



# Newsletter

## LOWER MAINLAND DOWN SYNDROME SOCIETY

The Lower Mainland Down Syndrome Society is pleased to provide you with our first story of the week to help celebrate National Down Syndrome Awareness.

As parents don't we just love to post pictures on Facebook of all the amazing things that our children can do. Well for the rest of this week LMDSS will be bringing you great family stories of their loved ones with all kinds of amazing accomplishments, and talents.

Many of you may have seen Chantel around your local communities as this girl loves to get out and have fun with her friends, but what else do you know about her?

Chantel volunteers her time by helping at her local church in the hospitality area. Whether it is greeting each person with her special smile and a warm welcome that can not help but brighten every person's day, or by helping out at a community event.

As well as volunteering Chantel took some post education training in computers, and retail. This has helped Chantel with her job of making candles, personal care products, greeting cards, and gift tags from scratch to sell. It never ceases to amaze me how much detail goes into both the design and ingredients of making a candle, but from personal experience I do notice a huge difference on how many more hours I get from one of

her candles compared to a dollar store brand.

Thank you Chantel for taking the time to share your talents with us, and for the training lesson on candle making. I will never look at another candle in such the same way.



**November 2015**

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## Community Events

### Family Support Institute:

On Saturday, November 7th, the Family Support Institute will be hosting their 8th annual Trivia Night from 7:00 p.m. to 10:00 p.m. at the Burnaby Association for Community Inclusion, which is located at 2702 Norland Ave, Burnaby. Cost is \$25.00 per person (includes snacks per table of 8). For more details or to order your tickets, please call 604-540-8374 or email at [fsi@fsibc.com](mailto:fsi@fsibc.com)

### Sources Tuesday Night Social Group:

This is an evening drop in program for ages 19+ and is held at St. Michael's church, which is located at 12996 – 60th Ave, in Surrey. The cost is \$5.00 and caregivers are free.

If you are interested in finding out more about this program or to register please call Shannon at 604-592-5599.

### RAIC Autism Fair:

On Saturday, November 21st, the RSCL and Richmond Autism Interagency Committee will be providing an opportunity to hear from some experts and meet professionals, groups and business providing Autism services in the Richmond area.

To learn more about Autism resources in Richmond, please visit [www.autismrichmond.ca](http://www.autismrichmond.ca)



### How Passionate Are You About Our Cause?

The Lower Mainland Down Syndrome Society is sending out this invitation to our members and to those in our community to find people that are:

\*Passionate about making true change for individuals with Down syndrome and their families.

\* Who believe in our Mission and Vision.

\* Who bring new ideas, and positive energy to the society.

\* Who are team players.

\* Who are dedicated.

\* Who are willingly to bring their talents and gifts to the table.

\* Who are great at listening, and problem solving.

\* Who can dedicate between 8 to 10 hours per month.

\* Who can work effectively with the board of directors ,various volunteers, and the General Manager as a team on an assortment of events, and tasks.

If you answered yes to these questions then we would like to speak with you in regards to joining our board and your future with LMDSS.

## Fundraisers

**Year Round:** Clothing Drive drop off your gently used items to DeeDee Booski's Clothing Company at 23343 Mavis Avenue, in Fort Langley, BC and let them know it is for LMDSS.

**May 14th 2016** - Awareness Walk @ Bear Creek Park , Registration Starts at 10am

**June 11th 2016** - Annual Summer Picnic/AGM  
**Location:** Belcarra Park, Port Moody, B.C.  
**Time:** 10:00 a.m. - 2:00 p.m.

Please R.S.V.P. to the LMDSS office

### Have you remembered to let us know that you have a new email address?

The Lower Mainland Down Syndrome Society is working hard for you and your family and it would help to remember us when you change your email, or mailing address. So if you have changed any of your contact information please forward us a quick email to let us know.

### Rock Creek fire victim needs your help



The Lower Mainland Down Syndrome Society is still taking donations to help a 61 year old woman with Down syndrome replace her winter clothing and shoes.

If you would like to make a donation big or small please contact the LMDSS office.



### Play Groups:

The Willoughby Infant Development Program provides services to families with children from birth to age three who have a diagnosis, delay or who are at risk for delays in one or more skill area. The playgroup provides a chance to meet other parents, an opportunity for your child to grow, learn, and thrive in social play with other children, an opportunity to discuss questions, concerns, and successes with IDP consultants, support, and refreshments. A referral is required for this program. Times: Wednesday's from 10:00 -11:15am. Further details can be find at [www.langleycdc.com](http://www.langleycdc.com)

If you attend or know of any other great play-groups that new parents can join in on around the lower mainland, please take the time to let the LMDSS office know so we can get the word out.

**The information you provide helps families.**

### ATTENTION NEW MEMBERS

From November 1 , 2015 to January 31, 2016 all new members to LMDSS will receive a free 1 year membership. For further details contact our office.

### LMDSS PUB NIGHT

A night of fun with friends, prizes, games, as well a large TV screen in which to watch the hockey game.

**Date:** Saturday, November 21st, 2015

**Location:** Rusty's Pub in Cloverdale  
#101-17770-56th Ave

**Time:** 5:00 p.m. to 11:00 p.m.

**Cost:** \$20 per ticket or \$35 for two

**To order your tickets contact the LMDSS office**

### CHARITY CHRISTMAS SHOPPING NIGHT

**Date:** Tuesday, November 17th, 2015

**Time:** 6:30 p.m. to 10:00 p.m.

**Location:** Willowbrook Mall  
19705 Fraser Highway, Langley, B.C.

**Cost:** \$10 per ticket

**Contact the LMDSS office to order your tickets today.**

*Where Friendships Are Made*

## Programs

### **Adult Connections Group (Self Advocates 19+):**

**Outing:** Karaoke Night  
**Date:** November 28th, 2015  
**Time:** TBA  
**Location:** TBA  
**Cost:** Free  
**Contact :** Stephanie or Sherry at [adultsconnect@lmdss.com](mailto:adultsconnect@lmdss.com)

**Dream Riders:** Adapted Tricycles for rent.  
To reserve your tricycle call the LMDSS office  
**Cost:** \$10:00 for three weeks of rental.

**Outreach Team:** Have you ever thought of supporting new parents by becoming an LMDSS Outreach support person. If you would like more information or would like to sign up for our next training session, please contact the LMDSS office.

**Scholarships:** Call the LMDSS office to ask

for an application.

**Subsidies:** Are available call to enquire.

**Youth Group:** Dinner Out  
**Date:** Saturday, November 28th, 2015  
**Time:** TBA  
**Location:** TBA  
For further details please contact Renata at [youthgroup@lmdss.com](mailto:youthgroup@lmdss.com) or Melissa at [melissahawkes@telus.net](mailto:melissahawkes@telus.net)

## Events

### **Event: National Down Syndrome Week Fiddles & Fun Interactive Concert**

**Date:** Sunday, November 1st, 2015  
**Time:** Doors open at 1:45 p.m.  
**Location:** Silver Harbor Centre,  
144 East 22nd Street, North Vancouver  
**Cost:** Free  
**All ages and their families. Please send your R.S.V.P to the LMDSS office.**  
**Limited seating is available.**

### **Event: Annual Christmas Party**

**Date:** Saturday, December 5th, 2015  
**Location:** Semiahmoo Fish & Game Club 1284 - 184th Street, Surrey, B.C.  
**Time:** 5:00 p.m. to 10:00 p.m.  
**R.S.V.P. the LMDSS office to reserve your spot.**  
We are also looking for some volunteers to help out at this event. If you would be interested in the Santa role or other positions

please contact Theresa at 604-591-2722.



*Events are great ways to connection with other families and to network.*

## Workshops

**Music Therapy:** With Erin Parr  
**Dates:** Thursday, Sept 24th, Oct 1st, 8th, 15th, 22nd, 29th, Nov 5th, 12th.  
**Time:** 6:00pm-7:30pm  
**Location:** WC Blair Rec Center  
22200 Fraser Hwy, Langley, B.C.  
( Studio #2 Boardroom)  
**Cost:** \$40.00 LMDSS members  
\$80.00 Non- members  
Must contact the LMDSS office to register.

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*If you have any workshop ideas that you would like to share please contact us.*

## Parent Networking Groups

### **LMDSS Langley Group**

**Topic:** Family Fun Day  
"Happy Cakes"  
**Date:** November 22nd, 2015  
**Time:** 2:00 p.m. - 3:30 p.m.  
**Location:** 18640 Fraser Highway,  
Surrey  
**Cost:** Free  
**LMDSS Burnaby Group**  
**Topic:** Occupational Therapy  
**Date:** November 19th, 2015

**Time:** 6:30 p.m. - 8:30 p.m.  
**Location:** 1409 Sperling Ave, Burnaby  
**Cost:** Free  
**LMDSS Surrey Group**  
**Topic:** CLBC Presentation  
**Date:** November 24th, 2015  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Location:** Newton Senior Center  
13775 - 70th Ave, Surrey  
**Cost:** Free

### **LMDSS Vancouver Group** Details to come!

If you are attending any of the Parent Networking Groups please call 604-591-2722 or email us at [info@lmdss.com](mailto:info@lmdss.com) to RSVP

*Families go through many stages of life. Let us help you with your journey.*

# Lower Mainland Down Syndrome Society

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CHECK US OUT ON



"We Bring Good Things to Life" .



## LMDSS Mission Statement

Members of the Lower Mainland Down Syndrome Society believe that individuals with Down syndrome are capable of full participation in society and should be given the opportunity to develop their potential.

Therefore the Lower Mainland Down Syndrome Society:

- Provides information, support, and resources to individuals with Down syndrome in B.C. and their families.
- Provides information about Down syndrome and resources to people and organizations who support individuals with Down syndrome and their families.
- Advocates that governments and appropriate agencies provide the special resources often needed by individuals with Down syndrome and their families.

HAVE ANY PICTURES YOU WOULD LIKE TO SHARE!

## Volunteer Opportunities

Here are a few volunteer positions that are available.

- Newsletter Editor
- Board of Directors
- Fundraising Coordinator
- Parent Networking Coordinators
- Outreach Parents
- Childcare
- Volunteer Coordinator
- Volunteer Public Relations Coordinator

If you are interested in volunteering for our society please contact the LMDSS office for further details.

To be a volunteer it takes:

- Generosity, a willingness to give your time to others.
- Understanding, because their lives might be very different from your own.
- Empathy, an ability to put yourself in someone else's shoes and feel what they must feel.
- Compassion, to truly care about making someone else's life better. Patience, because the process doesn't always go as smoothly as it might.
- Dedication, to stick with the project and see it through.

Thank you to all that volunteer!

