



CDC Kid Connection Newsletter

Prince George Child Development Centre

Volume 3, Issue 2: September 2009

Good day everyone,

Welcome to the fall edition of our Kid Connection newsletter. We have had some important news that has occurred since our last edition.

Accreditation: Our centre has recently been awarded with a three-year, CARF (the Commission on Accreditation of Rehabilitation Facilities) accreditation – the maximum potential accreditation length. Our review included recognition for “exemplary performance” – a tremendous achievement given the relative rarity of such recognition by CARF.

Staffing: We have had a number of staffing changes recently, including two changes within our senior management. Les Smith has been hired as our Director of Programming. Les is a familiar face to the CDC, returning to us after short time working with Northern Health as their Regional Coordinator of Rehabilitation Services. Les will be working four days per week in administrative duties and one day per week as an occupational therapist (focusing on complex positioning and mobility assessment and prescription). In addition, Mary Jarbek is no longer with the Centre. Mary was our Community Relations Director over the last five years, playing a critical role in facilitating our last expansion project. We wish Mary the best in her future endeavours.

Donations & Volunteering: As a registered charity, the Child Development Centre relies on the generosity of our community to assist us in providing many of our services. Given the long-term developmental impacts that our services provide, contributions to our centre represent lifelong gifts the children we serve. If you are interested in contributing to a community organization, please consider the CDC!

Web Site: We have been making some improvements to our web site. Much of the information has been updated and it is working substantially faster. We will be making further improvements to the site design and organization over the coming months. If you are interested in finding out more about the Centre, please check it out at www.cdcp.org.

Have a great Fall!

Darrell Roze
Executive Director

Please join us in celebration of the
42nd Annual General Meeting
of the
**Cerebral Palsy Association of
Prince George and District**
(*legal name of the Prince George Child
Development Centre*)

Where: Child Development Centre
1687 Strathcona Avenue

When: September 29, 2009

5:00 – Meet and Greet (food and
beverages available)

5:30 – Meeting starts

6:15 – Anticipated meeting end.

Join us to learn about the work we have
undertaken over the last year for the
region’s children.

**The Child Development Centre
has Preschool openings for
September
in the following classes:**

3 and 4 year old classes

Mon/Wed: 9-11:30 or 1-3:30

Tue/Thu: 9-11:30 or 1-3:30

Fri: 9-11:30

Pre-K classes

Mon/Wed: 1-3:30

Tue/Thu: 1-3:30

"Every Child Belongs"



News from our Departments:

Early Childhood Education & Supported Child Development Department

A new school year starts with excitement in the air as new children come through our doors to meet their teachers and friends.

The new teaching teams are:

Preschool Educators:

Young Explorer's teachers will be Tanya, Marylynn and Nicki .

Little Wonder's teachers will be Donna, Colleen and Renae.

McGee House will be running programs with therapists from the CDC and Northern Interior Health Unit. Candis will be the Early Childhood Educator working in partnership with the therapist. They will be offering Speech and Language and Occupational therapy groups.

Daycare Educators:

Lynda and Karen will work in the **Little Footprints** daycare along with a staff from Aboriginal Supported Child Development program (ASCD).

Maureen, Iris and Heather will run the **Orchard room**.

Patty, Terri and a staff from ASCD will manage the **Rainbow daycare room**.

Preschool and Daycare fees for the school year 2009-2010 are as follows:

Preschool: 1 day per week is \$55 for the month, 2 days per week is \$110 for the month, 3 days per week is \$160 for the month

Daycare: Daily rate for 3-5 year olds is \$35 per day and for under 3's the daily rate is \$45

Month rates stayed the same, \$650 for 3-5 year olds and \$850 for under 3's.

Each classroom will be handing out a monthly newsletter to parents to share information about events and activities. We encourage parents to make comments and suggestions regarding their children's educational experience at the Child Development Centre.

The Supported Child Development team will be working with children requiring extra supports in the following community child care centres: Land of Laughter, Site 1 & 2, Carney Hill Neighbourhood Centre, Highland Y After School Care, South Fort George, Exploration Place, Hart Highlands Childcare, Hartland Preschool, Monti ASC, Westwood ASC, Kool Cats Kids, Edge Meadows Preschool, Monti Preschool, Les Coin de Petite Preschool, Wonderland Family Daycare, Teddy Bear Preschool, St Giles ACS, Mamma Bear Family Daycare, Country Friends Daycare and some of the programs at the CDC. Christy, Julia and Candis are the SCDP consultants for the community programs. Heather, Karen, Nicki, Rita, Kylee, Tammi, Renae, Lil, Sonya, Kim, Esme, Misty and Wendy are the skilled support staff supporting the children in the above programs.

Thank you,

Sharon Beetlestone, Director of ECE/SCDP

Speech & Language Department



September 2009 marks the beginning of preschool speech therapy services to the communities of McLeod Lake and Mackenzie by the Child Development Centre staff. Previously this service was offered through the Northern Interior Health Unit. We look forward to developing relationships with the families, children and community partners in these communities.

We are hiring a new Speech Language Pathologist in September, Jenny McNab, coming to us from the University of British Columbia graduate program. Please welcome Jenny to Prince George.

News from our Departments:

PT Orthotics Loan Program

Through a generous donation from the Shriners, the CDC is now able to offer a loan program of Orthotics for children with ankle/foot alignment or tone issues. The family purchases the first orthotic and then if the orthotic is still in good repair the orthotic is replaced free of charge as the child grows.



"Here is Claire Woolgar proudly showing off her "Double Shoe" — Claire's innovative term for her Orthotic.

Occupational Therapy

We would like to extend a welcome to two new Occupational Therapists that have joined our team.

Kirsten Tennant has been with us since August 4, 2009 and is working full time. She comes to us from Halifax, Nova Scotia and is enjoying all that Prince George has to offer. Kirsten will be working with many of your pre-kindergarten children this year and will be assisting with our Occupational Therapy groups.

Jeff Kwantes has just started with us on September 10, 2009 and is working half time. He comes to us from Vancouver and we are excited to get him started with many of our children.

The other Occupational Therapists: Pat Hamilton, Sherry Mitchell and Jody Edumara (currently on Maternity leave) are very excited to have them join the team!

Occupational Therapy is also happy to announce that we will once again in conjunction with Physical Therapy and Early Childhood Education be providing a bi-weekly group to work on gross and fine motor skills. Feedback from participants from the last school year was excellent; we look forward to another fun and educational session!

Occupational Therapy has also instituted a new in-house **Positioning and Mobility Clinic**. This is being run one day a week in conjunction with the technicians at PG Surg. Med. Children that need positioning or mobility devices or adaptations to same can be referred.

Alphabet Club

This summer we had the pleasure of running a new Kindergarten Readiness Daycare Program. We moved eight children, who would be attending Kindergarten this September, from our regular daycare groups into a new group called the Alphabet Club. It ran from 9:00 am to 4 pm, Monday to Friday throughout the summer. We had one ECE trained staff person as the lead teacher with a summer student working in the program also.

The Alphabet Club focused on alphabet recognition and formation, number recognition and formation, recognizing and labeling emotions and problem solving skills.

It was a varied program that was developed in cooperation with the children. There was a theme a day that included such things as Shark Day, Dinosaur Day, a formal tea party, lemonade making, an old fashioned ice cream social and many more.

The group went to the library, the museum, the PG Exhibition, South Fort George Park and local playgrounds, to name just a few of our fieldtrips. We walked to any that were within a reasonable distance and made use of the Heritage Trail when we could.

The parents all seemed pleased at how their children progressed in the program and we received a number of favorable comments. The children worked and played hard and the summer just flew by. The staff also really enjoyed their time in this program and the relationships they were able to build with these children.

We are pleased to say that we saw measurable gains in all of the children and we believe that they were more prepared to enter kindergarten successfully. We hope to run this program next year.

Yours,

Tanya Bend ECE & Colleen Soares ECE



2009 Alphabet Club

Need to write a successful funding letter??

Writing to possible funding sources, such as service clubs, foundations, charities, and even community-minded businesses and individuals, is **always** a challenge. The following step-by-step approach won't guarantee success but it will enable your request to be quickly and easily assessed by the funding source, ensuring it gets



the consideration it deserves.

1. Identify who you are.
2. Describe your family, listing the members' names, ages, etc.
3. Identify the person (i.e. your child) that you are writing the letter about. State what his/her special need is in

plain terms. Explain what extra challenges this creates for him/her and how this may impact on your life.

4. Describe your child's special needs and what therapist is recommending the piece of equipment, splint or service that you are requesting funding for.
5. Be positive about what benefit you believe your child will receive from the item or service.
6. State clearly your inability to pay for this item or service, explaining:
 - if there is no funding available for this item or service through your government sources;
 - if your child does not qualify for the AT HOME PROGRAM (even if your child does qualify, you may be requesting additional funding)

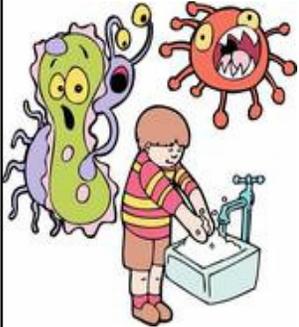
— If BC Medical does not cover the service or item;

— If you do not have extended health benefits from your employer, or
 — If this service is not yet recognized by funding agencies.

7. Describe your dreams and hopes for your child, how you hope he/she will develop and what he/she may accomplish through this item or service.
8. Please feel free to include a picture or an anecdote about your child to personalize your request. Use this opportunity to portray the strengths and abilities of your child.

(The Cerebral Palsy Association of BC)

Health Tip – Helping Avoid the Flu:



Frequent hand washing is a great way to help avoid the cold and the flu! People frequently catch these illnesses by rubbing their nose or eyes, or touching their mouth after their hands have been contaminated with a virus. In addition, if you have young children, routinely clean surfaces, toys, and objects that they may put in their mouths.

Ripple Effect V - Exploring the Power of Advocacy and Community Development

The British Columbia Association for Community Living is hosting a family retreat October 16-18 at Esters Inn. Family members who have a loved one with a developmental disability are encouraged apply. The retreats provide an opportunity for families to come together to build their strengths and expand their knowledge.

There is no cost for the retreat; food and accommodation are included. Respite funds are also available. Although the application deadline was September 11, 2009, BCACL were accepting applications beyond that date. For more information, call Karen De Long or Faith Bodnar at (604)777-9100. You can download the application and brochure at www.bcacl.org/documents/FINAL_Ripple_Effect.pdf.

The Flu



With concerns around the flu outbreaks, the CDC is making changes to help ensure the safety of children accessing our services. We are being especially cautious as children and young adults have proven more vulnerable to the H1N1 (swine flu) virus. Through this flu season, children, caregivers, and staff will be required to either wash their hands or utilize hand sanitizer upon entering the Centre. We have added hand sanitizers throughout our building for frequent use through the day by our staff. We will be requiring children in our daycare and preschool programs to wash their hands more frequently through the day as well.

We are asking parents to be vigilant. Please ensure that you do not bring your child to the Centre if she or he has demonstrated any symptoms of illness; this only puts other children at risk and all sick children will be sent home as soon as it is detected. Please also do not bring your child back to the centre until 24 hours after they appear symptom free.

Thank you for your cooperation in keeping our children safe!



**Prince George Child
Development
Centre**

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THE CEREBRAL PALSY ASSOCIATION OF PRINCE GEORGE AND DISTRICT

NOTICE OF GENERAL MEETING OF MEMBERS

NOTICE IS HEREBY GIVEN, pursuant to section 60 of the Society Act, that a General Meeting of the members of The Cerebral Palsy Association of Prince George And District will be held at the Child Development Centre, 1687 Strathcona Avenue, Prince George, British Columbia on Monday, the 29th day of September, 2009, at the hour of 5:00 p.m. for the following purposes:

1. To receive and consider the following Special Resolutions:
 - a) **Resolved as a special resolution, in pursuance of the provisions contained in the Bylaws of the Society and the Society Act, that the Cerebral Palsy Association of Prince George and District adopt the revised name change for the Association of “The Child Development Centre of Prince George and District Association” and present such for filing with the British Columbia Registrar of Companies effective this 29th day of September 2009.”**
 - b) **Resolved as a special resolution, in pursuance of the provisions contained in the Bylaws of the Society and the Society Act, that the Cerebral Palsy Association of Prince George and District”, soon to be registered as “The Child Development Centre of Prince George and District Association”, amend by cancelling the existing Constitution and replacing with the updated and revised Constitution that governs the operation of the Society, and present such for filing with the British Columbia Registrar of Companies effective this 29th day of September 2009.”**
2. To transact such other business as may properly come before the meeting, or any adjournment or adjournments thereof.

DATED at the City of Prince George, in the Province of British Columbia, this 11th day of September, 2009.

**BY ORDER OF THE BOARD
THE CEREBRAL PALSY ASSOCIATION OF PRINCE
GEORGE AND DISTRICT**

Valerie O'Connor, Secretary

PROPOSED CONSTITUTION

That the Constitution be changed to the following:

1. The name of the society is "The Child Development Centre of Prince George and District Association".
2. The purposes of the Society are:
 - a) to provide services and support to improve the social, emotional, physical, cognitive, and communication skills of the region's children, with an emphasis on children with special needs or delays, and children at risk of developing delays;
 - b) to engage in the education and training of health sciences and early childhood education students;
 - c) to engage in and promote childhood development and disability research;
 - d) to promote the importance of early childhood development; and
 - e) to promote the importance for additional support services for children with special needs.
3. The operations of the Society are to be chiefly carried on in or near the City of Prince George, British Columbia.
4. The activities and purposes of the Society shall be carried on without purpose of gain for its members and any income, profits or other accretions to the Society shall be used in promoting the purposes of the Society.
5. No Director or Officer shall be remunerated for being or acting as a Director or Officer, but a Director or Officer may be reimbursed for all expenses necessarily and reasonably incurred by him while engaged in the affairs of the Society