment, adapt home environment and assess equipment.

Occupational therapists assist children to:

- ‡ Learn new ways to doing things
- ‡ Adapt materials or equipment
- ‡ Make changes to their environment.

What does this mean to my child's therapy: The occupational therapist can assist your child in writing his name, adjusting splints so that her mobility is adapting to growth, assist with feeding and dressing concerns. They can give advice on home modifications that will assist with daily living activities.

What is Physiotherapy?

Physiotherapists may work with a child to assist in walking, getting in and out of bed, strengthen muscles, work on balance, gross motor skills, endurance and improve safety.

Physical Therapists assist children:

- ‡ With walking, running, jumping, sitting, standing and movement
- ‡ With balance and coordination
- ‡ By giving advice on specialized equipment.

What does this mean to my child's therapy: The physiotherapist can assist your child in being able to learn to walk, learn to move with better mobility, sit without assistance. They can also recommend a wheelchair or other equipment to assist with mobility.

At the Nanaimo Child Development Centre your child may work with both therapists at some point in their development. Our therapists work in teams to provide your child with a complete therapy plan.



Alexis, 10 years old, has no problem sharing a smile for the camera. Nancy Robinson, an occupational therapist with CDC works with Alexis on her fine motor skills. Alexis receives services through our school age therapy program. This program was established to provide school aged children with special needs individualized plans. This program is a joint project with the Ministry of Children and Family development and School District #68.



Meet our Therapy Team:

(l to r) Francine Gohier, Occupational Therapist, Jane Swanson, Physiotherapist, Alison Stewart, Occupational Therapist, Nancy Robinson, Occupational Therapist, Sandie Borghesan, Physiotherapist, Charla Kinasewich, Occupational Therapist, Tracey Stephen, Occupational Therapist.

Missing from photo is:

Taryn Langford, Physiotherapist and Anja Scott, Physiotherapist.

“Our therapists work in teams to provide your child with a complete therapy plan.”

The CNIB Snoezelen Van A mobile sensory room

The Snoezelen Van is a CNIB project that is made available to our therapists and children at the Child Development Centre. This Van is a mobile Snoezelen room. Snoezelen is a concept in which an indoors environment is created mainly to provide comfort by using controllable stimuli. The Van offers children a multitude of sensorial stimulations.

Children with special needs can discover a world of senses by experiencing both - the individual but also combined effect of music, notes, sounds, light effects, tactile stimulation and aromas. It has positive therapeutic and educational effect and the children really enjoy the music, bright lights and vibrating stimulation.

Autism's Edge

By Teresa Fotland Whitfield

Written by a parent with
a child with autism

Nobody nowhere can know my silent world.

I see, I hear, I sense, I feel,
But my senses are all internalized.

I can not look directly into your eyes,
For what lies inside is too fragile and volatile
to share;

I can not show that I care,
For to do so would be to die;
Deep inside
Where lies
The vibrant essence of myself.

So I wear masks,
And I play games,
And I abide by rigid rituals;
To arrange an uncommon meeting ground.

For though I wish to reach out,
I am stopped;
By an inward force
Stronger than my desire to be known
and loved.

The Child Development Centre offers two
programs for children with Autism -
The autism and behavioural intervention
service and the assessment and diagnosis of
autism more information contact 753-0251.

Become a CDC Member!

A \$20 yearly membership with the Child
Development Centre allows you to have a:

- ✦ Vote at the Annual General Meeting
- ✦ Receive invitations to special events
and the newsletter
- ✦ And most importantly membership
allows us to provide essential services.

Upcoming Event

21th Annual Silly Boat Regatta: Sunday July 17th, 2005

Tidbits of CDC News

Congratulations to the staff receiving recognition at our Annual General Meeting this year, on June 22, 4:30 - 6:30pm. The Board of Directors acknowledges staff service with symbolic Bear Pins. The individuals receiving their pins this year include:



*Valerie Massy,
Executive Director,
25 years*



*Jane Swanson,
Physiotherapist,
25 years*



*Tracey Stephen-Logia,
Occupational Therapist,
10 years*



*Diane Russell,
Board Member,
5 years*

- ✦ Kari Rose, Supported Child Development and Charla Kinasewich, Occupational Therapist will be going on maternity leave soon.
- ✦ Welcome to our new employees in the past six months Kathleen Fredrickson, Receptionist, Sandra Thompson, Office Manager, Sandra Pederson, Accounting.
- ✦ Goodbye and Good Luck to Anita Mann, Rhonda Smith, Jan Arkell, Kalli Bourodemos.
- ✦ Congratulations to Tracy Simonar, Speech and Language Pathologist for she has been chosen to take a two week course in Vancouver on Advanced Training for Speech and Language Pathologist on Hearing Impairment.
- ✦ A big round of applause for Kathleen Silvey, Supported Child Development who is now a Certified Playground Inspector.



**You are invited to
the Silly Boat Regatta
Registration BBQ**

When—Wednesday June 15, 2005
Where—Longwood Station (Turner Rd.)
Time—4:30 pm to 6:00 pm

**Please RSVP to: Child Development Centre
Resource Development
Renee—753-0251
Voicemail 227**

Prizes, Entertainment, 50/50 Draw

 



Proposals for a New Playground

The staff is waiting anxiously on news about our recent grant proposals to replace and build a new playground structure. Grants have been submitted to Ronald McDonald Children's Charities and the Ministry of Family and Children through the Child Dare Capital Funding Program. We are also accepting donations from the public and service groups - The Rotary of Nanaimo Oceanside recently donated \$1000 towards the Playground.

Due to recent changes to the CSA licensing requirements for playground structures, the Child Development Centre's playground needs to be upgraded and redesigned. The goal of the playground committee is to provide children including those with mobility challenges the opportunity to access all the equipment.

For a child with mobility challenges it is important to be able to participate in all playground activities, not to be limited to one or two pieces of equipment.

Our playground design is an extension of therapy. Members of our occupational therapy program, physiotherapy program, supported child development program and infant development program have collaborated with the design to ensure safety, accessibility and usability for therapeutic purposes.

We will be updating you soon on the success of our grant proposals. If you would like to donate to the playground please contact us or simply fill out the back of this form and indicate "New Playground".

*Two Provincial Government Grants have been approved for \$14,000. More news to come!

Nolan is one of the children who benefits from your donations. Nolan is currently receiving speech and language, occupational therapy and physiotherapy services. Services are available for parents as well, Nolan's parents have both attended the Hanen training through our speech and language department. The CDC is based on family philosophy and is governed by our philosophy of values.

"You can make a difference in the lives of children."

YES, I want to help a child in my community.

I'm pleased to support the Child Development Centre with my donation of:

\$25 \$50 \$65 Other \$ _____ or membership at \$20
(a membership brochure will be mailed to you)

Yes, I would like to put my name of your Donor Wall. Donor Wall donations start at minimum donation of \$500. Please call Renee at 753-0251.

Cheque (please make cheque payable to Child Development Centre) Visa MC

Card Number _____ Expiry _____

I would like my donation to go towards: Programs and services Parent's library and resource room
 Specialized Equipment Playground Maintenance & Equip.

Monthly Donations Urgently Needed . . . I'd like to spread my donation throughout the year

Please debit my account each month (enclose a Void Cheque). Visa MC

Twelve equal payments of \$ _____ : Total \$ _____

Name _____

Address _____

City _____ Postal Code _____

Phone _____ email _____

Mission Statement

Promoting optimum child development by serving children with developmental needs and their families.

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Valerie Massy Executive Director
Carol Webber Program Director
Renee Bohun Resource Development

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