



Idak • Learning Disabilities Association of Kingston

The right to learn, the power to achieve

110A-993 Princess St. Kingston ON K7L 1H3 (Phone) 613-546-8524

Website: www.ldakingston.com E-mail: ldak@ldakingston.com

Fall Newsletter

Greeting to all of our Supporters

The fall begins with many changes at LDAK, not the least of which is a change of address and a change of some of our staff. During the summer we moved offices from Bagot Street downtown to Princess Street across from the Kingston Centre. As a result of our loss of funding in the Spring, we have reduced hours of our staff and the office operation and, with regret, lost the services of a long standing and valued member of staff in Janice Barling, Resource Facilitator.

Despite the reduction of staff and hours we remain committed to supporting individual and families living with learning disabilities in the Kingston area and welcome interest, energy and desire from the community members wanting to help us in sustaining our service. We are excited about being able to offer opportunities for volunteering with various fundraisers, programs and events, which we sponsor and encourage our readers to contact the office for more information, or attend our events in the community and make yourself known to us.

We are energized about our upcoming workshop at St. Lawrence College in October and the possibilities arising from our Social Skills program, run last year in LDSB, and the Kids on the Block puppet show, performed in several elementary schools last year as well. In our new office we have maintained our resource lending library and encourage our community members and partners to call and drop by and see all our resources. Lots is happening and more is possible. A little goes a long way and one voice can make a difference and move mountains. Please call our office or visit our website at www.ldakingston.com

In solidarity, David Williams. LDAK President

Winter Bluegrass Series 2011...

We have outgrown our existing venue and will be moving to a new venue next year for our Bluegrass Concert Series. New location: **The Kingston Christian Fellowship Church** located at **2621 Highway 38, Kingston**. **The band line up for the 2011 series:**

February 23rd SPINNEY BROTHER'S March 23rd CHARLIE SIZEMORE

April 13th RUSSELL MOORE & IIRD TYME OUT

Series tickets are available by calling Bill and June White 613-372-2400 or Cell 613-540-1485.

Don't be disappointed, get your tickets early!! Past concerts sold out!!



LDAK Workshops

LDAK WORKSHOPS

Keep this date!!! Saturday October 23rd, 2010

St. Lawrence College (Lecture Theatre)

October is *Learning Disabilities Association Awareness Month* and to celebrate

LDA Kingston will be hosting 2 workshops

Speaker: *Dr. Judy Van Stralen, Consulting Pediatrician .*

Time: *10 am—1 pm*

Topic: *“My Child/Teenager Has Been Diagnosed with ADHD-Now What?”*

Management principles both in and out of the classroom.”



This session will briefly discuss what ADHD is and how it is diagnosed. The focus will be on managing this condition and common co-morbidities — oppositional defiant disorder, anxiety disorder and learning disabilities, inside the classroom and beyond. This will include behavioural strategies as well as a review of medications. Participants will be given the opportunity to ask questions.

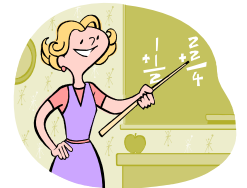
Workshop #2

Speaker: *Dr. Lynda Colgan, Associate Professor, Queen’s University*

Time: *2 pm—4 pm*

Topic: *What Are You Teaching My Child?*

This presentation targets elementary school children (Grades 1—6).



This session explores the current approach to *teaching mathematics in Ontario schools*, introducing parents to the strands, the processes and the strategies that are common in mathematics instruction. A discussion will follow about how parents can support the problem-solving curriculum at home, focusing in particular on the child who is under-achieving or is impeded by a negative disposition towards mathematics.

Members-\$25.00 workshop #1 / \$20.00 Workshop #2 / \$35.00 for both workshops

Non-Members- \$35.00 workshop #1 / \$30.00 workshop #2 / \$50.00 for both workshops

Students (with I.D.) \$10.00 per workshop ((Students will be provided with a letter of attendance for their portfolio upon their request.)

Pre-registration is recommended. For information and registration call LDAK 613-546-8524 or email ldak@ldakingston.com Limited Seating.

THE ADHD FILES

How Recognizing Brain Wave Activity Can Improve Attention Deficits Associated with ADD, ADHD and LD

It is estimated that over five percent of all children in North America are experiencing at least one form of learning disability. ADD/ADHD is characterized by one or more of the following: inattention, hyperactivity, and impulsivity. Learning disabilities are characterized by one or more difficulties associated with attention, reading, writing, oral language, reasoning, memorizing and problem solving. Further difficulties may include compromised organizational skills and social interaction.

Brain Wave Activity and Attentional Shifting

The brain produces different frequencies for different levels of attention. They include the following:

Delta: sleep state

Theta: between sleep and awake, also a meditative state

Alpha: relaxed state

Beta1: focused concentration

Beta2: alert state

Beta3: very alert, vigilant

Beta4: hyper vigilant

The ability to produce the right states, especially those associated with focus and attention, is paramount to be able to perform a variety of cognitive tasks. In addition, the ability to shift from one state to another when required, offers tremendous mental flexibility, which results in enhanced performance in every area of life.

The Use of Neurofeedback in Treating Attentional Difficulties:

Neurofeedback, which is a form of biofeedback, has been used for over 20 years to treat concentration-related difficulties associated with ADD/ADHD and LD. In general, Neurofeedback is a modality which uses an EEG recording system along with training software to enhance wave activity that is instrumental for improving concentration.

The premise behind Neurofeedback is related to earlier findings that established that individuals with poor concentration lack sufficient levels of Beta 1 (this band is also commonly termed SMR-short for sensory motor rhythms) brain waves to sustain attention. The findings also showed that individuals with attention deficits exhibit excessive amounts of slow brain wave activity, especially Theta waves. Joel Lubar, a pioneer in this field, demonstrated that treatment modalities focusing on enhancing the Beta1/Theta ratio, have been effective in treating children with attention deficits and learning disabilities, which usually resulted in improved school performance and better behaviour control. During Neurofeedback sessions, the person wishing to enhance concentration uses feedback coming through an EEG machine to enhance Beta1 and decrease Theta. After a certain amount of training, typically between 40 and 60 sessions, the individual is able to produce more Beta1 at will. Lubar also proved that all children experiencing any form of learning

THE ADHD FILES

disability demonstrated low amounts of Beta1 waves and that many of the symptoms diminished after a process of brain wave training. Neurofeedback treatment can also result in significant improvement of intellectual functioning, as measured by increases in IQ scores (Linden, Habib & Radojevic, 1996). Such improvement is most likely the result of the treatment's positive impact on the person's ability to concentrate.

More recently, Monastra (2002) found that Neurofeedback has proven to be successful in long term improvement of ADD/ADHD symptoms. In this study, 100 children, aged six to 19 years, diagnosed with ADD/ADHD were monitored for one year. All children received parental counselling, academic support and Ritalin. Half of the children also received Neurofeedback training. After 12 months, all children showed improvement in their attention. However, children who stopped taking Ritalin and did not train with Neurofeedback, lost the gains they had achieved, whereas those who also received brain wave training, kept their gains even after they stopped using Ritalin.

The major limitations of Neurofeedback consist of the cost of treatment (typically \$3000 and up) and the fact that the treatment can only be administered in a clinic by a qualified practitioner. Furthermore, Neurofeedback focuses mainly on reinforcing sustained attention. Different cognitive skills, such as divided attention, visual-auditory processing, multitasking and speed of processing are not part of traditional Neurofeedback protocols. They are, however, incorporated in a new generation of cognitive related software.

New Generation Software

Lately a new generation of programs have been released to the market. The most notable innovation related to these programs is the fact that they are content free. What this means is that the program does not offer any stimulating activities to achieve the desired results. Instead, it offers a series of cognitive tasks that directly work on improving different types of attention.

Research indicates that the ability to produce, at will, specific aspects of attention will result in improvement in a variety of cognitive abilities such as divided attention, multitasking, speed of processing, working memory, visual-auditory processing and coordination as well as higher executive skills such as decision making, organizing and prioritizing. For information visit: www.sharperprograms.com

Reprinted with permission "LDAO Communique" by Bob Gottfried

Important Message for All

In order to defray additional operating costs, The Learning Disabilities Association of Kingston is asking our clients if they would please print and post the current newsletter if at all possible. We appreciate your support at this time.



We have MOVED!

To: **993 Princess St. Suite 110 K7L 1H3**
Phone Number : **613-546-8524**
Office Hours: **Tues-Wed-Thurs- 11am-3pm**
Please call the office before visiting to ensure we are not out of the office attending meetings.

Another ADHD Treatment Option: Concerta and Novo-Methylphenidate

“Novo-Methylphenidate ER-C is a generic methylphenidate-based product, with a progressive delivery system, that has just been approved by Health Canada as a generic for Concerta. The actual delivery mechanism of Novo-Methylphenidate ER-C has not been described. This medication is not delivered via the OROS pump system, which is utilized for Concerta.

As with all other generic products, Novo-Methylphenidate ER-C was made available in Canada after demonstrating bioequivalence to Concerta according to Health Canada criteria. However, clinical equivalence to the original product has not yet been established. Bioequivalence does not mean clinical efficacy equivalence. Clinical equivalence data is needed to ensure that the generic formulation will in fact have the same effect for patients.

Pharmacists have the right to substitute an innovative or original product for a generic product. They have to make sure that the generic product is likely to produce the expected therapeutic effect, similar to the trade mark medication. If the pharmacist believes that the generic product will produce a therapeutic effect similar to the original product, he can decide to proceed to a substitution. Pharmacists that consider a substitution must analyze the clinical situation of the patient, taking into account the current medication profile, actual clinical considerations specific to the patient and his or her treatment history. It is logical that close follow-up would have to be put in place and that a discussion with the prescribing physician could be required. A patient has the option to reject the proposed substitution. If the patient is covered by a public medication insurance program, or in certain cases of private insurance programs, he or she may be required to pay more for the original product. Physicians may decide to write do not substitute on the prescription.”

Commentary from the website of the Canadian ADHD Resource Alliance (CADDRA)

www.caddra.ca/cms4/index.php?option=com_content&view=article&id=181&Itemid=356&lang=en

Janssen-Ortho Inc., manufacturer of Concerta is providing ADHD patients with a Concerta Co-Pay Assist Card. The patient can redeem an authorized Concerta Co-Pay Assist Card at the pharmacy of their choice when they present the card with a prescription for Concerta .

The Co-Pay Assist Card allows the patient to receive financial support up to the difference in the drug ingredient cost between Concerta and the public formulary price for generic methylphenidate hydrochloride extended-release (Novo-Methylphenidate ER-C). Co-Pay Assist Cards can be obtained from physicians or from Janssen-Ortho.

To ensure the patients receive Concerta the physician would need to handwrite Concerta and ‘NO substitution’ on every prescription.

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What's Happening.....

Math Courses for Parents

Does your child's math homework have you baffled? Do you wonder what's happening in math class?

Parents of Primary Division Students (K-Grade 3)

October 5, 12, 26, 2010 6:30 — 8 pm
A342, McArthur Hall

Parents of Junior Division Students (Grades 3-6)

October 7, 14, 28, 2010, 6:30—8 pm
A342, McArthur Hall



These courses taught by **Dr. Lynda Colgan**, Associate Professor, Faculty of Education and Community Outreach Centre Coordinator, are intended to help parents to understand the **Ontario Mathematics Curriculum** at the elementary school level. By learning what children are doing in math class and why, you will be better able to support your child's math learning at home. You will experience math lessons through the eyes of a child and have the opportunity to get resources that will clarify the curriculum and help you to learn math along with your child.

Each course has a fee of \$10.00 per person. Register on-line at:
<http://community.outreach.educ.queensu.ca> Or call: 613-533-6000 X75775

Quintilian Social Club

Tuesday Night 6 pm - 8:30 pm



**Spaces available in preteen (grade 8 & 9)
& teen (grade 10+)**

**For information and registration please
contact:**

**Laura at 613-542-0400 or
info@quintilianschool.org**

Mowtown Dance Party Fundraiser

Proceeds go to: LDA Kingston

Saturday February 5, 2011

8pm — 1am

Wallace Hall (Queens University)

Featuring

“Heatwave”



*Sponsored by LDA Kingston in conjunction with the
Regional Assessment & Resource Centre.*

Details to follow on our website: www.ldakingston.com

RESOURCES IN OUR LIBRARY

More Than A Mom—Amy Baskin & Heather Fawcett

Living a full and balanced life when your child has special needs.

Understanding Girls With AD/HD - Kathleen Nadeau, Ph.D. Ellen B. Littman, PH.D. Patricia O. Quinn M.D. For parents, teachers and other professionals who want to learn how to recognize and help girls with AD/HD.



Navigating the Social World - Jeanette McAfee, M.D. - A video workshop offering creative strategies for teaching social skills in fun ways. For Teachers, Therapist and Family Members

AlphaSmart Keyboard

All ages

The AlphaSmart keyboard is designed to let students take notes, write essays or practice keyboarding without having to use a computer. The text can later be transferred into virtually any application on a computer, or directly to a printer.

The Oasis Guide to Asperger Syndrome

Patricia Romanowski Bashe and Barbara L. Kirby

This updated book includes new information on diagnosis, evaluation, medication, therapies and social skills development



Understanding MY Learning Differences - Susan McMurchie

For Teachers & Parents - A curriculum designed for fourth and fifth graders to help them understand their learning differences.

The Emotions Game - Recognize the facial expression, language context and tone of voice for 12 emotions. Ages 5-10 Grades K-5

DVD's by Richard Lavoie in our library:

"Beyond F.A.T. City" offers practical strategies for those who teach children with learning disabilities who struggle with Frustration, Anxiety and Tension (F.A.T.)

"How Difficult Can This Be?" Richard Lavoie leads a group of parents, educators, psychologists and children through a series of exercises that cause frustration, anxiety and tension...feelings all too familiar to children with learning disabilities. At the end of the workshop, participants discuss strategies for working more effectively with learning disabled children.



"Beyond F.A.T. City" offers practical strategies for those who teach children with learning disabilities who struggle with Frustration, Anxiety and Tension (F.A.T.)

"It's So Much Work to Be Your Friend" explores the causes and consequences of "social incompetence."

"The Motivation Breakthrough" Richard Lavoie - Six secrets for tuning on the tuned-out child.

**L. D. A. K. EXECUTIVE
2010 - 2011**

President	David Williams
Vice President	Gail Eaton-Smith
Treasurer	Pat Dudley
Secretary	Marie McCarron
Members at Large	Sue Herrick Greg Speagle Val Hamilton

RESOURCE CENTRE HOURS

Tuesday-Wednesday-Thursday

11 am—3 pm

Saturday & Sunday Closed

Resource Centre Co-ordinator
Lana Greenwood

Disclaimer

THE LEARNING DISABILITIES ASSOCIATION does not endorse or recommend any of the facilities listed or any of the methods, programmes, products or treatments offered by such facilities.

Our aim is to keep the community informed about services and facilities that are available to people with learning disabilities.

We urge consumers and service providers to review carefully any programmes and services listed in order to select those which will meet most appropriately the identified needs of the person with learning disabilities.

Membership Application Form

Name: _____

Address: _____

CITY PROVINCE POSTAL CODE

Telephone: (H) _____ (W) _____

ANNUAL DUES:(Effective April 2/04)

Family/Individual - 1 Year Fee -\$50

Student (1 Year Fee Only) - \$20

Institutional (1Year Only) - \$125

Professional (Private Practices)
1 Year Fee - \$75

**I am interested in making a
Donation:_____**

I would like to volunteer to help with:

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Membership |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Other | |
- _____

Membership Advantages:

- ⇒ subscription to Communiqué
- ⇒ affiliation with local, provincial and national levels of LDA
- ⇒ free information on learning disabilities
- ⇒ free access to Kingston's resource centre and the lending library of LDA Ontario
- ⇒ discount on LDA conferences

**Your membership is important in providing
a stronger voice within all levels of the
Association.**

Please tear off and mail this form and cheque
(made out to **LEARNING DISABILITIES
ASSOCIATION OF KINGSTON**) 110A-993
Princess St. Kingston On K7L 1H3