

# Newsletter

## LOWER MAINLAND DOWN SYNDROME SOCIETY

2017

From our family to yours

2017

The Lower Mainland Down Syndrome Society would like to wish everyone a healthy, and happy 2017.

With the 2016 Christmas season already weeks behind us I find that time once again is moving way too quickly.

I enjoy this time of year as I read through everyone's Facebook page and see pictures of the great family time spent over the holiday season, as well as the messages of what individuals are hoping the new year will bring.

For some of us we will make our list of goals and throughout the year will work hard to make them happen. Others with all good intentions just find that life, schedules, work, etc. will find away to make our goals just an arm length away and out of our reach, and finally we give up, or change the goal to something more realistic.

The Lower Mainland Down Syndrome Society also takes a personal inventory, or vision planning as

we want to make sure that the society is always providing the help and resources, etc. to B.C. families and individuals that we are so honoured to serve.

I always feel so thankful when I review the passed year of events to find everything that we have achieved.

Here are just a few items that we have achieved.

- ◆ Helped over 8013 families, and individuals.
- ◆ Provided 446 resources.
- ◆ Provided 31 workshops.
- ◆ Provided 4 subsidies.
- ◆ Provided 20 programs
- ◆ Supported 389 community societies, organizations, and professionals.
- ◆ Have grown to 5 Networking groups throughout B.C.

- ◆ Held 8 events, and 10 fundraisers.

- ◆ Worked to change government policies.

To our amazing and wonderful donors we could not of done this without your help, and support, and to all the individuals, and volunteers that have taken time out of their day to help and provided valuable resources, etc. we thank you.

As we move forward to bring the needs and wants to our families we do so with great thought and families in mind.

We also encourage EVERYONE to take the time to email us and tell us what you need, or want to see in 2017.

Change only happens when we work together, and support one another.



January 2017

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## Community Events

### SOCIAL SKILLS THROUGH THEATRE

For ages 10 – 13 (\$125.00 FOR 12 hours) 8 weeks  
Wednesday classes are full at this time, however if you are interested in signing up for other classes, please contact the instructor at <http://www.secondstoreytheatre.com/social-skill-programs> so another class can be set up.

### SOURCES COMMUNITY RESOURCE CENTRE TEEN/ADULT DROP IN

**DATE:** Tuesday Night's  
**TIME:** 5:00 p.m. to 8:00 p.m.  
**LOCATION:** St. Michaels Church  
12996 60 Ave, Surrey  
**Cost:** \$5.00

To register call 604-592-5599

**"Family Day" - BC celebrates on Feb. 13th** Across the country, provinces have a 'Family Day' - in BC, this falls on Feb. 13th.

Let's celebrate the people in our lives who we consider "family". Join in a social media challenge by posting pictures of your "family" on social media sites you use (Facebook, twitter, etc.). Let's make this go viral...share this challenge with all your connections (i.e. your family, friends, neighbors, colleagues, etc.) and have them in turn share the challenge so this travels far and wide.

The Lower Mainland Down Syndrome Society is pleased to announce that our Charity Shopping Night, which was held on November 15, 2016, raised over \$41,360 and had 21 local charities! participate. LMDSS alone was able to raise over \$1,000.

We would like to thank everyone who came out and supported us at this event. I hope that everyone found some great bargains, and wonderful Christmas presents for your loved ones.

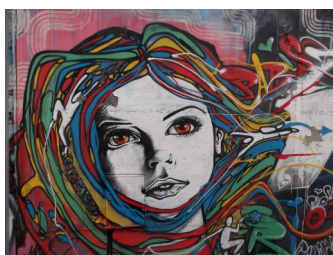
LMDSS also appreciated the input of those individuals who gave us ideas on how to make this event even better.

LMDSS looks forwards in seeing everyone at next years event.



#### Looking For Local Artists:

If you are an artist with special abilities, or you know of someone that would be interested with an opportunity to display their work in the Vancouver area, please contact us .



#### Need A Break:

The Lower Mainland Down Syndrome Society has been helping families since 1989, and we understand the importance that a break can have on your health, marriage, and relationship with your children.

Although we are not able to assist everyone we would like to help as many of our families as we can, so if you are a LMDSS parent, or caregiver of a person with special abilities, and don't receive any funding, or assistances for respite, and are in need of a night out to regenerate, and distress from your parenting obligations, or find that your family finances has no room to allow you to get a sitter, or respite care worker, then contact us to see if we are able to assist you.

CDSS Awards: It's that time of year again for the upcoming advocate, inspiration, and the Jane Cameron awards.

The Advocate of the Year is awarded to one (1) self-advocate (adult with Down syndrome – older than 18-years-old), who is a community leader. The recipient is a person who gives to the community, through work or volunteering, and contributes meaningful change to people's perceptions of disability and Down syndrome. This person shows their community how to "See the Ability."

The CDSS Inspiration Award is awarded to two (2) people with Down syndrome (of any age) each year. These are the unsung heroes of the Down syndrome community. This award is best suited for people who feel as though they're not typically represented in the community, but have a story worth celebrating. The two recipients are people who demonstrate the range that "See the Ability"

If you know someone that you feel would make a great candidate please go to the CDSS website.

Housing: Lobbying BC Housing for rent supplements for persons with disabilities.

Housing is a big issue for our loved ones with special needs. Their allowable housing funds from their PWD only covers \$375. This amount is unbelievable low especially in today's rental market. If you are interested in joining our voices together so we can be acknowledged with BC Housing , please contact us.

## Fundraisers

### LMDSS Saint Patrick's Day Dinner & Dance Pub Night

**Date:** Friday, March 17th, 2017

**Time:** 6:00 p.m.

**Location:** The Tap House Pub  
15330-102A Ave, Surrey

**Cost:** Advance tickets \$20.00 per person

Tickets sold at the door \$30.00 per person

**(Those under the age of 19 must leave the venue by 8:00 p.m.)**

(This will include a burger (Chicken, Beef, or Veggie) and fries (Gluten options are available).

Also your choice of a sleeve of Tap house Lager, or a glass of red or white wine. If you or someone you know has a silent auction item

that they would like to donate, or you would like to volunteer to help out at this event , please contact the LMDSS office.

### LMDSS T21 Awareness Walk

**Date:** May 13, 2017 (SAVE THE DATE)

**Time:** TBA

**Location:** TBA



### LMDSS Fashion Show

**Date:** TBA

**Time:** TBA

**Location:** TBA

**Cost:**



**Where Friendships Are Made**

## Programs

### Adult Connections Group (Self Advocates 19+):

African Heritage Festival of Music & Dance

**Date:** Feb 18, 2017

**Time:** 12:00 p.m.

**Location:** Surrey City Hall, 13450-104th Ave, Surrey

**Cost:** \$20.00 per ticket

**Contact :** Theresa at [info@lmdss.com](mailto:info@lmdss.com)

**Dream Riders:** Adapted Tricycles for rent.

**Cost:** \$10:00 for three weeks of rental.

### Music Therapy:

**Date:** Apr 5,12,19,26, May 3,10,17,24,31

**Time:** 6:30 p.m. to 7:30 p.m.

**Location:** WC Blair, Studio #3, 22200 Fraser Highway, Langley

**Cost:** Members \$40.00/Non-Members\$80.00

Siblings \$10.00

**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 & Math Program:

**Dates:** Tuesday classes start on Jan17th

Wednesday Classes start on Jan 18th

Thursday Classes start on Jan 19th

**To Register** <https://www.eventbrite.com/e/lmdss-reading-and-math-classes-tickets-29805910280>

### Sexuality Classes:

**Date:** Feb 1,8,15th

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

**Location:** Youth Lounge Guildford Commu-

nity & Recreation Services 15105-105 Ave, Surrey

**Cost:** Members \$60.00/Non-Members\$100.00

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

**Subsidies:** Are available. Call to enquire.

**Youth Group:** **Date:** Feb 17th, 2017 "Wii Dance "Party"

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

**Location:** Melissa House R.S.V.P. for address

**Cost:** Free (bringing snack to share) For further details contact Mariam at [Mariamrafik71@gmail.com](mailto:Mariamrafik71@gmail.com)

## Events

**Event:** Family Days At The Movies "Moana"

**Date:** TBD

**Time:** TBD

**Location:** "Hollywood 3"  
7125-138 Street Surrey

**Cost:** \$



## Family Fun Days

**Event:** Easter Fair

**Date:** Saturday, April 15, 2017

**Time:** 11:00 a.m.

**Location:** Surrey Museum, 17710-56A Ave, Surrey

**Cost:** By Donation

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

## Workshops

With the 2017 year now upon us we would like to take this time to invite all of you to provide us with your input on the types of workshops , topics, and speakers that you would like to see at our 5 different locations.

Your input is important to us and will help us to bring to you and your families the knowledge, and assistances that you need, and want.



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

## Parent Networking Groups

### LMDSS Burnaby Group

**Topic:** Speech Matters with Riley Rosebush

**Date:** Feb 16th, 2017

**Location:** 1409 Sperling Ave, Burnaby

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

**Cost:** These groups are free, however a fee of \$20.00 will be charged for any no shows, or late cancellations.

### LMDSS Langley Group

**Topic:** TBD

**Date:** TBD

**Location:** TBD

**Time:** TBD

**Cost:** These groups are free, however a fee of \$20.00 will be charged for any no shows, or late cancellations.

### LMDSS Okanagan Group

**Topic:** RDSP

**Date:** TBD

**Location:** Starbright Centre

**Time:** TBD

**Cost:** These groups are free, however a fee of \$20.00 will be charged for any no shows, or late cancellations.

### LMDSS Surrey Group

**Topic:** TBD

**Date:** TBD

**Time:** TBD

**Location:** TBD

**Cost:** These groups are free, however a fee of \$20.00 will be charged for any no shows, or late cancellations.

### LMDSS Vancouver Group

**Topic:** Board Games & Pizza Night

**Date:** Feb 2, 2017

**Time:** 6:30 p.m.

**Location:** Mosaic,  
1720 Grant Street, Vancouver

**Cost:** These groups are free, however a fee of \$20.00 will be charged for any no shows, or late cancellations.

If you are planning on attending any of the Parent Networking Groups you **must register** by either phoning 604-591-2722 or emailing us at [info@lmdss.com](mailto:info@lmdss.com). If you require childcare you **must inform us at the time of registration**.

# Lower Mainland Down Syndrome Society

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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 Connection Coordinator
- Board of Directors
- Fundraising Coordinator
- Newsletter Editor
- 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!

