



inside reach



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A family's quest to address their child's needs opens a new world of friendship and fun...

When Chantelle Percy found her son Brandon diagnosed with autism at age 7 she was sad, but at the same time felt a sense of appreciation to be able to put her son's struggles into a context. "No parent wants to hear that", says Percy, "but at least we knew what we were dealing with, and could get an idea of what kinds of supports our son would need". The family moved forward with services and began looking at ways they could adapt their home to address Brandon's needs.

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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 please contact Reach at info@reachdevelopment.org and write "electronic newsletter" in the subject line.

If you would like to become a member of Reach Child and Youth Development Society please call 604-946-6622 ext. 0 for more information.

If you would like to subscribe or unsubscribe to the "inside reach" newsletter please 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 submissions are 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.



Let's Celebrate!

50 Years of Believing in Potential

with Master of Ceremonies QM/FM morning show host Tara McGuire

Please join current and former parents, youth (ages 15 and older) staff, board and community members as we commemorate our 50 year history in the South Fraser and pay tribute to those who forged the path that made a difference in the lives of thousands of children with special needs.

**Saturday, October 17th from 5:30 to 9:30 p.m.
In the Grand Ballroom at the Coast Tsawwassen Inn
1665-56th Street, Tsawwassen, Delta, B.C.**

Our evening will include:

:: buffet dinner :: silent auction :: door prizes :: no-host bar ::
:: entertainment by comedian Billy Mitchell :: Reach Society historical exhibit ::
:: Reach Society annual general meeting with election of new board members ::

Cost: \$20 per person
Bursaries available for families - please enquire

RSVP by Sept. 11, 2009

*Please RSVP and include payment with the enclosed reply card
Seating is limited so reply early!*

Upcoming at Reach.....

Fall Preschool Registration is on!

- Reach Developmental Preschool-South Delta and North Delta are now accepting registration.
To register call 604-946-6622 ext. 308 in South Delta and 604-596-0106 in North Delta.



Parents Support Circles are back this Fall

- Parent Support Circles are a free, bi-weekly, confidential parent gathering with a focus on parenting children with ADHD or behaviour challenges and are led by trained facilitators.
- Every second Friday starting September 11th
Time: 9:30 - 11:30 a.m. at Reach Child and Youth Development Society - #3 3800 72nd Street, Ladner
- To register call Lisa at 604-946-6622 ext.342 or email lisaw@reachdevelopment.org or call Bella at 604-569-3110 or email at office@parentsupportbc.ca



Reach Child and Youth Development Society is walking again as Team Reach at the Walk Now for Autism to raise money for autism research. Last year Team Reach raised over \$6,000.

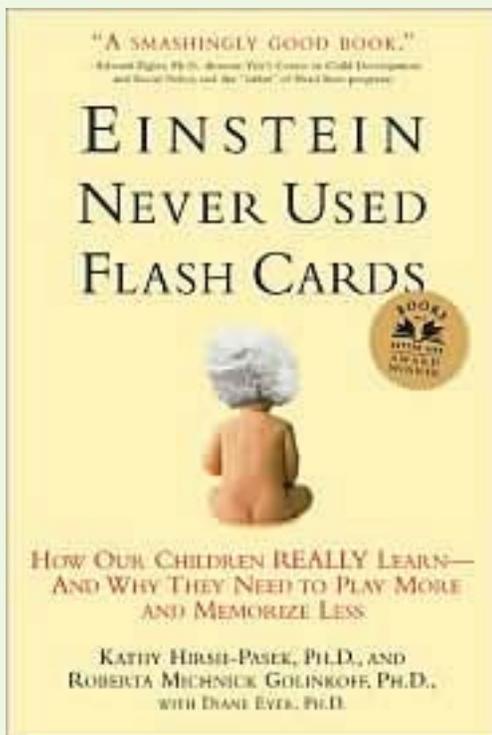
The Walk Now for Autism is a family-friendly event so bring the whole family along. There are activities for the children, resources for families, light refreshments and entertainment. When you join Team Reach you receive a green Reach T-Shirt! To sign-up with Team Reach, or to sponsor a Team Reach walker, visit www.walknowforautism.org/bc/reachdevelopment and click on Join Our Team at the top of the page,

The Walk route is approximately 3-4 km in length and the run is 5km.

The event takes place on Saturday, September 26, 2009 at Nat Bailey Stadium, Vancouver 4601 Ontario Street (at 30th Avenue). Registration opens: 8:30 AM Resource Fair opens: 8:30 AM Opening Ceremonies: 9:45 AM Walk/Run Start: 10 AM Closing Ceremonies: 11:45 AM Event Close: 12 noon. We hope you join us in this fun and very worthwhile event!

from the Reach Library....

Lisa Woudzia, Associate Executive Director, Reach Child and Youth Development Society



Einstein Never Used Flash Cards

By Kathy Hirsh-Pasek and Roberta Michnick Golinkoff

This is a book on learning and child development with a focus on the early years. It is an argument against the eagerness of parents to expose their children to structured educational environments. The basic argument is that playing is the best path to learning. Through play children are learning and discovering and developing a passion for gaining new information. Once this is structured, the passion can easily be destroyed and the anxiety that is associated with being successful in acquiring skills such as early reading and numeracy, works against the child being successful. An anxious child's brain is not able to absorb and learn while the mental energy is directed to whatever it is they fear or are anxious about. The book is not aimed at how to produce a smarter child. Its aim, despite the title, is to inform readers about the stages of child development and what is best for the child at each stage. I recommend this book as a well researched and easy to read guide to child development and parenting young children.

EXTRA EXTRA!



The '70's were a time of great growth for Reach, then called Delta Association for Handicapped Children.

Reach Developmental Preschool Beginnings...

In 1971 a preschool for children with special needs was started by parents at the Ladner Farm Training Centre. It later moved to a newly constructed building at the Ladner United Church, thanks to donations from Tsawwassen-Ladner Kiwanis Clubs, local radio station campaign; and provincial government grants of \$12,500. As well, Lloyd MacKinnon, father of a preschool child and a Director of **Delta Association for Handicapped Children** spent many hours outside of his regular job doing the carpentry work on the school and supervised the renovations. In September 1976 the **Delta Child Development Centre (DCDC) preschool** opened for classes. As an inclusive preschool,

DCDC is one-of-a kind in the province and unique to the country, serving both children with special needs and children with typically developing needs together. In 1978 a Speech and Language Pathologist was hired to support children at the preschool.

Also in 1974, the Delta unit of the Association for Children with Learning Disabilities started a preschool called the **Delta School Readiness Program (DSRP)** in North Delta for children ages 3 to 6 years with developmental delays. In 2005 DSRP joins DCDC as one of 2 preschools under the umbrella of Reach Society, then called the Delta Association for Child Development. The two preschools are now known as and Reach Developmental Preschool South Delta and Reach Developmental Preschool North Delta.

More details about Reach's history can be found on the Reach Historical Timeline is coming soon to our website at: <http://reach-development.org/50-years/index.php>



From Reach Families and Children...

All children are unique and require different kinds of approaches to help them develop to their potential. Some children will benefit from more structure, some from more quiet in their day, some from picture symbols for communicating. In this issue we feature a story about a child who needs the fun and unstructured play of the outdoors brought indoors and a family who has been creative enough to get the job done.

Like many children with autism, 9 year old Brandon has endless amounts of energy, but has restrictions in the kinds of activities in which he can engage. "Playing side by side with another child is very difficult for Brandon", says Brandon's mother Chantelle Percy, "He tends to take toys away, throw things or leave the play to go do something else." Brandon also has restrictions regarding his play environment. He has had epilepsy since he was 8 months old and cannot, Chantelle explains, be in certain environments, such as very hot or cold weather, because they trigger seizures. Chantelle often needs to keep Brandon inside to play so she can control the temperature of the environment.

In the last year the family began to explore ways to address Brandon's activity needs in the home. "We wanted to provide Brandon with a place at home that would be safe, enjoyable for him, keep him busy and tire him out so he could sleep better at night" says Percy. They took Brandon to try out a Snoezelen room at Semiahmoo House Society. Snoezelen (pronounced SNOOZ-eh-len) was originally developed in 1975 in the Netherlands to provide an appropriate relaxation and leisure environment for people with sensory and learning disabilities. After the visit, the Percy's decided to turn their dining room into a special playroom using some of the principles of the Snoezelen room. In it they created a ball pit from plastic balls in a small outdoor pool, a tent with a tunnel, a rebounder, and biggest of all, a rock climbing wall. "Brandon loves to climb on furniture, cupboards and counters. The rock wall safely fills that climbing need he has."



To address the cost of creating the room the Percy's asked family and friends to replace regular birthday and Christmas gifts with things they needed for the new room. The family also consulted with experts regarding safety and construction. They received help from a contractor friend on the construction, and feedback on safety features of the rock wall, such as the fact that the wall had to be under 6' otherwise it would require belay equipment and helmets. The family also put pool noodles around the corners of the walls, and sponge mats on the climbing wall surface for softness.

The playroom has had a variety of benefits for the family. "We have noticed that Brandon is somewhat more relaxed after he has played in the room" says Percy.

"But one of the big benefits is the time

the room provides for me as a parent to do the things I need to do, such as prepare lunch and dinner while I supervise and watch over Brandon in the room." Chantelle also noticed the change the room has made in Brandon's social life. "Now his cousins and kids from the neighborhood come over and can actually play with Brandon in the room. That's something that happened only very rarely before. It's great to see him play with friends in a way that they can all enjoy together". Brandon's younger sister Madeleine enjoys the room as well and plays with Brandon in it.

Brandon is currently receiving Reach Child and Youth Development Society Occupational therapy and Positive Behavioural Support services. He is making significant strides. The family will keep a watch on the room they developed for Brandon to see if it affects his behaviour or development any further. In the meantime they are happy that the room has brought a new world of fun and friendship into Brandon's life, helps keep him safe, and brings a little more balance into their daily life.

From Reach Health and Safety Committee...

Home Food Safety Tips, Keep Your Family Healthy

by Lisa Woudzia

It is estimated that as many as 76 million people are stricken each year with food poisoning. During the warmer months, when many of us barbecue, picnic, or camp outside, the incidents of foodborne illnesses increases. Keep your family safe and healthy by following some basic safe food-handling tips. Symptoms of Food Poisoning: stomach cramps, diarrhea, vomiting, general body aches.

Safe Food-Handling Tips:

Wash hands and all preparation surfaces often: Use hot soap and water, or clean, wet, disposable washcloths and paper towels for cleaning your hands and surfaces.

Avoid cross-contamination: Do not let raw meat juices to come in contact with ready-to-eat foods. Wash plates, utensils, and cutting boards that held the raw meat or poultry before using them again for cooked food or vegetables.

Cook food to proper temperatures:

- Cook hamburger and other ground meats (veal, lamb, and pork) to an internal temperature of 160 degrees F, and ground poultry to 165 degrees F.
- Cook steaks and roasts that have been tenderized, boned, rolled, etc., to an internal temperature of 160 degrees F for medium, and 170 degrees F for well-done. Whole steaks and roasts may be cooked to 145 degrees F for medium rare.
- Whole poultry should be cooked to 180 degrees F in the thigh. Breast meat should be cooked to 170 degrees F (This information courtesy of the USDA.)

Chill or refrigerate all leftover food immediately: By following these steps whenever cooking, either in your home or while outdoors, you can significantly risk the chances of inadvertent food poisoning for you and your family.

Safety FIRST

Community.....*Reach announces a new program and partnership*

Reach Child and Youth Development Society is pleased to announce a new program in partnership with the Delta Local of Special Olympics BC and Delta Parks & Recreation.

The program, called Active Start has been designed by Special Olympics to promote the development of basic motor and sport skills for young children with intellectual disabilities in a fun and positive environment. Active Start is for 2-6 year olds and their parent/caregivers that focuses on basic motor skill development with attention given to positive movement experiences. The program will also promote proper nutrition, education, social network building and an introduction to opportunities provided through Special Olympics BC. It has been a big hit in Vancouver and Richmond and Reach looks forward to encouraging Delta families to become involved.

There are plans to run the 12 week program twice, once in the Fall and again in the Winter/Spring and depending on availability of space, one set of sessions will be in North Delta and the other in South Delta. Fall Registration for Special Olympics BC ~Delta will be held in early September and more information is available from Reach staff in IDP and preschool programs or contact wizo@dccnet.com.



Special Olympics
Olympiques spéciaux
Canada

WINNING AT LIFE.

Mark your calendars.....

Date & Cost	Event and description	Location and Contact information
Saturday Sept. 19th 1:00-4:00 pm Cost: \$20	<p>Learning through Tears: Cultivating Resilience and Dealing with Frustration in Children: A workshop for ChildCare providers</p> <p>Hosted by ChildCare Options Presented by Dr. Deborah MacNamara is an Educator and Counsellor.</p> <p>Childcare professionals and educators today report increasing levels of frustration and aggression in children today and much can be done when one understands the root of frustration for children and the role of tears in this process. Stepping-in to help children take up a relationship with their frustrations is critical in ensuring their healthy development. Strategies for helping children find their tears as well as coping with frustration and aggression will be discussed.</p>	<p>To register on-line go to go to http://www.childcareoptions.ca or phone 604-572-8032</p> <p>Child Care Options 6878 King George Highway Surrey, BC</p>
2-Day workshop: Thursday September 24th and Thursday October 1st 9:30 – 1:30 p.m. Cost: \$10	<p>Positive Parenting: The Basics and Beyond”</p> <p>Presented by Camille Netherton, Reach Child and Youth Development Society.</p> <p>A two-part interactive approach to creating a positive, supportive atmosphere for your family interactions. You will learn : Positive strategies for dealing with difficult behaviour, how to diffuse power struggles, offer appropriate choices, be consistent, provide consequences, model appropriate behaviour and much more!</p>	<p>Reach Child and Youth Development Society #3 3800 72nd Street Delta, BC</p> <p>To register call 604-946-6622 or email info@reachdevelopment.org</p>
Thursday October 15th Cost: \$10	<p>The IEP : Individual Education Plan</p> <p>Presented by Pam Collins, Reach Child and Youth Development Society.</p> <p>In this workshops parents who have children with special needs will learn how to have an Individual Education Plan that is goal-oriented, measurable, consist of specific strategies, & reviewed regularly, so it really helps your child to maximize his or her potential.</p>	<p>At Reach Child and Youth Development Society #3 3800 72nd Street Delta, BC</p> <p>To register call 604-946-6622 or email info@reachdevelopment.org</p>
Saturday October 3, 2009 8:30 – 3:30 Cost: Early bird \$75	<p>Teaching Individuals with ASD about Sexuality An Introduction for School Teams and Parents</p> <p>Presented by Joy Becker, RN, BSN through ACT: Autism Community training.</p> <p>This workshop is designed to give parents, caregivers, and professionals a foundation for teaching individuals with ASD and/or other special needs about sexuality. It will include information about the sexual development of children and the information they need at various stages of their development.</p>	<p>To register visit the website at http://www.actcommunity.net/ or call Toll-free 1-866-939-5188 or 604-205-5467 or email info@actcommunity.net</p> <p>SFU - Harbour Centre Campus Room 1400 515 West Hastings Street Vancouver, BC</p>
Friday October 23rd 8:00 – 2:00 p.m. Cost: \$55 per person	<p>Speaking of Kids Conference: The Right To Learn, The Power To Succeed presented by the Learning Disabilities Association of B.C. Vancouver Chapter. Featuring special guest Marlee Matlin., critically acclaimed for her motion picture debut in ‘Children of a Lesser God’ , and Dr. Lee Gunderson with his workshop ‘Smart But Stuck - Is it a Reading Problem or a Language Problem’</p>	<p>To register go to www.ldav.ca/conference or contact: events@ldav.ca (604) 873.8139</p> <p>Killarney Secondary School 6454 Killarney Street Vancouver B.C.</p>
October 24th 9:00 – 3:00 pm Cost: \$20	<p>Fear Factor: Including Children with Challenging Behaviours</p> <p>Presented by Debra Mayer and sponsored by the Delta ECD (Early Child Development) Committee and Options Surrey Community Services Society.</p> <p>This event is for child care providers to assist in embracing the notion of inclusion and in re-shifting attitudes about the special supports that many children require in order to be successful.</p>	<p>At the Coast Tsawwassen Inn 1665 56th Street Delta, BC</p> <p>To register call Child Care Options at 604-572-8032</p>

Reaching across the generations!



Robert and Sandra O’Keeffe stand on either side of the Donor Tree in the lobby at Reach. Their names will be officially added to the tree at the 50th Anniversary Event in October. Also in the photo: Lisa Woudzia & Marcia McCafferty (Reach) and Barry Irvine & Denis Denischuk (Delta Community Foundation).

Thanks to another very generous donation from the Robert and Sandra O’Keeffe Endowment Fund administered by the Delta Community Foundation, the Counselling program at Reach is able to expand and work with more families and individuals. We are very grateful to the O’Keeffe family for their continued support of our Mental Health program.

The Intermediate class of Boundary Bay Montessori House adopted Reach Child and Youth Development Society as their charity of choice for their Spring fundraising project. They organized bake sales, movie nights and other activities and raised \$300.00 to help pay for a special-ized change table for children and youth who use the swimming pool at Winskill Aquatic Centre. A BIG Thank You to Ryan who made “the pitch” to his class in support of Reach. Ryan’s mom, Carol Ywan is currently working in the EIBI program at Reach.

Remember to put Reach on your grocery shopping list !

The Thrifty Foods SMILE Card is available from our office and can be re-loaded over and over again with 5% of the proceeds coming back to Reach for our Toy & Equipment Lending Library.

PRIZES WANTED !!

The **50th Anniversary Event October 17** is sure to be lots of fun with dinner, entertainment, door prizes, raffles and a Silent Auction. To maximize our fundraising potential, we need donations large & small: items for our themed Gift Baskets (Gourmet, Family Fun, Chocoholics, Beautiful Home, Beautiful You) and gift certificates for services or products. If you can help in any way, please contact Su Wieczorek at 946-6622 ext. 339 or email suw@reachdevelopment.org.



The Intermediate class of Boundary Bay Montessori House: Junior Philanthropists & good neighbours too !

Thanks for your ongoing support ~ it’s crucial to our success!

Yes! I want to help Delta Children Reach their potential!

Here is my gift of: \$45 \$90 \$180 \$Other

Name: _____ Phone: _____

Address: _____ P/C: _____

Please charge my gift to my credit card: Visa MC

One time donation 12 Monthly donations

Card #: _____ Expiry Date: _____

Signature: _____

This gift is in memory/honour of: _____

Please make cheques payable to: Reach Child & Youth Development Society



“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

