



PEACE HAVEN NEWS

Volume 4, No. 2
Fall/Winter 2010

Free Reformed Association

Serving Families and Individuals
with Special Needs

*“As we have therefore opportunity, let us do good unto all men,
especially unto them who are of the household of faith.” Galatians 6:10*

FROM THE CHAIRMAN OF THE BOARD

Acts 3:7 *“And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength.”*

In the 3rd chapter of Acts we read the account of Peter and John going to the temple. At the temple gate sat a crippled man who was daily brought there so he could ask alms from passersby. When he saw Peter and John passing by him, he looked up at them expectantly. This man in his crippled condition could not support himself and therefore was looking for something from them that would fill his daily needs. Many had walked past the man, without helping or supporting him, but Peter stopped, and offered to help this crippled man in his need. I am sure that this man was rather surprised and then very disappointed when Peter spoke the words “Silver and gold have I none, but such as I have give I thee.” But Peter continued speaking and said, “In the name of Jesus Christ of Nazareth, rise up and walk” and then he took him by the right hand and lifted him up. The man’s feet and ankle bones received strength and the man leaped up and walked - a miracle indeed! We might think that Peter was someone with extraordinary faith and power, but really he was only an instrument in God’s hand to reveal the almighty power of the Lord Jesus Christ.

When I read this passage, it reminded me of the work that goes on at Peace Haven. We have a number of residents in these two homes that also have special needs. They too, are unable to support themselves. They need help and support from others in order to receive some of the basic things in life that many of us take for granted. This account in Acts chapter 3 conveys to us that which is of particular and utmost importance in relationship to our calling to give help and support to our neighbour in need. It was not Peter who healed the man. It was Jesus Christ Himself who did it all. We should not think that “we are not as Peter was.” We may not be able to alleviate the needs of those living at Peace Haven in the same way that Peter did. We certainly don’t have healing powers as in this Scripture account. Some of us may not be able to give silver and gold to support the homes financially, but what are we able to give? Each one of us has been given gifts and talents. Some may be able to give of their time to visit the residents, some may have ability to care for them, others may be able to do some work in the yard or take them shopping. We do not need to be looking to do great things, but we need to be looking to do things that will lift up our neighbours. The knowledge of the only Name given under heaven is one which should lead us to reciprocate that same love to those in need.

The account of the crippled man that was healed ends with the man walking and praising God. That might not surprise us, but Acts 3:8 also tells us that all the people around him were affected and were filled with wonder and amazement. They saw the great works of God manifested through this miracle. Let us also see and recognize God’s blessings on the residents and their families. May the work of all the support staff, volunteers and families, as well as the activities that take place at Peace Haven, give physical, mental and spiritual strength to those with special needs and their families, but most of all manifest the works of God and glorify Him alone.

Paul Vandenberg

PLAN TO ATTEND! Peace Haven Annual Meeting 2010

Thursday, November 4, 2010

D.V. at 8:00 pm

Free Reformed Church of Hamilton

1114 Old Mohawk Rd.,

Ancaster, Ontario

Speaker: Mr. Derek Baars

Graduate of Puritan Reformed

Theological Seminary

Topic: Suffering and the

Sovereignty of God

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Frederika Pronk, Secretary

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Email: pronk2@rogers.com

DIRECTOR'S REPORT

Now that fall is here, we at Peace Haven are reminiscing about all the wonderful times we had throughout this summer and are amazed at God's awesome creation and His providential care and grace to us! The highlights this past summer were day camps, various outings and events, developing new friendships as well as continuing the community work placements and jobs around the two Peace Haven homes.

Varick spent much of the summer at various day camps, enjoying the outdoors, crafts and sports, and meeting old/new friends, as well as spending much time at his parental home. He also visited his grandparents in the United States at the end of the summer! Starting September, he is again going back to school and hopes to enjoy swimming and activities at Lansdowne once a week as well as Friendship Club. His happy smile and laughter is such a joy to all of us at Peace Haven!

Besides trying to find more work placements for the ladies, they also got to enjoy the sun and relax on their days off. Riding an elephant at the African Lion Safari was a real dream and highlight for Lindsay. For Sandy, feeding and touching a dolphin at Marineland was a great experience! Connie really enjoyed her trip and the rides at Canada's Wonderland as well as other outings she went on. Brenda is planning another trip to Cuba since she had so much fun on her cruise this past spring! She was an avid photographer this summer and enjoyed taking lots of pictures on our outings, including our trip to the Butterfly Conservatory in Cambridge. She has been a real help to several families who needed help around the farm, home, garden, and with the children. She continues to work one day a week at a business which makes dog treats. Sandy had the opportunity again to visit her relatives out west in early September and hopes to learn to play the guitar over the next year. She had a really enjoyable time at Anchor Camp and at the BBQ hosted by the Beacon Home this summer. Connie had several relatives from Holland come to visit her parents and enjoyed her time spent with them as well. All the women at Peace Haven enjoyed the



new relationships that have developed with families in the Free Reformed churches when they spend time on Sundays or other evenings with them. We would love to see more families get involved on a Sunday or evening in 'hosting' for several of the ladies supported at Peace Haven. So please call us if you're interested!

The staff team has been actively involved in personal and professional development during our staff meetings and informal training sessions. They work together to provide loving support for the persons living at Peace Haven and also within the lives of the families that receive "respite services at home" from them. Three families receive weekly supports for a child/children with 'special needs.' Two families have children with FAS (Fetal Alcohol Syndrome) and the other family has a small, adorable child with autism. Whether it is taking the child out to a fun activity, enjoying play time at the park, visiting at Peace Haven, or spending time 1-1 at home, this service is invaluable and very appreciated by the parents as well as the children! We also had Jessica Boeder come and visit us for a three-day stay in the summer from her home in Norwich. We really enjoyed her laughter and company.

I wish to personally thank the parents and our staff for all their caring contributions and hard work they provide to make our homes a real HOME! Your leadership and compassion really shows! Our best wishes also to Jennifer Heemskerk who will be leaving

DIRECTOR'S REPORT continued from Page 2

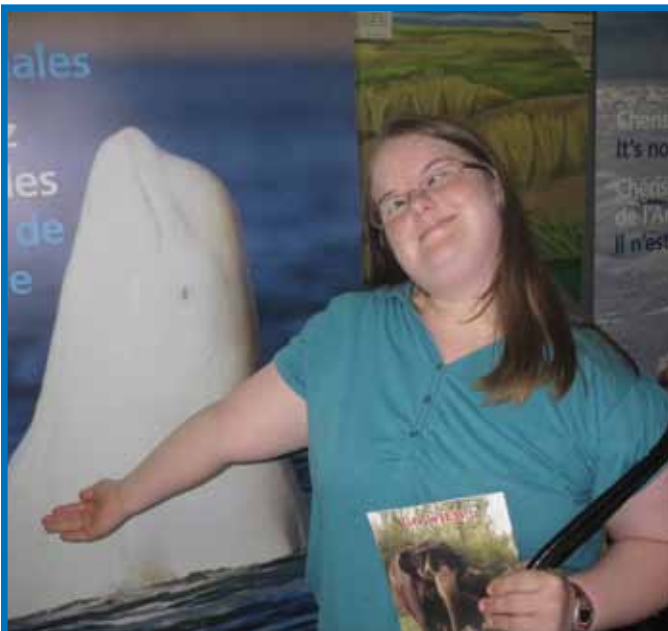
us since she is getting married in October and moving to Caistor Centre. She has done many of the night shifts at the home and we will all miss her! Many of our other staff are returning back to school, and we pray that God will richly bless you as you continue to learn in your area of study. Two staff members have finished their nursing university programs and have found employment in various hospitals, but continue to help us out with several shifts a month as well! Congratulations to Jeanette Procee who recently got engaged to be married (in Holland). We also welcome Melanie Vandenberg back from her maternity leave!

A special thank you to all the volunteers who have helped throughout this past year with home maintenance, home renovations, garden care, grass cutting, providing outings for the ladies (they love going out for ice cream!), helping out with various activities (i.e. scrapbooking and home-based recreational activities), or simply dropping by for a visit. THANK YOU!

Your involvement is greatly appreciated! If you have talents and time that you would like to share with us, please call Peace Haven at 519-757-1554.

PEACE HAVEN HOME WISHLIST

- Meat orders
- Home preserves, applesauce and jams
- Sugarless “canned” fruit preserves & jams
 - Exercise bike
- Small weights (or ones that Velcro around ankles/wrists)



FETAL ALCOHOL SPECTRUM DISORDERS

Fetal Alcohol Spectrum Disorders or FASD, are the range of disabilities caused only by the use of alcohol during a pregnancy. Alcohol in pregnancy can cause brain damage. This neurological (brain) damage is permanent and can cause life-long social, intellectual and developmental disorders. Some people with FAS also experience other types of disabilities, such as lower IQ or ADHD. This interferes with the person's ability to learn, particularly within the school environment. Some children and especially teens suffer from depression. Attachment and stability are sometimes mentioned as big issues for children with FASD. This may be partially due to the fact that many of these children had changed living situations a number of times while they were in the foster system.

Only approximately 20% of persons with FAS will have distinctive facial features such as smaller eye openings, thin upper lip, smooth wide philtrum, smaller head size, and lower birth weight. The other 80% - 95% have "invisible effects" – dysfunctional behaviours. This makes their disability so much more difficult and they are often misunderstood. Because they look "normal," people expect them to act "normal."

Generally, persons with FASD have an IQ in the normal range, BUT they cannot always process the information properly in everyday situations. They also can have sensory abnormalities. They may be overly sensitive or under sensitive. Under sensory means that they are less sensitive to external stimuli (i.e. less sensitive to cold or physical pain). They have a need for sensory stimulation that may result in

inappropriate hugging and touching. Repetitive scratching, pulling hair out, and more severe kinds of self mutilation [often interpreted as OCD or attention seeking] provides comfort, especially in times of stress, that others obtain from more normal sensory stimulation.

Characteristics of FASD

- Adapting (great difficulties)
- L - Language (talk well, don't "hear")
- Attention (ADD, ADHD)
- R - Reasoning (can't abstract)
- M - Memory (is very poor, varies)

"If something isn't working, don't try harder, try differently!" "It is not that they won't, but they can't!" These are phrases often used with families who have a child or children with FAS (Fetal Alcohol Syndrome).

It is vital for someone with FAS to have a consistent routine. It has to be "A, B, C," every day. Throwing a little wrench into the system like a doctor's appointment can sabotage the whole day because they feel they don't know what will happen next. Stability and consistency are vital to their day.

SUPPORTS

How can the families in our church community help those families who have a child with different levels of FASD? There are a number of children with FASD being cared for or adopted by our church families and many more children in the foster system with undiagnosed/diagnosed FASD. We need to help these children and families as much as we can.

- As one mom put it: "Just listen sometimes and please don't judge us or them! Traditional

discipline does not usually work. As parents, it may look like we are doing all the wrong things, perhaps ignoring a behaviour that others simply would never let pass by. Don't judge us, we are doing the best we can, and we usually know what works for our children. We may be ignoring something in order to avoid a situation that will be way worse."

- Learn to walk in their shoes and lend a helping hand. That could be by taking the other children in the family out for an hour or on an outing so mom can have more 1-1 time with the child, or after some training and support from the parents, offer to take the child with FAS out with your own children on an outing that is sure to please everyone!
- Make a meal for a harried mom, offer to do her grocery shopping or ironing.
- Be consistent with routine and "language" used at home and school. Praise them for all their good efforts and achievements!
- Be part of the "circle of friends" for that person, whether you're young or old – learn to advocate on behalf of the person.
- Remember that each child is unique and has their own way of expressing themselves.
- Simply pray for the family in need.

Contact Peace Haven and we can assist in the training necessary to help YOU support a family who would love some extra help with their child with FAS.

2ND ANNUAL PIG ROAST

On a sunny Saturday in July, over 800 people were once again able to gather together to enjoy a time of fellowship and a delicious lunch at the second annual Peace Haven Pig Roast. In addition to the usual crowd of Peace Haven family, friends and supporters, there were in attendance several hundred members of choirs from the Netherlands. These members all came to Canada to tour our country and to participate in a large fundraiser for Christian Education in Ontario. Most of these choir members were experiencing this North American tradition of a pig roast for the first time! Many people posed for photos with and of the large pigs on the spit, so carefully attended all night long by a crew of faithful Peace Haven supporters. Some people were nervous to try this delicacy that was so foreign to their own traditions, but everyone enjoyed the meal and the beautiful sunny day.

The event was once again held at Rehoboth Christian School. The large grassy area and beautiful views are the perfect location for this annual event. The choir was able to give a brief performance of some of the songs which they were going to sing over the next week of concerts. Residents and staff of the two homes were present and were able to mingle with the supporters who so faithfully help to keep Peace Haven running. Special thanks to John and Betsy Vandenberg and Paul and Eve Vandenberg for coordinating this event along with the help of Aubrey and Tina Neven, Jed and Trudy Schuit, Aant Koonstra, and many of their family and friends. The board was extremely grateful for the proceeds of the pig roast, which totalled \$20,275.00! Thanks be to God for providing these funds for the homes and for allowing us opportunities to live as a Christian community, loving and supporting the body of Christ.

Joni Bouma, Publications Editor



BEHIND THE SCENES

If you add up all the activities mentioned in this newsletter you will notice it takes many people and all our supporters to make Peace Haven work. There are public activities, such as monthly board meetings and fund-raising. But there are also activities that cannot be reported due to confidentiality.*

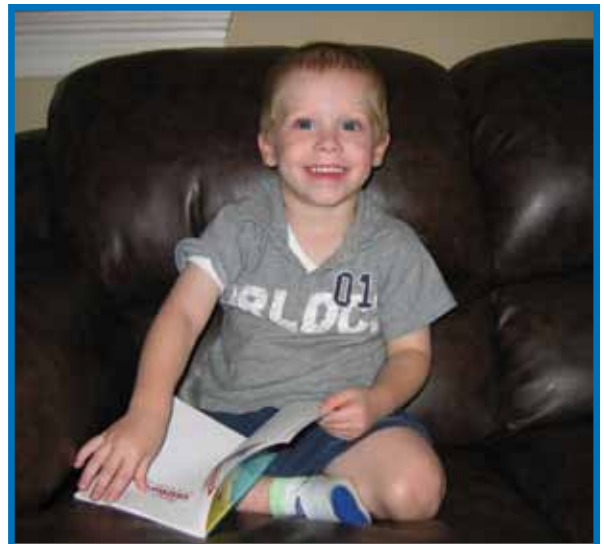
Board members meet monthly and committees meet as needed, even during the summer. The board believes it is important to be informed and provide support and direction to Margaret, our director. There are always items that require attention and need decisions. Although life at the homes has become somewhat routine, dealing with the everyday challenges of the residents and their families (some with health problems), staff relations, home maintenance, etc., is demanding.

In addition to the care of the home, Margaret, by way of the deacons, advises families with children who have special needs who request support. Appropriate community services and/or trained support from Peace Haven staff and church members can then be put in place. Peace Haven has also been approached for help by families and deacons outside the Free Reformed churches. The board and director have assisted in a limited way, mindful that Peace Haven exists primarily to support our own church families.

It has been an enriching and rewarding learning experience for board members to work “behind the scenes.” We pray these activities will benefit all who come into contact with Peace Haven and give glory to the Lord who gives grace and help in time of need (Heb.4:16).

Ricky (Frederika) Pronk, Board Member

**When names of individuals or families receiving care are mentioned, approval has been received.*



TREASURER'S REPORT

We are now approaching the end of another fiscal year. Again we have experienced God's goodness in providing for all our daily needs at Peace Haven. Our requests for support were heeded and we were able to meet all of our financial obligations. Below you will find the financial report for the eleven months ending August 31, 2010. A complete financial statement and budget will be distributed prior to our annual membership meeting on November 4, 2010, D.V.

Please remember Peace Haven in your prayers and financial donations as we continue to provide this much needed service to those in our midst with special needs.

Peace Haven Financial Report October 1, 2009 till August 30, 2010

Revenue

Membership Fees	\$18,045
Donations (both members & non-members)	\$73,387
Church Collections	\$109,478
Fundraisers	\$31,363
Corporate Donations	\$18,660
Resident Fees	\$30,872
Other	\$545
Total Revenue	\$282,350

Expenditures

Payroll Expenses	\$119,190
Home Expenses (groceries & household)	\$11,799
Utilities	\$4,048
Administration & Promotional Expenses	\$5,830
Home Purchase (downpayment)	\$122,189
Loan Repayment (interest & principal)	\$17,727
Insurance	\$5,909
Total Expenditures	\$286,692
Opening Balance October 1, 2009	\$39,378
Bank Balance August 31, 2010	\$35,036
Mortgage Debt	\$310,000

VOLUNTEERS NEEDED!

- Host families for Sundays (in between church services)
- Volunteer families for 'respite care' for several families requiring this support
- Volunteer to teach ladies guitar and/or piano
- Volunteers to help with Monday's scrapbooking/ card making classes
- Volunteers to assist in evening activities
- Volunteer drivers
- Fall garden clean up volunteers (one evening or a Saturday)
- Volunteers to assist at our Thursday morning "Christian Fellowship Group" meetings (10-11:30am)

Students: Do you need hours for your Community Service requirement for school? We have many positions available that are meaningful and fun! Training is provided!

UPCOMING VOLUNTEER TRAINING COURSE

With special emphasis on persons wanting to develop the skills/resources necessary to help persons with Fetal Alcohol Disorder. Participants must be 14 years of age or older.

Date: Saturday, Oct. 23, 2010

Time: 9:30 am – 12:30 pm

Location: 8 Oneida Dr., Brantford (Peace Haven home)

Limited enrolment – please RSVP by October 16 to Margaret Heemskerck at 905-679-8816 (home) or 519-757-1554 (office)

Coffee and refreshments will be provided.

BOARD MEMBERS

Chairman: Paul Vandenberg 519-647-3665
Vice-Chairman: Aant Koonstra 519-647-3910
Secretary: Frederika Pronk 519-751-4470
 email: pronk2@rogers.com
Treasurer: Ryk Naves 905-526-9703

DEACON REPRESENTATIVES

Dundas: Jan Droogendyk 905-689-8908
Brantford: Andy Kloppenburg 519-720-9789
St. George: Brian Schuit 905-690-4753
Hamilton: Ryk Naves 905-526-9703
Vineland: Gary Pennings 905-692-0918
Fenwick: Gary Pennings 905-692-0918

GENERAL MEMBERS

Christine Stryker
 Sylvia Lobbezoo

519-448-3836 **PUBLICATIONS:** Joni Bouma 519-448-3205 email: wjbouma@msn.com
 519-647-9704



BE A VOLUNTEER!

If you have special interests or skills and have a heart for Christian service, we would love to hear from you. Check out "Our Services" on this page and consider how you can help. Remember Peace Haven in your prayers.

VOLUNTEER FORM

Name: _____

Address: _____

Tel: _____

Email: _____

Church Membership: _____

Please send the completed form to:
 6 Oneida Dr., Brantford, ON N3S 7X8

OUR SERVICES

- Respite care to relieve the family, either in-home or outside the home for shorter or longer periods of time.
- Make available information for referrals to agencies that offer appropriate services.
- Encourage "Care & Share" Groups.
- Assist with devotions/Bible Study programs.
- Help with transportation.
- Assist with recreational activities such as shopping, skating, swimming, bowling, board games, crafts, etc.
- Provide short periods of Sunday relief, invitations for home visits, evenings or weekends.
- Occasional weekend relief.
- Relief for special events, such as weddings, out of town trips, family vacations, etc.
- Camping and vacation experiences.

OUR MISSION

To serve individuals and families with special needs.

ABOUT OUR ORGANIZATION

Peace Haven's Board is made up of deacon representatives from Brantford, Dundas, Fenwick, Hamilton, St. George and Vineland, in addition to a number of concerned parents and others.

DONOR/MEMBERSHIP FORM

Name: (Please Print) _____ Date: _____

Home Address: _____

Business Name/Address: _____

Tel. _____ Fax: _____ Email: _____

CONTRIBUTION PLAN

- One-time Donation Amount _____
- Post-Dated Cheques Amount: _____
- Monthly Automatic Chequing (fill in below) Amount: _____

Annual Membership - Payment of annual membership dues entitles the donor to all voting rights and privileges according to the By-Laws and Policies of Peace Haven.

- Individual: \$15.00 monthly or \$180.00 annually Amount: _____
- Family: \$20.00 monthly or \$240.00 annually Amount: _____
- Other (Specify) Amount: _____

AUTOMATIC CHEQUING

I hereby authorize Peace Haven, Free Reformed Association, to draw from my account on the 16th day of each month for payment until further notice.

In the amount of _____ / per month.

Signed: _____ Date: _____

Please enclose or attach your first cheque marked VOID across its face. With this authorization and from the information recorded on this personal cheque, we will process all future monthly donations automatically. No further cheques are required. This authorization may be cancelled at any time followed by written notice.

Note New
 Address!

Please make all cheques payable to PEACE HAVEN
 Mail to: Ryk Naves, Treasurer; 1058 Botanical Drive, Burlington, ON L7T 1V2
 Tel. 905 526-9703; Email: rnaves@sympatico.ca
 Charitable Registration Number: 123858458