



Newsletter

LOWER MAINLAND DOWN SYNDROME SOCIETY

Welcome 2016 LMDSS Board Members:

The Lower Mainland Down Syndrome Society would like to introduce to you your new board members for 2016-2017. Please help me welcome

President, Terralyn Polege, Treasurer, Muhammad Tahir, Secretary, Gay Hall, and Directors, Tonny Salisbury, Mary Wareham, Sherry Westie, Helen Kelsey, Robert Potter, and Mackay Potter.

I look forward to working with each of you over this next year as we move LMDSS forward.

Making Change One Voice At A Time:

The Ministry of Social Development and Social Innovation is eliminating the \$45 BC Bus Pass annual administration fee for people with the Persons with Disabilities (PWD) designation. The fee normally charged when people on disability assistance applied for, or renewed, their bus pass will be eliminated as part of the Sept. 1, 2016, disability assistance rate changes.

Their bus passes will no longer have an expiry date of Dec. 31, 2016. The bus pass will be valid for as long as an individual wants to keep it.

This provides more flexibility, they can decide to opt out of the BC Bus Pass program and receive their \$52 transportation support allowance on their assistance cheque. They can also opt back into the BC Bus Pass program in the

future.

The decision to eliminate the administration fee is in direct response to input from people with disabilities, stakeholders and advocates.

It also builds on the changes that take effect on Sept 1st. The B.C. Government has invested \$170 million over the next three years to ensure all 100,000 people on disability assistance will receive \$52.00 transportation support, added, as well as, a \$25.00 increase for a total of \$77.00 per month.

Clients already receiving a \$66.00 Special Transportation Subsidy will continue to receive that support, as well as, an additional \$11.00 increase for a total of 77.00 per month.

People with the PWD designation who want to return their BC Bus Pass and receive the \$52 transportation support allowance on their cheque can inform the ministry of their decision by calling 1 866 866-0800, or emailing the BC Bus Pass program at: SDSIBUS-PA@gov.bc.ca.

For more information, visit the Bus Pass Program website at: www.buspass.gov.bc.ca

LMDSS Family Fun Day Pirate Adventure

On Saturday, July 16, 27 LMDSS members became sea-going Pirates with the help of Pirate Adventures on Granville Island. We dressed up in mustaches, scars, head bands, vests, sashes and learned to roll our "rrrrrs". It was a warm calm day on the water and everyone on the shore or on other boats were very friendly waving to us. No one was forced to walk the plank (they tried but Megan saved her mom). It was a fun 90 minutes boat ride with a treasure map in a bottle, a sword fight, a water fight and a box of treasure! Everyone had a great time check out the pictures on our Facebook page!



REMEMBER TO RENEW
YOUR MEMBERSHIP!

July 2016

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Community

Family Support Institute 9th Annual Trivia Night

Date: Oct 1, 2016

Location: Burnaby Association for Community Inclusion, in Burnaby

For further details and to order tickets please go to

<http://www.familysupportbc.com/events/fsis-9th-annual-trivia-night-2016>

Kimball Elite Upright Piano

We are looking for a home for this piano which has been in our family for many years. It is a Kimball Elite upright piano, which we would like to donate as is.

If you know of anyone who interested in picking it up at our home in South Surrey, please call Rose at 604 - 535-1727.



Looking for a Walking Partner

LMDSS has been approached by one of our families to put the word out that they are looking for someone that would like to join their adult daughter Monday's through Thursday's between the hours of 10:00 a.m. to 4:00 p.m. to go walking and for coffee in the Guildford area.

If you are interested in volunteering for something like this, please contact the LMDSS office .

Dream Riders:

Danielle Fennell, pictured below with her dog Grace, spend an enjoyable afternoon riding her bike.

Danielle has always wanted to bike, so when she moved into her home share it provided her with the perfect opportunity to partake in the Dream Riders Program offered by LMDSS.

Her quiet flat neighbourhood was the ideal place for her to try one of the specialized bikes designed for people with disabilities.

The bikes come in various sizes and the handle bars, seat & pedals adjust to your size.

Danielle loved the independence of being able to get on her own bike and go out for a ride on her own timeline, not others. □

Thanks
Sue



Welcome Grace: To all our members who donated to help bring Grace to Canada, thank you.

Dear Theresa,
I write to let you know that Grace landed in Canada today with her three siblings and became a permanent residents of Canada.

Up until the afternoon of June 3, the Immigration Minister's office was still considering giving Grace a temporary status as a visitor. Suddenly a few hours later, a final decision of this positive and humane outcome was arrived at in the middle of the night of June 3 by the officers in two visa offices in Europe and Africa. You can imagine the stress Anitha - the aunt - had to endure up until that point.

Anitha flew a marathon of 60 hours to and from Burundi in the last 3 days and managed within a few hours that she had in the city to go shopping for these beautiful outfits for the journey! Don't the children look gorgeous and happy despite the 30-hours transit? I believe the entire family is still in shock that this faint dream finally came true after four years of waiting, lots of prayers and hard work.

Moreover, everything that needed to happen in the past week happened precisely the way we could humanly control/plan which included couriering Grace's passport from the Canadian embassy in Kenya to Canada and having Anitha go into Burundi where violence was getting more volatile to bring the kids to Canada.

These two pictures were taken at the Toronto International airport this morning of this happy family are quite special.

I know Anitha is taking your advice, about getting Grace's problem eye checked ASAP, seriously. So as soon as the children are settled down, Anitha will start seeking treatments and assessments for Grace. The money she's raised for Grace's medical needs will be put into good use now. I hope she will visit you and your centre with Grace in the near future. In the meanwhile, if you have any suggestions or advice for Anitha, please

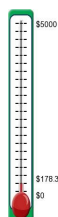
feel free to let me know. I am more than happy to pass it on to her or ask her to get in touch soon.

Finally, please know that your letter of support was tremendously helpful as it led to this favourable decision. Thank you for unequivocal support and advocacy for little Grace.

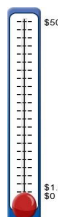
Best wishes,



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.](#)



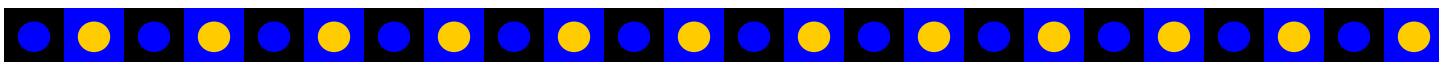
Year Round iSwirl: Thank you to all our members, family and friends for supporting this great fundraiser. If you would like to receive more information about this fundraiser or to get your free iSwirl rewards card please contact the LMDSS office.

Job Postings:

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: Orphaned Wildlife Rehabilitation Society

Date: September 17th, 2016

Time: 2:00 p.m.

Location: 3800 -72 Street, Delta

Cost: By Donation

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

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:

Outing: Vancouver Aquarium

Date: Oct 1st, 2016

Time: 1:00 p.m. to 3:00 p.m.

Location: 845 Avison Way, Vancouver

Cost: Between \$10 and \$14

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



LMDSS Christmas Party Dinner & Dance:

Date: November 26th, 2016

Location: 1284 - 184th Street, Surrey
(Semiahmoo Fish & Game Club)

Time: 5:00 p.m.

Cost: LMDSS Members - FREE
Non - Members - \$10.00 per person

Invitations will be sent out in October



Workshops

Dance Fit Classes: with Frances Morris

To date we have 6 families that are wanting to move forward with this new program.

Final details will be coming our soon.

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

Bike Camp: Thanks to the generosity of Variety Club—The Children's Charity we are able to reimburse up to 75% of the cost of a Pedalheads Bike camp for 10 members who **complete a Bike Camp by August 31, 2016.**

Variety Club—The Children's Charity is accommodating us by allowing us to offer funds left from our Bike Camp at the end of July to our Membership for **regular**

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

Pedalheads Bike Camps which take place at various times and locations throughout Metro Vancouver. To make sure you do not miss out on this great opportunity please check out the LMDSS Facebook page, or your email inbox.

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: Coordinators Meeting

Date: September

Time: TBA

Location: TBA

Cost: Free

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

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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 at this time.

- Adult Connection Coordinator
- Vice President
- Fundraising Coordinator
- Parent Networking Coordinators
- Outreach Parents Coordinators
- 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!

