



# Newsletter

## LOWER MAINLAND DOWN SYNDROME SOCIETY

### PUB NIGHT UPDATES:

The Lower Mainland Down Syndrome Society Pub Night event was amazing and it was so wonderful to see so many people coming out to support our cause and to celebrate St. Patrick's Day and World Down Syndrome Day.

The fun continued throughout the evening with lots of games, prizes, and such wonderful costumes. When it came to having to choose the best costume of the evening it was so hard to pick a winner, however after a great discussion with our judges this years winner of a \$50 White Spot gift card went to Martin & Shellie Rachel.

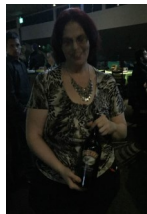


The silent auction area this year was filled with lots of amazing items to bid on, and LMDSS would like to extend a huge thank you Dave Tellier, Home Depot, JYSK, Canucks, Whitecaps, BC Lions, Northview Golf & Country Club, and to our anonymous donors.

This event was a great success because of wonderful support.

Along with our long list of entertainment, prizes, and games throughout the evening, in the end it is our children who will benefit from this fundraiser.

LMDSS is pleased to announce that our net profits from this event have provided our groups with \$1959.80 to spend on what families need in their area.



### BC SPECIAL OLYMPICS:

The BC Special Olympics have programs available for age 2 to adults. They will be hosting a program information workshop in Abbotsford, on April 11th and Oct 1st from 4:30 p.m. to 5:30 p.m. at the Matsqui Recreation Centre, Senior Room. For further details contact Evelyn Robinson at [programsobcab-botsford@gmail.com](mailto:programsobcab-botsford@gmail.com)



REMEMBER TO  
RENEW YOUR  
MEMBERSHIP!

March 2017

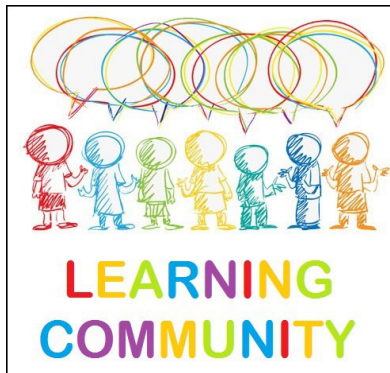
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## Community Events

### COMMUNICATION PROGRAM FOR PARENTS/CAREGIVERS AND THEIR CHILDREN

Date: March 28th & April 4th, 2017  
Time: 6:00 p.m. to 7:30 p.m.  
Location: Family Resource Center at Minnekhada Middle School. For further details and to register go to <http://www.secondstoreytheater.com/social-skill-programs>



### SOUTH DELTA UNITED SOCCER CLUB

The Screaming Eagles is an adapted soccer program for children of all abilities, run by coaches experienced with special needs kids. The program will run for 8 weeks.

For further details go to [www.southdeltaunitedsoccerclub.com/sdu-adaptive-program/](http://www.southdeltaunitedsoccerclub.com/sdu-adaptive-program/)

## Community Events

**PAWS 4 STORIES** - The Vancouver libraries are offering an assortment of story times and special events for school aged children & adults from March to May, so check out your local library for further details.

**TABLET TALES** - This program offers songs, rhymes and stories, including time to play with iPads together. A story time program for caregivers with young children. For further details go to /events/search/q=Story%20time/event/583615534f1d8d0100a9029b

**BOLLYWOOD MAZA** - This is a fun dance class that is offered in the Vancouver area. For further details contact Michael Hajduk at 604-301-2831.

**DROP IN SWIMMING** - The Stan Strong Pool in Vancouver is offering drop in swimming. For further details talk to Neena at the LMDSS Vancouver group or contact the Stan Strong pool.

**CHALLENGER BASEBALL** - It's that time of year once again and Challenger Baseball will be starting up in Cloverdale. This free activity is for kids aged 5 to 18 with cognitive or physical disabilities. The season will begin in April. If you are interested please contact Jeff at 778-708-0196.

### FS Financial Strategies Update -

In the past the Lower Mainland Down Syndrome Society has hosted FS Financial Strategies for informational sessions regarding disability and financial planning. Our focus was solely on education and information around Registered Disability Savings Plan and the Disability Tax Credit for those who have a family member living with a disability. It has been brought to our attention that FS Financial Strategies is under investigation by the BC Securities Commission.

Here are the links for further information.  
[http://www.bcsc.bc.ca/News/News\\_Releases/2017/15\\_BCSC\\_issues-freezing-order](http://www.bcsc.bc.ca/News/News_Releases/2017/15_BCSC_issues-freezing-order)

**UNITED WAY** - The Lower Mainland Down Syndrome Society has been a recipient of the United Way Donor Directed Gift Campaign for many years now. We cannot thank you enough for your continued support and for making a difference in the lives of B.C. families and individuals born with Down syndrome. If you would like to take advantage of this type of donation talk with your employer, or the United Way of the Lower Mainland.

### Swift Health Services -

The LMDSS wanted to provide the following information to families looking for Occupational Therapy assessments.

With regards to occupational therapy assessments (at no cost) for children with special needs coming from low income families. Swift Health Services will provide OT assessments for children with a variety of diagnosis including Autism, Down Syndrome, ADHD, developmental coordination disorder, Fetal Alcohol Syndrome and many more.

Many children with special needs have difficulty accessing services (i.e. Variety etc.) until they have an assessment completed by a professional. The assessment is often a financial barrier preventing special needs children from accessing occupational therapy services. Therefore, we offer free occupational therapy services to children with special needs coming from low income families.

If you know any families that are unable to afford occupational therapy assessments for their children please contact Swift Health Services.

You can learn more about this by visiting:

<http://swifthealthservices.com/pediatrics/>

## Fundraisers

### LMDSS T21 Awareness Walk

**Date:** September 9th, 2017 (SAVE THE DATE)

**Time:** 10:00 a.m.

**Location:** Hawthorne Park  
10513 - 144th Street, Surrey



### Why Do We Fundraise ?

Besides the official financial needs that LMDSS is responsible for we also look at fundraising as a great way to extend our community involvement, and connecting with local businesses and their staff. We also provide volunteers of all ages the opportunity to work with others for an important cause, while having fun and meeting new friends and developing business and social networks.

### LMDSS Fashion Show

**Date:** TBA

**Time:** TBA

**Location:** TBA

**Cost:** TBA



*Where Friendships Are Made*

## Programs

### Adult Connections Group (Self Advocates 19+): Dinner & Movie "Beauty & The Beast"

**Date:** Saturday, April 22nd, 2017

**Time:** TBA

**Location:** Cineplex, Langley

20090-91A Ave, Langley

**Cost:** TBA

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

**Let me know if you are coming tickets need to be ordered ahead of time.**

**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 "Spring Classes":

**Dates:** April 25th to June 29th, 2017

**Times:** 4:00 p.m. to 7:00 p.m.

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

**Cost:** \$20.00 per session

To register go to <https://www.eventbrite.ca/e/lmdss-reading-math-program-spring-classes-tickets-32930281358>

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

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

### Youth Group: Bowling at REVS

**Date:** Saturday, April 29th, 2017

**Time:** TBA

**Location:** 5502 Lougheed Highway, Burnaby

**Cost:** TBA

For further details contact Mariam at

[Mariamrafik71@gmail.com](mailto:Mariamrafik71@gmail.com)

## Family Fun Days

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

**Date:** April 8, 2017

**Time:** 4:35 p.m.

**Location:** "Hollywood 3"

7125-138 Street Surrey

**Cost:** LMDSS

(Please note that all tickets must be ordered ahead of time, so please let us know if you are coming



## Events

**Event:** Easter Fair

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

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

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

**Cost:** By Donation

**Must RSVP for this event!**

## Workshops

### HEALTHY RELATIONSHIPS & SEXUALITY WORKSHOP SERIES

Helping Demystify Connection and Healthy Relationships for Diverse learners.

What will be covered:

- \* Attraction and types of relationships
- \* Anatomy (Understanding your body)
- \* Communication practice through roleplaying
- \* Gender and orientation
- \* Sex and safer sex options

To register go to [https://](https://connectandbuildskills.eventbrite.ca)

[connectandbuildskills.eventbrite.ca](https://connectandbuildskills.eventbrite.ca) or

contact Jessica at 778-320-8587.



*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:** Family Fun Night

**Date:** Thursday, April 20th

**Location:** Old Orchard Lanes  
(4429 Kingsway, Burnaby)

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

**Cost:** LMDSS (pizza and drinks will be supplied)

**R.S.V.P. By April 10th Limited space available**

### LMDSS Langley Group

**Topic:** Family Fun Day Movie "Sing"

**Date:** April 8th, 2017

**Location:** Hollywood 3  
7125-138th Street, Surrey

**Time:** 4:35 p.m..

**Cost:** LMDSS Tickets must be pre-ordered

### LMDSS Okanagan Group

**Date:** April 08, 2017

**Topic:** Easter Egg Hunt

**Location:** Guertmar Park(off Springfield)

**Time:** 10:00 a.m. to 12:00 noon

**Cost:** Bring Your Own Basket

### LMDSS Surrey Group

**Topic:** Family Fun Day Movie "Sing"

**Date:** April 8th, 2017

**Location:** Hollywood 3  
7125-138th Street, Surrey

**Time:** 4:35 p.m..

**Cost:** LMDSS Tickets must be pre-ordered

### LMDSS Vancouver Group

**Topic:** Board Games & Pizza Night

**Date:** Thursday Evening's

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

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

**Cost:** LMDSS Free

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

#201-13281 -72nd Ave  
Surrey, B.C. V3W 2N5

Phone: 604-591-2722  
Fax: 604-591-2730  
Email: [info@lmdss.com](mailto:info@lmdss.com)  
Web: [www.lmdss.com](http://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 opportunities 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!

