

Newsletter

LOWER MAINLAND DOWN SYNDROME SOCIETY

On November 1st the Lower Mainland Down Syndrome Society was pleased to be able to provide a free interactive Celtic concert which was put on by the North Shore Celtic Ensemble. This was a great way to start National Down Syndrome Awareness Week.

As the fiddles and flutes played the hands started a clapping and the toes were a moving as the children were taught an assortment of Celtic dance steps, and joined in on the performance with shakers, and tambourines in hand. Fun was had by both adults and children alike.

Thank you to Cara and the North Shore Celtic Ensemble for helping us bring in this

years National Down Syndrome Awareness Week with such a great event.



B.C. Government removes financial barriers for persons with disabilities on assistance

Beginning December 1, 2015, the amount of assets that people receiving disability assistance may hold without losing eligibility for assistance will rise to \$100,000 for an individual with the PWD designation, and \$200,000 for a couple where both have PWD designa-

tion. Currently, the asset limits are 5,000 and \$10,000 respectively.

For the first time in B.C., persons with disabilities will also be able to receive cash gifts with no effect on their eligibility for assistance. Government is also changing the way trust payments are handled and eliminating the \$8,000 annual cap on trust payments.

These changes will allow people receiving disability assistance to enhance their financial security, while also giving their families, friends or community groups the opportunity to provide additional support. For full details about these changes, go to the CLBC website.



December 2015

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Community Events

Yoga 4 Kids:

This Vancouver therapeutic program of yoga techniques designed by Sonia Sumar helps to enhance natural development of children ages 0 to 12 years old who have special needs.

For more information contact Sherry LeBlanc at sherry@yoga4kids.org

Bethesda:

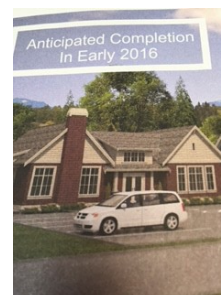
This organization is working on individualized accommodations project for individuals with disabilities and is anticipating the completion to be in early 2016.

Each Vedder Terrace townhouse is a two bedroom unit nicely designed to provide quality housing.

Whether individuals are seeking Supported Independent Living opportunities, 24 hour care, or something in between, living situations can be tailored to meet the needs of each individual.

Family, friends, staff and peers will form the support network for each tenant.

For more information call 604-850-6604.



Charity Shopping Night: On November 17th the Lower Mainland Down Syndrome Society participated in another Charity Shopping night at Willowbrook mall, in Langley.

This event was well attended with just over 5000 people.

There was entertainment throughout the mall as well as free giveaways, free Santa photos, up to 50% off at retailers, and over \$15,000 in prizes.

I found this event to be a great way to get you in the Christmas spirit and to save money on the family budget, as the deals were great. I was able to get dress pants for \$1.00!

We would like to extend our thanks to everyone who purchased tickets, and came out to support us.

For those who were not able to make it out this year we hope that you will be able to join us at next years event.

LMDSS Burnaby Group: On November 19th the Lower Mainland Down Syndrome Burnaby group provided a free presentation by Sara Bishop on Occupational Therapy. With over 30 years of experience Sara was able to provide a lot of information and tips, on how to deal with issues, to the parents. Thank you Sara for joining us, and for all your wonderful information.

Pub Night: On November 21st the Lower Mainland Down Syndrome Society had their annual pub night fundraiser. We were able to raise a net profit of 1,648.90, half of which came from our silent auction items. These funds will go a long way towards supporting our programs, and helping families.

I would like to thank all of our volunteers who gave of their time to help make this event possible and to extend a special thank you to our many sponsors who donated such amazing silent auction items this year.

Rusty's Pub, Rentquip Canada, Star Rental, Vancouver Giants, Rona-Fleetwood, JYSK-Fleetwood, BC Lions, Helen Kelsey, Theresa Estmansi, Jen & Peter Thornton, Johnstone's Barbecues & Parts - Surrey, Dawn Craig Massage Therapist, Kintec, Salon Couture, The Potter Shed, Whitecaps, Blue Daisy Sweets, and Cloverdale Rodeo.

CLBC Presentation: On November 24th the Lower Mainland Down Syndrome Society Surrey Group hosted a free CLBC presentation to help families with their many questions surrounding CLBC eligibility, Navigator roles, Recreation passes, PWD, Post Secondary programs, Crisis Issues, Analyst Role, Facilitator roles, Respite, Employment Support, Skill Development, Day programs, Residential Supports, Home share, Outreach, and 24 hour care.

This was a very informative workshop families left with a lot of ideas for their future, and answered to their questions.

I would like to thank Jamila Kamrudin, Yousra Syeda, and Clover Mitchell for taking the time out of their day to present this information to our families.

Langley Networking Group: On November 25th a group of LMDSS families spent the afternoon decoration cupcakes, making crafts, and taking a tour of the facility at Happy Cakes in Surrey. LMDSS is pleased to be able to provide a lot of our events at low to no cost to families as we know the importance of networking and reconnecting as a family.



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.

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

Office Highlights

The LMDSS office has been working to update all our contact information so we can start the new year with up to date email contact list.

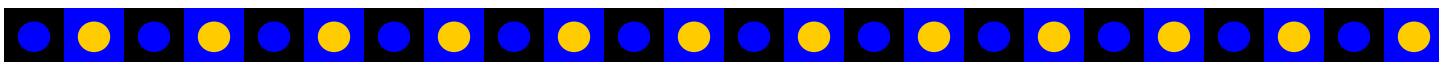
If you have had any issues receiving our newsletter, or other important information, then please email us to provide updated details.

If you are speaking to someone who mentions they have not received any notices, invitations, etc then please have them contact us.

Dance Fit Classes:

Would your child, teen, or adult be interested in joining a dance fit program? The Lower Mainland Down Syndrome Society is looking at starting up a new dance fit class come the new year and would like your feedback. For more information or to let us know you are interested please contact our office.

Where Friendships Are Made



Programs

Adult Connections Group (Self Advocates 19+):

Outing: LMDSS Christmas Event & Dance
Date: Saturday, December 5th, 2015
Time: 5:00 p.m. to 9:00 p.m.
Location: 1284 - 184th Street, Surrey
Cost: Free
Contact : Stephanie or Sherry at 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: LMDSS Christmas Event & Dance

Date: Saturday, December 5th, 2015
Time: 5:00 p.m. to 9:00 p.m.
Location: 1284 - 184th Street, Surrey
Cost: Free
For further details please contact Renata at youthgroup@lmdss.com or Melissa at melissahawkes@telus.net

Events

LMDSS Annual Christmas Party & Dance

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. are required!



Workshops

Music Therapy Classes: By Erin Parr

Dates: Thursday, Jan 7th, 14th, 21st, 28th, Feb 4th, 11th, 18th, 25th
Time: 6:00 p.m. to 7:30 p.m.
Location: WC Blair Rec Center
22200 Fraser Highway, Langley, B.C.
(Studio #2 Boardroom)
Cost: \$40.00 LMDSS Members
\$80.00 Non-Members

Ages: 6 months to 10 years

To register contact the LMDSS office.

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



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

Parent Networking Groups

LMDSS Langley Group

Topic: Respite
Date: January 14th, 2016
Time: 6:30 p.m. to 8:30 p.m.
Location: 5171-221A Street, Langley
Cost: Free
LMDSS Burnaby Group
Topic: Dental Care For People with Disabilities
Date: January 21, 2016
Time: 6:30 p.m. to 8:30 p.m.

Location: 1409 Sperling Ave, Burnaby

Cost: Free

LMDSS Surrey Group

Topic: Representation Agreements
Date: January 27th, 2016
Time: 6:00 p.m. to 9:00 p.m.
Location: 15306 - 24th 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 to RSVP
Childcare is available!

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



Lower Mainland Down Syndrome Society

#201-13281 -72nd Ave
Surrey, B.C. V3W 2N5

Phone: 604-591-2722
Fax: 604-591-2730
Email: info@lmdss.com
Web: www.lmdss.com

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!

