

**“Summer is the Perfect Time
to Reset and Recharge”**

-- Unknown

BOARD NEWS AND INFORMATION

The following individuals comprise Elves’ 2022/2023 elected volunteer Board of Directors:

Heather Fonteyne, President (AP Parent)

Mildred Ncube, Vice-President (ECS Parent)

Peter Jansen, Treasurer (CM)

Raewyn Edwards, Secretary (SP Parent)

Karen Ens, Director (CM)

Joyce Oliver, Director (AP Parent)

Khurram Shahzad, Director (CM)

Natalie Viesel, Director (ECS Parent)

Kristin Ward Diaz, Director (ECS Parent)

Terry Wright, Director (AP Parent)

Stephanie Atkin, Past-President (CM)

Barb Tymchak Olafson, Executive Director

(SP – School Program)

(AP – Adult Program)

(ECS – Early Childhood Services)

(CM – Community Member)

CONTENTS TABLE

Board News/Information	1
Executive Director Message	2
Principal Message	3
Family Support	3-4
Therapy Department	4-5
FASD Respite Program	5
Nursing Notes	5-6
Adult Program	6
Therapy Department Calendar	7-10
Program Directory	11

ACTIVE ELVES’ BOARD COMMITTEES

Advocacy Committee

Vivienne Bartee, Heather Fonteyne,
Barb Tymchak Olafson

Bylaw/Policy Committee

Mildred Ncube, Terry Wright
Barb Tymchak Olafson

Location/Planning Committee

Gene Hochachka, Chris Idenouye,
Barb Tymchak Olafson

Fundraising Committee

Vivienne Bartee, Heather Fonteyne, Raewyn Edwards,
Kristin Ward Diaz, Marty Cender, Gail Idenouye,
Anne-Marie Jackson, Mildred Ncube,
Jasmine Abu-Msameh, Teresa Vano,
Barb Tymchak Olafson

Parent Advisory Council

Cathy Furtak (Adult Program Parent)
Poonum Gillani (Early Childhood Parent)
Lynn Gourley (Adult Program Parent)
Bill Gunter (Adult Program Parent)
Roxanna Hilcton (Adult Program Parent)
Maggie Werner (Early Childhood Parent/Caregiver)
Mildred Ncube (Early Childhood Parent)

BOARD MEETINGS

Elves’ Society holds **ten regular Board Meetings each year**, as well as our **Annual General Meeting each November**. Special meetings are held when matters arise requiring immediate attention.

Last Regular Board Meeting: June 20, 2023

Next Regular Board Meeting: September 26, 2023

Please visit Elves’ website at www.elves-society.org to see copies of these reports/legislation:

- Society Audited Financial Statement for the year ending August 31, 2022
- Elves’ School Program 2022 Assurance Framework

EXECUTIVE DIRECTOR'S MESSAGE

From Possibility to Ability

Hello Elves' families and friends

We are once again coming to the close of another successful school year at Elves. The 2022/2023 year ends with 298 School Program children and students (245 early childhood children and 53 grades 1-12 students). Elves Adult Program serves 88 clients, and Elves Respite Program serves 30 program participants.

SUMMER PROGRAM

Dates for Elves' Summer Program are July 04 to 21, 2023. The program will be held at Elves Adult & Youth Centre.

Elves' Social Workers are confirming Summer Program enrollment. We request that families complete all associated Family Supports for Children with Disabilities (FSCD) paperwork in advance of the start of Summer Program. This will enable Elves to receive funding.

CALENDAR FOR 2023/2024

Elves' Board of Directors has approved new School Program calendars which have a slightly different format for the upcoming school year.

We will continue to have 400-hour, 800-hour, and 1000-hour programs for early childhood children, Kindergarten children, and school-aged students respectively. However, there will no longer be closure Fridays for ECS children, but a Monday to Thursday program for the entire school year. School-aged students will maintain Monday to Friday programming.

GRADUATIONS

Congratulations to Elves' School Program Kindergarten and Grade 12 graduates!! We thank MP, Kelly McCauley and MLA Sarah Hoffman for their support and engagement.

ELVES' BOARD MEMBERS

Thank you to members of Elves' Board of Directors. Elves' subcommittee and Board meetings have been adjourned for July and August 2023. We appreciate your time and expertise shared during the 2022/2023 year.

ELVES' ANNUAL FUNDRAISER GOLF TOURNAMENT

Elves' 2023 Golf Tournament fundraiser was held on June 01, 2023 at **The Ranch Golf and Country Club**.

Funds raised during this event total approximately \$30,000 and will be directed to facility maintenance, specifically interior and exterior wall upgrades.

Congratulations to Terry Wright, winner of the Grand WestJet Prize.

We thank the 49 golfers and everyone who helped our organization with our successful annual Elves' fundraiser. We would like to recognize our sponsors:

Diamond Sponsors (\$3000+)

- o Faithful Friends Foundation
- o Beverly Optimist Club

Platinum Plus (\$2,500)

- o First Student Transportation

Gold (\$1,500)

- o Aaron & Jon Landscaping Ltd.
- o Pembina
- o HGA Group
- o DRMG Money Saver

Silver (\$1,000)

- o DLA Piper (Canada) LLP

Bronze (\$500.00)

- o Pace Technologies Inc
- o Canbian Construction
- o Enterprise Rent-a-Car
- o Yaremchuk & Annicchiarico LLP
- o MHK Insurance

Corporate Donors

- o SkyBlue Janitorial Services Inc
- o Ross Benefits Group

STAFF MEMBERS

We are saying goodbye at the end of June 2023 to our School Program Principal, Nicole Quildon who has been employed with Elves' School Program since 2009 and has been School Program Principal since August 2015. Nicole has been a much-valued member of Elves' staff for these many years and we wish her the very best in the next phase of her career.

We are pleased to announce that Keira Meidinger, former Elves' Teacher and Learning Coach, will become the new School Program Principal in August 2023.

PRINCIPAL

IMPORTANT SCHOOL DATES FOR 2023	
Kinder Graduation (ECDC):	June 15, 2023
Kinder Graduation (EAYC):	June 16, 2023
ECS Closure Day:	June 16, 2023
Last Day (800):	June 22, 2023
Last Day (400):	June 23, 2023
Last Day (1000):	June 28, 2023
First Day (400):	September 05, 2023
First Day (1000):	September 05, 2023
First Day (800):	September 06, 2023

Elves continues to plan for our 2023/2024 school year enrollment. Please contact Elves' Family Support Worker, Stephanie Kriese at 780.454.5310, ext 236, if you know of any families who are interested in enrolling their children at Elves.

Thank you to all families, classroom staff, and resource team members for your support which has enhanced the lives of children and students at Elves.

We wish you all a healthy and safe summer ahead.
Nicole Quildon, Principal

ELVES' FAMILY SUPPORT WORKERS

Stephanie Kriese, BA, BSW, RSW Family Support Department 10825 - 142 Street NW Edmonton, AB T5N 3Y7 Phone: 780.454.5310, ext 236 Cell Phone: 780.920.8791 Email: elvessw@elves-society.com	Stephanie is an Elves' Family Support Worker working Tuesday to Saturday throughout the school year at Elves Child Development Centre.
Stefanie Saltys, BSW, RSW Family Support Department 10825 - 142 Street NW Edmonton AB T5N 3Y7 Phone: 780.454.5310, ext 230 Cell Phone: 780.974.2581 Email: elvessw@elves-society.com	Stefanie is an Elves' Family Support Worker who works Tuesday to Friday with Elves' School Program and Saturdays at Elves' FASD Respite Program.
Angela Vardy, BSW, RSW Family Support Department 10419 - 159 Street EDMONTON AB T5N 3Y7 Phone: 780.481.5335 ext 212 Cell Phone: 780.920.2169 Email: sw4@elves-society.com	Angela is an Elves' Family Support Worker who works Monday, Wednesday and Friday throughout the school year at Elves Adult & Youth Centre.

We wish our Elves' families a wonderful Summer!
Here are a few recommendations we offer to help you enjoy your summer.

Greenspaces and Playground Adventures:

We encourage you to get out, and let your children play outside. Playgrounds can be a place where they can learn, socialize, and burn off all their wonderful energy. It can also be a place where you find some peace for yourself. Fresh air, sunshine, and just a change of venue can sometimes make all the difference for our little ones' moods and behaviours.

At Elves, we encourage Possibility to Ability! Contact us if you need support ideas to get out there, or for supports for while out or getting back home. Whether you are playing on the porch, in the back yard, at a community playground, or going on adventures through the River Valley, it is all very beneficial to the whole family ☺.

Did you know that there is an Accessible Playground at the Clareview Community Recreation Centre? It is the first of its kind in Edmonton and only the second one in Alberta. It is worth the drive!



Here are just a few upcoming events in Edmonton:

July 02, 2023 (1:00 pm to 5:00 pm)
Edmonton Athletics Invitational

June 25, 2023 (8:00 am to 4:00 pm)
Highland Games
3105 – 101 Street SW Edmonton

August 18 – 20, 2023
Monster Truck Throwdown
RAD Torque Raceway 50342

If you move, change your phone number, wish to ask about registration, or to speak to someone for supports and referrals, please call 780.454.5310, ext. 236, text 780.920.8791, or email Stephanie at elvessw@elves-society.com

ELVES' THERAPY TEAM

Please see back pages for Elves' Therapy Team information including a calendar of pre-school activities and parent tips!

ELVES' SPEECH DEPARTMENT

Speech-Language Summertime Activities

During the summer, there are many speech and language activities you can do outside with your child. You can also do them inside if it's a rainy day. Here are a few ideas to get you started:

1. Create a Summer Scrapbook from Small Items Saved from Summer Outings

- Take photos or draw pictures from summer outings
- Glue them in a construction paper book
- Ask your child questions about the outing, such as: "Where did you go?" "Who was there?" "What did you see there?" "What did you do there?"
- Encourage your child to share their book with family and friends.

2. Plan a Treasure Hunt:

- Choose five to ten items to hide around the house or outside
- Make a list of these items using pictures or drawings
- Give your child clues about where each item might be hidden: "It's behind the tree". "It's under something yellow."
- Have them cross each item off a list as they find it.
- Let your child hide the items and encourage him/her to describe where the items are hidden

3. Blow Bubbles: As you take turns blowing bubbles with your child, try:

- Describing where the bubbles landed or popped: "The bubble popped **on** the chair." "The bubble went **under** the fence." "The bubble flew **over** the flower."
- To help your child say these phrases, ask him/her: "What happened?" and point to the bubble.

- Describe the types of bubbles you and your child are blowing: “You blew a **big** bubble.” “I blew a **tiny** bubble.” To help your child say these phrases, ask him/her: “What kind of bubble did you blow?” If your child has trouble with this question, give him/her a choice of answers: “Was your bubble **big** or **little**?”
- To help your child practice “my” and “your”, ask your child: “Whose turn is it?” Wait for him/her to say “**My** turn” or “**Your** turn”. If your child has trouble saying these phrases, say one of them and have him/her say it after you.

From: 5 Fun And Easy Activities to Promote Speech And Language Development During Summer by Deanna Swallow, M.A., CCC-SLP, North Shore Pediatric Therapy, 2011; ++Fun in the Summer Sun: Language-Based Activities to Enhance Speech & Language Skills During the Summer by Amy Fischetti, MS CCC/SLP, John I. Dawes Early Learning Center 2013-2017

ELVES' FASD RESPITE PROGRAM

Respite Program 2023/2024

Important Dates

DATE	EVENT
September 09, 2023	First day of FASD Respite Program for 2023/2024
September 09, 2023	FASD Awareness Day

APPLICATIONS FOR SEPTEMBER 2023 – JUNE 2024

Elves is receiving applications for the 2023/2024 FASD Respite Program. The program will resume on September 09, 2023. Interested families may contact Stephanie Kriesie at 780.454.5310, ext 236 or Raelee Grier, FASD Program Coordinator at respite@elves-society.com.

Applications will be reviewed over the summer. Families will receive a notification regarding placement in the FASD Respite Program in late August 2023.

NURSING DEPARTMENT

ELVES' NURSING STAFF

Elves Child Development Centre

Diane McCook (LPN)

Elves Adult & Youth Centre

Rhea Arguelles (LPN – Youth Program)

Leila Dela Cruz (LPN – Youth Program)

Marilyn Vendiola (RN – Adult Program)

Tina Marsh-Woodcock (LPN – Adult Program)

Greetings to everyone from Elves' Nursing staff!



Summer is coming! We know everyone is looking forward to warmer weather, green grass, and beautiful flowers!



Just a reminder to parents and caregivers to send in appropriate clothing and footwear for outdoor activities. Many of our children, students, and clients are unable to express to us when their environment is too warm or cold. Dressing your child in layered clothing is beneficial for cold mornings and warm afternoons. Light jackets, sweaters, and hats are good for cooler morning weather and t-shirts and shorts for warm afternoon.



Please supply sunscreen and insect repellent for your child, youth or adult client to protect them from the environment.

If there are health concerns over the summer, remember MyHealth.Alberta.ca is a site that was built by the Alberta Government and Alberta Health Services to give Albertans one place to go for **health information they can trust**. Healthcare experts across the province ensure that the information we receive is correct, up-to-date, and written for people who live in Alberta.

MyHealth.Alberta.ca is home to valuable, easy-to-understand health information and tools made for Albertans, including information about:

- ✓ healthy living,
- ✓ health conditions,
- ✓ medications, and
- ✓ tests and treatments

There are also:

- ✓ educational videos,
- ✓ symptom checkers,
- ✓ emergency phone numbers, and
- ✓ health care locator (e.g., a family doctor near you)

MyHealth.Alberta.ca is always growing. Find out [what's new](#) on the website.

Have questions? The [Frequently Asked Questions](#) page may help.

MyHealth.Alberta.ca can't answer questions about symptoms by email. For health advice and information, call [Health Link Alberta](#) at 811 or 780.408.5465, 24 hours a day, 7 days a week.

Have a wonderful, safe, and enjoyable 2023 Summer Break!
Elves Nursing Staff:
Marilyn, Tina, Diane, Rhea, & Leila

ADULT PROGRAM NEWS

Sunscreen, hats, sunglasses, bug spray...we are ready for the summer! Everybody here at the Adult Program is excited about being outdoors (smoke and heat permitting), relaxing in the shade of the new gazebo in our Serenity Garden, touring the neighbourhood, and exploring different parks in the city. Some of our clients are also participating in the "Partners in Parks" volunteer program with the City of Edmonton, through which they will be planting trees and helping keep their assigned areas clean. We also have some great gardeners here at Elves and we'll share part of our harvest with our families and possibly with the local Food Bank.

As we all know, this is "festival season", with lots of events and fun activities. We have already enjoyed going to the Children's Festival in St. Albert and we are looking forward to checking out the many events that our city offers during the spring and summer.

This year, we've renewed our participation in the Canada Summer Jobs Program and have hired two participants through this initiative offered by the Federal Government.

This year we've renewed our participation in the Canada Summer Jobs Program and have hired two participants through this initiative offered by the Federal Government. Rachel and Jessica will be with us for about three months and will share their skills and talents with staff and clients, while gaining valuable experience in this field.

We have recently admitted a new client who now attends in Room 104. Welcome Angelica!

ELVES' THERAPY TEAM

Summer is approaching. Many parents wonder what they can do to foster their child's development. The following resource was developed by Alberta Health Services. It offers a calendar of pre-school activities, parent tips, and a recipe to try. Here is the link for the entire resource:

<https://www.albertahealthservices.ca/assets/programs/ps-7643-preschooler-activity-calendar.pdf>

Have a great summer!



JULY

Ideas for preschoolers from 3 to 5 years old

Parenting tip: When conflicts happen

Your child learns to how to react to problems by watching how you act and respond. If you react with anger—yelling or hitting your child might do the same. Take time yourself to calm down before trying to solve problems. Here are some other ideas to try with your preschooler.

- Describe the problem without blaming or judging anyone. ("You are mad, because she has the toy you wanted")
- Ask for help solving this problem. "what should we do about this?"
- Decide on the best solution together and try it out. (Take turns and set a timer, remove item, etc.)
- Later, talk about how well it worked, and if it didn't work well, try another solution from the list.
- If a similar problem arises later and your child comes up with their own solution... praise them for their good choices!

Rhymes:

Five Little Ducks

Five little ducks went out to play (*show five fingers*)
Over the hill and far away (*place hand over brow as to look far away*)
When the mama duck called quack, quack, quack
Four little ducks came waddling back
Repeat 4,3,2,1,0
No little ducks went out to play, over the hills and far away
When the daddy duck called QUACK, QUACK, QUACK
5 little ducks came waddling back

Clean up song

Jump down turn around, pick up all the toys
Jump down, turn around put them all away
I see (*child's name*) cleaning up the toys
I see (*child's name*) putting them away
(*works great when cleaning up for use with more than one child also*)

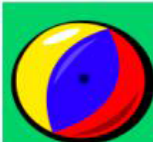



Recipe:

Homemade macaroni and cheese

Cook and drain macaroni noodles.
In another saucepan, prepare the sauce. Melt 3 tsp. of butter or margarine with 3 tbsp. of flour. Then whisk 1 cup of milk with the butter mixture until smooth.
Next add 1 3/4 cup of light old cheddar cheese-grated.
Whisk until cheese is melted...may have to add more milk if it is too thick.
Add to noodles and serve! They may ask for seconds...creamy delicious!

If you have any concerns with your child's development, please contact your local Community Health Services office.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
With a ride-on toy or when they are on their tricycle or bike play "Red light, green light" or "Stop and Go". Be sure your child is wearing a CSA approved bicycle helmet.	Make "smoothies" together. Make smoothies with 1 cup of milk, banana and berries. Then place into molds or you can use paper cups with a spoon for a handle. Freeze and enjoy on a hot day!	Have your child trace around stencils, or around objects like a jar lid, cookie cutter, key, ruler, or paper shapes.	With color squares of paper, hide all over a room or your yard and then have your child find all the papers and line them up and label all the colors of the rainbow together.	If there are clouds in the sky, lay with your child on a blanket outside and look at them and try to see shapes and talk about what you see. Play "I spy" also.	Sing this month's featured rhymes: "Five Little Ducks," and "Clean up song"	Talk about loud and quiet sounds. Have your child try whispering for quiet sounds and yelling for loud sounds. Then talk about inside and outside voices and practice!
Put some music on. Take turns running through the sprinkler. Dancing in the rain! Can you see a rainbow?	On a tray arrange 6-8 items, toys or small household items. Ask them to study, then cover with a towel and remove one item. Ask them to guess "What's missing?"	Have a "rectangle" day. Draw a rectangle together, cut it out and then look for different shapes that are the same. Have a rectangular snack, a sandwich, cracker, cheese, etc.	Cut a picture from a magazine in three pieces. Have your child put the pieces back in place "top, middle, bottom" to make a picture.	Practice your families names with your child. Ask "what is your first name?, last name?, mom's name? dad's name? siblings names? etc."		With the front of an old greeting card, punch holes around the edge of the card, and thread a shoelace or string through the holes. Sewing "in and out".
Draw on a paper with a highlighter and see if they will copy over the lines (roads). Draw shapes, letters, people, etc.	Show your child how to roll out play dough with a rolling pin. Then with cookie cutters or cups cut shapes out and place on a large lid. Then pretend to bake the cookies.	Roll a hula hoop or throw a Frisbee or plastic lid to your child and see if they can catch.	Teach your child how to swing, how to pump their legs to keep going. Show them how to put their feet "out" to touch your hands and then "back" or "bend" when they go back.	Cutting practice: to strengthen muscles for cutting have your child squeeze clothespins onto metal washers. Then have them take apart and sort into piles or containers.	Clap a rhythm for your child and then ask them to copy it. Add slapping thighs, snap fingers or clicking your tongue. Change the sequences and see if they will copy.	Talk about rhyming words – that sound the same. See how many words rhyme with "fun". Write them down to show your child what they look like.
	On 10 frozen juice lids draw on 5 "X"s and 5 "O"s. Then on a paper make a "tic tac toe" game (#). Show them how to play tic tac toe!	Draw pictures of bugs together. Try coloring your child's thumb or finger and have them make prints and then turn them into bugs adding eyes, antennae etc.	Visit the library and check out some books together. Take time to read a story or play a child's game on a computer together while you visit.	Bounce a ball on a sidewalk and catch. Show your child and practice with them. Also try throwing a ball in the air to catch.	Cook some alphabet shaped noodles and mix with tomato sauce and cheese. Point out the letters you recognize and talk about the ones you eat.	Hide a kitchen timer or music box turned on in a room and see if your child can find it by listening.



AUGUST

Ideas for preschoolers from 3 to 5 years old

Parenting tip: Car Seat safety

- A child should stay in the forward-facing car seat until they reach the maximum weight or height limit of the seat as stated by the manufacturer.
- All child safety seats must be held in place with a seat belt or with the Universal Anchorage System (UAS). Every vehicle is different so you need to check your owner's manual for how to use the UAS in your vehicle. All forward-facing child safety seats must also be secured with a top tether strap. Follow all installation instructions that come with the seat. Once you have attached the child safety seat to the vehicle seat, pull the straps tight enough so that the seat moves less than 2.5 cm or 1 inch.
- For installation instruction refer to the safety seat instruction manual and your vehicle manual. Take the child safety seat "yes test" online at www.myhealth.alberta.ca or www.healthyparentshealthychildren.ca
- For more information contact Health Link Alberta at 811

Recipes: Egg breakfast pizza

On a toasted whole grain English muffin or piece of whole grain toast, place a slice of tomato and a slice of lean ham. Top with a cooked egg and grated cheese. Warm in a microwave or oven until melted. Cut, serve and enjoy!

Apple grape salad

Mix together 1 chopped apple, 3/4 cup of halved seedless grapes and 1/2 cup of chopped celery with a cup of plain yogurt and 1/4 cup of sunflower seeds (optional). Stir until coated. Serve as a delicious snack or in a whole grain pita for a delicious quick and easy lunch. Enjoy!

Rhymes:

I have a little bicycle



I have a little bicycle
I bought it at the shop
And when I see the big red light
I know it's time to stop!

I have a little bicycle
I ride it to the gate
And when I see the yellow light
I know it's time to wait!

I have a little bicycle
I ride it to and fro
And when I see the big green light I know it's
time to go!



If you have any concerns with your child's development, please contact your local Community Health Services office.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Give your child a bucket, container or watering can and ask them to water the flowers, trees or grass. Supply them with a larger bucket of water or a hose to get the water from. Supervise.		With some blocks, make simple towers and then break and ask your child to stack the same way start with four to five blocks and then add.	Gesture or sign "I love you" or learn to say the phrase in another language, with your child.	Have sponges and buckets of water and have fun tossing them to one another on a hot summer day.	Just for fun try coloring or drawing with your opposite hand. Talk about right and left hands, and how it feels different.	Count out some cereal pieces together as high as the child can count and then add new numbers and see if they will remember. Try counting backwards also as you eat!
Talk about rhyming words –words that sound the same. See how many words rhyme with "bug". Write them down to show your child what they look like.	With some magnetic letters on the fridge, help your child spell out their name. If you don't have magnets, write their letters on sticky notes or paper squares.	Have your child stay up after dark to see the stars and the moon. Talk about the night and what creatures like the night. Listen and talk about the sounds also!	Blow bubbles outside together. Chase and pop! Practice blowing or use the wind and move your arm.	Take your child to the beach, and keep them within arm's length near water. Take some sand toys to make sandcastles or sculptures with. Take buckets, containers, shovels etc.	On paper plates, draw different faces with different emotions (happy, silly, sad, mad, sleepy, etc.) Draw mustaches, eyebrows, freckles etc.)	Flatten play dough with your hands and make a pizza, put other toppings on top and show your child how to cut it with a knife into triangles.
Encourage your child to read a book to you -choose a book with mostly pictures and have them tell you what is happening on each page.	Catch a bug and place it in a container. Count how many legs, wings it has. Ask your child "What color is it?" "Where does it live?" "What does it eat?" etc.	With beads thread onto a lace or string. Make a pattern like "two green, one yellow, one red, repeat etc. Supervise. If you do not have beads make a pattern with blocks or even crayons.	Have a "circle" day. Draw a circle together, cut it out and then look for different shaped objects that are the same. Have a circular snack, cracker, and cheese cut in a circle, banana etc.	Sing this month's featured rhymes: "Hop, hop, stop" and "I have a little bicycle"	If it is a sunny day go out and look at your shadows together. Move your arms and legs, stretch and make silly poses. Look at other objects and their shadows.	
With an inflatable beach ball fill it with water partially and with air partially. Shake, rattle and roll the ball together.	Cut out shapes of fish out of paper. Tape a metal paper clip to the fish. Then tape a fridge magnet to a piece of string and attach to a ruler. With your fishing rod catch the fish...fun!	Sing a counting song together like "Five little monkeys", "This old man" or "One two buckle my shoe."	Place some colored ice cubes in a re-sealable bag or container. Place in the sun and watch them melt, and the colors swirl together as you play with it.	Play follow the leader with your child. Try walking backwards, hopping, spinning, take small steps and then large steps, swing your arms etc. Take turns being the leader.	Ask your child function questions like? "What do you hear with?" "What do you taste with?" "What do you see with?" Or "What do you write with?" "Eat with?" "Play with?" etc.	Draw with chalk on a sidewalk and then squirt with a water gun, or spray bottle and watch it transform.

PROGRAM DIRECTORY

<u>ELVES CHILD DEVELOPMENT CENTRE</u> (10825 - 142 Street).....	780.454.5310
Nicole Quildon, Principal (M-F).....	ext. 204
Kayla Wolford, Special Education Supports & Learning Coach (M-F).....	ext. 205
Ashley Lumme-Levesque, PUF Coordinator (in charge of transportation) (M-F).....	ext. 232
Stephanie Kriese, Family Support Worker (Tu-S).....	ext. 230
Stefanie Saltys, Family Support Worker (M-F).....	ext. 236
Lonneke de Groot, Speech Language Pathologist (M-F)	ext. 228
Yfrelle Quitania, Speech Language Pathologist (M-F).....	ext. 228
Saly Habashy, Occupational Therapist (M-F).....	ext. 210
Wilna Boshoff, Physical Therapist (Thur).....	ext. 210
Holly Thompson, Physical Therapist (Tues).....	ext. 210
Tara Vanstone, OT/PT Assistant (M-F).....	ext. 224
Rachel Grenis, SLP Assistant (Tu/Th).....	ext. 210
Nicole Latus, SLP Assistant (M-F).....	ext. 210
Tasha Arbuckle, SLP Assistant (M-F).....	ext. 210
<u>ELVES FASD RESPITE PROGRAM</u> (10825 - 142 Street).....	780.454.5310, ext. 233
Raelee Grier, FASD Respite Program & FOP Coordinator (Tues-Sat).....	780.920.5342
<u>ELVES ADULT & YOUTH CENTRE</u> (10421 - 159 Street).....	780.481.5335
Laura Bellacicco, Adult Program Manager (M-F).....	ext. 201
Shauna Williamson, Adult Program Staff Training/Volunteer Coordinator (M-F).....	ext. 239
Connie Daynes, Adult Program Activities Coordinator/Behavioural Consultant.....	ext. 202
Angela Vardy, Family Support Worker for School Program (M/W/F).....	ext. 212
Sarah Peterson, Occupational Therapist, School Program (Tu/W/Th).....	ext. 219
Occupational Therapy Department, Adult Program (M-W).....	ext. 219
Wilna Boshoff, Physical Therapist for School Program (Tu/W/Th).....	ext. 211
Holly Thompson, Physical Therapist for School Program (Tu/W/Th).....	ext. 211
Vacancy, Physical Therapist for School Program (Tu/W/Th).....	ext. 211
Leslie Quapp, OT/PT Assistant for School Program (M-F).....	ext. 211
Vacancy, OT/PT Assistant for School Program (M-F).....	ext. 219
Tara McPhedran, Speech Language Pathologist for School Program (M-F).....	ext. 209
<u>Elves Nursing Staff:</u>	
Diane McCook, LPN for ECS Program @ ECDC	780. 454.5310, ext. 206
Marilyn Vendiola, RN, Adult Program.....	780.481.5335, ext. 208
Rhea Arguelles, School Program LPN @ EAYC.....	780.481.5335, ext. 220
Tina Marsh-Woodcock, Adult Program LPN.....	780.481.5335, ext. 208
Leila Dela Cruz, Youth Program LPN @ EAYC	780.481.5335, ext. 220