

Newsletter

LOWER MAINLAND DOWN SYNDROME SOCIETY

Board of Directors: I would like to thank those LMDSS members who have stepped forward to become part of the 2016 board of directors.

We still have a few more positions to fill so if you are considering becoming part of a team that wants to make change then I would like to hear from you. Contact the LMDSS office for further information.

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)



Tell Me What You Think Survey: On Feb 26, 2016 the Lower Mainland Down Syndrome Society sent out a survey called "Tell Me What You Think". This survey was designed to help give a voice to our membership, and provide them with the opportunity to guide their society (LMDSS) in the direction that they would like us to go so we can help the many B.C. families that we serve.

I would like to thank those members who took the three minutes to fill this out and provide us with some very important data.

Over the next few weeks I will be compiling this information and will provide the results in our next newsletter issue.

For those members who have not sent your survey in **there is still time** to have your voice heard. Please forward your survey to the

LMDSS office by March 17th to have your input added in our results.

New Office Desk: After over twenty years with the same desk it was time to put the old one out to pasture and with the kind donation from Heritage Office Furnishings, Warehouse Distribution & Installation Ltd, and the assistance of Katherine Salisbury interior designer the Lower Mainland Down Syndrome Society was able to receive a brand new modern desk to go with our office Reno's.

I would like to also thank Steve who on his own time deliver the desk and set it up.



March 2016

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Community Events

Are you a therapist, counsellor, or educator who uses art or mindfulness in your practice or in your classroom? True Point Programs is pleased to announce 2 programs with Margaret Jones Callahan this spring in Vancouver.

Ignite Your Wisdom Spark/ Introduction to Mindfulness based Art Therapy
Date: April 8th, 2016

Mindfulness Based Art Therapy Level 1
Date: June 24th & 25th, 2016
Location: Centre for Peace
1825 W 16th Ave, Vancouver

Contact: truepnt@yahoo.ca

Moving Forward: Career and life options for individuals with disabilities

Date: Wednesday, April 13, 2016

Time: 4:00 p.m. to 7:00 p.m.

Location: Langley Secondary School (West Gym) 405—5th Ave, Langley
Contact: 604-534-8611 ext. # 226

Cheers For Charity:

Date: Friday, April 22nd, 2016

Time: 7:00 p.m.- 9:00 p.m.

Location: Redwoods Golf Course
22011 -88th Ave, Langley

Cost: \$70.00 per ticket

Contact: 604-534-1155 ext. #108, or by email at winetasting@langleycdc.com

Bus Pass Program: If you have any questions with regards to the Bus Pass Program contact Linda McGowan at 778-772-4431 or by email at linda.mcgowan@mvtcanada.com

Project Lifesaver: Do you have a family member that has Alzheimer's, Autism, Down Syndrome, Dementia, Brain injuries or other related disorders, and has issues with wandering away. Then you may want to check out Project Lifesaver.

For further information, please contact Sean Magnusson at 604-503-5671 or by email at PLiLMBC@gmail.com

Job Postings: The Lower Mainland Down Syndrome Society is expanding our programs and services to reach more of our membership through out B.C.

Over the next little while we will be working hard to fill these positions in order to move forward with our vision plan.

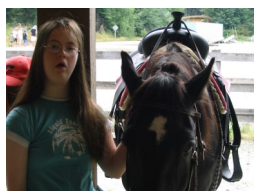
At this time we require a teacher for our Reading & Math program, and a Speech and Language Pathologist for our speech program.

If you or someone you know would be a great addition to our team of professionals, please email the LMDSS office to retain a job description, or go to the LMDSS website at www.lmdss.com and click on jobs.

Zajac Ranch: It's that time of year again when we start planning for our summer camps for our children and adults.

This year we are hosting an open house on Sunday, April 3rd from 2:00 p.m. to 5:00 p.m.

This would be the best way to check out the camp beforehand and ask the staff any questions that you may have.



Families are welcome to register for this event, or check out the below link for more details <http://zajacranch.com/openhouse/>

Minications Travel: Mini vacations for adults with developmental disabilities.

These trips are fun, supervised travel for people with disabilities. Minications Travel offers quality mini weekend vacations for adults with developmental disabilities where adventure, exploration, excitement, and intimate group sizes all lend to unforgettable trips! There's a trip for everyone! There's nothing mini about these hugely awesome trips!!

Included in their vacation packages are the following:

- ◆ 24/7 supervision by qualified caregivers.
- ◆ Semi-Private hotel room accommodations.
- ◆ Most meals and snacks (special diets available).
- ◆ Admission fees to activities and attractions.
- ◆ Accessible transportation.
- ◆ Lots of fun and a chance to meet new friends.

If you would like more information or to book a trip, please contact Julie Thiele at 604-789-8543 or by email julie@minicationstravel.com

Lisa Stratton: Talk To Me! Interviews

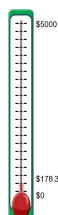
Hello everyone. I am Lisa Stratton and I have decided to create a job of my own! In my life, one of the things I like to do is watch interviews on YouTube. I like to see and hear about my favourite singers and actors and what they do in their life. I thought I would like to interview people about their lives. I am not shy. I always like asking people about what they do and I really like talking to actors after a play. I thought this is the perfect job for ME! I am so completely excited about this new adventure!

Check out my first interview! I talked with Fairlith Harvey, actor and costume designer for CATS, at the Jericho Arts Centre. There's lots of noise in the background with the cast getting ready for their performance but it's cool because we were live on location! I even got a backstage tour. Awesome! I want to thank Fairlith for her time and all the wonderful actors who had their pictures taken with me. <https://youtu.be/mqdzlxuvStg>

I already have plans for four more interviews with some very cool people. Stay tuned!

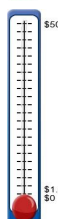


Fundraisers



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 - T21 Awareness Walk @ Bear Creek Park, Registration Starts at 10am.

The LMDSS office has sent out our T21 Awareness packages, so if you have not received yours, please contact us.

Also this year we are pleased to make registration for our walk even easier with our online registration. Check out our website at www.lmdss.com for further details.

If you would like to sign up for a vendor table at the walk, please contact Theresa at the LMDSS office.



Where Friendships Are Made

Programs

Adult Connections Group (Self Advocates 19+):

Outing: Slumber Party

Date: Saturday, March 12th, 2016

Time: call Stephanie for details

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.

Reading & Math Program:

Dates: April 25th - May 13, & June 6th -24th, 2016

Times: TBA

Location: #201-13281-72nd Ave, Surrey

Cost: \$25.00 per student

Contact the LMDSS for further details and to register.

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: Art Class at Neighborhood Art Studio

Date: Sunday, March 20th, 2016

Time: 1:00 p.m. to 2:30 p.m.

Location: 2318—156th Street

Cost: \$20:00/child

For further details please contact Melissa at melissahawkes@telus.net

Events

World Down Syndrome Day:

Date: Sunday, March 20, 2016

Time: 11:00 a.m. to 4:30 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, or take the adventure tour for \$6.00 which will include a carousel ride. For

More information or to R.S.V.P. please contact the LMDSS office so we know you are coming.

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



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

Workshops

Music Therapy Classes: By Erin Parr

Dates: Thursday, April 7th, 14th, 21st, 28th, May 5th, 12th, 19th, 26th.

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

I have heard back from a few of you but we need more participants if this class is to move forward.

Please contact the LMDSS office if you are interested in joining this class.

Bike Camp: We are pleased to be providing to our members a week long bike camp from July 25th to July 29th, 2016 from 8:00 a.m. to 4:00 p.m. at the

Walnut Grove Community Park Field. Further details will be coming.



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

Parent Networking Groups

LMDSS Burnaby Group

Topic: Toilet Training with Pat Mirenda

Date: March 17th, 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: TBA

Time: TBA

Location: TBA

LMDSS Burnaby, Langley, Surrey, and Vancouver Groups

Topic: Family Fun Day Celebrating World Down Syndrome Day

Date: Sunday, March 20th, 2016

Time: 11:00 a.m. to 4:30 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, or take the Adventure Tour for \$6.00 each, which includes a Carousel

Ride. Food is also available for purchase. Please contact the LMDSS office to R.S.V.P. for this event.

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

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!

