



Newsletter

LOWER MAINLAND DOWN SYNDROME SOCIETY

Welcome In 2016 -

As we say goodbye to 2015 and welcome in the new year I get overly excited as I think of all the wonderful programs and services that we have been working on and will soon become available to our members this year.

Along with these new programs we will also have the opportunity to welcome in a new board of director team, professionals and volunteers.

I hope that you will join me in welcoming these individuals at our Annual General Meeting and Family picnic on June 11th, 2016.

Let 2016 be the best year ever!

Board of Directors:

It is that time of year when we start to acknowledge the implementing of a new board of directors as our old board has finalized their terms and commitments and will be moving on.

The positions that we are now interviewing for is as follows:

President (June 2016 to 2018)

Vice President (June 2016 to 2017)

Directors (June 2016 to 2018)

This can be a very rewarding positions as you help to better the lives of those individuals with Down syndrome.

I hope that each of you take the time to search your hearts, review your skills, talents and think about what you could bring to the table to put LMDSS at the front of the Down syndrome population.

What legacy will you leave behind?

For further details , please contact the LMDSS office.

Our 2016 team so far



AND



February 2016

Inside this issue:

Community information	2
Fundraisers	2
Programs	3
Networking Events	3
Workshops	3
Parent Networking	3
About us	4
Mission Statement	4
Volunteers Needed	4

Community Events

Kids Who Cook: Sunday, Feb 21st
4 Sessions \$49.75
Ages 6 to 12 years
3:00 p.m. - 4:30 p.m.
Newton Recreation Centre

Adapted Social Recreation: Saturday's
Feb 13, 20,27, and March 5th
Ages 12 to 18 years
1 session \$ 26.75
Newton Recreation Centre

**To register for these programs call
604-501-7572**

Yoga 4 Kids: March 14th to March 20th
Location: Sacred Space Studio
3574 West 4th Ave
Vancouver, B.C.

For more details or to register please contact Sherry at sherry@yoga4kids.org

APPD Job Preparation and Work Exploration Programs: Applicants must meet the following criteria:

- ◆ Be at least 18 years old by Sept 8, 2016 and have a disability.

- ◆ Have completed at least one independent work experience.
- ◆ Have demonstrated ability to work independently (unsupervised) for shifts of 4 or more hours at least 3 times per week.
- ◆ Travel independently.
Register Online at kpu.ca/aca/appd
Date: Tuesday, Feb 2, 2016
Time: Starts at 1:00 p.m. in Conference Centre A and B
Place: Kwantlen Polytechnic University 12666-72nd Ave, Surrey

Job Postings: The Lower Mainland Down Syndrome Society is once again adding new programs to our already long list of services that we provide.

We have available two job postings one is for a Reading and Math Teacher, and the other is for a Speech and Language Pathologist for our speech program.

For further job description details please go to the LMDSS website at www.lmdss.com

Membership Renewals: You should be receiving shortly an email indicating that its time to renew your membership for 2016.

Our office has been working extremely hard to implement our new database, and to make sure that your contact information is up to date so you are receiving all the information that goes out to our members and that you are the first to know about our programs, and what we have been doing on your behalf.

It would be very helpful moving forward if you could send in your membership forms as soon as possible, and email us throughout the year with any changes that occur to your contact information.

I would like to extend a huge thank you to Tonny Salisbury for all her hard work and time she has put into this project.

iSwirl Program:

Thank you iSwirl and the Lower Mainland Down Syndrome Society for this great way to pay it forward. Over the Christmas holiday's I usually will pick up a few items from M & M meats to keep in the freezer for when guests stop in.

I was able to use my free iSwirl card that the Lower Mainland Down Syndrome Society sent me and with a quick scan of this card the store was able to donate funds towards LMDSS, and also send me a cheque as there way of thanking me for shopping with them.

I love this, it does not cost me anything and I get money sent to me for just shopping as I normally would.

I also love the fact that the companies send funds towards the Lower Mainland Down Syndrome Society so they can continue to help individuals with Down syndrome and their families.

New companies are coming on board each month, as well as you can email iSwirl and request that they follow up with your favorite stores so they too can be added.

If you would like to receive your free iSwirl card, or find out more about this, please contact the LMDSS office.

Parents Find Audit Offensive:

Vancouver parents have been asked to proof that their children have disabilities to protect their funding.

Vancouver school's are asking parents for additional documents verifying something that the schoolboards already knows, as parents were asked to provide medical letters, documents, etc. when their child started school, so what happened to this information, who is responsible for gathering this information, and the bigger question yet is what security measures has the school's taken to secure our children's data.

Parents are frustrated that they have to continue to fight and proof their child's disability by once again providing these documents to the schools.

The school's are also stating that a doctor's note is not enough, so parents are having to take time off work to go to appointments so their doctors can complete a formal document stating that their child has a lifelong disability, and once again paying another fee to have this done.

The reason behind this is an audit by the province in certain districts. The government is trying to confirm how many students with special needs excess and what category of disability they fall into as the province allocates funding based on the number of special needs students.

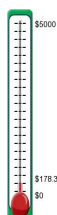
In the case of children born with Down Syndrome this is a lifelong disability and parents should not have to keep filling out the same paperwork over and over again.

As a parent of a 29 years daughter born with Down Syndrome the paperwork started two days after she was born and it still continues today. If it is not schools, Ministry of Children, Community Living of BC, or some other office all asking for paperwork.

This is 2016 people there are computers, databases, and the cloud. So you would think by now everyone could access this information or maybe there is an app for that.

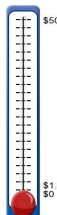
To view the news clip video go to CTV or the LMDSS Facebook page.

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.](#)



Year Round iSwirl: Thank you to all our members, family and friends for supporting this great fundraiser. If you would like to receive more information about this fundraiser or to get your free iSwirl rewards card please contact the LMDSS office.

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

June 11th 2016 - Annual Summer Picnic/ AGM

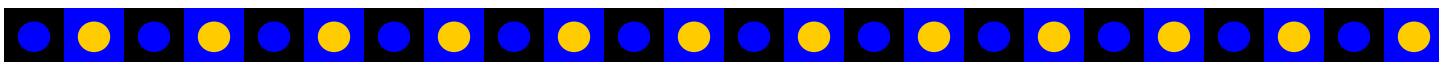
Location: Belcarra Park, Port Moody, B.C.
Time: 10:00 a.m.- 2:00 p.m.

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

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.



Where Friendships Are Made



Programs

Adult Connections Group (Self Advocates 19+):

Outing: Valentine's Day High Tea
Date: Saturday, February 13th, 2016
Time: 11:00 a.m. - 2:00 p.m.
Location: Stephanie's House in Coquitlam
(R.S.V.P. for address)
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: Laser Bowling at Willowbrook Lanes
Date: Saturday, February 20th, 2016
Time: 5:00 p.m. to 7:00 p.m.
Location: 6350 -196th Street, Langley
Cost: \$5.00
For further details please contact Renata at youthgroup@lmdss.com or Melissa at

Events

LMDSS General Meeting

Date: Tuesday, February 23rd, 2016
Location: ABC Restaurant "Fleetwood"
15373 Fraser Highway, Surrey
Time: 6:30 p.m. to 8:30 p.m.
Topic: Individual Funding &
Micro boards
R.S.V.P. at the LMDSS office
is required!

World Down Syndrome Day:

Date: Sunday, March 20, 2016
Time: 11:00 a.m. to 4:00 p.m.
Location: Burnaby Village Museum
6501 Deer Lake Ave, Burnaby
Cost: Free admission. If you would like to enjoy a carousel ride the cost is \$2.60 each



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

Workshops

Music Therapy Classes: By Erin Parr
Dates: Thursday, Jan 7th, 14th,
21st, 28th, Feb 11th, 18th, 25th, Mar 3rd
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.

Dance Fit Classes with Frances Morris
Do you have a teen or adult with special abilities that could use a more active life style? These classes are designed to exercise to the up beat music of today. Not only is this a great and fun activity but it is also a fantastic way to stay in shape and build lasting friendships.
The Lower Mainland Down Syndrome Society is requesting your feedback on whether or not you would be interested in

having us set up this kind of program, and would appreciate it if you could take a few minutes to email our office and let us know if you are interested.

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

Parent Networking Groups

LMDSS Burnaby Group
Topic: Advocating for your child
Date: Feb 18th, 2016
Time: 6:30 p.m. to 8:30 p.m.
Location: 1409 Sperling Ave, Burnaby
Cost: Free
LMDSS Kelowna Group (NEW)
Topic: TBA
Date: Feb 18th, 2016
Time: TBA
Location: TBA
Cost:

LMDSS Langley Group
Topic: Direct Funded Respite/
Individualized Funding/Eligible for
CLBC/Transition into CLBC Supports
Date: Feb 11th, 2016
Time: 6:30 p.m. to 8:30 p.m.
Location: 5171-221A Street, Langley
Cost: Free
LMDSS Surrey Group
Topic: Transportation
Date: Feb 24th, 2016
Time: 6:30 p.m. to 8:30 p.m.

Location: 15306 - 24th Ave, Surrey
Cost: Free
LMDSS Vancouver Group (NEW)
Topic: Sexuality Classes
Date: TBA
Time: TBA
Location: TBA
Cost: TBA

Details to come!

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.

- Board of Directors
- Fundraising Coordinator
- Parent Networking Coordinators
- Outreach Parents
- Childcare Coordinators
- 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!

We would like to welcome Tonny Salisbury to our new board of director's team.

