

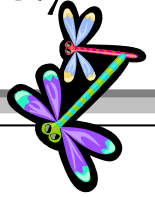
Dragonfly Pond



FAMILY RESPITE SOCIETY

THE POND

Dragonfly Pond Family Respite Society
Spring 2007



Dragonfly Pond Family Respite Society

Board Members

Amy Walterhouse
Parent

Anna Everson
Respite Care Provider

Colleen Power
Community Professional

Kara Bowman
Parent

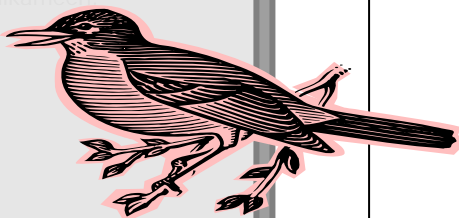
Pam McCluskey
Nursing Support Services

Imagine

Community-based programs for families with children who have complex care needs in the South Okanagan/ Similkameen.

Family Centered
Inclusive
Flexible
Non-judgmental
Responsive
Respectful
Accessible

Contact us:
#4 – 618 Main Street
Penticton, BC
V2A 5C8
250-490-3305
dragonfly@vip.net



In This Issue

After the long winter it is great to welcome Spring into our lives. Check out these items in our newsletter. If you have any ideas or information for the newsletter send it to us!
**Dragonflies and Minnows
Spring Break Program
March 26th – March 30th**

Family Independence Fund

Children's Fitness Tax Credit

Zajac Ranch

Giant Yard Sale May 12th & 13th

Spring Craft

Easter Basket Cupcake Recipe

Christmas Party Pictures

Dragonfly Pond Membership





Dragonflies & Minnows Spring Break Program!



It is that time again.... join us for fun filled activities including one hour of swim time and aquatic games and time with a swim instructor. Then we move into an activity room for one hour of arts & crafts, music and dancing, gross motor activities such as bikes, hockey, and climbing apparatus.

Dates: Monday March 26th - Friday March 30th

Location: Penticton Community Centre Pool & Gym & Dance Studio



Time: 9:30 am – 12:00noon



To register please fill out the form included with the newsletter and return it to:

**Daryl Meyers
Dragonfly Pond Family Respite Society
#4-618 Main Street
Penticton BC V2A 5C8
490-3305 dragonfly@vip.net**

**Register early to be eligible to win a Medical or Vital ID Bracelet
donated by Loveable Labels**



Medical ID Wristband

The Medical ID Wristband is an excellent way to carry vital medical or allergy information and provides an excellent alternative to traditional, expensive metal medic bracelets. The ID card that comes with the band has space on the front for your child's name and two emergency contacts. The back contains space for your Doctor's Name, Medications/Allergies and any other pertinent information.

Vital ID Wristband

The Vital ID Wristband is an excellent way for your child to carry vital emergency contact numbers and/or medical or allergy information. The ID card that comes with the band has space on the front for your child's name, date of birth and two emergency contacts. The back of the card contains space for Allergies, Medication and Other Information.

- ◆ Waterproof ◆ Tough ◆ Easy to update ◆ Adjustable ◆ Cool designs and colours
- ◆ Information is private and secure ◆ No need for engraving

Order Today!

Call Laura Carleton 490-6278 www.okanagan.lovablelabels.ca



Funding for the Dragonflies and Minnows Spring Break Program is provided by:
**Okanagan Fest-of-Ale Society, Business Gives Back and the
Penticton Auto Dealers & Friends Golf Gala**





Each year, the **Zajac Ranch for Children** hosts hundreds of children with chronic illnesses or disabilities who might not otherwise have a chance to enjoy a summer camp experience.

Some of our campers need dialysis, others have blood diseases and some have physical challenges that keep them at home while other kids are outside enjoying life.

The Ranch gives young people with extraordinary needs a chance to make friends, to try new things and above all, to have fun. Contact:
 Phone: 604-739-0444
 Fax: 604-739-0441
 Email: info@zajacranch.com

These links were sent to us by parents and service providers. We are glad to share these resources with you, but Dragonfly Pond Family Respite Society does not endorse any specific program or camp.



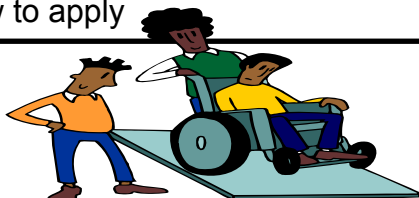
Family Independence Fund

Children & Youth with Special Needs Supports Fund

The Vancouver Foundation is managing these two funds for families of individuals with developmental disabilities and children and youth with special needs.

Grants are available for:

- v Home renovations such as lifts, elevators, ramps, flooring, hallway/door widening, or adding an additional room
- v Modifying family vehicles to improve transportation
- v Please contact CLBC or MCFD for information and how to apply



Children's Fitness Tax Credit

This credit will allow parents to claim a maximum of \$500.00/year for eligible fees paid for each child who is under 16.

Eligible Programs Include:

Ø ongoing (either a minimum of 8 weeks with a minimum of one session per week or, in the case of a children's camp, 5 consecutive days.

Ø Supervised

Ø Suitable for children



Ø Substantially all of the activities must include a significant amount of physical activity that contributes to cardio-respiratory endurance plus one or more of: muscular strength, muscular endurance, flexibility, or balance



Thanks

Dragonfly Pond Family Respite Society would like to take this time to acknowledge the following organizations and people for their kind donations these past few months

Business Gives Back

Quest Society

Sunshine Fund

Toys for Tots to Teens

Santa Claus

Elephant Island Winery / Lake Breeze Winery

Ministry for Children and Family Development



Dragonfly Pond's Giant Yard Sale

Each year Anna Everson and Sonny & Gertrude Kenward work to organize a Giant Yard Sale with all of the proceeds going to Dragonfly Pond. This year is no exception!!!!

This year the sale will be on

May 12th & 13th

If you have any items to donate please call

Anna: 494-4669

Sonny: 490-3855



Respality South Okanagan

What Is Respality? Respality provides parents of a child with complex care needs a chance to experience a much-needed break be it a night out for dinner, a movie, or even an overnight stay in a hotel. All you need do is register with Dragonfly Pond and let us know when a good night would be. If you are able to find a caregiver, even on short notice, then let us know by phone or email and we will see what we can arrange. We have several businesses on board that would love you to take the much deserved break you need. So please don't hesitate to contact us and arrange for your night away.

Who Should I Contact? If you are interested in participating in Respality please contact the coordinator for Respality South Okanagan at **490-3305** or email **dragonfly@vip.net**

Call now and give yourselves and your family the Break you deserve!

*Community Partners for Respality include:
Business Gives Back*

*The Ministry for Children and Family Development
Penticton Lakeside Resort
Ramada Inn and Suites
Pasta Factory
Elephant Island Winery/Lake Breeze Winery
Shoppers Drug Mart
PenMar Cinema*

Spring Craft

Spring Craft



Pine Cone Bird Feeder

- A large, open pine cone
- Vegetable shortening, lard or suet
- Oats or corn meal
- Bird seed
- A few feet of string

Tie a few feet of string to a pine cone. Cover the pine cone with the mixture below. Roll the pinecone in birdseed and then suspend it from a tree branch outside.

Food mixture: Mix 1/2 cup vegetable shortening, lard or suet with 2 1/2 cups cornmeal or uncooked oats until well blended. Optional: add dried fruit (chopped up), chopped nuts, seeds (especially sunflower and millet), and/or suet, which are high-energy bird foods.



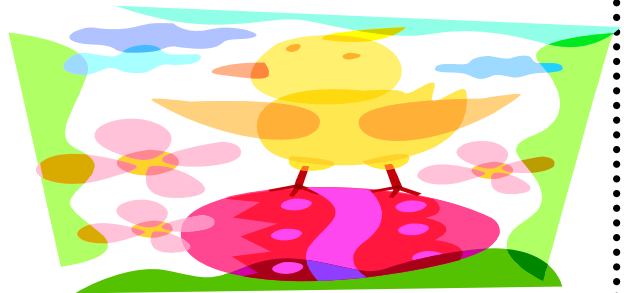
Easter Basket Cupcakes

Ingredients:

- 1 cake mix (or your own scratch recipe)
- white icing
- green food coloring
- coconut
- licorice (red or black)
- jelly beans
- OPTIONAL: bunny or chick toothpicks

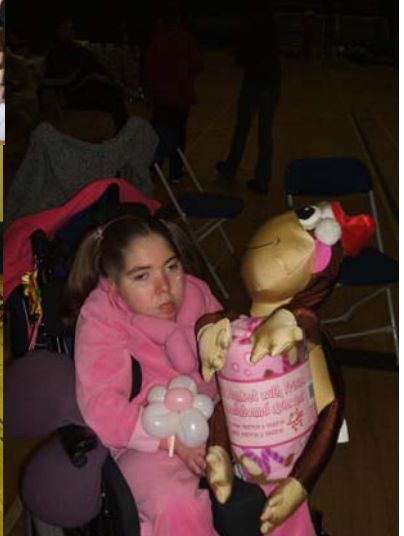
Directions:

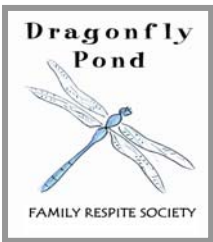
1. Make cupcakes according to package directions.
2. Ice the cupcakes. You may want to color the icing green first.
3. Use dyed green coconut flakes to make 'grass' and sprinkle over green or white icing.
4. Then use a red (or black) piece of stick licorice, cut in half lengthwise to make the handle.
5. Bend it and stick ends into cupcake.
6. Put 2-3 Jelly Beans in the 'grass' and for even more festive cupcakes



Dragonfly Pond Christmas Party

Over 40 families attended Dragonfly Pond's 3rd annual Christmas Party held in December. With funding provided by the Sunshine Fund and Toys for Tots to Teen our families enjoyed the bouncy castles from Par-T-Perfect, decorating Gingerbread Men, face painting by Santa's Elves and having a visit from Santa which included a special gift. Have a look.....





Dragonflies & Minnows Spring 2007

Participant Registration Form

Child's Information:

Child's Name: _____

Address: _____

Phone Number: _____

Date of Birth: _____
Day Month Year

Parents/Guardian Name (s): _____

Contact phone number: _____

Email Address: _____

Caregiver's Name: _____

(or person accompanying participant) **Only one child for each designated caregiver**

Contact phone number: _____

Emergency Contact Person: _____

Contact phone number: _____

Please list the people authorized to provide assistance with or remove participant from program:
(e.g. caregiver or parents who have authorized access to the participant)

_____ Contact phone number: _____

_____ Contact phone number: _____

_____ Contact phone number: _____

Dragonflies and Minnows is a **child & adult program**, therefore the adult will be required to actively participate and assist the child both in the water and during other activities. **Due to liability insurance children will not be allowed to participate in the program without a designated caregiver, one child for each designated caregiver.** I hereby give permission for the above named people to accompany my child and participate in the Dragonflies and Minnows Program. I have read and agree that the above information provided is correct and will notify the instructor and coordinator of any changes.

(Please ensure all medical information accompanies your child)

Parent/Guardian Signature

Date



Dragonfly Pond Membership

- U *Members receive our quarterly newsletter*
- U *Members have access to free Dragonflies and Minnows Children's Program*
- U *Members are eligible for Respitality South Okanagan*
- U *Members receive invitations to yearly Christmas Party and other events*
- U *Membership shows our Funders we are community based*

*Please fill out the form below and return it to the Dragonfly Pond office at
#4 – 618 Main Street Penticton BC V2A 5C8*

Name: _____

OR Organization Name: _____

Address: _____ Province: ____ Postal Code: _____

Phone: _____ Email: _____

I would like to become a member...

Parent/Guardian

Family

Caregiver

Community Member

Membership is \$10.00 per year. Amount: _____

Official Tax receipts issued for donations of **\$10** or more.
Please make cheques payable to: **Dragonfly Pond Family Respite Society**

For further information on Dragonfly Pond Family Respite Society call our office at 490-3305 or email us at dragonfly@vip.net and we would be happy to speak to you about our programs and services and what being a member is all about.

Dragonfly Pond Family Respite Society is an incorporated non-profit society,
Our registered charitable tax number is #87794 7812 RR001