



September 2005

# Over the Rainbow

Newsletter of the NONA Child Development Centre

## New Building Starting to Take Shape



If you look at our new building these days, you will notice big developments! With almost three floors complete, and the roof to be on before the snow flies, things

are certainly progressing. Staff hope to move into the new building by April 1, 2005.

We are still fundraising and there are some upcoming events we hope you will support.

The Campaign Office will be holding a **tile-making session** on **Friday, October 14, 2005** from **noon until 5pm** to complete the **Community Donor Wall**.

There are only 150 tiles left and they are \$5.00 a tile. Please phone **Maureen** at **542-9015** to get your name on the list so you don't miss out.

**Bruce Young, Site Manager**, will also conduct



*Bruce Young, Site Manager from Maddocks Construction describes plans to NONA staff during a recent tour of new building.*

“hard hat tours” of the new facility from 1pm to 5pm. Please wear good shoes! Hard hats will be provided.

From **September 16 to November 11, 2005**, the **Fraternal Order of Eagles** is hosting their **Karaoke Nights** at the **Eagles Hall** on **Okanagan Avenue** every **Friday night**.

Each Friday night is a karaoke competition for local amateur singers. Their goal is to raise \$10,000 for the Treehouse Project.



*Shirley McGee goes over the plans with Bruce Young, Site Manager while atop the 2nd floor.*

**NONA  
AGM**

### **Annual General Meeting**

**Monday, October 17, 2005**  
**at 7pm in the NONA gym**

## Between the pages..

Hope everyone had a relaxing summer. It has been a busy summer with a lot happening with the construction of our new building. It's amazing to look outside my office window and see the rapid progress.

Inside NONA, our fall groups are up and running, and referrals keep coming our way so we are as busy as ever!

It's that time of year when we mail out **Client Satisfaction Surveys** to you. We have revamped our survey so that it is shorter and will take you less time to fill out. Please help us to serve you and your family better by taking the time to complete it and mail it back to us with the provided self-addressed stamped envelope. You can also fax it back at 549-3771.

Our **Annual General Meeting** is set for Monday, October 17, 2005 at 7pm in the NONA gym. This will be the last annual general meeting in our current building.

*Helen Armstrong*, Executive Director



*Bruce Young, Site Manager from Maddocks Construction, secures the first beam of our Centre's Entrance.*

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### NONA Board of Directors

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*Questions about the New Crown Agency CLBC?*

### WONDERING ABOUT CHANGES FOR RESPITE CARE AND AUTISM SERVICES AT NONA?

**COME OUT AND HEAR  
JOHN KEHLER- PARENT ADVOCATE  
at NONA on WEDNESDAY, NOVEMBER 23<sup>rd</sup>  
FROM 7pm - 9 pm**

*John Kehler is the proud parent of a teen with special needs and a parent advocate who has spent the last four years being part of the creation of CLBC. This year he is on the Children's Transition Committee and currently chair of the Board of the British Columbia Association for Community Living. - BCACL.*

If you have any comments, contributions (stories, jokes, etc.) to this newsletter, please contact Heather Todd at 549-1281, or email [accreditation@nona-cdc.com](mailto:accreditation@nona-cdc.com).

We welcome your feedback!

**Visit our website at**

**[www.nona-cdc.com](http://www.nona-cdc.com)**

# P r o g r a m   U p d a t e s

## Physio/Occupational Therapy

-Maureen Thiel, Marie Shabits,  
Sally Bassett & Diana-Marie Gerty

Happy fall! We hope everyone had a good summer with lots of play and friends to share it with. Our staff has had some summer playtime too and we are now swinging into high gear to get fall programs up and running.



**Diana – Marie Gerty** provided some extra Occupational Therapy hours over the summer, made possible by special funding for wait list reduction. That has now ended and she continues to work with the Autism Services Program.

### PT/OT Regular Work Schedules:

- **Diana Marie Gerty**, Autism Services Program Occupational Therapist: Wednesdays & Fridays
- **Marie Shabits**, Early Intervention Occupational Therapist: Mondays, Tuesdays & Wednesdays
- **Sally Bassett**, Physiotherapist: Tuesdays and Thursdays
- **Maureen Thiel**, combined Occupational and Physiotherapist: Full Time

While summer service slowed with vacations, referrals continued to roll in. From June 1 to September 15, 2005, we have had **38 new referrals**. This

has left us scrambling and we're sorry that contacting and screening new clients has had to take time away from old friends. If you have not heard from us and you have questions, concerns or need an update, please call and we will do our best to fit you in.

## Infant Development Program

-Susan Wells & Denise Wright

Imagine – this is the last IDP September newsletter update **FROM THE HOUSE !!**

Summer is over and we had a great turnout at the Parks. Thanks to all of you who turned out and enjoyed yourselves. We'd welcome your suggestions for future summer ideas/activities. Please feel free to speak with the staff.



An excited Tyler MacKinnon checks out the animals during the Chickadee Ridge Ranch outing in Armstrong.

And now for Fall...On September 19 & 20, **Let's Play 2-year-old groups** began. Both groups are filled, with 10 children registered in each group.

Since September 8, 2005, we have been running our **Connections Drop In Playgroup**. Remember - the **1<sup>st</sup> and 3<sup>rd</sup> Thursdays** are for children **under 2 years**; the **2<sup>nd</sup> and 4<sup>th</sup> Thursdays** are for children **2 years and older**. Time is from 9:30am

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to 11:00am and it is a great place for families involved with NONA programs to connect with each other. Coffee and tea are always on!

**Mother Goose** begins **October 12<sup>th</sup>** from **10:30am to 12:00pm**. This is for families with babies under 1 year who are involved with either the **Infant Development** or **Physiotherapy Programs**.

We will be celebrating **Family Week** Oct. 4– 10th. This is an opportunity for all of us to take some special time with our families. If you have any interesting ideas, please share them with us so we can pass them on to other families. We have much to be thankful for and to celebrate in our wonderful community and country!

## Speech & Language Program

*-Shari Shabits & Stephanie Lockwood*

Welcome back! We have had a very busy summer in the “Speech” department! Shari returned to work in mid-June, after a month’s leave, to find her office being moved! With construction starting on our new building, the SLP department has swapped spaces with reception. We actually have come full circle, as the “new” SLP therapy room was the original SLP office/therapy room several years ago. We are delighted to be back in the

same area of the building as Physiotherapy, and our “new/old” therapy room is larger – this makes it possible to have more small groups (up to 4 children at a time). This will give us more options as we continue to work on ways to reduce waiting time for therapy.



*Shari enjoying Annie Kalin’s company at Kin Beach during our Summer in the Parks program.*

Shari and Stephanie both took some holidays in August, but scheduled our holidays so the department had at least one staff member working throughout the summer. We both went out to play in the park this summer though, and had lots of fun. We hope you all had a refreshing summer and are ready to get back to routine. We are both back to our regular hours now and getting organized for fall.

This is the beginning of cold and flu season, and children are already starting to pass the bugs around. This is a good time to remind everyone to stay home if you or your child is sick or getting sick. What does that mean? Cough, runny or plugged nose, sneezing, fever, nausea or vomiting are all reasons to keep your child at home. We want children to be in good health so they are best able to learn – and we also want to keep the bugs from spreading! We have several children who get sick very easily and take a long time to get well. Staff members get sick too, and we don’t want to have to cancel your child’s therapy ourselves. So please, cancel your session if you or

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your child aren't well. And don't forget to call to let us know!

## Supported Child (Care) Development Program

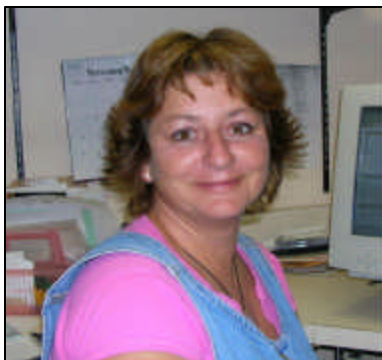
*-Darlene Wolsey, Laurie Russell, Shirley McGee, Lorri Hutchinson, and Teresa Deleurme*

As we head back into the fall season, the Supported Child Development Program is keeping busy with the changes to family and child care setting needs and schedules.

We would like to thank the families that donated several large items to our toy lending library. Thanks very much!

**Tracey Greatrex** continues to be on a medical leave with hopes that she will be back sometime in December, if all goes well. We wish her well.

We would like to introduce **Teresa Deleurme** as our newest Supported Child Development Consultant. She will be temporarily working part-time in our office at 3.5 days a week.



*Supported Child Development welcomes Teresa Deleurme, as a new consultant.*

Teresa is a familiar face around the Child Development Centre, originally working as a Special Needs Educator in our old preschool, and in the past four years as a Behaviour Assistant in the



*Shirley McGee presents material about Ages and Stages Questionnaires at a recent caregiver workshop at NONA.*

Autism Services Program. She is a certified Early Childhood Educator, a Special Needs Educator, and a Certified Teacher's Assistant.

In other news, during the Spring of 2005, **Shirley McGee** and **Laurie Russell** received training in Eugene, Oregon on

the **Ages and Stages Questionnaire, Ages and Stages Questionnaire-Social Emotional** and the **Assessment, Programming and Evaluation System for Infants and Children (AEPS)**. They are now offering four workshops to caregivers and NONA staff.

## Music Therapy Program

*-Heather Todd*

Music therapy sessions continue to fill the halls of NONA with wonderful sounds. Plans are in the works to combine forces again with Supported Child Development to offer group music sessions at a couple of preschools this fall.



*Kira Alder checks out the mallets and drum during a music session.*

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In additions, **Shari Shabits**, one of our Speech Language Pathologists will be joining some individual music therapy sessions to offer consultation to parents, as well as to assist me in addressing the communication needs of the children that I see. I think this will be a great combination!

## Autism Services Program

### Note to parents of children diagnosed with Autism Spectrum Disorders (ASD).

Children diagnosed with ASD are eligible for individualized funding from the **Community Living Services (CLS)** Office of the Ministry of Children and Family Development. For children under the age of six services can only be purchased from an agency or professional on the **Qualified Service Providers List** which is maintained by Autism Community Training (ACT) under contract with the Ministry of Child and Family Development. **NONA Child Development Centre** meets the criteria to be listed on the Qualified Service Providers List.

NONA Child Development Centre is presently offering services to children **under the age of six** and children **over the age of six**. Our NONA professionals with the input of parents develop a **Behavioural Plan of Intervention** that promotes developmental growth with both broad and specific goals related to improving daily living skills and increasing independence in a social or school environment and at home.

The comprehensive intervention program is based on the Best Practices guidelines outlined by MCFD.

For more information regarding obtaining funding for our programs and / or more information on our programs contact **Lorraine Donald, Family Support Social Worker** at **549-1281 ext. 215** or email [family.support@nona-cdc.com](mailto:family.support@nona-cdc.com).

## Respite Care Program

*-Margaret Hudson & the Respite Care Team*

As of July 1, 2005, NONA Respite services (and autism services) are under a new Crown Agency called **Community Living British Columbia** or **CLBC**.

Change is ahead and this can create new opportunities, be exciting, be confusing, be scary and uncomfortable, or be all of the above!



**Helen Armstrong**, our Executive Director has asked me to keep NONA up to date on the changes. So far, I have been to a two-day conference and an information meeting both sponsored by CLBC. I have also done lots of reading on the CLBC website and have met some of the senior staff and Board of CLBC. The new agency intends to be more open and accountable to those they serve and has a wonderful vision of true inclusion in community life for everyone with special challenges. But as with anything new, there are still lots of unanswered questions as to how this will all unfold and where all the pieces will fall.

If you want to know more about these changes:

- Check out the CLBC website at

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[www.communitylivingbc.ca](http://www.communitylivingbc.ca)

- Or call the toll free CLBC call centre at 1 - 877-660-2522
- Talk to your Community Living Social Worker
- Talk to me (549-1281)
- Come to a special NONA information evening with **John Kehler**, parent and advocate (see notice in this newsletter)

As we move into change, our promise is to give you the best service possible whether under the old model or the new.

## Just a reminder...

As groups at NONA are up and going again, **please don't bring your child if he/she is not feeling well.** We often have children attending who can get sick very easily as they have fragile little immune systems.

## Family Support Program

*-Lorraine Donald, Family Support Social Worker*

Hope everyone had a great summer. I really enjoyed connecting with families at the water park at Polson Park and families at the NONA Family picnic this summer. It is so nice to see families getting together, connecting with each other and having fun. The Family Support Program recognizes the value and importance of families connecting with each other, and therefore offers two Parent Support and Educational Groups.

The groups (1) For **Parents of Children with Special Needs** and (2) for **Parents with Children with Autism Spectrum Disorders** or



**Related Disorders** are a great place to express your concerns, learn about services and benefits, gain support and information.

New members are always welcome, so come out and join us and/or take in one of the educational

topics. On **Monday, October 3, 2005**, **Diana Gerty**, **Occupational Therapist** will be doing a presentation on **Introducing Positive**

**Behaviour Support** as it relates to self-care routines (feeding, toileting, dressing) at the group for parents of children with ASD or Related Disorders.

The Family Support Program is offering a series

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of **Sibshops** over the fall and winter months. Sibshops are best described as events. Brothers and sisters of children with special needs have an opportunity to meet other siblings in a relaxed, safe environment. Information and discussions at Sibshops are interspersed through lively fun activities and games. **Please contact me for dates and times.**

The goal of the Family Support Program is to provide services to meet the need of individual families. I am hoping to connect with families on a more regular basis to discover your needs and provide information regarding the wide range of support services offered by the program.

Reminder: All families of children with special needs (birth to 18 years of age) can access the Family Support Program for support and information by phoning me at 549-1281 ext. 215 or my email family.support@nona-cdc.com.

## Step Right Out



The days are getting cooler and shoes are now a must for all the busy bodies who want to be outside. Shoes come in many shapes, sizes and prices. For key points to look for, see “Shoe Sense For Small Feet” on our website (click on Physio – Occupational Therapy) or ask a staff member for a copy.

Many of the hiking – type boots offer good sup-

port and have a slip – free bottom. **CHECK** to make sure that the shoe bends at the ball of the foot. **If the size is right and the shoe is yours,** you can do some “custom” fitting to make the boot more child – friendly.



*Pippa Lord & Emma Kalin enjoy petting the guinea pigs during the Chickadee Ridge Ranch outing.*

**Does the tongue buckle or drift?** Cut two slots in it with sharp scissors or an exacto knife and thread the laces through. This keeps the tongue in place as the shoe is going on. It works best about halfway up the tongue.

**Hard to get the foot into the shoe?** Snip the base of the tongue a little further at both sides for a wider opening.

**Lots of wrinkles in the tongue?** Snip along both sides of the tongue about 1/4 inch deep and 1/4 to 1/2 inch apart. This will let the sides spread over the bent ankle while the middle stays smooth.

## Music for Everyone!

*The Chris Madsen School is now offering a wide variety of music programs for all abilities. Program director, Timothy Verhey has over 30 years of music experience as well as five years as a Certified Education Assistant. Programs offered will include certain instrumental instruction (individual & group), music appreciation classes, and choir. The school has ground level entry for easy wheelchair access. For more information, contact Timothy Verhey at the Chris Madsen School at 558-0010.*

