

A newsletter from the Nanaimo Child Development Centre

December 2006

Executive Director: Carol Webber - 2006 in Review

2006 has been a busy year. The Nanaimo Child Development Centre Society had a successful AGM on June 28, 2006. Michael Bortolotto, Our key note speaker (www.positiverebel.ca) spoke about creating opportunities for children as they move through childhood to transition to adulthood. Michael asked that society in general, parents, teens and therapists embrace the world of entrepreneurship.

Valerie Massy announced her retirement from the NCDC at the AGM. Valerie dedicated her career to the betterment of children and youth with special needs. A retirement tea brought many friends and colleagues to celebrate her 27 years of caring and dedication to children, families and staff of the NCDC.

The Nanaimo Child Development Centre Society Board of Directors have worked diligently to update the Strategic Plan, a process to be completed in the early spring.

The Centre programming will once again be surveyed for accreditation. CARF is a private, not for profit organization that promotes quality rehabilitation services. It does this by

establishing standards of quality for organizations to use as guidelines in developing and offering their programs and services to children and families. The centre will be surveyed on April 19th & 20th, 2007.

Silly Boat was a fabulous success this year! Read further in this newsletter for an update.

The NCDC is represented at the BC Association for Child Development and Intervention. This association presented recommendations to the Standing Finance Committee. Recommendations included increased funding to the Early Intervention and School Age programs to alleviate the waitlists, increase recruitment and retention efforts. I continue to correspond and meet with our MLA's Ron Cantelon and Leonard Krog about the need of the children and families we serve.

We are hopeful the New Year will bring additional resources so that we may be better able to meet the needs of those we serve.

Snow, Wind and Rain!. Heavy rains and wind in November brought



exciting moments for us at the NCDC. The lower level of the Centre began flooding and thanks to the quick actions of Blake Erickson Roofing, Pro Pacific Restorations, Odds & Ends Contracting, Roto-Rooter and the City of Nanaimo Public Works crews, major damage was mitigated. Restoration work continues and we expect to have the area back in use the New Year. Shortly after the rains came the snow, and come down it did!! We certainly had our challenges, Mother Nature provided an opportunity for one of the physiotherapists to come to work on her cross country skis! Our thanks to Solmie Excavating and Nash Excavating for making it possible for staff, children and their families to safely access the Centre. Have a happy and safe holiday season!



There are a number of easy ways you can contribute to the "Little Drummer Fund Campaign" which helps support programs and services for our children:

- 1) Participate and support the businesses organizing an LDF event
- 2) Write a cheque to the NCDC and drop off at the Centre or mail a cheque to 1135 Nelson St. Nanaimo, BC V9S 2K4.
- 3) Phone us at 753-0251 Ext. 227 to make a donation
- 4) Donate online: www.nanaimocdc.com

Inside this issue:

22nd Annual Silly Boat Regatta a Huge Success 2

What's Happening at the NCDC 3

2006 Annual General Meeting 3

Who's On Board & Hello & Goodbye! 4

Are You a Member? 5

Donor Recognition 5

Leadership (BC) Nanaimo Team 6

What's UP!

- Little Drummer Fund Campaign December 1— February 28th
- Sunnyhill Seating Clinic - February 12-14, 2007
- Gala Event—mark your calendars: March 30, 2007
- Check out the NCDC foyer for the new "Calendar of Events" - a three month review of what's happening at the Centre



Help Beat the Drum for the Little Drummer Fund! Our Goal: \$20,000

It's hard to believe we are into our

29th year of the "Little Drummer Fund". This campaign runs December 1 to February 28, this is our longest running campaign. Having such wonderful community support during this time of year helps the Centre to provide individualized and group programs for children, specialized therapy equipment and resources, toy and equipment lending cupboards and educational sessions.

Being a non-profit organization, we depend on the generous support of our local donors. Every dollar contributed to the Little

Drummer Fund goes directly to our programs and services, which benefits over 1500 children and their families that we help.

The following community events are part of the 2006 Little Drummer Fund Campaign.

Woodgrove Centre: "Breakfast with Santa"& "Photos with Santa"

Country Club Centre: "Photos with Santa."& Display Table. Dec. 16

ScotiaBank - Rutherford: "Beary Special Christmas" Dec. 12 - 24. NCDC teddy bears available for sale

11th Annual "Rawk-a-Thon": Queen's Hotel Dec. 23, 9 pm. Organized by Michael Kissinger, admission proceeds donated to the Centre.

22nd Annual Silly Boat Regatta a HUGE Success!

Under absolutely beautiful skies, the 22nd Annual Silly Boat Regatta got underway July 16, 2006. With 36 teams participating this year we raised over \$64,000—a record for Silly Boat! Organizers, Dino Tsembeles and Michelle Kocourek credit the success of Silly Boat to the incredible support from the community, volunteers, staff and the Board. As first timers at organizing and attending the event, it was incredible to watch the enthusiasm and energy exhibited by teams and volunteers to help implement such a worthwhile event. What an incredibly fun way to build teamwork, exercise and raise funds for a very worthwhile cause. Funds raised directly support the Nanaimo Child Development Centre! Check out the winning teams by visiting the NCDC website (www.nanaimocdc.com) and follow the link to SBR website (www.sillyboat.com.)

Once again our special thanks to **Coast Capital Savings** as the **Presenting Sponsor** for this event. Many thanks to Gerry Eaton and Debi Dempsey who helped ensure a successful event. Funds raised at events like this make a huge difference in the lives of children whom the NCDC serves by providing funding to assist with programs and equipment for children with developmental needs and their families.

Our thanks to our sponsors for without their support we could not accomplish all we do:

Major Food Sponsor: Thrifty Foods; **Children's Tent Sponsor:** McDonald's Restaurants; **Children's Pavilion Sponsor:** W.R. Addison Loading and Hauling Co. Ltd.

Silver Sponsors: Coastal Community Credit Union, Kinsmen & Kinette Clubs, VisionArts EyeCare Centre, RSM Productions, Air Canada Jazz, United Rentals,

Media Sponsors: V3Mediaworks, BBMR, Nanaimo Daily News, Harbour City Star, Nanaimo News Bulletin, The Wave, The Wolf, Raincoast Studio, AChannel

Race Sponsors: Canadian Western Bank, Jumping Jiminy's Playland and Café, Monk Office Supply, Nanaimo Port Authority, Romper Room, Signs Now, TD Canada Trust, W.R. Addison Loading and Hauling Co. Ltd.

Raffle Sponsors: Air Canada Jazz, Kiyo Salon and Day Spa, Duane Vensel



How Can You Help the NCDC? Be A Volunteer!



Family
Volunteers help
finish off the
playground!

United Way
Day of Caring

The Centre could use some extra help over the next few months! We have a variety of areas that we need help in. Assisting with child-minding, during parent groups and playgroup, photocopying and assisting in Admin and Bingo hours just to name a few. There is no time constraint on how much you can volunteer—if you have an extra hour here and there, we can accommodate that!

An area we need extra help in urgently is Bingo hours. Volunteers are needed to cover a 3 hour shift (2:30—5:30 PM) once a week beginning in January. The volunteer records the amount won and distributes the winnings for each game to the winner. Training is provided.

Volunteers
help out at
Silly Boat
2006!



Whether you can volunteer once or more often, we could use the help!

Volunteers help us make a difference in the lives of the children whom we serve. If you have a few spare hours, please contact the RD Department at 753-0251 Ext 227 or 264.

WE NEED YOU!!!

What's Happening at the Child Development Centre

Parent & Infant/Toddler Drop In Playgroups (Free of charge): Please note new location of Playgroup at Brechin United Church

Brechin Playgroup - Fridays, 10:00 - 11:30 starting Jan 5, 2007 - Contact Lisa or Susan W. at the NCDC

McGirr School Playgroup - Tuesdays, 9:00 - 10:30 am starting January 9, 2007 contact Angi at the NCDC

Promoting Education

Hanen It Takes Two to Talk – Family focused program for parents of young children who are delayed in their language development. The program recognizes the importance of involving parents and the need to help children and families as early as possible in a child's life. One of the best gifts parents can give their child is the help he or she needs to communicate and connect with the world. Parents learn ways to help their child learn language in every day routines and activities. We often need volunteer child-minders for this group when it runs in the daytime.

Hanen More Than Words – Family focused parent training for helping a child with an Autism Spectrum Disorder.
(These courses run 11 weeks).

Parents As Sound Helpers - group speech sound therapy/parent education

We need volunteers to help keep the children involved in the therapy activities, while the parents are talking and learning. (These classes are by invitation only - from the SLP waitlist. They will run January through March.)

Parenting Wisely (Contact Nicole at the NCDC)

Developed for parents with a child/youth with mental health issues ages 7–12 yrs and 13-18 yrs. Parents participating in this program will receive increased knowledge about healthy anger and strategies of how to deal with it, new ways of looking at their child's behaviour and learn strategies for problem solving, where to find resources in the community to support them in coping with their child's issues and develop tools for living in a parent–child relationship.

Living With Challenging Behaviours (Contact Nicole at the NCDC)

Facilitated by two staff, this is a group parenting class where parents can:

- Develop an understanding of why your child behaves the way they do
- Discover your parenting strengths
- Explore who you are as a parent
- Learn more effective ways to discipline.

Systematic Training for Effective Parenting (STEP)

(Contact Kim at the NCDC)

0-6 years and 6–12 years

Create more satisfying, productive relationships with your children through STEP. The practical parenting program!

Topics covered in the 8-week program:

- Understanding your child
- Behaviour
- Building self-esteem
- Positive communication



Sunnyhill Seating Clinic

Partnering with Sunnyhill Health Centre is a huge benefit for parents at the NCDC. The Sunnyhill Team bring their equipment to us so that parents and children don't have to travel to the Mainland to have adjustments made to wheelchairs and other special needs equipment !

Did you know....

- In a typical month we receive 93 referrals
- Families are contacted within 2 weeks of a referral
- At any given time we have 700 open cases
- We provide services for over 1500 children & their families a year!
- Most children will not need further supports once they have experienced Early Intervention services.

2006 Annual General Meeting

Special Guest speaker, Michael Bortolotto, spoke to membership, staff and guests on "The Sunrise of a New Dawn—Rethinking the Differences"

Celebrating Board and staff recognition was a highlight of the day. R. Cook (Board President) presented commemorative NCDC bear pins & pendants to:

- Michelle Sinclair, Board, 5 years of service
- Taryn Langford, Physiotherapist: 5 years of service
- Lisa Britten, Infant Development Consultant: 5 years of service
- Sandi Borghesan, Physiotherapist: 10 years of service
- Susan Weirmier-Moynihan, Infant Development Consultant: 10 years of service
- Pam McAdam, Program Director: 15 years of service
- Jan Mack, Infant Development Consultant: 15 years of service
- Irene Hassard, Supported Child Development: 20 years of service
- Valerie Massy, Executive Director: 25 years of service
- Jane Swanson, Physiotherapist: 30 years of service.



After 27 years of dedicated service, Valerie Massy, enjoys a few moments at her Retirement Celebration with colleagues, friends



Jean-Marc Jaquier & Blake McGuffie

Who's On Board!

Board Members

Robyn Cook, President
 Ralph Meyerhoff, Vice-President
 Jean-Marc Jaquier, Treasurer
 Blake McGuffie, Past-President
 Laura Addison, Director
 Mo Allen, Director

Mindy Coles, Director
 Jane Eade, Director
 Chuck Poschenrieder, Director
 Michael Robinson, Director
 Michele Sinclair, Director

Jean Marc Jaquier: Treasurer

Jean-Marc has been on the Board for the past four years, currently serving as Treasurer. He first became involved with the Nanaimo Child Development Centre (NCDC) in 2001 when his son Max was born with severe disabilities. The NCDC played a vital role in bringing Max home from the hospital and receiving services and equipment. Therapists have helped them tremendously since then. "Joining the Board was a nice way to give back to the organization."

When asked about his association with the Centre and what he values most Jean-Marc shared the following: "On one hand, I know that my professional experience (finances) is of great value to the Centre and that I can make a difference. On the other hand, as a parent, I can talk about our wonderful experience with the Centre, how much they have helped us with Max and how much support the Centre needs from people in Nanaimo. The NCDC makes a huge difference in the children's life; it does "open doors". It is unacceptable to let children wait one year to receive services."

As a strong advocate for the Centre, Jean-Marc will encourage members of the Board, staff and families to show the community at large what excellent work is being done at the NCDC, how many children are helped and how many are on waiting lists. "We don't boast enough about our successes and don't share our challenges and I believe that every family that receives services should be a member of the organization."

When asked about specific goals while on the Board, "Board members and staff need to be more "present" in the community and talk about the organization. My goal is indeed to be more available to represent the board at various functions and advocate for the Centre." "We need to start visiting businesses and services clubs to talk about the Centre. We also need to send stories (about families) and press releases to the media to be heard." Jean-Marc feels that by involving more people in the community through sharing our successes and our challenges, by asking for help and by being specific in our needs, we will increase community awareness and show the community who we are, what we do and how they can help us "Open Doors" for children in our community.

Blake McGuffie: Past President

Blake's association with the Nanaimo Child Development Centre began in the mid 80s when recruited to be a Board Member by Dr. Ben Wilkinson who convinced him the NCDC was a very worthwhile organization. His continued involvement is based on the belief that the work of the NCDC is essential to the community. "There is no other organization in my experience that provides such high quality service to its clients."

Sitting on the Board for over 20 years, Blake has served in many capacities, which include serving on the Executive, Finance, Personnel and Building Committees. He has been seen throughout the community representing the Board at various community events throughout the years.

Board members Blake McGuffie and Jean-Marc both feel that 'COMMUNICATION about who we are, what we do and what we need from the community is key to "Opening Doors" for the Nanaimo Child Development Centre.'

Study: Children with disabilities and chronic conditions and parental health 1994-2000

This study used data from the National Longitudinal Survey of Children and Youth to examine the implications for health of parents who have children with a disability or chronic condition. It compared their health status to that of parents of healthy children between 1994 and 2000.

The study found that mothers of chronically sick or disabled children were twice as likely to report being in "poor" or "fair" health than those without chronically sick or disabled children. Nearly 11% of these mothers said they were in poor or fair health, compared to just over 5% of mothers without sick or disabled children. There was no observed difference among fathers. The study tracked children aged 6 to 15 in 2000 who had lived with the same married couple throughout the study period. Health was assessed by the "person most knowledgeable of the child" who in 98% of cases was the mother.

The study found that mothers parenting chronically sick or disabled children were more likely to report being in poor or fair health than those who smoked daily. This was the case even after taking into account difference in mothers' health at the start of the study as well as their age, education, family income, presence and age of other children and smoking habits. Mothers with disabled or chronically sick children were 1.5 times as likely to report poor or fair health as others with healthy children who reported smoking daily. The study also found that among couples parenting chronically sick or disabled children, the mother's health declined more relative to the father's. Among couples with a chronically sick or disabled child in 2000, 35% reported that the mother's health deteriorated more than the father's. Almost 31% reported that the father's health had deteriorated more than the mother's. In contrast, 31% of couples with healthy children reported the father's health declined more than the mother's while 25% reported the mother's health declined more over the six-year period.

The study "Children with Disabilities and Chronic Conditions and Longer-term Parental Health" was prepared by Peter Burton, Lyn Lethbridge and Shelly Phipps (Dalhousie University) and is now available free at (<http://atlanticresearchdatacentre.dal.ca>) The study was prepared as part of the New Realities in Gender Facing Canadian Society Project organized by Family and Labour Studies Division, which features work conducted in Statistics Canada's Research Data Centres.

Membership makes A Difference....Are You a Member Yet?

The Nanaimo Child Development Centre Membership Drive Continues! Membership to the Nanaimo Child Development Centre has never been easier. **100% of the proceeds** of your \$20 membership fees goes directly to fund programs and services here at the Centre? Simply drop in to the Centre and ask at the front desk or download the printable form found at: www.nanaimocdc.com.

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

Membership funds help to fund equipment like this at the CDC

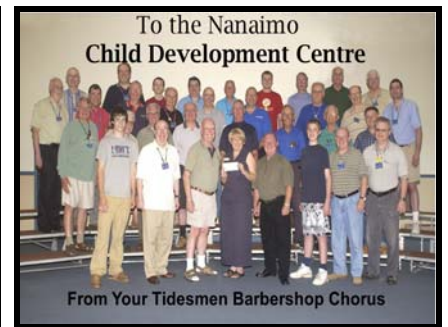


Our Donors Make a Difference....

Our many thanks to the following Businesses and Service Clubs who have so generously donated this past year: Coast Capital Savings, Canem Systems, Coastal Community Credit Union, Woodgrove Centre, Thrifty Foods, McDonald's, W.R. Addison Loading & Hauling, Island Savings, John's Bedroom Barn, Rotary Club of Nanaimo (Daybreak), Cedar Lions Club, Pythian Sisters, Independent Order of Foresters, Kinsmen & Kinetite Clubs of Nanaimo, Ladysmith Hospital Auxiliary, Loyal Order of Moose # 1052, Nanaimo Harbor Lites Lioness, Tidesmen Barbershop Chorus, Lions Club (Protection island), Helping Hands Club of the WCB, Fraternal Order of Eagles #2101, Mid Island Vintage Tractor, Order of the Royal Purple, Orange Lily Lodge #109 to name a few. Watch for our Annual Donor Recognition Event in the spring for acknowledgement of all our wonderful donors!



Thank you!
Your generosity makes a difference in the lives of the 1500 children whom we serve!



Your support means so much to so many children!

Many thanks to our donors who contribute so generously to the Nanaimo Child Development Centre. Ongoing support from so many individuals and businesses enable us to provide programs and services to the children in our community! As a non-profit agency, we rely on these donations to continue to provide these much needed services. THANK YOU!

Once again, our many thanks to Garth Johnstone, Gord Robinson and Steve Cowie who organized the 2nd annual "Big Kahuna" Golf Tournament in memory of Paul Johnstone. The Johnstone family have been long-time supporters of the Child Development Centre. Over \$10,000 was donated to the Centre which will go a long way in providing much needed programs and services for the children in our community!

Hello and Goodbye!



After 27 years in the making, we end a long chapter of the NCDC storybook with the retirement of **Valerie Massy**, Executive Director. Formally tendering her resignation at the June AGM, a special Retirement Celebration was held in October with colleagues, staff, family and friends in attendance. With a new grandchild entering the story, there is additional reason for Valerie to continue in her efforts to advocate for sufficient services for children in our community.

Valerie is known for her perseverance, steadfast support and unfailing dedication to the children of our community. While giving her farewell speech, Valerie demonstrated those qualities as she stated that her efforts to secure services for children in need will be much different as a citizen than as the Executive Director. In this day and age of financial constraints for not-for-profit agencies, as an outspoken advocate for children, Valerie's efforts will be welcomed.

We end another chapter of the NCDC storybook by saying goodbye to long time staff member, **Becky Mann**, Infant Development Program Department Leader as she retires after 19 years. Her story book days have not ended though as she starts on a chapter as grandmother and retiree! While formally retiring from the Centre, her influence throughout the years will carry on through the staff and children whom she has worked with. All the best Becky!



Dino Tsembelis joins us as the Resource Development Coordinator. Dino brings drive, enthusiasm, integrity and leadership to the Resource Development Department as well as a sound educational background versed in event planning, financial management, leadership, marketing, and volunteer management. Dino and Michelle are working proficiently as a team to create a plan that links fundraising and how we communicate the NCDC to the community.

Dino has been involved with the NCDC since May 2006, when he assisted in planning Silly Boat Regatta. Prior, Dino had provided significant planning support to numerous community events in Nanaimo, including Fairview Community School Mini Olympics, SportsFest 2006, Tourism Association of Vancouver Island Annual General Meeting, M-UC Department of Recreation and Tourism 2005-2006 Student Orientation, and the Canadian Congress on Leisure Research Conference.

A newsletter from the
Nanaimo Child Development Centre

Nanaimo Child Development Centre Society
1135 Nelson Street
Nanaimo, BC
V9S 2K4

Phone: 250-753-0251
Fax: 250-753-5614
info@nanaimocdc.com

Mission Statement

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



United Way Agency



Carol Webber Executive Director
Pam McAdam Program Director
Dino Tsembelis Resource Development

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

I'm pleased to support the Nanaimo Child Development Centre with my donation of: \$25 \$50 \$65 Other \$ _____ or
 Membership at \$20 (not tax deductible)

Yes, I would like to put my name on your Donor Wall (Donor Wall donations start at minimum donation of \$500. Please call Michelle Kocourek at 753-0251 Ext 227)

Cheque (please make cheque payable to the Nanaimo Child Development Centre)

Card Number _____ Expiry _____

Visa Mastercard

Monthly donations urgently needed... I'd like to spread my donation throughout the year.

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

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

Name _____

Address _____

City _____ Postal Code _____

Phone _____ Email _____

All donations made to the Nanaimo Child Development Centre are tax deductible

“You can make a difference in the lives of children”

“Opening Doors” by the Leadership (BC) Nanaimo Team



Leadership (BC) Nanaimo team

Leadership was clearly evident amongst the Leadership (BC) Nanaimo team who spearheaded the “Opening Doors” project for the Nanaimo Child Development Centre through the Chamber of Commerce. Kevin Douville, Stu Hopewell, Chris Cathers, Nicole Shaw and

Jean-Marc Jaquier, took on the task of raising community awareness for the Centre. With their drive, knowledge and expertise, they created an incredible array of printed materials (brochures, rack cards etc.) for use in and out of the Centre, as well as creating a DVD to be shown at presentations throughout the community. The culmination of the project ended in a wonderful Gala Event: “Opening Doors” held at the Coast Bastion Inn. Under the creative direction of emcee Bruce Williams from AChannel, guests were enlightened and entertained by alumni's from the NCDC, Sarah Amos and

Daniel Jorgenson, who spoke of their challenges and successes and the assistance the Centre had provided to them & their families in their formative years. A heartfelt message was received from parent, Melanie Golobar. Staff member, Kathy Armstrong, SLP, eloquently spoke of “Opening Doors” for the children in our community. Nanaimo Idol winner, Crystal Cashmore, entertained all with her incredible voice. The highlight of the evening was Special Guest speaker, Michael Borlototto, who touched everyone attending. He challenged all to step up and “Open Doors” for children with special needs.

We are looking for opportunities to come into the community and make a presentation utilizing the materials created by the Leadership (BC) Nanaimo team. If you or someone you know would like to book a presentation, please contact us at 753-0251 Ext. 227 or Ext. 264. We welcome the opportunity to share the Nanaimo Child Development Centre story!

