

# JANET'S CORNER

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Over the past several months I have worked with the Board of Directors and our lawyers to develop new governing bylaws and governance policies to support these bylaws. We aim to have revised and modernized bylaws and policies that reflect good governance practices to help us clearly govern and operate the organization. I am pleased that our committee is keeping to our goal timeline. Our next steps are to consult with those who participated in the member engagement process in the summer months and then share these documents with the whole membership before the AGM.

We are also recruiting a volunteer to join our Board Nomination Committee. Please let me know if you are interested and available for about 12 hours in early March for Board candidate interviews.



*Janet Tryhuba*

Executive Director

If you have questions, please don't hesitate to contact me.

Last week we also shared the EDSS Bowling League's Pub Night fundraising event is taking place on Feb. 10th at the Canadian Brewhouse in Ellerslie.

Get your ticket and come on out to support this group if you can!

You might meet someone new to EDSS!

I would like to invite you to review the available Sponsorship Opportunities for the Walk For Down syndrome.

If you know a company that we should invite to sponsor, please let me know.

## Tutoring Services

We have tutoring services available to our members from elementary to high school in all courses.

Saturdays 10:00am - 3:00pm

1 Hour sessions

Tutoring Fees \$50/hour

If interested please contact Julie for available times. [julie@edss.ca](mailto:julie@edss.ca)





**TO JOIN US FOR WONDER YEARS!  
A WORKSHOP FOR BOTH PARENTS.**

**SATURDAY APRIL 20, 2024**

**9:30 AM - 3:30PM**

HOPE CITY CHURCH

2225 66 STREET NW, EDMONTON, AB

FIRESIDE ROOM

**RSVP TO OUR DOWNRIGHT LUCKY TEAM**

**by April 1st - [vpt@edss.ca](mailto:vpt@edss.ca)**

- Come and connect with other families who are new to the Down syndrome community.
- Learn to navigate the Down syndrome journey
- Hear from families with children who have Ds
- Lunch and qualified childcare will be provided

Please let us know how many adults and how many children by age will be attending



Night to Shine is a prom-night experience for people with disabilities. This year the event is being hosted at two different venues on the same night.

Bethel Lutheran Church in Sherwood  
Park is hosting an 18+ event  
register online at [bethelchurch.com](http://bethelchurch.com)

Saints Church in Edmonton is hosting a 14+ event

# PARENTS, WE WANT TO HEAR FROM YOU



## RESEARCH OPPORTUNITY: DIGITAL TOOLS FOR PARENTS ON COMMON PEDIATRIC CONDITIONS IN ED VISITS

Has your child with an intellectual disability and/or developmental disability (such as Autism Spectrum Disorder, Down syndrome, Fragile X, Rett's Syndrome, or other disability) recently been seen in the emergency department (ED)?

WE ARE INTERESTED IN LEARNING MORE ABOUT YOUR EXPERIENCES AND INFORMATION NEEDS IN THE ED.

For more information about participating in this research study, please contact our research coordinator at:

[ECHOKT@UALBERTA.CA](mailto:ECHOKT@UALBERTA.CA)



THIS STUDY IS BEING CONDUCTED AT THE  
UNIVERSITY OF ALBERTA (PRO00062904)



translating evidence in child health  
to enhance outcomes



We are a group of researchers at the University of Alberta who develop parental educational tools (that use art and digital platforms) for emergency room settings. These tools incorporate the use of stories to communicate information around common childhood illnesses. Using this new approach to deliver information to parents and caregivers, we hope to reduce uncertainty and improve knowledge around coming to the emergency department and what families and children can expect. We are interested in talking to parents/ guardians of children with intellectual and/or developmental disorders about their experiences seeking care in the emergency department (ED). We are asking that you share our recruitment poster with the families in your network so they may reach out to us if they are interested in participating.

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# Speaker Series

First session in the series

Monday February 5th

We are pleased to offer a speaker series with Judy Meintzer that will carry over for three months starting in February.

Speech, language, and literacy skills are often learned best during fun, engaging functional activities with peers. Family members understand and use new strategies to support these skills throughout the day when they have the opportunity to observe and practice together.

Participants in a playgroup once a month will have the opportunity to explore answers to their questions and learn ways to encourage speech, language and feeding development using their babies', and toddler's strengths through everyday routines and fun play activities.

Judy Meintzer SLP will be joining us once a month to:

Meet new families, model strategies that support speech, language, and communication, facilitate circle time songs and stories. address parent concerns and/or questions.

**Speaker Series will be held at the EDSS office on these dates:**

**Feb 5th 9:30 am to 11:00 am**

**March 4th 9:30 am to 11:00 am**

**April 8th 9:30 am to 11:00 am**



# PROGRAMS

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## CLUB 21 KIDS NEXT MEETING

**February 9th**

**Club 21 Kids** is a program that allows those with Down syndrome to benefit from specific social and educational strategies in a fun and supportive atmosphere. Each event is geared towards necessary skills such as encouraging friendship, positive social/emotional skills, effective communication and comprehension of social norms all while having fun!

Program is for participants ages 6 - 16 years old. Registration is required.

Fees are \$10 per event (parents and respite workers are free).

RSVP to the office [admin@edss.ca](mailto:admin@edss.ca) or call 780-944-4224 for attendance.

Fees must be paid in advance to ensure we have adequate staff.

No fees will be taken at the door.

Punch passes for 5 (\$50) and 10 (\$100) events may be purchased as well.

Club 21 huddles at our office 9139 39 Ave NW (unless otherwise stated in advance).

# EDSS BOWLING LEAGUE PUB NIGHT FUNDRAISER

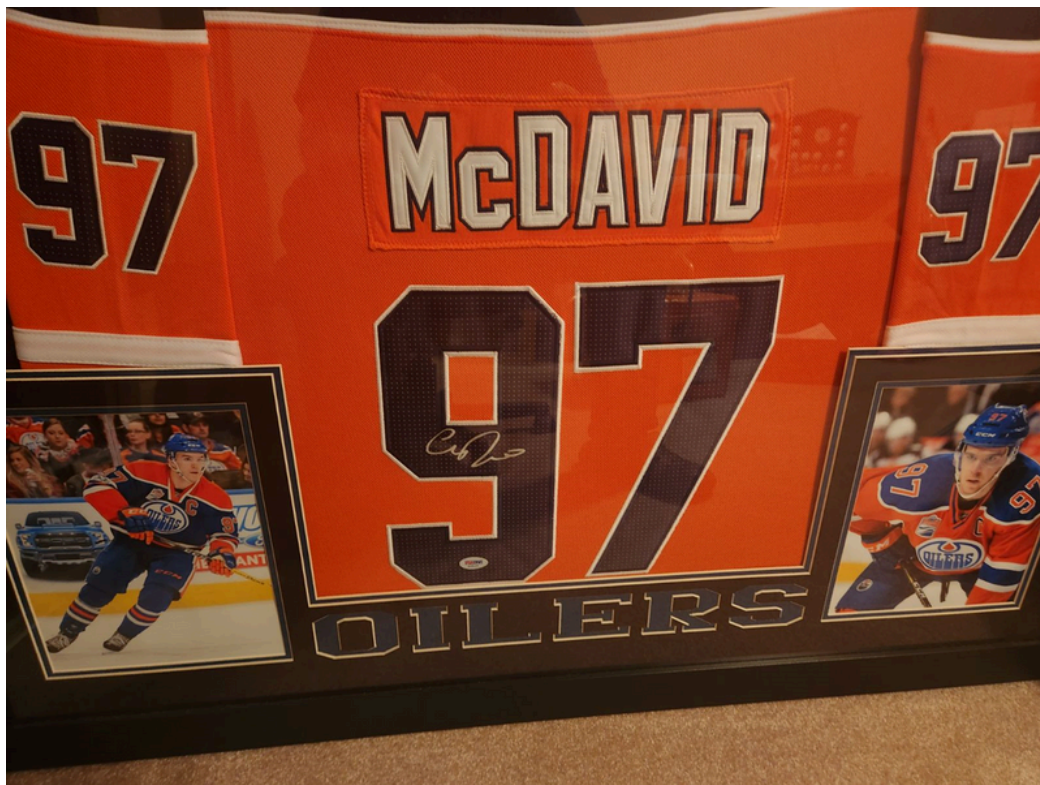
FEBRUARY 10, 2024 7:00 PM

Canadian Brewhouse Ellerslie

9530 Ellerslie Rd SW

Contact Randy Beggs 780-951-4247

For tickets and information



Sneak peek at one of the items up for auction at the EDSS Bowling League Pub Night Fundraiser



# Day Program

Building independence, confidence, and friendships with other young adults with Down syndrome and supporting them to strive, grow and learn their own endless potential at home, and in community life.

Programming is varied so as to not have participants fall behind if they are unable to attend every day.

Cost of the program is \$75 per day, with no half day fees available. Contact Amanda if fees are a barrier to attendance. The program is running until June 28, 2024. Drop ins are available with 24 hour notice.

Participants are learning tools and strategies to become responsible for their own well-being and build confidence in managing their day to day lives and build friendships that will last a lifetime.



**Program Focus for Next Week:  
Social Etiquette**

# Day Program



Our Day Program participants received a visit from Officer Gail Hetman and her partner Officer Amal Abdi.

Thank you both for dropping by it was lovely surprise!

# UPCOMING EVENTS & VOLUNTEER OPPORTUNITIES

It is shaping up to be a full year with a flurry of activities. We look forward to working with many of you to make our events and organization a success.

World Down Syndrome  
Day  
March 21



Wonder Years  
April 20

Musical Theatre  
Performance  
June 1

Walk For Down Syndrome  
June 9  
Event Day  
Volunteers Needed



Uniquely Me Gala  
Oct 10  
Event Day  
Volunteers Needed

Member Holiday Party  
Early Dec



Watch for more events and  
volunteer opportunities!



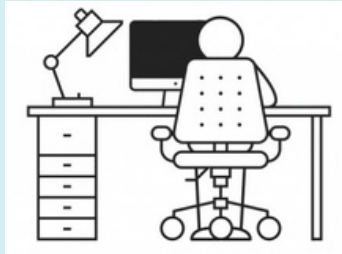
# OFFICE INFORMATION

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## Hours

Monday - Thursday  
9:00am - 5:00pm

Fridays  
9:00am - 12:00pm



PHONE 780-944-4224

9139 39 AVE NW  
EDMONTON, AB T6E 5Y2



Your paragraph  
text



If you come into the office and Michelle isn't at her desk she can be found working away to support our programs