

Newsletter

LOWER MAINLAND DOWN SYNDROME SOCIETY

LMDSS 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".

Thank you to everyone who took the time to answer our survey. This information was very helpful and provided LMDSS with the research information needed to move forward and provide better services and programs to our members and those in our communities.

Although LMDSS covers all ages our survey found that the majority of ages were between 6 to 13 and 19+.

It was nice to know that LMDSS is providing programs and services that our members are wanting.

Amongst the many programs that we already provide our members have also shown a large interest in having LMDSS provide the following new programs Dance fit, Dance Therapy, Cooking Classes, Speech, Support Networking.

So I will be working on getting these programs up and running.

The top three most popular day of the week for having programs were

Saturday, Thursday, and Monday's so we will be making adjustments to our schedules to help accompanied more members.

We also received a lot of input on programs, and workshops that our members would like to see over the next year so I am busy working through the list to make this happen.

The events at LMDSS are also a great way for our members to support each other, make friends, and well just have family fun. You our member provided us with what you would like to see continue and what you were not interested in attending. One of the events was the LMDSS general meeting, so on June 11th, 2016 at our Annual General meeting we brought forward to our members a special resolution to dissolve our general meetings, and just have one annual general meeting each year. This was passed.

LMDSS is also making changes to our fundraising events, and hope that when we are finished with the changes that our members are willing to come out and support us.

Three items that did come out of this survey were as follows:

- 1) **LMDSS is a Surrey Society. True or False.** False LMDSS head office is based in Surrey however we have a groups in Kelowna, Langley, South

Surrey, Burnaby, and Vancouver. We have networking groups that run in many areas of the lower mainland and if there is enough people that feel that they would like a networking group in their area then they can contact the LMDSS head office to get more details.

- 2) **LMDSS programs and events are only in Surrey True or False.** False LMDSS has programs and events that are held all over the lower mainland. If you would like to see something in your area again please contact the LMDSS head office for details, and if we have enough interest we will work to make it happen.
- 3) **Members are not aware of all we do. True or False.** True we will try harder to provide more information and knowledge about LMDSS to our members, and those in our communities. We will be posting a LMDSS tour power point on our website to help with this as well as more community presentations.

REMEMBER TO RENEW
YOUR MEMBERSHIP!

June 2016

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Community Events

Martial Arts Summer Camp: (For children with Special Needs) Ages: 6 to 19

Dates: Monday, July 11th - Friday, July 15th

Location: 110-12280 Trites Road, Richmond

Time: 9:00 a.m. to 3:00 p.m.

Cost: \$275.00 or \$70.00 per day + GST

(new students will require an assessment prior to registration).

Camp will include:

Martial Arts Training /Stranger Danger

Socialization Skills /Self-Defense

Outdoor Activities/Arts & Crafts

Snacks & Drinks/Educational Games

Lots of Fun & Excitement

To register, please contact Sirota's Alchymy at 604-244-8842.

Upcoming Community Workshops:

Weaving the Ties that Bind:

Date: July 18th, 2016

This online course, designed for individuals working with or living with people who are socially isolated, will teach you how to develop meaningful relationships and stay connected to your community.

All About the RDSP:

Date: July 19th, 2016

This FREE workshop provides step-by-step guidance to open and benefit from an RDSP.

Wills, Trusts & Estates:

Date: Sept 8th, 2016

Learn how to arrange your estate, prepare a will, and set up a trust for your loved-one with a disability.

Facing the Future Together:

Date: October 15th, 2016

This succession planning workshop will provide your whole family with peace of mind and confidence about planning for the future.

For more information, visit www.planinstitute.ca



Wheel Power: For our Victoria families. We would like to introduce "Wheel Power". This is a unique educational program designed to promote self confidence and caring kindness, through emotional healing and growth.

Working with miniature horses in a natural outdoor environment and hands-on activities are just some ways to help achieve emotional healing and growth. Learning to care for horses, grooming, tacking up, lungeing, and driving all require the student to follow directions, complete tasks, build skills, finish a project, and trust adults.

At the end of each session, the student will feel that he/she did well because the horses behaviours mirror our behaviours.

When a child asks correctly, confidently, and kindly he/she will get an honest response right back from the horse. What a great way to continue and grow a conversation!

For further information contact Louise Leung at 250-479-4936.



Special Thank You:

I would like to send off a special thank you to Cecil Milligan at the Bike Zone for his support, and donation of his time and supplies that it took to fix one of our adapted tricycles from our Dream Riders Program. If anyone has a bike that you need repaired or are in need of some other bike equipment go check out the Bike Zone at 2393 King George Blvd, in Surrey.

LMDSS Youth Group:

The Lower Mainland Down Syndrome Society offers a youth group program that meets once a month and provides a different adventure or fun activity to do.

In April the youth group decided to take a art class together at the Neighbourhood Art Studio in South Surrey.

As you can tell from the picture below we have a lot of talent out there, and sometimes even the parents just have to get in on the fun.

I would like to thank Melissa Hawkes, our LMDSS Youth Group Coordinator, for all of her support over the many years of running this program. Her support is truly appreciated, the kids always have so much fun.

As our youth group is expanding Melissa could use a few more hands .If you feel that you would make a great addition to our youth group team as a coordinator we would like to hear from you.



LMDSS Reading & Math Program: Mary Wareham. writes.....

What a great opportunity LMDSS has provided our family member's to learn beyond school.

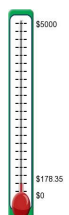
Kristina is in the Reading and Math program 2 days a week at the LMDSS office. I signed her up not knowing how this would impact her life (and mine too). She is being challenged to use her words when speaking. Those who know Kristina, if she had a hard time saying a word she would be frustrated, give up trying, walk away and not speak her words. But now she is totally engaged in learning. She is also identifying numbers and is co-operating with the teacher who is very patient with her teaching skills.

Thank you for making this program available.

Signed ... Mary Wareham and Kristina give this program a "thumbs up"

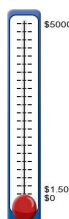


Fundraisers



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.



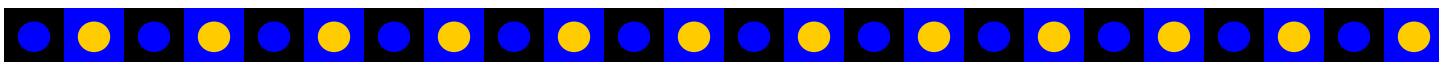
Job Postings

Job Postings:

Speech & Language Pathologist: We still have an opening for a Speech & Language Pathologist for our year round speech program.

If you or someone you know is interested please contact the LMDSS office.

Where Friendships Are Made



Programs

Adult Connections Group (Self Advocates 19+):

Outing: TBA

Date:

Time:

Location:

Cost:

For further details please contact us 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: July & August Classes Available

Times: Afternoon & Evening Times

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

Cost: \$20.00 per class

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 inquire.

Youth Group:

Date: TBA

Time:

Location:

Cost: \$

For further details please contact us at
youthgroup@lmdss.com

If you would like to see LMDSS provide other programs please let us know.

Events

We are working on new events for this coming year and will post them for September!



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

Workshops

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.

Walnut Grove Community Park Field.
Our Information has been sent out and you should already have received it.



Bike Camp: We are pleased to be providing to our members a week long bike camp from July 25th to July 29th, 2016 from 9:00 a.m. to 3:00 p.m. at the

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

Parent Networking Groups

LMDSS Burnaby Group

Topic: Closed For The Summer

Date:

Time:

Location:

Cost:

LMDSS Kelowna Group (NEW)

Topic: Closed For The Summer

Date:

Time:

Location:

Cost:

LMDSS Langley Group

Topic: Closed For The Summer

Date:

Time:

Location:

Cost:

LMDSS Surrey Group

Topic: Closed For The Summer

Date:

Time:

Location:

Cost:

LMDSS Vancouver Group

Topic: Closed For The Summer

Date:

Time:

Location:

Cost:

Please contact the LMDSS office to R.S.V.P. for these Parent Networking Groups. If you require free childcare let us know at the time of registration.

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.

- Adult Connection Coordinator
- Bike Camp Spotters
- Board of Directors
- Fundraising Coordinator
- Parent Networking Coordinators
- Outreach Parents
- Childcare Coordinators
- Youth Group Coordinator
- 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!

