



Family Pulse

Issue 22
January 2012

Happy New Year !....already?

I don't know about you but 2012 has started off running and is showing no signs of slowing down.

On my list of new year's resolutions is continuing great communication with my child's teacher and school; working on some dietary concerns I have for my child (and working on improving my own nutrition), getting all our financial documents in order for tax season, as well as connecting with other parents to find out how they are doing it all.

Inside this issue:

School Corner	2
Registered Dieticians	3
Year- End Financial Checklist	3
Survey on Accessing Services	4
The Bookshelf	5
Coffee Club	5
Seminars and Workshops	5

So this issue is a bit biased towards my own needs but I hope my needs are your needs too.

We want to improve our communication with you. Along with our newsletter you can also check out our facebook page for updates and events going on around the Region. We are now on Twitter @FamilyNetworkWR . Don't forget our SHINE Blog which you can get to on our website at www.waterlooregionfamilynetwork.com. So follow us to find out more about what's happening for parents, families and individuals.

Hope you enjoy this issue of Family Pulse. Please let us know if there is anything else you would like to see in our WRFN newsletter.

Waterloo Region Family Network
www.waterlooregionfamilynetwork.com
admin@waterlooregionfamilynetwork.com
519.804.1786

School Corner

TIP: find out your child's teacher's preferred method of communication and use it.

January is a great time to touch base with your child's teacher to see how your child is doing. Your child's teacher has a good idea of how your child is doing and their capabilities. You should be able to get a sense of how the rest of the year is going to play out.

January is also a good time to start thinking about next year. Once you know how things are going, you can start talking with your child's Special Education Teacher about what your child's needs will be to succeed in their academic goals in the following year.

The school may not be able to confirm what those supports are or who will provide the support, so don't be discouraged. The most important part is making sure the conversation is started about what the schools goals are for your child and what support your child will need to obtain those goals.

Keeping the conversation going and documentation of your understanding of these communications will keep your school relationship positive.

The best piece of advice I ever received was to start a conversation with the following words.....

"Can you help me better understand..."

How to have a
great
relationship
with the
school

Registered
Dietician.

Registered Dieticians

When I talk to parents it seems like our special needs children are on either side of the table , we have to monitor their intake due to a slow metabolic rate and keep their weight in check OR the exact opposite and we can't get enough calories into them to maintain a healthy weight.

Did you know that you can talk to a Registered Dietician for free.? The government of Ontario now sponsors a toll free number for people to contact a Registered Dietician to talk about dietary needs.

Call 1877-510-510-2
Or visit
Ontario.ca/eatright

Registered Dieticians are specialists that are regulated by the College of Dieticians of Ontario and are required to hold a related university degree, complete a specialized program accredited by the College of Dieticians of Ontario, as well as pass the Canadian Dietetic Registration Exam.

Year-End Financial Check List

- **Review Financial Plan**
 - Am I on track, did I work my plan?
 - Goals for the upcoming year
 - Do I need to make any changes?
 - **Disability Tax Credit**
 - Did I claim it?
 - Do I need to provide additional information?
 - **Medical Expense Receipts**
 - Benefit statements
 - Invoices for items not covered by benefit plan
 - Parking receipts for hospital visits
 - Copy of payroll stub to show deductions for benefit plan
 - Claims for expenses to take someone to hospital or medical appointments
 - Receipts for eligible treatments/therapy not covered by benefit plan
 - **Registered Disability Savings Plan**
 - Did I make this year's contribution?
 - Can I contribute more to receive more grant money?
 - **Registered Retirement Savings Plan**
 - Did I make this year's contribution?
 - Did I assess how much contribution room is available?
 - Am I able to make an additional contribution?
 - **Tax Free Savings Account**
 - Did I assess my ability to make a contribution to this account?
 - **Registered Education Savings Plan**
 - Did I make a contribution ?
 - **Charitable Gift Giving**
 - Who do I want to give back to?
- Do I need to get someone else involved ?**

Review the Year-End Checklist to make sure you have all your tax information ready.

Transitions Network Committee

The Transition Network Committee of Waterloo Region is comprised of community agencies that provide support to children, youth and adults with physical disabilities, and family members.

The committee builds community capacity through communication, education, and a shared community vision to facilitate the transition of youth with physical disabilities to adult living.

Our shared knowledge and experience helps us to bridge the gap to transition that many individuals and families face.

We look forward to using this space to help communicate some of the things that are happening in our community that relate to the transition into adulthood for youth with physical disabilities, including information about agencies and resources.

For more information about our committee, or to inquire about volunteering on the committee, contact Dan Lajoie: (519) 571-6788, dan@ilcwr.org



Integrated Access to Services Project—Accessing Services for Children and Youth—Survey

The Parent forums have been complete but there is still a survey open for you to provide your comments on what it is/was like for you to access services for your child in the Region of Waterloo.

You can access the survey at this link:

<https://www.surveymonkey.com/s/surveytoparents>

Or contact Laurie Robinson at laurie_robinson@rogers.com or at 519-635-6791 or Sue Simpson at suesimpson@waterlooregionfamilynetwork.com or at 519-804-1786 x100

Survey Link
Accessing
Services for
Children and
Youth

Parent Discussion Groups

Our first Parent Discussion Group was a great conversation, with everyone in the group learning something new.

Thanks to KW Counselling for partnering with us on this great experience for parents. The first group is coming back again!

The next parent Discussion Group is on Thursday, March 1 at 7:00pm at the Family Centre at 65 Hanson Avenue in Kitchener.

Plan to attend by registering with K-W Counseling at 519-884-0000 or online at www.kwcounselling.com

CADDA
Conference
Keynote
Speaker

CADDA Conference - Temple Grandin's Mother, Eustacia Cutler - Keynote Speaker

SAVE THE DATE

APRIL 24th, 2012

CADDA—The Community Alliance for Developmental Disabilities and Autism 2012 Conference

Hellenic Community Centre
133 Southgate Road W.
London. ON

**Keynote Speaker:
EUSTACIA CUTLER
(Temple Grandin's Mother)**

For more information visit the CADDA website at www.cadda.ca

On the Web

If you like me you are looking for great resources that will help you save time and money! You have got to check this out:

www.5dollardinners.com

This is a US based website so achieving some of the same savings here in Canada is not realistic.

Also, I did find some of the meals too bland and simple for my family.

However, the menu planning resources are awesome and available on-line for FREE. I also saw the book at Chapters and picked it up and have found it very useful in shifting my grocery shopping and menu planning habits!

Beyond 18—Coffee Club – Great Conversation and Fun

Are you between the ages of 18 and 39? Do you have a disability?

Join us for coffee and a chat at KidsAbility in Waterloo!!!

Contact Carmen at sutherland.carmen42@gmail.com
Or Tanya tshendry@sympatico.ca for more information.

Upcoming Seminar/Workshop Schedule

Service Dogs A Parent Panel

Tuesday March 6, 2012
7:00 pm-9:00 pm
KidsAbility Waterloo

This will be a parent panel discussion .

Emergency Planning for Special Needs What you need to know.

Tuesday March 27, 2012
7:00pm to 9:00pm
KidsAbility Waterloo

Please contact:
shanon.geil@waterlooregionfamilynetwork.com
or 519-804-1786 ext 200 to register for these events.

Service Dogs

March 6

Contact the
office to
register!

SAVE the DATE!!!
Saturday, May 5, 2012

WRFN is planning something for the whole family, you won't want to miss!

Watch for more details, coming soon.





745 Bridge Street West, Unit 8
Waterloo, ON N2V 2G6

Phone: 519.804.1786
admin@waterlooregionfamilynetwork.com

**You don't have to navigate the world
of disability alone**

We're on the web!

www.waterlooregionfamilynetwork.com
Twitter: @FamilyNetworkWR

About the Waterloo Region Family Network

The Waterloo Region Family Network is a not-for-profit, family-driven resource centre dedicated to providing the support, knowledge and assistance families need in order to make informed decisions.

The Network assists all families of individuals with special needs, regardless of diagnosis or lack thereof.

Through a strong network of parents and community partners, we offer lifelong support to families and individuals as they navigate the world of "disability."

Programs include parent-to-parent mentoring, a variety of workshops and seminars, ongoing support groups and personal guidance to ensure families are aware of, and appropriately connected to, all available community resources.

In Partnership with

