



Save THE Date

SPRING INTO INCLUSION CONFERENCE

Featuring Dr. Jody Carrington
Leading Greatness Through Relationship

APRIL 18, 2020



Community
Options

ARCA Banquet Facility
14525 127 St NW
Edmonton, AB

Registration opens
February 3, 2020



SAVE THE DATE!

Community Options' 7th Annual Spring into Inclusion Conference will be on April 18, 2020! We are excited to be hosting [Dr. Jody Carrington](#) who will be talking to us about "Leading Greatness through Relationship". Registration opens February 3, 2020!



Swallowing Disorders in People with Developmental Disabilities For Community Living Staff

The Edmonton Down Syndrome Society is excited to offer this workshop, presented by Alison Foxford, R.SLP (C).

It is intended to increase staff confidence in identifying risk factors and potential signs of swallowing disorders (dysphagia) in people with developmental disabilities, including those with Down syndrome. This workshop is offered to you on Saturday, Feb 29, 2020 from 9 to 11:30 am at the EDSS office (9139 39 Ave NW).

Special registration fees for community living staff:

- Early bird registration (**on or before Feb 1**): **\$50**
- Late registration (**after Feb.1**): **\$75**

People with dysphagia are at increased risk for life-threatening incidents including choking and aspiration pneumonia. Unfortunately, the signs and symptoms of dysphagia are often overlooked or confused with other issues for people with developmental disabilities, even though swallowing disorders are more common for this population. This course is aimed at helping staff become more familiar with dysphagia to ensure that they receive medical intervention to reduce risks of negative outcomes and to increase quality of life for these individuals.

Upon completion of the course, the learner will:

- understand what dysphagia is
- recognize who is at risk and why
- have a basic understanding of the physiology of the swallow
- be able to identify signs and symptoms of a dysphagia
- know how and where to access information and help
- understand what to expect from a formal assessment
- be aware of recommendations that may be made and how to facilitate them.

Alison Foxford has been a Speech-Language Pathologist for over 15 years, graduating from University of Alberta with her Masters in 2003. Her interest in becoming an SLP began while working at a group home for adults with developmental disabilities. She has worked in adult neurology and swallowing disorders at the Glenrose hospital since 2005 but has always maintained an interest in providing communication services to people with Down syndrome. Her focus is on functional communication goals and community access building towards independence and increasing social communication skills.

Please use this link to

register: <https://www.gifttool.com/registrar/ShowEventDetails?ID=2303&EID=28029>

Questions can be forwarded to alisonfoxford1@gmail.com



People With Autism Explain What Stimming Feels Like

Stimming, or self-stimulatory behaviors, are behaviors people with autism may exhibit to counteract an overwhelming sensory environment or alleviate the high levels of internal anxiety, according to Temple Grandin's post in Autism Digest. Some examples of stimming are rocking, spinning, pacing, repeating words or flapping of arms or hands.

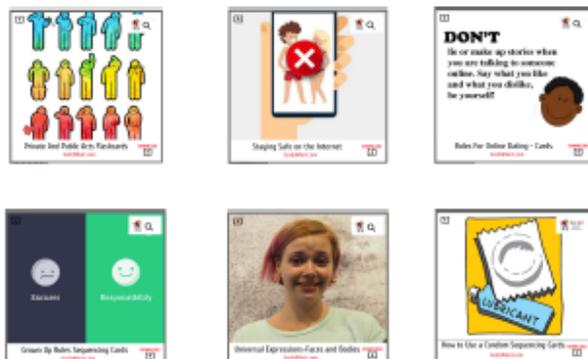
Autistic people aren't the only ones who stim, although occasionally people on the spectrum stim in more obvious ways and may attract attention. Many people have a hard time grasping why someone would stim. We asked our readers with autism how they explain what stimming is like.

This is what they had to say:

1. "It helps my body regulate the sensory information of the world." — Laura Ivanova Smith
2. "You know how when you're cooking something on a stove, you sometimes move the lid slightly off the pot to let the steam out? How you put pressure on a bleeding wound to get the blood flow to stop, or at least lessen? For me, stimming is that relief and release — the preventing of inward things from exploding or running out by doing things outwardly to soothe the inward." — Paula Gomez
3. "Stimming is like turning down the radio when you think you smell something burning. It's a way of turning off the other senses so you can make sure nothings burning." — Lamar Hardwick told The Mighty in an email
4. "Sometimes when I feel overwhelmed, upset or angry, I need to let it out. I feel antsy when I'm overstimulated, so I need to move around and let out some noise. It's the only way I know how to cope. It calms me down. A common one for me is humming loudly to myself (sometimes with my ears plugged or covered) and most commonly, I'll bounce my leg. It's involuntary, so I don't always realize I'm bouncing my leg. It bothers some people, but I can't help it." — Sydney Brown
5. "What's it like to stim? You tell me. Most non-autistic people impulsively tap their feet, drum their fingers or let out exasperated sighs. They're all-natural forms of self-expression. The theory behind autistic stimming is the same — we're just the ones who get called out for expressing ourselves more visibly than you!" — Chris Bonnelo from Autistic Not Weird, told The Mighty in an email.
6. "Sometimes the sensory input gets too much, and I feel like I might explode. Stimming releases the tension and makes me feel a lot calmer." — Lucy Clapham
7. "It's the ability and opportunity to shut out external effects. I can tune into myself, reign in my energy and feel completely wrapped and enveloped in my own bubble of comfort and total relaxation. It helps ground me to reality, breathe, slow down and soothes my nervous system that is overtaxed. At best, I feel like there is no one else around and I am completely calm, free and one with the world." — Laura Spoerl
8. "It's a comforting thing to do. Neurotypical people probably understand and do similar things, but the difference is that autism stims feel more necessary and trying to stop them causes unpleasantness for us. It makes me feel uncomfortable when [it] cannot be done." — Elizabeth Alford
9. "It's a combination of habit and releasing build-up of stress or internal energy in the body. It isn't something you do only when you have anxiety or negative feelings, it feels good. Its kind of necessary." — Planet Autism
10. "When I'm stressed and overstimulated, I quietly hum or groan. When I'm extremely happy, I smile a 'Cheshire Cat' grin, rock back and forth and voice a little. Stimming is comforting, and it lets off pressure from good and bad emotions. I don't necessarily think 'I need to stim,' I just do." — Rachel Mills
11. "Stimming is like breathing... just as natural, just as important." — Katy Kenah



SPECIAL NEEDS TOOL BOX CARD SET



5 EDUCATIONAL THEMES

1) Private and Public

This theme includes **Private and Public** laminated flashcards, as well as **Appropriate Self Touch Sequencing Cards** for Boys and Girls.

2) Boundaries & Safety

This theme includes **Friendly versus Friend Cards**, as well as an activity about **Staying Safe on the Internet**.

3) Dating & Consent

This theme includes **Rules for Online Dating Cards**, as well as **Dating Cards**, which provide fun ideas for dates. This category also includes **Steps to Asking Someone Out Cards**, as well as **Rules for Consent Cards**. Finally, this theme includes **Grown Up Sequencing Cards**, which teach individuals with special needs basic grown-up rules.

4) Body Language and Flirting

This theme includes **Universal Expressions: Faces and Bodies**, as well as **Reading Body Language: Flirting Cards**.

5) How-To Sequencing Cards

This theme includes four Sequencing Card sets, the first illustrates **Menstrual Hygiene**, and the second illustrates **How To Use a Condom**. The remaining two Card sets describe how to safely **Masturbate** for Boys and Girls.

- WHAT ARE ACTIONS THAT YOU SHOULD DO IN PRIVATE, OR IN PUBLIC?
- HOW CAN YOU DIFFERENTIATE BETWEEN A FRIEND AND SOMEONE WHO IS BEING FRIENDLY?
- HOW DO YOU STAY SAFE ON THE INTERNET?
- HOW SHOULD YOU NAVIGATE ONLINE DATING?
- HOW DO YOU READ BODY LANGUAGE WHEN FLIRTING?
- HOW DO I TAKE CARE OF MY MENSTRUAL HYGIENE?
- HOW DO I USE A CONDOM?
- HOW DO I ASK FOR CONSENT?

CONTENTS:

- 5 EDUCATIONAL THEMES + 16 LAMINATED CARD SETS WITH IMAGES

SUGGESTED GRADE LEVEL:

Elementary + individuals with special needs

PRICE: \$690

These cards were designed to teach students with social impairments, particularly those with Autism, Asperger's Syndrome, or other special needs, about behaviours, staying safe, body language, and self-care.



Autism Language Launcher: A Parent's Guide to Helping Your Child Turn Sounds and Words into Simple Conversations

Author: *Kate Wilde*

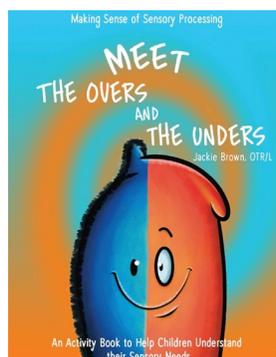
This book guides parents in helping their autistic children to talk by using games that aid with language development. By responding to issues such as echolalia, scripting and repetitive language in an accessible and simple manner, Wilde provides answers that will help in their success.



Take Charge of Anger

Author: *Gill Hasson; illustrated by Sarah Jennings*

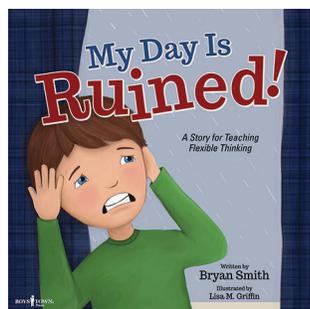
Everyone gets angry, including kids. But when anger strikes, it can often feel overwhelming and hard to control. In this picture book, readers find ways to manage their emotions and feel calmer.



Meet the Overs and the Unders

Author: *Jackie Brown, OTR/L*

Discovering whether someone is over- or under-responsive helps determine what sensory tools will best meet their sensory needs to help them feel more comfortable and confident.



My Day is Ruined! A Story Teaching Flexible Thinking

Author: *Bryan Smith*

Kids who have trouble adjusting to the unexpected and tend to overreact can learn four steps for flexible thinking. Learning how to react appropriately to challenging situations is an important executive function skill.



Best Tobogganing Hills in Edmonton

It's true, we are a winter city. And the key to surviving the days until the sun shines for longer than 9 hours is to get out there and have fun! So bundle up and grab a helmet and check out the best tobogganing hills in Edmonton!

These hills are maintained by the City of Edmonton with safe run-outs, reduced hazards and safety signs:

Emily Murphy Park

Where: Emily Murphy Park Rd. and Groat Rd.

Gallagher Park

Where: 97 Ave. and 92 St.

Government House Park

Where: Groat Rd. and River Valley Rd.

Castledowns Park

Where: 11520 - 153 Ave

Rundle Park - ACT Hill

Where: 2903-113 Ave.

Rundle Park - Walton's Mountain

Where: 2903-113 Ave.

Whitemud Park North

Where: Keillor Rd. and Fox Drive

Need a map? Here's a link to [Tobogganing Hills in Edmonton!](#)





Registration & Program costs for Youcanride2.ca

Registration for all programs opens on January 5, 2020, at 12:00 PM. You do not need to provide payment today to register for any of our programs - costs are listed here for your information only.

To register for Borrow a Bike 2020, [click here](#). Available to children ages 3-20. Therapist referral is required.

- -Borrowing a bike costs \$300 seasonally (March/April 2020 through September 2020) or \$500 annually (March/April 2020 through March/April 2021).
- -Through various refunds, costs can be reduced to as low as \$25 for a seasonal rental or \$50 for an annual rental with full participation, and low-income support is available.
- -Borrow a Bike includes full fitting services with professional therapists and mechanics, free repairs and tune-ups for the year, and various other benefits.
- -To register for Learn to Ride 2020, [click here](#). Available to children ages 8 and up. Therapist referral required.
- Learn to Ride costs \$125. \$100 of this can be refunded upon completion of the program.
- Includes six sessions with instructors, therapists, and mechanics.

Event Dates & Volunteering

All events take place at the Goodwill Impact Centre (11415 168 Street, Edmonton) unless otherwise noted.

Adaptive Bike Fair - January 24, 1:00 PM - 6:00 PM

Required for first-time participants in Borrow a Bike, or for returning Borrow-a-Bike participants looking to try a new bike

- -Explore adaptive cycling options with selections from our rental fleet.
- -Your therapist will make an appointment for you
- -If you do not have a therapist, a volunteer may be available. Please contact info@youcanride2.ca if you believe this applies to you.
- -To see available volunteer positions, [click here](#).

Bike Fitting Days - March 14 and April 4, 10:00 AM - 5:00 PM

Required for all Borrow-a-Bike participants.

- -A professional therapist and mechanic will work with you and your child to customize your assigned bike to best fit your needs.
- -By appointment only.
- -To see available volunteer positions, [click here for March 14](#) and [here for April 4](#).

Learn to Ride checkouts - January 23, 4:30 PM - 6:30 PM

Required for Learn to Ride participants.

- -Short initial assessments of your child's cycling ability. Therapists are on hand to assist, and access to supporting hardware is available.
- -Volunteer opportunities are not available to the public for this event.

Learn to Ride course - Every Thursday from May 7 to June 11 (inclusive), 6:00 PM - 8:00 PM

Required for Learn to Ride participants. These are the course dates for Learn to Ride. They occur outdoors at Gold Bar Park on Thursday evenings. To volunteer, [click here](#).

Volunteer orientation is on April 23, 4:00 PM-8:00 PM, and a police check is required to volunteer as a bike runner.





The Great Balanzo In Concert!

\$18 Adult • \$15 Child

Call our [Box Office](#) at 780-459-1542 or
[order online](#) (additional service charges apply)

FREE pre-show activity begins at 1 PM in the lobby
of St. Albert Place.



The Great Balanzo turns the everyday into an adventure with a circus and comedy show for the whole family. Join one of Edmonton's favourite artists as he steps onto the big stage with a character-driven performance that is loaded with exciting and highly visual content including physical comedy, championship juggling, big balances, vaudeville classics, levitation and more!

The Great Balanzo is played by Aytahn Ross – one of Canada's premier circus personalities. More than a million people in 13 countries have enjoyed his live performances. A bilingual artist, he's had repeat invitations to Montréal's famous Just For Laughs comedy festival, performed solo for the Governor General of Canada, has been featured with the Edmonton Symphony Orchestra... and once... *Monty Python's* John Cleese said "hello" to him!

Dufflebag Theatre presents Beauty and the Beast

\$18 Adult • \$15 Child

Call our [Box Office](#) at 780-459-1542 or
[order online](#) (additional service charges apply)

FREE pre-show activity begins at 10 AM in the lobby
of St. Albert Place.



When a handsome but arrogant prince insults a mysterious old woman who appears at his door one rainy night, he finds himself magically transformed into a "horrible, nasty Beast!" The spell can only be broken when he learns to love another more than he loves himself. Fortunately, fate sends a bright and beautiful village girl, searching for her missing father in the forest, towards the hidden castle. Does the Beast learn his lesson and redeem himself before it's too late?

Toronto-based Dufflebag Theatre's refreshing adaptation of this timeless classic is guaranteed to ring a "Belle"! Since 1992, the "Nearly World-Famous" troupe has travelled the globe performing around 600 shows every year. With wit and humour for all ages, Dufflebag creates theatrical magic by spontaneously inviting audience members into the show to play the main parts! The result? An exciting, interactive and unique experience for all.





The TELUS World of Science Edmonton hosts regular Sensory-Friendly Screenings in the IMAX Theatre. The lights will be up, the volume will be lower, and the film will be shown in 2D, so special glasses will not be required. Guests are welcome to come and go throughout the show and a relaxation zone will be available in the lobby. Individuals accompanied by a support person can present a valid Access 2 Card and receive free admission for their support person.

Upcoming Events:

Saturday, January 11, 2020 – *Beavers*

Saturday, February 8, 2020 – *Back From The Brink*

Saturday, March 14, 2020 – *Butterflies*

IMAX Sensory-Friendly Screening:

When: The second Saturday of most months

Time: 10 am

Where: TELUS World of Science Edmonton, 11211 – 142 Street, Edmonton

Website: telusworldofscienceedmonton.ca



Celebrate the wonder of the white stuff with World Snow Day at Snow Valley Ski Club! On Sunday, January 19, 2020, there will be loads of special activities designed to get kids excited about our snowy climate, including a scavenger hunt, family fun races and a hot chocolate station! Snow Valley Ski Club has participated in every Snow Day since 2012, and the event's entire mission is to bring children to the snow!

World Snow Day at Snow Valley Ski Club:

When: Sunday, January 19, 2020

Time: 9 am to 5 pm

Where: Snow Valley Ski Club,
13204 – 45 Avenue, Edmonton

Website: www.snowvalley.ca





Learn to love the snow at the South West Ski Fest! Did you know there are over 10 kilometres of cross-country ski trails in the Blackmud Creek area? On Saturday, January 25, 2020 you can try out cross country skiing or showshoeing for free! The River Valley Program Team will be there with skis and snowshoes to lend! Then, warm up by the fire or inside the hall with some hot chocolate and chili, as city Community Leagues face off who see who can cook the best chili in the South West!

South West Ski Fest and Chili Cook Off:

When: Saturday, January 25, 2020

Time: 11:30 am-3:30 pm

Where: Royal Gardens Community League,
4030 – 117 street, Edmonton

Website: www.facebook.com



Too cold? Too windy? Too wet? Too hot? (no really, it happens!) for spending an extended time on the playground? Fear not, weary parents – it's the Family Fun Edmonton ULTIMATE Guide to Indoor Playgrounds! Keep this guide handy for when you need to get away from the great outdoors!



SUPPORTED BY DONATION
Come & Pay What You Can

arts on the ave presents
Deep Freeze
A BYZANTINE WINTER FESTIVAL
UN FESTIVAL D'HIVER BYZANTIN

JANUARY 11 & 12, 2020

Between 90-95 Street
on 118 Ave • Edmonton, AB

Embrace all things Winter in YEG!

DeepFreezeFest.ca

Arts on the Ave is proud to present the 13th annual **Deep Freeze: A Byzantine Winter Festival** featuring, *Under the Frozen Sea*.

Join us **Saturday, January 11th & Sunday, January 12th, 2020** and embrace the cold northern climate by enjoying artistic panache and authentic cultural and heritage winter games and fun.

CASTLE DOWNS
PARK PAVILLION
11524 153 AVE

WinterFest

JAN 19, 2020
Noon - 3PM

KICKSLEDS, SNOWSHOEING, SKATING
HOT CHOCOLATE
& THE ANNUAL PALLET PARADE!

WWW.CASTLEDOWNS.CA
#WINTERFESTYEG
CASTLE DOWNS RECREATION SOCIETY

WinterFest

The Great Pallet Parade

WHEREAS CDRS IS TASKED WITH PROVIDING RECREATIONAL OPPORTUNITIES FOR THE CITIZENS OF CASTLE DOWNS; WHEREAS WE LIVE IN A CITY THAT IS COVERED BY SNOW AND ICE FOR AT LEAST ELEVEN AND ONE HALF MONTHS OF THE YEAR;

WHEREAS WE ARE GROWING OUR TRADITION OF HOSTING A WINTER FESTIVAL TO CELEBRATE OUR MAJOR SEASON;

WHEREAS WE NEED A UNIQUE EVENT TO ANCHOR THE FESTIVAL TO DRAW INTEREST AND NEW PARTICIPATION TO MOVE THAT CDRS ESTABLISHES AN ANNUAL PALLET PARADE TO BE HELD DURING THE WINTER FESTIVAL;

THEIR'S WILL BUILD AND DECORATE A PALLET. THEY WILL THEN PUSH PULL, DRAG AND SLED ALONG A PATH. THINK OF A ONE-AT-A-TIME PARADE. THE BIG IDEA IS TO GET PEOPLE TO WORK TOGETHER AND BE OUTSIDE DOING SOMETHING PRETTY STUPID.

"HACK, WHEEL PRICES, SHROOF"

BEST DECORATED CORPORATE SLED.
MOST COMMUNITY MEMBERS ON A SLED.
BEST DECORATED FAMILY SLED - 1 AM SPONSORING THIS CONTEST AND WHEE HAWRD A GRAND PRIZE FOR THE BEST DECORATED FAMILY SLED. (PRIZE WILL BE A PIZZA PARTY)

THE RULES WILL BE:

- EACH SLED MUST BE BUILT ON A STANDARD WOODEN PALLET (40" X 48"). UP TO THREE PALLETS MAY BE USED AS A BASE.
- THE PALLET MAY HAVE RIBBERS ATTACHED TO HELP IT SLID OVER THE SNOW.
- THE DATIO OF RIBBERS (OR PROPELLERS) CANNOT EXCEED FIVE PROPELLERS (YES THAT'S A REAL WORD) FOR EVERY ONE RIBBER.
- YOU CAN'T HAVE ONE RIBBER AND SIX PEOPLE PULLING.
- THE SLED MUST BE ABLE TO BE PROPELLED A DISTANCE OF 40 METERS.
- IT MUST BE PEOPLE POWERED ONLY. NO ENGINES. NO DOG TEAMS. NO CATS.
- THE PALLET MAY NOT BE HIGHER THAN 75 CM ABOVE THE GROUND.
- THE SLED (INCLUDING RIBBERS) MUST NOT WEIGH MORE THAN SIX AFRICAN ELEPHANTS.
- THE MAXIMUM HEIGHT IS 60 METERS. BLAHHH WIDTH IS 3 METERS. MAXIMUM LENGTH IS 1250 METERS.
- ALL PARTICIPANTS WILL SIGN A WAIVER ACKNOWLEDGING THAT THEY ARE AWARE THAT THIS IS STUPID AND IMPENDING DEATH IS HIGHLY LIKELY.