



Newsletter

LOWER MAINLAND DOWN SYNDROME SOCIETY

LMDSS Bike Camp:

We had the opportunity to partner with **Variety – the children’s charity** who provided financial support through their grant program for summer camps and **Pedalheads** for their instruction expertise to offer our first ever Bike Camp July 25 – 29, 2016 in Langley.

The week was very rewarding for our participants whose confidence and ability grew each day of the camp.

Although we did not have the number of participants we had hoped **Variety – the children’s charity** allowed us to also offer our members a subsidy to attend a Pedalheads regular Bike Camp in August which 4

families took advantage of.

We look forward to continuing to partner with **Variety – the children’s charity** and **Pedalheads** to offer support for a variety of Summer Camps in the future.

Thank You – Bike Donations

LMDSS was fortunate to receive three gently used bikes.

Thank you to Bob and Athena MacDonald. Athena for donating her bike and Bob for making sure it was tuned up and in good working order for its new owner.

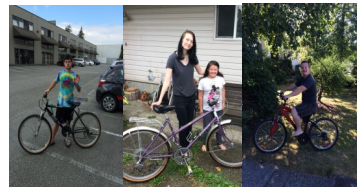
We would also like to thank the strata council at the Guildford Marquis who as a result of an initiative to reduce the number

of bikes in their bike lockers donated two bikes.

MEC (Mountain Equipment Co-op) Langley very generously donated their time to service the two bikes for us at no charge.

The three individuals who received the bikes – Josh Stanley, Melissa Scott and Malcolm Gendall were delighted with their “new” bikes.

If you have a gently used bike that you would like to donate please let us know.



REMEMBER TO RENEW
YOUR MEMBERSHIP!

October 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

Student or Grad with a Disability Searching for Great Career Opportunities in Canada?

Join us on Thursday, October 20th at Lime Connects Corporate Recruitment Reception in Vancouver:

New Partners, Great Roles!

Come and network with representatives of our corporate partners: **BMO Financial Group, IBM Canada, TD Bank Group** and our newest partners **Bell Canada and CIBC**.

Learn more about great career and internship opportunities for current students, recent and upcoming grads and experienced professionals. Career opportunities in technology, consulting, media, project management, business analytics, finance, human resources, sales, commercial banking and others will be discussed. In addition to the positions in the Vancouver area, there are some great internship, co-op and graduate programs for those willing to relocate to the Toronto region!

Date: Thursday, October 20th, 2016
Time: 6:00 - 8:00 pm (registration starts

at 5:30)

Location: Downtown Vancouver

Dress: Business

Format: Partner remarks, networking reception and potential one on one sessions Register or log into **The Lime Network**, to view the job descriptions and follow the link to apply, indicating your career interests. If you are an existing Lime Network member, please take the opportunity to update your profile. *Due to limited space, only those candidates with relevant backgrounds will be invited.*

Application deadline is midnight PST Sunday, October 2nd!

Let's Talk Housing and help to shape the National Housing Strategy

The Government of Canada believes that all Canadians deserve access to housing that meets their needs and that they can afford.

Achieving good housing outcomes for Canadians requires collaboration among many partners. Provinces and territories play an important role in housing. We are working with them to develop a new **National Housing Strategy**.

Canada's National Housing Strategy will meet the needs of all Canadians. And it must improve the lives of those in greatest need. Everyone's situation is unique.

We know that many Indigenous and Northern communities lack adequate housing. Targeted consultations will ensure we devote energy to these important issues. We are talking to Indigenous governments and organizations to determine how best to do this.

Together, we can accomplish more. The private sector, non-profits, municipalities and housing experts all have a role to play. We want to hear bold and innovative ideas from all Canadians.

Make your voice heard by [sharing your ideas](#), taking a [brief survey](#) or [submit your views in writing](#) before October 21, 2016. Your ideas will help shape the future of housing in Canada. For further details go to <https://www.letstalkhousing.ca/>

Reach Info Fair

On October 14th, 2016 at the North Delta Recreation Centre, which is located at 11415 - 84th Ave, in Delta from 3:30p.m. to 5:30 p.m. They will be hosting their information fair.

This is a great way to learn about services for children and youth with developmental disabilities and meet the staff from each program.

Vision For A Great Life Conference - Nov 5, 2016.

For Tri-Cities and New Westminster youth and their families.

If you have a son or daughter who has a disability and is beginning to think about life after high school, this event is for you!

Join us for a FREE full-day conference, featuring workshops throughout the day for youth and families. Lunch, and an opportunity to connect with others and learn about community resources.

In order to off-set the cost of the lunch, donations will be gratefully accepted the day of the event.

If you have not already registered, please consider joining us.

Please Note: We will require information about the city and region that you live in, as well as the ages of all youth in attendance.

Registration is taking place online and will remain open until October 24th, 2016. To register, go to the below link.

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ecvse5j810580014&oseq=&c=55c866a0-0e56-11e3-be0b-d4ae52844372&ch=55cc1020-0e56-11e3-be0b-d4ae52844372>

Family In Need of a Support Person

We are looking to hire a caring, conscientious and empathetic person to work as part of our team for our two teens. (daughter with Down syndrome 17 and son with Cerebral Palsy 16). We are working with a home schooling provider and running a home based program. We are looking for someone who can work one or two four hour shifts per week. We are hoping for someone with some experience with people with special needs but we will provide training for the right person. Compensation is based on experience. Assisting in lifts and transfers will be involved and also some personal care. A Criminal record Search will be done through our home school provider. References will be required. Please e-mail deanfion@telus.net

Fundraisers

CLOTHING DRIVE

A year round Clothing Drive is something that LMDSS has been doing for a number of years now. If you are interested please 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.

CHARITY CHRISTMAS SHOPPING NIGHT

Date: Tuesday, November 15th, 2016
Time: 6:30 p.m. to 9:30 p.m.

Location: Willowbrook Mall
19705 Fraser Highway, Langley, B.C.

Cost: \$10 per ticket

This fun event will allow you to shop for those Christmas presents after the mall is closed to their regular shoppers in a more relaxed atmosphere.

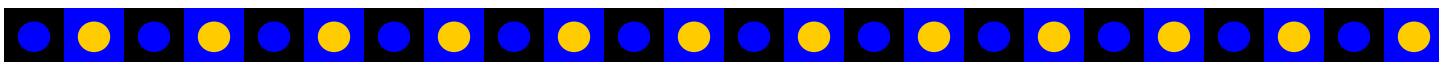
Your exclusive \$10.00 ticket will allow you entrance to the mall after hours, and to enjoy an elevated holiday shopping experience. It also allows you to take advantage of exclusive savings at the same time. The evening will feature \$20,000+ in prizes and

giveaways, free Santa photos, gift with purchase offer, free refreshments, live entertainment, store discounts of up to 50% off, and lots more.

A 100% of the ticket sale proceeds will go towards LMDSS Community, and Health and Education programs.

Contact the LMDSS office to order your tickets today.

Where Friendships Are Made



Programs

Adult Connections Group (Self Advocates 19+):

Outing: 27th Annual Halloween Party

Date: October 26th, 2016

Time: 6:00 p.m. to 8:30 p.m.

Location: De Dutch Pannekoek

15235 Fraser Highway, Surrey

Cost: \$7.00 per person (Includes a Pannekoek and drink)

Contact : Theresa 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.

Reading and Math Program:

Dates: September 20th to November 30th

Tuesday's, Wednesday's, and Thursday's

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

Cost: \$20.00 per session

For further details or to register, please contact the LMDSS office.

Scholarships: Call the LMDSS office to ask for an application.

Sexuality Classes:

Dates: Thursday's, Oct 20th, 27th, Nov 3rd, 10th, 17th, and 24th

Location: 1720 Grant Street, Vancouver

Times: 6:30 p.m. to 8:30 p.m.

Ages: 12+

Cost: LMDSS Members - \$60.00

Non-Members - \$100.00

Subsidies: Are available . Call to enquire.

Programs

Youth Group: (9 to 18)

Date: October 26th, 2016

Time: 6:00 p.m. to 8:30 p.m.

Location: De Dutch Pannekoek

15235 Fraser Highway, Surrey

Cost: \$7.00 per person (Includes a Pannekoek and drink)

For further details please contact Melissa or Mariam at youthgroup@lmdss.com

Events

Event: Annual Christmas Party Dinner & Dance

Date: November 26th, 2016

Location: Semiahmoo Fish & Game

Club 1284 - 184th Street, Surrey, B.C.

Time: 5:00 p.m. to 10:00 p.m.

Cost: Free for LMDSS Members \$10.00 per person for non-Members

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



Workshops

Music Therapy: With Erin Parr

Dates: Wednesday's , April 5th,

12th, 19th, 26th, May 3rd,

10th, 17th, 24th, and 31st

Time: 6:00pm-7:30pm

Location: WC Blair Rec Center

22200 Fraser Hwy, Langley, B.C.

(Studio #2 Boardroom)

Cost: \$40.00 LMDSS Members

\$80.00 Non – Members

Must contact the LMDSS office to register.



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 Burnaby Group

Topic: TBA

Date: October 20th, 2016

Time: 6:30 p.m. - 8:30 p.m.

Location: 1409 Sperling Ave, Burnaby

Cost: Free

LMDSS Langley Group

Topic: Welcome Back Social Meet & Greet

Date: Thursday, October 13th, 2016

Time: 6:30 p.m. - 8:30 p.m.

Location: #103-5171-221A Street,

Langley (Langley Child Development Center)

Cost: Free

LMDSS Okanagan Group

Topic: Social Meet & Greet

Date: October 6th, 2016

Location: For address email

LMDSSOkanaganCommunity@lmdss.com

Time: 7:30 p.m. to 9:30 p.m.

LMDSS Surrey Group

Topic: Family Fun Day "Halloween Party"

Date: October 26th, 2016

Time: 6:00 p.m. - 8:30 p.m.

Location: De Dutch Pannekoek

15235 Fraser Highway, Surrey

Cost: \$7.00 per person (Includes a Panne-

koek and drink).

LMDSS Vancouver Group

Topic: Art & Acting Classes

Date: October 6th, and Oct 13th, 2016

Location: 1720 Grant Street, Vancouver

Time: 6:30 p.m. to 8:30 p.m.

Ages: 7 years + (Check for details on sibling attending).

Cost: Is free for those who complete both classes, otherwise the cost will be \$25.00 per participant.

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



"Bringing families together".



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 Coordinator
- Board of Directors
- Newsletter Editor
- Fundraising Coordinator
- Parent Networking Coordinators
- Outreach Parents
- Childcare Attendances
- 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 our newest volunteer Miram Aziz. Miram will be working with Melissa Hawkes as one of our youth group coordinators.

