



GRANDVIEW  
CHILDREN'S  
CENTRE

# Grandviews

Grandview Children's Centre Newsletter • Summer 2008

## Introducing Our Kids Getting to Know... Euan Volkman

Hi! My name is Euan and I am 4 ½ years old. I live in Ajax with my Mom and Dad, and my big brother Harry. Harry is almost 10 and he is my best friend. We have two dogs, Rory and Tate, and a leopard gecko named Magnet. Harry and I are a lot alike; we like to jump on our trampoline and ride bikes and play video games. We both have Autism Spectrum Disorder. I have Autism and Harry has Asperger's Syndrome.

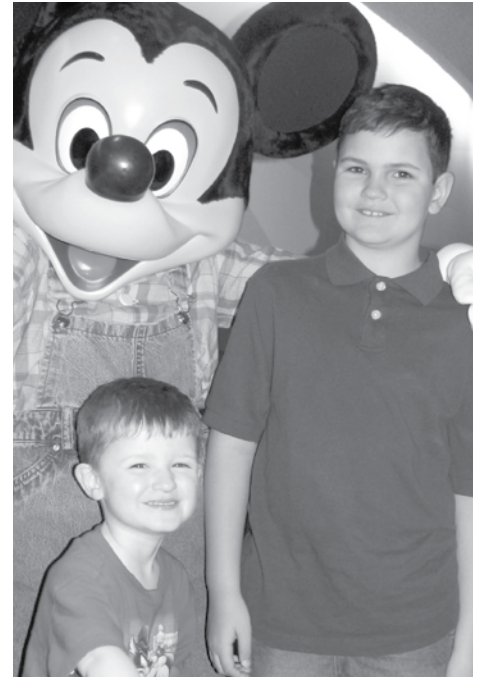
At Nursery School my teacher Teresa noticed that I played and communicated differently than the other children in my group. She introduced us to Val Dykes, the Preschool Outreach Program Manager at Grandview. Val arranged for a speech assessment and a meeting with Dr. Mary MacDonald who could help us figure out why I am the way I am. My brother has a doctor

in Scarborough, but he only sees big kids.

Dr. MacDonald told my parents that I have Autism Spectrum Disorder, which means that I have a hard time communicating with people and knowing how to behave. Sometimes I have difficulty looking at people and I don't really like changes. I am happy when I know what to expect. Sometimes if I'm excited or if it's really noisy, I spin around or jump up and down really fast. Sometimes I run off even though it isn't safe. I like to wear a hat and sunglasses because I am very sensitive to light and heat, and when I wear socks I like a certain kind. I like to play with puzzles and blocks and talk about Mickey Mouse and Transformers. I love stickers, and like to put them on my face and arms, and sometimes on my tummy too!

After meeting Dr. MacDonald, we had a lot of people from Grandview come into our life. Anna from Family Support helped Mom understand who to contact for information. My Occupational Therapist is Kathy Sparrow and she is teaching me to print using a big marker, to hold scissors and chopsticks, too! Kathy has Transformer stickers, and helped me draw a Transformer robot and cut him out.

A Speech and Language Pathologist came to my school to talk to me and my teachers and suggested ideas to help me communicate better.



Euan with big brother Harry and friend

My parents are so happy to have met everyone at Grandview and for the support and advice they receive. They said they wish that they had this kind of help when Harry was little, because they had to figure things out all on their own. My Mom has attended courses at the University of Ontario Institute of Technology and at the Geneva Centre for Autism with the help of the Cathy O'Flynn Education Fund. These courses taught Mom some new ways to work with Harry and me.

My parents love that Harry and I see things in different ways and they love us and are very proud of us. Thank you Grandview, for helping me find my place in the community without changing who I am.

### Our Mission:

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

**Grandview Children's Centre**  
600 Townline Road South  
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"Grandviews" is produced quarterly for families and supporters of Grandview Children's Centre and Grandview Children's Foundation.

*If you wish to have your name removed from the newsletter mailing list, contact 905 728-1673 ext. 2240. Our mailing list is not shared with any organizations outside of Grandview.*

**Help the Foundation Continue to Support Recreation Programs**

See back page for details

**Summer Camp is for Everyone!**

**NEW website link: [www.grandviewcc.ca](http://www.grandviewcc.ca)**

# Family Support Services

Family Support Services is available to help families with counselling, service coordination, and accessing community services. We also provide education, information on funding assistance, advocacy and consultation for your child. Please contact your Family Support Worker for more information.

**Parent Groups** ~ Offering parents of Grandview clients an opportunity to get together and share their thoughts and experiences with one another, in a supportive and relaxing atmosphere. Groups run at both the Ajax and Oshawa sites.

**Oshawa** - Bi-weekly on Thursday mornings. Limited childcare is available, and must be confirmed in advance. For more information, please contact 905 728-1673 or 1 800 304-6180 ext 2358.

**Ajax** - We now have two parent groups running in Ajax. During the evenings, a group meets bi-weekly on Wednesdays, and during the daytime on the 1st and 3rd Monday of each month. Limited childcare is available but must be confirmed in advance. For more information contact Stephanie Smyth at 905 619-6551 ext 4222.

**POMBA Support** ~ is a joint support group offered by Grandview and Parents of Multiple Birth Association. This group is for parents of multiples, who have a child receiving services from Grandview Children's Centre. POMBA meetings are held once per season. For more information or to register call Tanya Clemens at 905 728-1673 or 1 800 304-6180 ext 2255.

**Fathers' Group** ~ Provides an opportunity for dads of Grandview clients to get together to share and learn information, in a comfortable setting. This group runs monthly on a Thursday evening. To participate in this group please contact Steve Kirk at 905 728-1673 or 1 800 304-6180 ext 2354.

**Teen Group** ~ A social recreational group for adolescents ages 13 – 21 yrs. In this group teens with special needs get together to make new friends and to socialize with one another. Youth are encouraged to initiate conversations and practice independence skills, while enjoying a variety of fun activities! This program takes place at the Oshawa site every other Thursday from 6:30 pm – 8:30 pm. For more information contact Steve Kirk at 905 728-1673 or 1 800 304-6180 ext 2354.

**Girl's Group** ~ This group provides an accepting atmosphere for adolescent girls with physical disabilities to develop and practice new skills. Activities and discussion focus on topics of interest to girls and young women including media awareness, body image, healthy lifestyle, healthy relationships and self-advocacy. The group meets monthly in Oshawa. For more information call Marilyn Mitchell at 905 728-1673 or 1 800 304-6180 ext 2352.

## Did you know?

For families preparing for school this fall, the following community organizations are hosting school readiness courses.

**Family and Community Action Program** ~ A school readiness course for children 3-5 years old. This course runs in several school locations over the summer. Other formal workshops are available such as Getting ready for Kindergarten, Success in Kindergarten, and 1-2-3 Magic. All programs and activities are free; please contact 905 686-6466 or 1 800 214-7163

**Oshawa Community Health Centre** ~ The Summer School Readiness Program will be a structured program designed for children entering Junior Kindergarten in September. Children will attend the program Monday through Thursday from 12:30 pm until 3:30 pm for six weeks from July until August. Participation requires a referral from Oshawa Community Health Centre; for information call 905 723-0036 ext 227.

**Ajax Community Centre** ~ "Ready Set School" Children prepare for entry to Junior Kindergarten by taking part in group and individual activities based on encouraging independence. For more information on "Ready Set School" please contact the Ajax Community Centre at 905 683-3740.

**Pickering Community Centre** ~ "Kindergarten's Coming" and "Here Comes Grade 1" - Programs to enhance your child's learning experience and help them to prepare for school. For more information please contact Pickering Recreation Centre 905 420-4621 or 905 683-6582.

## Early Intervention for Blind-Low Vision

Grandview Children's Centre's Family Support Services have partnered with the Tri-Regional Blind-Low Vision Early Intervention Program which is a service for families with children from birth to Grade 1 who are blind or have low vision. This early intervention program offers a variety of services including family support, intervention services and consultation services for parents so that they can encourage the healthy development of their children. Grandview's Family Support Workers support families through the diagnostic process, help families make informed decisions about support services, provide grief counselling, assist with coping and family adjustment, provide service coordination, and help families access resources that meet the needs of their child. If you have concerns about your child's vision, please contact the Blind-Low Vision Early Intervention Program at 1 888 703-5437.

Keep your eyes on our website calendar for more workshops & groups coming soon! [www.grandviewcc.ca](http://www.grandviewcc.ca)

# Executive Director's View

We were delighted to receive the news from the Minister of Children and Youth Services, Deb Matthews, that Grandview Children's Centre will receive a \$500,000 capital grant for planning site redevelopment. As I think everyone is aware, we badly need additional space! I am in the process of identifying possible consultants who are qualified to undertake the required feasibility study and plan, and will be sending out a request for proposal in the near future.

It was a huge disappointment that the Ontario Government did not include an increase in funding to children's treatment centres (CTCs) in the 2008-09 Ontario Budget. The recently formed Grandview Family Advisory Council has sent a letter to Minister Deb Matthews expressing concern about the flat-lined budget. We hope that Minister Deb Matthews will listen and will be able to reallocate some Ministry funding in order to provide CTCs with some cost-of-living adjustment.

We remain concerned that Grandview does not have the contract with the Central East Community Access

Centre (CECCAC) to provide School Health Support Services (SHSS), the provision of therapy services to children in school. We must discharge most children when they reach school age. I have heard concerns raised by several families, as well as staff. I recently sent a letter to Minister George Smitherman, enclosing a passionate letter from a parent, about this – asking the Minister to approve the development of a contract between Grandview and CECCAC for the provision of SHSS.

I am sad to announce that Dr. Mary MacDonald is stepping down as Medical Director, effective August 31, 2008. However, there is a silver lining! Dr. MacDonald will continue to be part of the Grandview family as Developmental Paediatrician. And we are fortunate that Dr. Carolyn Hunt has accepted the appointment as Medical Director. Congratulations to Dr. Hunt!

Vicky Earle

Executive Director

PS Please visit our new website at [www.grandviewcc.ca](http://www.grandviewcc.ca)!

## Grandview Partners with the Durham Parents of Multiple Birth Association

Beth McCarty, Vice-President, DRPOMBA

May 28, 2008 is National Multiple Birth Awareness Day in Canada. This year Multiple Births Canada is highlighting the responsibility of health care professionals to educate families receiving fertility treatments about the increased risks associated with multiple birth pregnancies: these carry increased risks of prematurity and other complications, leading to an increased risk of developmental delays and other special needs. Therefore, it's appropriate to

recognize Grandview's partnership with the Durham Region Parents of Multiple Birth Association (DRPOMBA).

In 2007 Grandview and DRPOMBA began a support group for parents with multiples who have special needs and who are Grandview clients. The group meets once a season, facilitated by a Grandview social worker.

More events are being planned, including a summer get-together with parents and their children at Grandview.

Multiples have higher incidents of speech delays and we want to provide an opportunity for our members to identify these as early as possible. Grandview is facilitating speech and language sessions open to all DRPOMBA members who get the benefit of early identification and education.

The partnership between Grandview and DRPOMBA helps to provide services to families who have experienced the risks of multiple birth pregnancies first hand. Both organizations are working together to help multiple birth families.

*Michael, Robyn, Christopher and Danielle share some fun at camp*





**Dr. Mark Mason, pictured on a recent Mediterranean Cruise with Aranka and Alex**

## About Our Physicians

At Grandview, we are very fortunate to have several physicians with a variety of expertise and knowledge who have a passion for helping children and youth with special needs. In addition to our two Paediatric Physicians, other doctors make regular visits to Grandview to provide special clinics and alternative therapy.

Since 1999, Dr. Mark Mason has been the consulting physician at the Windfields Muscle Tone Clinic, which provides Botox therapy for children and youth with Cerebral Palsy. Over 200 clients are seen by Dr. Mason for consultation, treatment and follow-up. Dr. Mason's kind

demeanour helps children cope with Botox therapy, which gives them greater range of motion and the ability to achieve their full potential. Although the clinic is located at Grandview's Oshawa site, Dr. Mason administers some Botox therapy treatments to children under mild anaesthesia at Lakeridge Health, Oshawa. Dr. Mason has a long involvement of treating children with special needs; prior to the muscle tone clinic, he was the consulting physician for the Centre's seating clinic.

In addition to his Grandview clients, Dr. Mason has an active practice at the Oshawa Clinic as a physiatrist, specializing in Physical Medicine and Rehabilitation.

Dr. Mason is a native of Oshawa, having attended R. S. McLaughlin CVI. He attended medical school at the University of Western Ontario and specialty training at the University of Toronto.

An avid long distance runner, Dr. Mason has completed 13 Marathons. His other passions include golfing and traveling with his wife Aranka and son Alex.

## Understanding what you can do to prevent Sudden Infant Death Syndrome (SIDS)

By Dr. Carolyn Hunt, Developmental Paediatrician

Many new parents worry a lot about Sudden Infant Death Syndrome (SIDS), and often ask what they can do to prevent this. SIDS was originally referred to as "crib death" because it described infants who died in their sleep without an explanation. It is important to note that SIDS only occurs in children less than 1 year of age, and for the most part, less than 6 months of age. The most important development in the last 20 years has been to have children sleeping on their backs. Prior to this, most parents put their infants on their stomach to sleep, thinking that this would help with upset tummies, and preventing difficulties with swallowing. However, recent research has shown that ALL babies, which include babies with special needs, should be placed on their back to sleep during the first year of life. Sometimes this is hard to explain to relatives who are used to babies sleeping on their stomachs. We hope that by providing you with a list of formal recommendations, you will be empowered to educate other people who may be caring for your child. If you have questions, please speak with your doctor or specialist if your child has very specific issues. The American Academy of Pediatrics recently published a list of guidelines to help parents prevent SIDS. Please share these preventative strategies with your family, friends and child care providers.

### **American Academy of Pediatrics (2005) Recommendations for SIDS Risk Reduction**

#### **PLACE YOUR INFANT ON HIS OR HER BACK TO SLEEP!**

- Side sleeping is not advised.
- Use a firm crib mattress, and keep soft objects and loose bedding out of the crib.
- Avoid overheating infants during sleep.
- Keep the room temperature comfortable, do not overdress the infant, and use a light blanket or sleep sack.
- Do not smoke during pregnancy, or expose yourself to second hand smoke during pregnancy.
- Keep the infant's environment smoke-free.
- Use a separate crib or bed for the infant. Co-sleeping increases the risk of SIDS.
- Do not sleep with an infant on a couch or armchair. Do not allow the infant to sleep with other children.
- Consider offering a pacifier at naptime and bedtime. Delay its use until one month of age in breastfed infants.

# Bulletin Board

## Summer Camp is almost here!

Recreation Services is accepting registrations for summer camp programs. Grandview offers a number of exciting camps for 3-21 year olds at locations in Oshawa, Whitby and Ajax. Come out and enjoy the fun!

Each fun-filled week of camp is packed full of active and passive games, expressive arts activities, outdoor activities, music, non-competitive sports and special guests. All camps feature low participant-to-staff ratio and our recreation staff participate in a comprehensive training program.

Participants will have the opportunity to meet summer camp staff before camp starts, to get to know each participant's interests and special needs. For more information, call the Recreation Services 'Hot Line' at 905 728-1673, 1 800 304-6180 ext 2247, or visit us at [www.grandviewcc.ca](http://www.grandviewcc.ca).

See you this summer!

## The Youth Advisory Council By Chantelle Gavin

My name is Chantelle, I am eighteen years old and I am a member of the Youth Advisory Council at Grandview Children's Centre. The Youth Advisory Council (YAC) works with the adolescent team to provide advice on programs for clients. The YAC meets once a month from September through June. We have an executive committee and voting members. There is a liaison to the Centre's Family Advisory Council, and we are working with staff to create a great youth section on Grandview's website. We can also suggest relevant information for the Resource Centre to obtain, relating to youth, independence and employment.

We discuss making the community more accessible and attempt to keep people aware of youth and young adults with special needs. One of the biggest challenges we experience is transportation. The YAC has concerns with the availability of public transit and specialized transit. We work to raise awareness that transit is valuable to youth and young adults in order that they can have greater freedom and independence.

At Grandview the YAC helps run some interesting programs for adolescents; the Teen Group, which meets bi weekly; dances such as Valentines, Spring Fling, Halloween and a Holiday dance. The YAC supports itself by charging minimal entrance fees for activities, and by hosting a barbecue at Grandview's annual Open House. We also support the community by collecting non-perishable food items at the dances.

I really enjoy being on the Youth Advisory Council. It is a great committee that strives to help youth and young adults to live an independent life.

## NOTICE ON DONATED EQUIPMENT

Grandview Children's Centre has changed its policy on accepting donated equipment. We no longer have the storage space or personnel to do repairs and equipment maintenance. We will gladly accept walkers, standers, bath equipment, adapted strollers and adapted toys. We can no longer accept wheelchairs or custom seating.

If you have some equipment that you think another family may benefit from, please feel free to bring in a picture of this equipment with your contact information to post on our message board at both our Oshawa and Ajax sites.

You can also post this equipment on such websites as [www.kijiji.com](http://www.kijiji.com) or with Advocare at [advocare@rogers.com](mailto:advocare@rogers.com). Please note that Grandview Children's Centre does not endorse either of these organizations.



Daniel 'on a roll'

## Summer time and we'll "Walk and Roll"

Come out and have fun and enjoy the outdoors while getting physical with family and friends! Grandview is hosting the annual "Walk and Roll" at the Kids Safety Village in Whitby.

This exciting program focuses on improving physical endurance and promoting healthy fitness habits at an outdoor safety village that promotes bike and traffic safety. Participants in wheelchairs, walkers or bicycles complete laps around the village roads. Laps and speed will be recorded each week and at the end of the summer, we will tally the information and see how far everyone went!

**Mark Wednesdays on your calendar as a FUN Family Fitness Night and we'll see you at the village.**

**Where:** Kids Safety Village, 1129 Athol St., Whitby

**Time:** 5:30 to 7:00 pm

**Dates:** Wednesdays, June 18th to August 20th

**Cost:** NONE!!!

To register or for more information call Cheri Wardell Carey in Recreation Services at 905 728-1673 1 800 304-6180 ext.2265.

