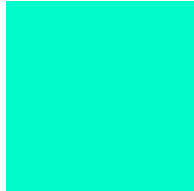
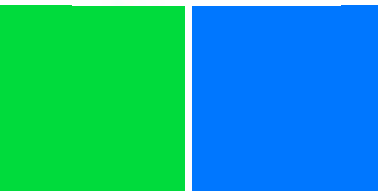


inside reach



Spring
2011
newsletter

Reach Preschool celebrates Easter

with **THE ROTARY CLUB** page 4



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inside reach

is published quarterly and it is distributed free of charge to the membership of Reach Child and Youth Development Society.

If you would like to receive this newsletter electronically contact Reach at info@reachdevelopment.org

If you would like to subscribe or unsubscribe to the "inside reach" newsletter call 604-946-6622 ext. 0 or email info@reachdevelopment.org and write "newsletter" in the subject line.

Submissions are welcome. Childrens writing or artwork is welcome. Please include your contact information with your submission.

Submissions can be emailed to cnidoski@reachdevelopment.org with "newsletter" in the subject line, faxed to 604-946-6622 (please do not fax artwork), mailed or dropped off at the front desk. For more information about the "inside reach" newsletter please call 604-946-6622 ext.337.



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Message from the President.

April was quite a month, seems like it could not decide whether it was winter or summer from one day to the next!



I am sure we were all glad to see the small bits of sunshine that April and May has let in and do look forward to the coming summer.

Fundraising activities for our new building continue to be a focus, with some initial successes this year, however, the economy remains an issue, which makes fundraising a bit more challenging. Our application for a very significant federal grant is still in progress, but is somewhat delayed by the federal election. Indications are that it is just a delay, not a cancellation, but it is a bit hard to predict when there is an election in progress. We have had some queries on our proposal, so at least we know there is still interest. While we mustn't get our hopes up, I can't help feeling somewhat optimistic about the potential outcome.

We continue to work towards integrating the priorities identified at our strategic planning session into our organization, to establish achievable and measurable goals for each of our programs in the upcoming outcomes planning cycle. There is far too much to tackle all at once, so we will focus on weaving in the highest priorities first.



Sadly saying good-bye to our long-time Board members Jill Desjarlais and JoAnn McKenzie.

We are sorry to see two of our valued board members, Jill Desjarlais and JoAnn McKenzie, departing from the Board of Directors this year, after nine years of direct contribution to the board and more than fifteen years of involvement with Reach. The presence and contribution that JoAnn and Jill brought to our organization will be sorely missed and we all wish them well in their endeavours in Alberta.

While we surely will miss Jill and JoAnn, this creates an opportunity for you, or someone you know, to join our board. Serving on the board is a wonderful opportunity to give something back to Reach and your local community and to participate in a caring and well run organization that provides direct services to local families. If this resonates with you, and you have a few hours a month that you can invest, please contact us for further information. We would love to hear from you!

*Rob vanSpronsen
President, Reach Board of Directors*

2010/2011 Board of Directors

Reach Child and Youth Development Society Board of Directors:

Rob vanSpronsen, President; Jack Davidson, Treasurer; Marcia McCafferty, Director; JoAnn McKenzie, Director; Phyllis With, Director; Karen Ostrom, Director; Meryl Smith, Director; Leslie Thomas, Director; Belinda Weitzel, Director; and Jill Desjarlais, Secretary.

Reach Child and Youth Charitable Foundation:

Irene Forcier, Chair; Jack Davidson, Director; Joni Wright, Co-Chair; Kari Thomas, Director; Agnes Douglas, Director; and Gary Keller, Director

Upcoming at Reach.

Registration for Preschool fall term...

Registration for fall 2011 Preschool is on now. Classes are available for 2, 3 and 5 half days a week.

Reach Developmental Preschool in North Delta and Ladner are inclusive programs, meeting the needs of children who require extra support and children who are developing typically.

At Reach Preschool you can expect:

- Highly Qualified Teachers
- Multi-Disciplinary Professionals
- Kindergarten Readiness and Skill Building
- Themed Activities and Community Awareness

To register your child for Reach Developmental Preschool in South Delta or North Delta call 604-946-6622 ext. 308 or 309 or email susieg@reachdevelopment.org
Visit the Reach website for more about our preschools at www.reachdevelopment.org

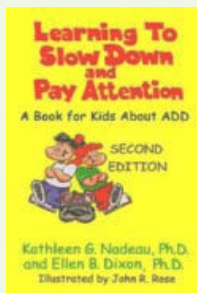


from the Reach Library.

Pam Collins, Library and Workshop Coordinator, Reach Child and Youth Development Society

Here are a couple of books for children about ADHD.

Learning to Slow Down and Pay Attention by Kathleen G. Nadeau and Ellen B. Nixon

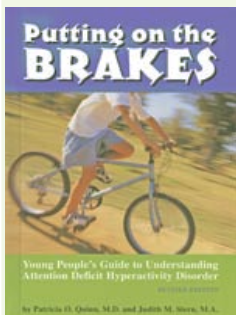


This is a fun, practical and unique workbook that helps children understand themselves. It is unique in that it is “written from the child’s point of view...as one boy (states) “this book understands me.”

The book covers a variety of solutions for a variety of situations at home, school and with friends. Some of the topics covered include: getting up and ready, cleaning my room, staying focused, homework, problem solving, making friends and so much more. It speaks straight to children without talking down to them and is filled with checklists and humorous cartoons. Going through this book section by section with your child will be a rewarding and fun experience for you both.

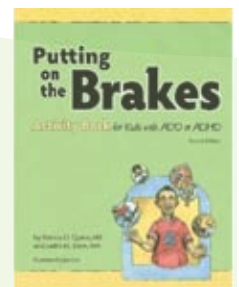
Be sure to get the updated, second edition.

Putting on the Brakes: Young People’s Guide to Understanding Attention Deficit Hyperactivity Disorder by Patricia O. Quinn and Judith M. Stern.



This book gives answers to the many questions that young people and their parents have when they learn they have an attention disorder. It is designed for reading with children between the ages of 8 and 13. Some of the topics include: understanding the brain, understanding feelings, understanding medication, getting organized and more.

The authors also have written an accompanying workbook for this title. The “Putting on the Brakes” Activity Book for Young People with ADHD. Similar to the one above, this one encourages the child to learn from his own point of view. Children learn about healthy eating, their medications, solving problems, telling jokes, strengths, interests, planning and so much more. It is filled with illustrations, checklists and activities. It becomes a self journal, an “All about Me” that helps them discover themselves and encourages them to think of possible strategies unique to their own personalities. It is another valuable resource for parents and educators for understanding their children/students and ADHD.



Both of these books have updated versions covering the latest research in diagnosis, medications and treatment.

These books are available in the ADHD section of the Reach specialized book lending library. For more information about the Reach library call 604-946-6622 ext. 359 or email Pam Collins at pamc@reachdevelopment.org

From Reach Health and Safety Committee.

Earthquake Preparedness

Seismic experts say we can expect a major destructive earthquake in British Columbia. We don't know when this will happen. But we do live in a region where some of the largest earthquakes in the world occur.

When an earthquake occurs, your first warning may be a swaying sensation if you're in a building, a sudden noise or roar. Next, vibration, quickly followed by rolling up, down, sideways, rotating. It will be scary! It may last a few seconds or go on for a few minutes. The earth won't open up and swallow you. But you could be hurt by breaking glass, falling objects, and heavy things bouncing around. Be prepared for aftershocks.

Here are just a few things your family should prepare and practice what to do during and after an earthquake.

- Plan your needs. Delegate tasks. Write down and exercise your plan. If you have no family, make your individual plan with neighbors and friends.
- Know the safe and dangerous places in your home.

Safe: under heavy tables or desks; inside hallways; corners of rooms or archways.

Dangerous: near windows or mirrors; under any objects that can fall; the kitchen... where the



stove, refrigerator or contents of cupboards may move violently; doorways, because the shaking may slam the door on you. Practice taking cover.

- Train members of your family to use fire extinguishers.
- Sign up now for a first-aid course, including cardio-pulmonary resuscitation (CPR).
- Plan and practice evacuation.
- Talk to your children about what to do if they're at home, at school, if the quake separates your family. Become familiar with the school's earthquake plan.
- Arrange an out-of-the-area contact. Each family member should carry the contact phone number and address. Have an alternative family rendezvous if you can't get home.
- Remind your family to rely on emergency authorities for guidance. Broadcast reports on radio and television will have instructions.
- Also remind your family members that emergency phone numbers are in the inside cover of the telephone book. But use them only in an extreme emergency. Your telephone may not work after an earthquake, or it may take a while to get a dial tone.
- Make sure each family member knows how to shut off the utilities gas, electricity and water. (Don't shut off the gas unless there is a leak or a fire. If the gas is turned off, don't turn it on again... that must be done by a qualified technician).
- Your plan should include a list of where emergency supplies and equipment are stored.
- Share your emergency plans with neighbors.

For further information: Google "Prepare Now for an Earthquake in British Columbia".

Reach goes pink for anti-bullying day.

Bullying is an issue that continues to be at the forefront of parents and educators concerns. It is a serious problem in schools, workplaces, homes and over the internet. One study shows that some of the most popular kids in schools and even those in leadership roles can display bullying behaviors.



Pink Shirt Anti-Bullying Day was created to raise awareness of bullying and encourage people to find solutions. It is a day people wear something pink to symbolize that we as a society will not tolerate bullying anywhere. This year Pink Shirt day took place on February 23rd and people across Canada, including Reach, wore pink to show that they care.

More resources on bullying can be found on the Pink Shirt day website at www.pinkshirtday.ca. Here you 'll find articles such as *Signs of a Bully*, *10 Solutions to Bully-Proof Kids*, and other resources such as links to good websites, contact information for support agencies and more.

A Rotary Easter treat for preschool.

On Wednesday, April 20 and Thursday, April 21 children at Reach Developmental Preschool South Delta were treated to an afternoon of fun and excitement with an Easter party hosted by the Ladner Rotary Club.

With the help of their Rotary friends the children coloured hard boiled eggs, decorated paper baskets and hid Easter eggs in the preschool backyard for an afternoon Easter egg hunt.



Rotary members included Linda and Steve Strang who did all of the organizing, Graham and Valerie Witcher, Lindae Thomas, Tom Siba, and Larry and Denise Pretty, and Reach's own Foundation Chair Irene Forcier.

"The Rotary members and their partners thoroughly enjoyed the Easter event," said Irene, "The Easter baskets were decorated by the children, they colored real eggs and hunted for chocolates. The looks on their faces were precious. Their eyes were wide open with excitement, and just that alone was worth the time spent on a couple of days out at Reach with the children and fantastic staff."



Thank you Rotary for supplying all of the art materials, the eggs for colouring and the chocolate eggs for the egg hunt, and for hosting such a fun and creative event for the preschool!



Our wheelchair bikes are ready for spring lending.

Reach has polished up its wheelchair bikes just in time for the spring and summer months. We have 3 duet tandem wheelchair bikes available to rent to families with children who have special needs. The bikes make riding together easier for families.

The duet bike can accommodate people from the age of 2, and all sizes from 20 to 275 pounds. Once strapped into the seat the bike can be peddled from behind and the passenger can get the feel of riding a bike.

Families can come and rent the bike and ride around the local area, up to the East Delta Trail at the foot of 72nd street, or take the bikes home. Families have even taken a bike on vacation.



For more information or to rent a bike call Su at 604-946-6622 ext. 339 or email suw@reachdevelopment.org

SUMMER CAMPS for children with special needs



Before you know it the kids will be out of school and looking for fun ways to spend their summer. If your child has special needs there are camps available that provide support and adaptations. Some are specifically designed for children with special needs, or for specific kinds of needs. Here's just a few.

In addition to camps, Delta and other municipalities offer Leisure Friend Programs that provide volunteers to assist children with disabilities in recreational activities and programs. Two weeks notice is usually required. Check out your summer Leisure Guide for more information.

| Date & location | Name of camp and description | To register |
|--|---|---|
| <p>Dates online at www.eastersealscamp.ca Camp Shawnigan on Vancouver Island, Camp Squamish north of Vancouver, and Camp Winfield in the Okanagan Valley</p> | <p>BC Easter Seals Camp BC Easter Seals Camps provide free overnight summer camping experiences for children and teens with physical and/or intellectual disabilities throughout British Columbia. They operate 3 accessible camps: Camp Shawnigan Camp Squamish and Camp Winfield .</p> | <ul style="list-style-type: none"> •Registration Inquiries: campregistration@lionsbc.ca •Camp inquiries: camp@lionsbc.ca •Tel: 604-873-1865 or 1-800-818-4483 (toll free in Canada) •Fax: 604-873-016 <p>Follow on Twitter & Facebook</p> |
| <p>TEEPÉE LAKES: Camp 1) July 9 - July 15 for ages 11 - 14 Camp 2) July 16 - July 22, for ages 11 - 14 Camp 4) August 7 - 20, ages 14-18</p> | <p>Camp Eureka: a residential camp experience for children with neurological deficits. Supports the development of social skills, self awareness and independence. Staff to camper ratio gives many opportunities to support the development of positive social skills and friendship building and provide a program based on challenge by choice rather than a rigid schedule</p> | <p>P: 604.520.1155 E: info@eurekacamp.ca Visit the website at www.eurekacamp.ca</p> |
| <p>Camps run weekly for 10 weeks from July 1st to Sept 1st. Mission BC</p> | <p>Zajac Ranch for Children A 5 day Residential Camp for children with chronic illnesses or disabilities. Each weekly camp applies to different groups of needs. Includes a therapeutic riding program.</p> | <p>Call 604.739.0444 info@zajac.com Visit the website at www.zajacranch.com</p> |
| <p>June 10th-12th- Camp Squamish</p> | <p>Canucks Autism Network "We CAN Go To Camp" A weekend camp for children with ASD and their siblings to get away and enjoy a weekend the great outdoors. Features swimming, field games, arts and crafts and other opportunities.</p> | <p>Tel: 604.685.4049 Fax: 604.685.4018 email info@caucksautism.ca www.canucksautism.ca</p> |

If we've missed any other summer camps for children with special needs please let us know. Post a message on our Facebook wall at Reach Child and Youth Development Society (you can link from our website at www.reachdevelopment.org) or send us an email at info@reachdevelopment.org and we'll share with families.

Mark your calendars.

| Date & location | Name of event and description | To register |
|--|--|--|
| <p>Monday, May 16, 7- 8 pm Thunderbird Elementary School 2F Library 2325 Cassiar Street Vancouver, BC</p> | <p>How to Use Orton Gillingham at Home. Presented by the Learning Disabilities Association Vancouver An interactive discussion on how parents can use the Orton Gillingham teaching method at home. Will include specific information regarding principles and concepts of the Orton Gillingham method and samples of multi-sensory activities you can use at home. Free.</p> | <p>Contact Rachel Chiang at info@ldav.ca or at (604) 873-8139 www.ldav.ca</p> |
| <p>Wednesday, May 18, Thursday, May 19, 9:00 - 5:00pm Fort Garry Hotel, 222 Broadway, Winnipeg, MB R3C 0R3</p> | <p>Canadian Conference on Developmental Disabilities and Autism. With a specific focus on practical tools, behaviour, research, ethics, and best-practice, the Canadian Conference on Developmental Disabilities and Autism will leave you with practical strategies and information to allow professionals, para-professionals and decision makers to better support the individuals they serve.</p> | <p>For more information and to register, please visit http://www.cccdda.ca/am/.</p> |
| <p>Friday - Monday May 20 - 23, 2011 - 8:30am - 1:00 pm</p> | <p>2011 Canadian Down Syndrome Conference. The Canadian Down Syndrome Society hosts the 24th National Conference for all citizens with Down syndrome, their families, their friends, health care professionals, educational professionals, and representatives from parallel organizations within the disability community. Keynote address by Lauren Potter of GLEE!</p> | <p>For more information and to register, please visit www.downsyndromeconference.ca.</p> |
| <p>May 26, 6:30-8:30 pm Reach Child and Youth Development Society #3 3800 72nd street Ladner</p> | <p>Talking To Your Child About Their Autism. Presented by Pam Collins, Consultant with Reach Child and Youth Development Society. This workshop will show you how to demystify the word 'autism' and how to start the process of sharing this information with your child, other family members, peers and the community.</p> | <p>Call 604-946-6622 ext. 341 or email pamc@reachdevelopment.org</p> |
| <p>Saturday, June 11th 9:00 am to 3:00 pm Burnaby Association for Community Inclusion 2702 Norland Avenue, Burnaby</p> | <p>Story Power With David Roche And Marlena Blavin. Storytelling Workshop for Families to Boost Your Communication and Advocacy Strategies. Everyone has a story to tell based on their life experience. These workshops will focus on the development of skills in the art of storytelling in a safe and supportive learning environment.</p> | <p>To register contact Angela Clancy at 604-540-8374 or email aclancy@fsibc.com For more information about David and Marlena please visit http://www.davidroche.com/</p> |
| <p>8:45 am - 1:00 pm October 21 (a province wide teacher's pro dday). Killarney Secondary School, Vancouver BC</p> | <p>Speaking of Kids Conference - Hosted by The Learning Disabilities Association of Vancouver . The 'Teacher Talk' series with Dr. Sam Goldstein will kick off the morning followed by guest speaker Cloris Leachman and her presentation 'Live to Inspire'.</p> | <p>Call 604-873-8139. Visit the website for online registration or to download a registration form www.ldav.ca</p> |

Fundraising news.



Alan Rae presents a cheque to Irene Forcier, Chair of Reach Child and Youth Development Foundation.

A sweet reward from Purdy's.

Thank you Reach families, staff and everyone who bought Purdy's chocolates through Reach for Easter. Reach's Building for Children Together campaign benefitted from your sweet tooth to the tune of \$440! Thank you also Hazel Cooksley for volunteering to manage this fundraiser!

*Building for Children Together
capital campaign*



Find out more at www.reachdevelopment.org/campaign



"BELIEVING IN POTENTIAL"

#3-3800 72nd Street
Delta, BC V4K 3N2

www.reachdevelopment.org

You will receive a charitable tax receipt for the full amount of your donation

Your personal information will not be shared with other organizations

The building campaign gets a boost from the office of Alan Rae RBC Dominion Securities .

The office of Alan Rae at RBC Dominion Securities in Richmond showed their support for children with special needs and families with a \$2,500 donation to the Reach Building for Children Together capital campaign. The donation was presented to Irene Forcier, Chair of the Reach Child and Youth Development Foundation by Alan Rae, VP, Director and Investment Advisor for the Alan Rae Wealth Management Team in Richmond. Thank you for your support!

Thank you once again CIBC.

Reach Child and Youth Development Society was once again the recipient of a donation of \$500 from the CIBC Employee Ambassador Program. Reach received their donation from former CIBC employee Jack Davidson, volunteer member of the Board of Directors for Reach Child and Youth Development Society and for Reach Foundation. Jack has been volunteering with Reach for over 10 years and has contributed countless volunteer hours to Reach. Thank you Jack and thank you once again CIBC for your support!

Get ready for 2 fun events to help build the new centre!

Reach's \$4 million campaign to build a new, community based child development centre in the heart of Ladner, B.C. has kicked off. This spring and summer there are 2 fun family events you can attend to help support the campaign:

McHappy Days on Wednesday May 11th.

Purchase an Egg McMuffin, Big Mac, Happy Meal or a coffee on McHappy Day at McDonald's Restaurants in Ladner and Tsawwassen and one dollar will be directed to Reach's Building for Children Together campaign. There will also be other nifty items to purchase by donation, with proceeds benefiting the campaign. Hope to see you there!

Outdoor Movie Nights July 23rd, and August 6th & 20th.

We're so excited to announce that Reach will be the charity of choice for fundraising proceeds from the Summer 2011 Tsawwassen Outdoor Movie Nights!! A great activity for all of our families to take part in! Mark your calendars: Movie nights will take place Saturdays July 23rd, August 6th and August 20th Fundraised dollars will all go towards the new child development centre project.

**THANKS for your ongoing support ~
it's crucial to our success !**

To make a donation or learn more about how you can support Reach call 604-946-6622 ext.372 or email tomg@reachdevelopment.org