

37 years  
of Service

1979-2016



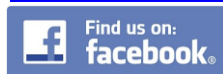
## NEWSLETTER

**MARCH 2016**

Issue #74

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Charitable Registration #  
10691/3775/RR/0001

### MARK YOUR CALENDARS

“Walkin’ & Rockin’ for Risk”  
Fundraising Walk & BBQ  
Sunday, May 15, 2016

Annual Spring Raffle –  
June 2016

Ottawa Autism Community Annual  
Family Picnic -  
Sunday, June 12, 2016

### ***PRESIDENT'S MESSAGE**, Mark Lalonde, Board President*

Things are continuing to roll along at Children at Risk. Speaking of Rollin', we had a very successful **10<sup>th</sup> annual Rollin' for Risk Bowl-A-Thon** in January. We were able to have 20 teams participate and a good time was had by all. We also participated and benefited from the Inaugural **Ottawa New Year's Eve Charity Ball** presented by **Destiny's Way**. We are very appreciative of these new, fun initiatives designed to help our charity. It is a great way to bring the community together and raise funds at the same time. Up to March, we continued to be busy with both the **SENS 50/50** and the **Ottawa 67's 50/50** ticket sales and are excited to be invited to sell at the Spring **Fury Soccer Games!** In addition, we will have our **2<sup>nd</sup> Annual “Walkin’ & Rockin’ for Risk”** Walk-a-Thon this Spring. We are hoping for even more participation and great weather! ☺

Children at Risk's **March Break camp** was another hit, providing a fun environment for the children during their winter break. This tends to be a popular activity. We are also pleased to be offering the **Family Fun Night, Saturday Fun Club, Typical Teens, Social Skill Groups, and Sibling Workshops** throughout the year on an ongoing basis. I recently attended a cheque presentation from The **King's Sons and Daughters**. Their very generous donation will be used towards **Camp Kaleidoscope**. We cannot say how much their generosity has benefited the children attending our camp and their parents. It is truly appreciated. We are now (hopefully) looking back on Winter in the rear-view mirror... I want to wish you a great Spring!

### **2nd Annual “Walkin’ & Rockin’ for Risk” Sunday, May 15, 1-4 PM**

**WHAT:** Fundraising Walk, Auction and BBQ to raise funds for Children at Risk, Ottawa!

**WHERE:** Walk & Activities 235 Donald Street, in back of the building, around and under the covered structure **WITH** Honorary Walk Chair **MPP Lisa MacLeod & MC Chez 106's “Eric The Intern”, Special Guests Rideau Rockliffe Councillor Tobi Nussbaum and Senator Jim Munson**



**HOW:** Registration details enclosed or visit [www.childrenatrisk.ca](http://www.childrenatrisk.ca)

**WHY:** To help raise funds to finance Children at Risk supports like Camp Kaleidoscope, Saturday Fun Club, Family Fun Nights, Sibling Workshops, Typical Teen & Social Skill Groups – and More! Children at Risk does not receive government funding and assists over 400 Member Families in the local Ottawa Community – **and what is RAISED HERE – STAYS HERE!**

#### **EVENT FEATURES:**

- **WALK** – to be held behind 235 Donald Building – 1K, 3K & 5K - \$25/Adult & \$15/Child (can be paid in Pledges) – includes BBQ & “Pick-A-Prize” Draws
- **BBQ** – to be held behind 235 Donald Building
- **MUSIC** – provided by local band “Glass Onion” under covered Structure
- **INFLATABLES** – large slide & moon bounce **FACE PAINTING & OTHER ACTIVITIES**
- **SILENT AUCTION & MARKET PLACE WITH LOCAL VENDORS**
- **PLEDGE PRIZES & DRAWS** - Prizes for Top Pledges & For every \$25 in pledges, Participant receives a ticket for the “Pick-A-Prize” Draws
- **SPRING RAFFLE LAUNCH**



## EXECUTIVE DIRECTOR'S MESSAGE

Brenda Reisch, Executive Director

**“Ontario Investing \$333 Million to Improve Autism Services”** – this was the headline many of us woke up to on March 30<sup>th</sup>, 2016. For many Families of ASD diagnosed children between the ages of 2-4 years – it was music to their ears. But for hundreds of other Families whose children were turning 5 on wait lists for government-funded IBI– and for Families with children over 5 who are not on any lists for support...it was like a game of musical chairs – where the music stopped and the chair was pulled out from under them...!

In August 2014, the **Canadian Autism Spectrum Disorders Alliance (CASDA)**, a national coalition of autism related professionals, family members and community partners, submitted the results of a **National Needs Assessment Survey** to Public Health Agency Canada. In this Survey, Professionals were asked to identify the top 5 current Service Needs for individuals with ASD and their families:

- Early detection of ASD (55%)
- Early IBI (51%)
- Social skills programs (45%)
- Behavioural intervention programs for behaviour management (40%)
- Respite care (28%)

It seems the Ontario Provincial Government had responded to some of these Needs by investing heavily in the Early IBI services. But here is where this support comes to a screeching halt – the needs of ASD children 5 years and older still exist – and no funding is addressing this critical gap! Autism Ontario indicates that “This investment will set the stage for continuous learning for years to come.” And it might. But what happens to the thousands of Ontario ASD children who are receiving little or no support? Hundreds of these children and youth in Ottawa alone come through the doors of Children at Risk – for **Camp Kaleidoscope, Saturday Fun Club Respite, Family Fun Nights, Social Skill Groups, Typical Teen Groups**...some have limited monies from Special Services at Home, Service Coordination, Coordinated Access and CAS – many have none.

Children at Risk and other charities in the Ottawa area are attempting to provide critically-important Services – Programs that almost half of Professionals recommend, Respite that almost one third recommend – and we receive **NO** funding to offer these Services. We fundraising and solicit donations to help offset the costs of the Services – but still have to charge fees. Fees that we are also having to increase – due to the economic challenges that are making fundraising and donations more and more difficult to raise and obtain.

It will be years before we know if this heavy investment in early age IBI services will lead to a higher level of functionality with our ASD children as they grow. Most likely we will see gains – but puppies become dogs, kittens become cats – these children too will age out of these Programs. There **MUST** be a vision beyond an ASD child 4 years of age – especially **NOW** – when so many older children still need support – when so many Families need respite. Dozens of Parents tell Children at Risk that there is little or nothing for their severely-diagnosed son or daughter – but the Programs we offer. Despite the cost – the number of Families asking for all 5 weeks of Camp Kaleidoscope is growing.

We feel their desperation, their **NEED** – to have Programs, Services and Respite. **IF** the Government of Ontario could see beyond the 1<sup>st</sup> two Service Needs – and provide funding for **ALL** ASD children – Charities like Children at Risk could do so much more – and not worry about the future of our Programs – that risk being cancelled, scaled back or having increased fees. Funding like this that only addresses one specific area of Need also cobbles Charities like Children at Risk. As we go out to solicit Prizes and Donations for our Fundraisers – Joe Public does not understand that not a penny of this sparkly \$333 million comes to us or the majority of the Families that we serve. Ironic that our name – Children at **RISK**– not only applies to the children that we serve, but the Services we provide, as well.

**2015/2016 BOARD OF DIRECTORS**

- President – Mark Lalonde
- Treasurer – Lesia Gilbert
- Secretary – Neil Dzuba
- Director – Michelle Thompson
- Director – Martha Perry
- Director – Carrie Groulx
- Director – Walter Davidson

**EVENTS/ACTIVITIES SINCE DECEMBER 2015...**



**CHARITY BALL – DECEMBER 31, 2015**

Children at Risk was THRILLED to be one of 2 Charities invited to participate in this **Inaugural Ottawa New Year's Eve Charity Ball!** Presented by **Destiny's Way**, this signature Event was created to raise funds and awareness for local Ottawa charities and non-profit organizations. **Children at Risk and QuickStart Early Intervention for Autism** were honoured to be chosen as the 1<sup>st</sup> recipient Charities for what is hoped to be an annual event! The Evening was stellar – with an elegant meal, smooth jazz entertainment, Silent and Live Auction, as well as an onsite charity casino. As this Signature Event grows, so will funds raised – but both 2015 Charities were excited to receive **\$1,300** each to kick off their 2016 Programs and Services!!



**OTTAWA CITY UNION DONATION**

**IOKDS**  
INTERNATIONAL ORDER OF  
THE KING'S DAUGHTERS AND SONS



Children at Risk attended the Annual General Meeting of **The King's Daughters and Sons Ottawa City Union** on January 16 – where 1<sup>st</sup> Vice President **Doreen Murthy** presented an outstanding cheque for **\$75,000** to Board President Mark Lalonde for our **2016 Camp Kaleidoscope**. In 2011, KDS enabled Children at Risk to finally launch our summer day camp as our 1<sup>st</sup> Large Donors! Since then, they have continued to support this incredible program that has now offered **1,050 weekly camp spots** from 2011 to 2015!!



While many others “talk the talk” – The King’s Daughters and Sons “walk the walk” and rise to fill a Gap in the Community by enabling Children at Risk to create and sustain this critically-important Service. Please join me in awarding them the March 2016 Newsletter Hat’s Off!



**DONOR'S CORNER**

- United Way of Peel Region.....\$236.46
- Metcalfe & District Lions Club .....\$250.00
- United Way/Centraide Ottawa ..... \$5,376.04

## 10<sup>th</sup> ANNUAL “ROLLIN’ FOR RISK” BOWL-A-THON

Nothing like a Bowl-A-Thon to get fundraising “rolling” for the year! On **Sunday, January 31**, Children at Risk celebrated a decade of knocking down pins for Autism! Although still not quite a sell-out – our 20 enthusiastic Teams bowled, danced, snacked and fundraised **\$6,154** in admissions, pledges and raffle ticket purchases! Joan Wiggins returned with her Top Pledge winning Team the “**Alley Gators**”, while Teams “**The Jedi Masters**” and “**Grandkiddipooh’s Babies**” were runners-up. Early Bird Team Registration Draw of a \$100 Mama Theresa Ristorante Certificate was claimed by “**Donovan’s Dominators**”!

We welcomed back **Ottawa Idol 2014 winner Bernice Reyes** for Post-Bowling entertainment! Bernice will be representing Canada at the World Championships for performing Arts in Hollywood in July!! Heather from **A Little Bit of Bling** gave Bowlers sparkle and pizzazz with her awesome face painting and glitter tattoos!

### SPONSORS

**Bronze Sponsors- Kiwanis Club of Nepean & Villa Lucia Supper Club**  
**Honourable Mention - Wubs Transit**

**Raffle Sponsors – Jill Alexander, Wine Station, Ottawa 67’s, United Way, Pam Campbell AVON, Club EG Golf, Frisby Tire, Speedy Messenger, KS on the Keys, Garlic King, NAC, Orangetheory Fitness, Simply Raw, GoZoom, Chances R Restaurant**

**Grab Bag Sponsors – Pizza Hut, Roots South Keys, Bank of Montreal Lansdowne, Ottawa 67’s, Terrapex Environmental Limited, Pam Campbell AVON, NAC, Rogers TV, Apple Auto Glass**

**Prize Bag Sponsors – Entertainment Publications, United Way, , LIVE 88.5 FM, Shopper’s Drug Mart McCarthy, AVON, Various Other Vendors**

**Pledge Prize Sponsors – Ottawa Senators Foundation, CAA, Dow Honda, Don Cherry’s Sports Grill, Kelsey’s Kanata**

**Special Mention - Walkley Bowling – Grant Ottawa Idol (Eldon Fox) & Bernice Reyes, Heather & A Little Bit of Bling Volunteers Alicja, Bambina, Greg, Tracey, Tracy & Brendan, Gillian**

“My family and friends participated in the first Bowl-a-thon this year and fun was had by all. We enjoyed the bowling and all the work CAR put in to make it a successful event. We were lucky enough to win box seats for 18 to the Capital Hoops Classic as one of the Top Pledge Prizes, and I can honestly say, that’s the way to watch a game! My son, Myles had the best time entertaining and hosting everyone in the suite and was again proud to get cotton candy and cheer for the Ravens. It was a great event and we fully plan to participate again next year because it is fun, such a good cause and it raises funds for our kids to participate in all the great programs offered by CAR. I am always amazed by the amount of work and effort that staff and volunteers put in to make these events a success. We love CAR! Keep up the great work.” *Cindy*

See photos on Page 5.

### DONOR SPOTLIGHT



For many years, the **Quickie Convenience Stores** had allowed Children at Risk to place the Entertainment Coupon Books in select stores in the Ottawa area. This had allowed us to sell hundreds more books than just through our network of families and supporters! However, as book sales declined, it became less feasible to use this method for sales – together with Quickie we made a decision not to continue to stock the stores with the Entertainment books. Happily though – Quickie continued their support through a generous **\$500** donation – and Children at Risk just received another donation in January from the **Quickie Community Foundation** – continuing their commitment to Charity and Community! Many Thanks!!

10<sup>th</sup> ANNUAL "ROLLIN' FOR RISK" BOWL-A-THON PHOTOS



# AUTISM Awareness NIGHT



It was an excellent night for Autism Awareness with the Ottawa Senators on Tuesday, March 15, when the Sens hosted the Minnesota Wild at Canadian Tire Centre. 6 Local Autism communities including **Autism Ontario-Ottawa Chapter, Autism Works Ottawa, Capital City Condors, CHEO Autism Program, Children at Risk & QuickStart-Early Intervention for Autism** joined forces with the Senators to host Autism Awareness Night. Generous Sponsors enabled many Families to attend at no charge!

All those who attended received a commemorative Autism Awareness Night hockey puck. But the best part was that **\$989.16** was raised for each Charity involved in this awesome awareness night! We cannot wait to do it again next Season!!

## OTTAWA 67's 50/50 HOCKEY TICKET SALES



Courtesy of the **Ottawa 67's Hockey Club**, Children at Risk was honoured to cover ALL the Home Games for this Season! With the recommendation by the **Kiwanis Club of Rideau** (who retired their managing of this fundraiser for the 2015/2016 season),

the 67's offered this wonderful opportunity to our Charity. Not only did funds raised support Children at Risk, half of the proceeds supported the **OSEG/Ottawa 67's Foundation** for supports like anti-bullying, no-smoking and in-school education campaigns. Working through all home games and 2 Playoff games – a whopping **\$14,311** was raised for BOTH Charities! Please join me in thanking the Ottawa 67's Team, Patrons and the dedicated Children at Risk Volunteers who helped make this possible!!



Hockey Hound "Chiko"

## PUB NIGHT

On **Friday, March 4**, Children at Risk was chosen again to receive funds raised from a Pub Night by local band, **Stone Desire**. This year, the venue was The Brass Monkey on Greenbank road – **Volunteers Greg and Tracey** attended to add a Raffle to door cover proceeds – raising **\$486 for Camp Kaleidoscope**.

Many thanks to **Catherine McKenna** (on behalf of her daughter **Claire McKenna** – former Camp Counsellor) and her bandmates from Stone Desire for inviting Children at Risk to participate!



## CARLETON UNIVERSITY ENTREPRENEURSHIP STUDENTS



**Carleton**  
UNIVERSITY

Early this year, Children at Risk was again approached by **Students Amanda Godefroy, Olivia Isaacs, Charlie Li and Graham Ross** from **Carleton University** for their Entrepreneurship course! This is a new initiative by Carleton U to come up with a Product, market it on-line and raise funds for a Charity (like the Hope & Bags initiative last Fall). This Team came up with the idea of the Carleton University Colouring books as well as custom colouring books, where the customer can send in their own photos to create a personalized experience. A donation of **\$62** after costs was raised for Children at Risk!

## DONATE A CAR CANADA



Donate A Car Canada accepts vehicle donations for Children at Risk Ottawa to donate a car, truck, RV, boat, motorcycle or

other vehicle to CAR simply fill out the DONATE NOW tab at [www.donatecar.ca](http://www.donatecar.ca). Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at [www.donatecar.ca](http://www.donatecar.ca) and CAR will send you a tax receipt after your car donation is complete!

Since December, Children at Risk received **\$50** from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached **\$15, 233.43!** Note that you do not have to live in Ottawa to participate – it is across Canada – so encourage friends and relatives out-of-town to participate, as well!

## CANADA HELPS



Children at Risk has signed up with **CanadaHelps.org**. When you visit our Website at [www.childrenatrisk.ca](http://www.childrenatrisk.ca)

just click the Donate Now button and you will be linked to the CanadaHelps.org donate page for Children at Risk. As with any service, there are some administration charges, but this allows anyone to donate on-line and even anonymously, if desired. It allows 24 hour ability to direct a donation to our charity and the electronic ease that many of us are looking for to support charitable causes!

All you have to remember is our website – [childrenatrisk.ca](http://childrenatrisk.ca) and the rest is easy!! **\$1,064.41** donated through Canada Helps January to March!

## What is On Now/Coming:

## MOKSHA YOGA FUNDRAISING



**MOKSHA YOGA ORLEANS.COM**  
CALM MIND. FIT BODY. INSPIRED LIFE.

Children at Risk is delighted to be approached by Moksha Yoga to raise funds for our Charity!

Here is a message from Director Renee Banville:

“At Moksha Yoga Orleans, we combine our love of hot yoga with our love of community outreach and environmental awareness. Together, through this commitment, we help make the world a better place. During the **month of May**, the funds raised for our **Friday night 6:15 pm-7:15 pm charity yoga classes** (min. \$8 suggested donation) are going towards Children at Risk. We are located at **2442 St. Joseph Blvd. Suite 101** in Orleans. Join us with your friends and family. Go to [mokshayogaorleans.com](http://mokshayogaorleans.com) for more info or call us at [613 424 8221](tel:6134248221).”





## VOLUNTEERS FOR DRAGON BOAT FESTIVAL



Children at Risk was honoured to be a Recipient Charity for 2014 and 2015 with the Ottawa Dragon Boat Foundation for the Dragon Boat Festival.

We raised \$25,000 for two years for our summer day camp, Camp Kaleidoscope with this partnership and our Volunteers!

Although we are not involved this year with the Foundation/Festival as a Recipient this year, we are asking our Members and Supporters to continue to get involved, if possible...we have an opportunity to ask for additional funds this July – and criteria like continued support of the Foundation and Festival with Volunteers is part of the application!

Below is the link to sign up – it is quite easy – I just signed up my husband Jeff and I for shifts at the Concerts...but note that the on-line requirement is to sign up for 3 shifts (this has become standard for most Festivals). However, we would be grateful if you could offer even just one shift – in this case put a note in the Comments Box if you need to drop 1 or 2 shifts.

For those who volunteered that last 2 years, many thanks and hope you can come back this year too – for those who are new to Volunteering for the Festival – it is a terrific Event with many activities in which to participate and watch – including the actual Dragon Boat Races and the FREE concerts. I found it to be very wholesome and family-oriented – not the total Party atmosphere that some Festivals have...

## VOLUNTEERS FOR DRAGON BOAT FESTIVAL (Cont'd)

So if you can spare a few hours between **Monday, June 20 – Monday, June 27, 2016** (includes set-up, Festival and tear-down) – we would be so very appreciative!

P.S. Make sure to put that you are volunteering for Children at Risk in the box when filling in the Registration!

Direct registration link:  
<https://ers.snapuptickets.com/ers/online-registration-conference-form.cfm?event=1555&RegType=2>

### About the Ottawa Dragon Boat Foundation

The Ottawa Dragon Boat Foundation was established in 2003 and to-date through its annual fundraising it has raised \$3.7 million, benefiting 40 local charities.

A red rectangular graphic with a white border. At the top center is the Tim Hortons Ottawa Dragon Boat Festival logo. Below the logo, the text "Sign up to volunteer now!" is written in a bold, white, sans-serif font. Underneath that, the URL "dragonboat.net/volunteer" is written in a smaller, white, sans-serif font. Further down, the text "Give back to your community, meet new friends, complete your volunteer hours and support a great cause!" is written in a white, sans-serif font. At the bottom, the text "Mooney's Bay Park" and "June 23-26, 2016" is written in a white, sans-serif font. The background of the graphic features a repeating pattern of dragon boat paddles.

### OUR MISSION STATEMENT

To provide services and programs to families of children diagnosed within the Autism Spectrum Disorders to develop their child's behavioural, communication, and social skills, and to advocate for their ongoing needs.

## OTTAWA FURY 50/50 SALES



Children at Risk has been invited to sell for the Spring Soccer Season at 5 upcoming Ottawa Fury home games!

As this is a new venue for our 50/50 sales – we are excited about this opportunity.

Sales will start before each Match and end shortly after Half Time break. As with 67's games, we need 6-8 Volunteers/Game, need to arrive 1 ½ hour before game, MUST be 18 years+. We may only have 1 table, so all sales will have to be done by walking the floor/stands/concourse....

With the redevelopment of Lansdowne, there is limited parking and it is expensive.

Parking is available on side streets (across the street, in behind, or across the bridge on Aylmer Avenue) – but also limited and a 3 hour maximum limit. Therefore, the majority of the selling for Volunteers will be to the end Half Time – which should be well before the 3 hour limit if you are driving. However, you need to make sure you allow at least 15 minutes to park and walk over!

Greg Wildey and I will be sharing the running of the 50/50 – and also be driving most games and can bring some Volunteers – as we will have a pass will be issued for our vehicles.

For Bus: OC Transpo service on Bank Street will be enhanced during Game Days for an easy connection from downtown. OC Transpo Routes 1 and 7 provide frequent and direct connections to TD Place from downtown Ottawa and key OC Transpo stations. Use the OC Transpo Travel Planner to find the best route for you!

- Saturday, April 30 (2 PM game, arrive at 12:30 PM)
- Saturday, May 7 (2 PM game, arrive at 12:30 PM)
- Sunday, May 22 (2 PM game, arrive at 12:30 PM)
- Friday, May 27 (7 PM game, arrive at 5:30 PM)
- Saturday, June 11 (7 PM game, arrive at 5:30 PM)



## Volunteer Spotlight



Although this may be considered unusual – we have chosen **Chiko Crabtree** – aka “Hockey Hound” for this Newsletter’s Volunteer Spotlight! Chiko is a therapy dog who has been accompanying his “mommy” Tracey Crabtree to both Ottawa Senators and Ottawa 67’s Hockey games to help sell 50/50 Tickets for the past year. Chiko sits quietly with Tracey, accepting pats and treats from fans – as they rub him for “good luck” on their ticket purchases! He has become a hit at both venues – especially the Ottawa 67’s – where patrons come by the 50/50 table just to say “Hi” to Chiko!! I experienced his Powers of Attraction first-hand at a recent Sens game – where my usual hoots of “50/50” fell on deaf ears – as fans ignored me and lined up 3 deep to purchase from Tracey and scratch Chiko... So I guess – unless I grow big, floppy, soft-velvet ears and a tail...I will always play 2<sup>nd</sup> fiddle to Volunteer Chiko! ☺

## CHILDREN AT RISK MEMBERSHIPS & FEES

As many of you know, expenses keep increasing – but revenues do not! Children at Risk endeavors to Fundraise and solicit Donations a LOT (as you know from our emails!) but we struggle daily with balancing the books!

We are having to make decisions to pass on some of these costs that seem to keep increasing – we hope you understand:

**Membership:** As of June 1, 2016, we are increasing our Membership to \$35 per annum. Up to then, we are offering a 2-Year renewal at \$60 – essentially saving you \$10 over the 2 years.

**Membership Due Dates:** We have always endeavored to make sure every Member gets a full year of Membership – but as Members join at different times – with over 400 Members – this is getting to be a challenge to keep Memberships up to date! We will be moving to a ONCE A YEAR renewal time – spaced out twice depending on your current due dates. You will receive a notice of a retro-fee to bring your due date in line – and then each year you will be due on that date – not all over the calendar (as it is now). We are hoping this will not only streamline our Membership Renewal Process, but allow you to know each Year when you are due, as well!

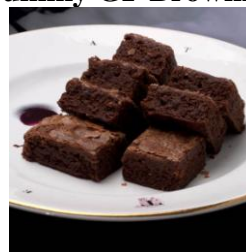
**Receipt Copy Charges:** With Income taxes coming due, Special Service at Home receipts, March Break reimbursements - We have been experiencing an increasing number of Requests for copies of lost Receipts. Several Families have been calling us to ask for copies – some asking for ALL their Receipts from last year! To save mailing costs – we usually give out Receipts as a paper copy at the beginning of a Support like Camp or Fun Club (currently we do not have the ability to issue these electronically with ease). These are all filed by the Support and have to be manually fished out and copied – then adding the cost of mailing. Starting June 1, 2016 – all copies requested of Receipts will have a \$10 administrative fee levied (per Receipt) – so Please – to avoid this charge - keep your Receipts in a safe place when they are handed to you!

**Third Party Billing Fee:** We have an increasing number of Camp Fees coming through 3<sup>rd</sup> Party Funders like Service Coordination, Coordinated Access, CAS, CHEO and others. This causes additional administrative work, as well as a delay in payment – so for Camp Kaleidoscope 2016 and other Supports from now on – we will be applying a \$20 Fee if we are required to obtain payment this way. To avoid this Fee – payment can be made by Families directly to Children at Risk and you can turn in your Receipt for reimbursement to your Funder.



This recipe is always a huge hit! Chewy-lots of flavour -one of my favourites. It is our own adaptation of a Better Homes and Gardens recipe.

### Yummy GF Brownies



- 1/2 cup plus 2 tbsp. margarine or butter
- 6tbsp cocoa powder
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- 3/4 cup GF all purpose flour

Melt margarine or butter with cocoa powder in a medium pot over low heat. Remove from heat. Add sugar, eggs and vanilla. Beat briefly by hand to combine. Stir in flour. Pour batter into greased 8x8x2 inch baking pan. Bake at 350F for approximately 30 minutes.

Enjoy! Christine



What we dream can happen, in unity.

## MARCH BREAK 2016

“Our son, Alex, had a wonderful time with his counsellor at Children At Risk over the March Break. Every day he was excited to go in the morning and happy when I picked him up in the afternoon. He participated in crafts and got lots of running time, his favourite! From our perspective, we were able to ensure that Alex had a good time without using up a lot of our vacation time. Thank you Children At Risk!” *Rob*

“March Break Camp was a GREAT success! It was important for me because it gave me the opportunity to draw pictures, play in the park, swim, play games, and we even went bowling! It was AMAZING! March Break Camp was so special for me because it was the best wish come true. I didn't have to stay home. I was able to have a good time WITH ALL MY FRIENDS! ” Sincerely, *Anuk*

“I cannot thank Children at Risk and every single staff member that worked so hard to make camp such a success. My son Noah attended March Break camp and he had such a wonderful week. It is such a relief and a joy to see him have such a positive experience at a camp. It can be such a struggle for families who have children on the spectrum to find positive camp experiences where they know their children will be well taken care of and have their physical, emotional and mental needs met and most of all, to have fun! Thank Children at Risk for all of your hard work & heart that you put into every camp. We thank you from the bottom of our hearts.” *Pam*



## MARCH BREAK 2016 (cont'd)

“I wanted to extend a heartfelt thank you to you and all of the staff for March Break Camp 2016. I really don't understand how William can do so well with 1 on 1 support for 7 hours per day when attending day camp with CAR, and yet have such difficulty with 2 on 1 at school for 4 hours. The last 3 weeks before camp I was called Monday the first week, Tuesday the second week and Wednesday the third week to pick him up from school as they were experiencing difficulties with him. It is so discouraging for me on a daily basis and I go through my daily life on pins and needles when I take him to school. It is so encouraging to see how successful children (young people) like Will can be when they are surrounded by the right people. As usual I think the staff at Children at Risk rocks. I cannot sing your praises enough. Thank you for giving me 5 worry free days. I can't wait for Summer camp!” *Semone*

“Many thanks and greatest of appreciation for your programs my son Zachary had such an amazing time and I am proud to say has made some huge gains! Zach will be presented with the Excellence award at his school I learned just yesterday. Since I have learned of your program (helping Autistic children by giving their parents a safe environment for their children) it has been amazing and I am one of the luckiest parents to have had the opportunity to get my son into March break camp! I am so happy to get to know some of the staff and councillors and other family members this program helps so much. With their amazing ideas, engaging with others - just a lovely thank you for giving us a chance to get involved - this is truly appreciated as a single mother. God bless you all look forward to seeing you again.” *Nataly*

“I was thrilled to learn the March break camp was going ahead. This camp provides one-to-one support for the campers. As in the past I was very impressed with the staff. The staff is warm, caring and energetic. I feel the staff make a tremendous effort in reaching my children: getting to know their likes and dislikes, engaging them in meaningful activities, playing with them, laughing and smiling. When I drop my children off in the morning I do not feel guilty...I am excited for them as I know they will be safe, loved, treated with respect, and will have an amazing day filled with fun activities. March break camp ensures that my kids get to be kids! The March Break camp is a model of success. Dedicated staff and volunteers plan and implement child centered programming that help encourage our children to develop socially, have fun and interact with community members. Thank you for enriching the lives of my son, Jackson and my daughter, Ferne.” *Joanne*



## MARCH BREAK 2016 (cont'd)

“Our son David had a wonderful time at March Break Camp again this year. His favourite activity was the swimming - according to his counsellor, he loved it so much that he had more fun than everyone else put together! He also loved the cooking (especially eating the results) and playing outside. David needs the one to one supervision provided by the March Break Camp, and would otherwise not be able to attend camp. It was so nice to pick him up every day, see his happy face, and hear about the fun activities that he enjoyed! Thank you so much!” *Katie and Andrew*

“I would like to thank Children at Risk for the excellent week that our son, Zach, spent at March Break Camp. Just as in 2015, I was very impressed with the program that had been arranged – the large number of different activities at your facilities and the outings to the pool and bowling. (It was the first time Zach had ever gone bowling.) As with your other excellent programs, I always felt that Zach was in very good hands – I could go to work every day and know that he was being looked after by people who understood his needs. With Zach’s limited communication skills, he cannot answer questions such as “Did you have fun?” or “Did you have a good day?” However, every morning he would run into your facilities without saying goodbye, and every afternoon when I picked him up he’d be tired but definitely happy. A big thank you to Zach’s counsellor for the excellent job she did looking after him for the week. See you next year!” *Scott*

“My daughter Bryanna has been attending the March break camp for the last 2 years, and I am truly grateful for Children at Risk for providing this amazing camp for kids with ASD. It has provided Bryanna with consistency, and an opportunity to socialize with peers. Thank you!!” *Jerrica*



# MARCH BREAK 2016 (cont'd)

“The 2016 March Break Camp at Children at Risk was our son Liam's first ever March Break Camp experience, and only his second camp experience. What a positive experience it was for both Liam and for us, his parents! March Break Camp and the fabulous staff brought out new levels of flexibility that we just don't see at home. Arts and Crafts activities, bowling, and other sensory group activities to which Liam is typically unwilling to tolerate in his presence much less try, were big hits. These small successes have huge payoffs in our home environment where Liam is controlled by his routine; it takes considerable patience and perseverance to get Liam to embrace new things. That being said, we can't say thank you enough to Children and Risk, Jessica his counsellor, and all other staff who helped supervise Liam while providing a positive camp experience. Feeling good and knowing that your child is well taken care of and loving every minute of it, is the best feeling in the world. Thanks again!” *Marca & Paul.*



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Disclaimer: This Newsletter is for informational purposes only. Children at Risk does not support, endorse or recommend any method, treatment, product, remedial center, program or person for people with autism or autism related conditions.



## FAMILY FUN NIGHT

Children at Risk is delighted to continue this NEW Support for the Autism Community!



Community  
Foundation  
of Ottawa

Courtesy of Funding from **The Community Foundation of Ottawa**, we are rolling out a Program called “Family Fun Night” – this is the name your children will know it by – BUT for you – our Parents – we are calling it “Date Night” for Mom and Dad or “Me Night” for Single-Parent Families!

Responding to our Parents (and supported by Research), Respite seems to be at the top of the list for critically-needed supports. But not just a break from your ASD child – but from ALL your children!! Go to Dinner, see a Movie, Visit friends, Shop or Attend a Party (Christmas is coming!) – or even just complete a Project – undistracted and uninterrupted!! No need to clean your house for a Baby-sitter – just drop off your children at our Offices – and enjoy up to 4 ½ hours of purely Adult time!

Activities include playing games in the gym, Nerf games, Wii, Kinnect, making snacks, a movie for those that can sit through one. There will be Dedicated Staff for both Siblings and those with ASD. 6 p.m. to 10.30 p.m.

**WHEN:** Saturday, June 4, 2016

**WHERE:** Children at Risk, 235 Donald Street, Suite 209

**WHY:** Opportunity to offer Respite for your ASD child (ages 4-17+) and Siblings (ages 3-12). We would have Gym games, scavenger hunt style games, glow in the dark activities for the first two hours and then settled down to a movie. There would be two movie options, one in each room to cater to age preferences rather than ASD vs NT. For those that can't watch a movie there would be more Gym activities or crafts. We will offer snacks, but do request that your children have dinner before arriving!

**HOW:** Cost is \$40 for each ASD child and \$20 for each Sibling. If your ASD child has not attended our Summer Camp or Saturday Fun Club, we will need to arrange an Intake Meeting to properly document their needs. Please check our Website at [www.childrenatrisk.ca](http://www.childrenatrisk.ca) to complete the Registration and Email back or Fax. **Space is limited, as this is a trial support.** Booking and Payment will be required in advance – though we may be able to accommodate last minute Registrations depending on demand...

A current Children at Risk Membership (\$30 per annum) will also be required for Insurance Liability purposes.





Children at Risk will again be offering an **all Day Summer Camp** for children diagnosed within the Autism Spectrum Disorders (ASD) for the Summer of 2016. Graciously, **The King's Daughters & Sons (Ottawa City Union)** have agreed to continue as our Major Funder – and along with the **Ottawa Dragon Boat Foundation** contribution, fundraising and other private donors, plans are again for 5 weeks of Camp this summer!

**\*NOTE\*: OUR LOCATION FOR THE PAST 2 YEARS OF LESTER B. PEARSON HIGH SCHOOL IS UNAVAILABLE FOR 2016 DUE TO NEEDED MAINTENANCE REPAIRS – WE WERE NOTIFIED OF THIS AT THE BEGINNING OF MARCH AND HAVE BEEN WORKING WITH THE SCHOOL BOARD TO FIND A LOCATION THAT WOULD FIT OUR NEEDS. WE HAVE DECIDED ON ST. PAUL HIGH SCHOOL ON DRAPER AVENUE. WE UNDERSTAND THAT THE MOVE TO THIS LOCATION WILL BE MORE WEST-END BUT CHOSE A SCHOOL THAT WAS CLOSE TO THE QUEENSWAY FOR CONSIDERATION OF OUR MORE EASTERLY FAMILIES. THE PLAN IS TO ONLY BE AT THIS NEW LOCATION FOR THIS YEAR AND MOVE BACK TO LESTER B. FOR 2017. WE APOLOGIZE FOR ANY INCONVENIENCE BUT HAVE NO CHOICE IN NEEDING TO CHANGE THE LOCATION FOR 2016.**

Individuals with any level of Autism have difficulty with Summer Camps due to their social and communication deficits as well as their unique behavioural challenges. Add in “Severe” Autism and “High Needs” and the situation is immeasurable in complexity. To adequately service the target clientele the camp needs to be a “specialized camp”.

We would also like to note here that we differentiate between level of functionality and need, as we had many Campers last year who had diagnosis of high-functioning Autism and/or Asperger Syndrome – but also were high-needs due to behavioural challenges, often making it difficult for them to participate in a camp for typically-developing children.

Children at Risk’s objectives with a Specialized Camp is to provide a recreational camp which, through expertise and proven techniques, will accommodate the deficits of autism such as communication, socialization and behaviour seamlessly whilst allowing the Camper to have the stimulation, excitement and fun that summer camp is renowned for and an understated right of any child regardless of the severity of their disability. Too often children with severe Autism are denied access to programs and/or if access is granted, the parent must pay extra to send a 1:1 worker. This discriminates against a child with higher needs and penalizes both the child and their family by not having this opportunity that is available for typically-developing children! Our Camp Spaces are limited - with plans for only 50-55 children per week.

## Camp Kaleidoscope (Cont'd)

Our Camp employs qualified, experienced staff and offers a 1:1 and 2:1 supervision ratio. Ages 4-20+.

Cost: With the high level of supervision and experienced staff, Camp Kaleidoscope's cost for a 5-day week would have been \$900. However, due to the generous funding of our donors – who, along with Children at Risk, wish to assist the Autism Community families with camp opportunities that are affordable and accessible, we are able to offer the following rates: **\$400 for Full Week, \$320 for 4-day week.**

**\*NOTE\*** - Due to High Demand & Limited Funding, Only 2 weeks can be offered at above super-subsidized price – additional weeks may be offered (contingent upon camper's needs, staff availability & funding) at \$500/week (\$400 for week #4)

**\*NEW\*** - Due to the additional administration required – billings to a 3rd party funder (Service Coordination, Children's Aid, etc.) will be subject to a \$20 fee.

**\*NEW\* Camp Location:** St. Paul Catholic High School, 2675 Draper Avenue, West-Central Ottawa (planned for just 2016)

Intake Interviews will take place prior to confirmation of Registration.

**Camp Weeks:** July 11-15, July 18-22, July 25-29, August 2-5, August 8-12

**Times:** Camp 9 AM to 4 PM, - before and after care available 8 AM to 5 PM (at no extra cost)

Please see the attached application for more details! **Returning Campers only need Complete the 1-Page Application. New Campers must complete both Forms.**

Applications for NEW Campers will be taken up to May 1 (please complete both forms), Returning Camper Applications are due May 15, 2015 (complete short form).

The Camp will address three main areas:

1. **The Camper-** Provide a safe, accommodating, non-judgemental day camp for the Autistic child. Provide the camper with the opportunity to improve social skills, sense of autonomy, leisure skills and play repertoires and possibly make life-long friendships. Objectives include:

- \* Maintaining or improving the child's functioning level
- \* Maintaining or improving existing skills and/or to develop new skills
- \* Continuing the child's school program or routine

2. **Parents & Siblings** - Benefit parents by allowing them the reduced stress from knowing that their child is with understanding individuals who will accommodate their child and not expel them from camp for the slightest infraction of social behaviour. This also provides the parent the benefit of knowing that they have a number of weeks where they can maintain their normal working hours and not use up their full annual vacation time to supervise their child. Also to provide families with the opportunity to spend dedicated time with Siblings that in many families, unintentionally suffer due to the demands of the child on the Spectrum.

## Camp Kaleidoscope (Cont'd)

3. **The Community** - Extend Summer employment to Educational Assistants and provide EA's and Special Education Teachers with appropriate training pertinent to the ASD Spectrum and provide hands on application in real life situations that will benefit all children that they teach and especially those on the ASD Spectrum. Educate younger camp counsellors on the complexities of the ASD field and assist to make informed decisions about continuing in this area through higher education for i.e. ABA, OT, SLP employment or hands on activities.

### COLES NOTES FOR CAMP REGISTRATION

1. Obtain the Registration Forms through the Children at Risk Website <http://www.childrenatrisk.ca/servicesCampKaleidoscope.php>  
Or Sending an email to [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) to request the Forms  
Or Calling Children at Risk 613-741-8255 and asking for them to be emailed or mailed to you.
2. Complete the Forms – Preferably filling in electronically and emailing back to Children at Risk (with a photo of your child – best is a head/shoulders pose).  
New Camper Registrations are due May 1, 2015, to allow for an Intake Meeting.  
Returning Campers are due May 15, 2016.
3. New Campers (or Campers that did not attend last year or Fun Club since) **MUST** complete BOTH the 1-Page registration and the Full Intake Form. Please give as much information as possible so we can best assess how to provide for your child's needs.
4. ALL Applications will require a Deposit that then will be applied only to Membership and Camp Fees. If you decide you are not interested in Camp Kaleidoscope – it can be applied to Membership and/or a Donation. If we feel we cannot accommodate your child, we will refund the full amount.
5. Unlike other summer camps – we do not accept Campers on a first-come basis. We Intake ALL the Registrations by the dates above - and then an Allocation Committee meets to map out all 5 weeks of Camp. We try to accommodate Weeks that you have selected as much as possible – but we have our Camp broken down by ages and levels of functionality – with capped numbers in each group. Note the Fee structure with 2 weeks at a lower rate, then remaining weeks at a higher rate. So – for example – if you are asking for all 5 weeks and another Family is asking for just 1 – if your children have similar needs – we may only be able to grant you 4 weeks and the other Family their 1 week. **ALL BOOKINGS ARE SUBJECT TO SPACE AND APPROPRIATE STAFF AVAILABILITY.**
6. NEW this year, we are adding on a \$20 Administrative Fee if we are required to obtain payment from a 3rd Party like Service Coordination, Coordinated Access, CAS, CHEO or other funder. The extra work involved with billing these funders and waiting for payment has become more each year. To avoid this Fee, you can pay and submit a Receipt for reimbursement to your funder.

## THANK-YOU'S

"Many thank you to all those who extend generous donations to Children at Risk - helping families like mine with children with autism. God bless and thank you for your support!" *Nataly*



"I just wanted to say a BIG BIG Thank you to Children at Risk for an opportunity to attend the Disney on Ice show at CTC on Feb 24 2016 7pm show time. Even though there was quite bad weather with the freezing rain, we were still able to make it to a great show. I know it made many kids smile with excitement, including my own, Olivia, as she was surprised to find out she was able to go. When she got home from school she was getting her princess dress on right away (attached a photo) and

jumping around the house with excitement.

I just wanted to say you have a great team of volunteers, as this same evening I had the pleasure of meeting and chatting with Greg, Tracey and Helen - who were extremely friendly and helpful.

Again a BIG thank you to everyone, staff and volunteers at Children at Risk, as I know how much effort and work goes into getting something like this organized and for all the hard work that goes into the children all year long. Thank you again!" *Tim and Olivia*

"Very nice evening for the Disney On Ice - despite the fact that driving was pretty dangerous. Well seated. Rayane was so happy with a lot of smiles. Thank you again!" *Mounia*

"I wanted to give you a quick thanks for the Disney on Ice tickets. You provided an opportunity for 3 kids to attend an event they otherwise would not have attended and they were ecstatic about it. Thank you for creating these memories for them." *Melissa*

"Please pass on our sincere gratitude for the Disney on ice tickets, It was a truly special night for Vance and Staisha as well as Louise and I. It was the very first time I ever allowed Vance to wander off on his own, he came back 10 minutes later with a huge smile on his Vance. I asked him why? "because you trusted me... and I wanted to watch the rest of the show with my family...". We hadn't seen him this happy and engaged since Christmas 2014. Thanks again and take care." *Paul*

"Our family is lucky to receive donation tickets for both the Disney On Ice and Ottawa Senators vs. Minnesota Wild game. What fantastic events were those! We really had wonderful family time together and kids enjoyed themselves so much. We'd like to thank the generosity of your donors and hard work of you and your staff to make these possible. We know that we will remember the excitement of these events for many years to come and talk about them from time to time. Thanks again!" *Nicholas, Sophie, Kevin and Yingtao*



## Ottawa Senators

"We just wanted to THANK YOU for the amazing night of hockey. Robert and Veronica truly enjoyed the game and the exciting win by the Sens made the night a total success!" *Ania and Doug*

"Thank you to Children at Risk for the tickets to the exciting Sens overtime victory over the Minnesota Wild. What a great outing for my family during March break, and a sellout crowd for Autism Awareness night at the Canadian Tire Centre. A great evening for all concerned!" *Janie*

“My daughter and I would like to thanks Children at Risk for the Ottawa Senators ticket for the March 15, 2016 game. We had a great time and it did my daughter good to get out and have some fun! My daughter is 19 but 1 year ago she had a bad car accident so another big thank you to Children At Risk for doing this for us!” *Joan & Cheyenne*

“Many thanks for the tickets. We had a very nice time and Zach actually watched quite a bit of the game!” *Scott*

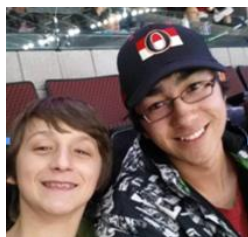


“Just a quick note to say **THANK YOU SO MUCH!!!!** What a great night at the Ottawa Senators Autism Awareness Hockey Game on March 15, 2016. It was a fun night for myself, husband and two daughters. It is rare that we all get to participate, enjoy and cheer

sooo loud; *Ashley’s favourite part along with singing to the great music!* for our favourite NHL hockey team. My youngest daughter, Serena, has been playing competitive hockey for 14 years and this sport has been a great outlet for her as she has two older sisters on the Spectrum. What are the odds that the 2 things that have played such a HUGE and IMPORTANT part in our daily lives for over 20 years would be put together – Hockey and Autism!! For the four of us to be there in person and experience the atmosphere, crowd, great hockey and create awareness for Autism it was truly awesome. Thank you for providing this great opportunity.” *Rebecca*

“Thank you Ottawa Senators Sponsors for the two tickets I received for Autism Night on March 15, 2016 featuring a match between the Minnesota Wild versus the Ottawa Senators. My daughter, Cassidy and I had lots of fun and it helped fill our March break activities. Moreover, we were thrilled when the home team won in overtime and were also pleased to receive free Big Macs as a bonus when the Senators tied the came up to force over-time. Way to go Senators!” *TJ & Cassidy*

“2 boys 13 years old Max and Shion had a great night at the CTC watching the Sens! Thank you !” *Kim*



“My family was gifted 2 tickets to the Senators game vs Nashville which was also Autism Awareness night. I had wanted to purchase tickets, but have always hesitated due to cost and the interest of my 6 year old son, Myles. This gift allowed for my husband to take my son to his first NHL hockey game and allowed for some bonding time at the same time. Although, Myles was not as interested in the game as he was the cotton candy and the free puck, they had a great time and we are hoping we can try again in the future to get him more interested in hockey. The seats were great and we are so grateful for the gifted tickets from CAR. It gives my family the opportunity to take advantage of outings that we wouldn’t normally consider. Thank you to CAR and all the wonderful staff and volunteers. You’re exceptional.” *Cindy*



“I would like to thank the sponsors and the 67’s for the ticket for my son to watch the game in January. He really enjoyed the game. Thanks” *Sheryl*

“I wanted to say thank you for the Ottawa 67’s Game 3 tickets. Since they were unlimited, along with my son, we gathered 9 friends to go along. It was a lot of fun being with such a large group all sitting in the same section. And they won the game as well! It was a great way to spend a holiday Monday afternoon. Thanks again!” *Derek*



“Thank you so much for giving us tickets to the Binghamton Senators vs Syracuse Crunch game. My son had a fantastic time (his only disappointment was that he wasn’t wearing purple so he couldn’t participate in the D.I.F.D. picture after the game).” *Michel*

## Children at Risk, Ottawa Volunteers Recruitment Form – 2016-2017

We need your help, skills and expertise, in our continuous effort to raise funds to support the programs we offer for children with autism and their families. Please indicate your interests.

Month	Events	Volunteers Needed	Select your Interests
April-June	<b>50/50 Ticket Sales at Ottawa Fury Soccer Games</b>	10 per game	
May	<b>2<sup>nd</sup> Annual “Walkin’ &amp;Rockin’ for Risk”</b> May 15, 2016 3-4 hour shifts	20 X 3-4 hr. shifts	
May-June	<b>Raffle Tickets:</b> Sale of tickets at Shopping Centre (Thur-Fri-Sat of Mother’s day weekend) 12 volunteers/day - 2 hrs shifts & Classic Car Shows	36 X 2 hr-shifts over 3 days	
June	<b>Annual Family Picnic:</b> Sunday, June 12, 2016 – 12 Noon–3 PM, Brewer Park, 8 Volunteers - 2-4 hr. shifts	8 X 2-4 hr-shifts	
June/July	<b>Dragon Boat, HOPE Volleyball BeachFest</b>	Volunteers needed	
Aug-Sept	<b>Fall Raffle Ticket Sales</b> Sales at Classic Car Shows	10-12 Volunteers	
Sept-April	<b>50/50 Ticket Sales at Ottawa Senators &amp; Ottawa 67’s Hockey Games</b>	10 per game	
October	<b>20<sup>th</sup> Annual Celebrity-Carved Pumpkin Contest</b> Oct 20-23, 2016 (Thurs-Fri-Sat-Sun) Pumpkins displayed in 4 local malls: Merivale /Carlingwood/Lincoln Fields/ Place d’Orléans 12 volunteers/day for each mall – 2 hr. shifts	144 X 2 hr-shifts over 4 days	
Nov & May	<b>MacMillan’s Frozen foods:</b> Sorting and distribution of food ordered	2-4 volunteers	
Dec.	<b>Holiday Party with Autism Ontario</b>	8-10 X 3 hr shifts	
Jan. 2017	<b>Bowl-A-Thon</b> <b>Walkley Bowling Lanes</b>	8-10 X 3 hr shifts X 2 time slots	

Skills or expertise you would like to share with our organization: \_\_\_\_\_

Comments: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Thank you for your consideration in donating your time to help the autism community!*

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