

**Learning Disabilities Association of
Kingston**



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LEARNING DISABILITIES
Fall Newsletter 2009

LDAK will be hosting a fall conference with
speaker:

Dr. Kevin Nugent
Child and Adolescent Psychiatrist
Saturday October 17, 2009
St. Lawrence College 9 am - 12 pm.

Topic:

**Pediatric Anxiety and How It Interacts with
ADHD and Learning Disabilities**

In this presentation, Dr. Nugent, an experienced consultant in Child and Adolescent Psychiatry, will review the main types of anxiety conditions and how they present in the pediatric age group. Significant anxiety symptoms are quite common in children and adolescents. He will also look at the interplay between anxiety symptoms and ADHD as well as other learning problems. There will also be some review of treatment options, including medications and cognitive-behavioural strategies. All Welcome.

Members: \$20.00 Non-Member: \$30.00
Students: \$10.00

Pre-registration is recommended. For information and registration call LDAK 613-545-0373.

**Turning Blue Bluegrass Concert
Series Tickets**

Information for the concert series will be available in late November. Check our website for further updates. Tickets will be available in early December for Christmas gifts.

Office Hours

Please note our office will now be open from **10 am - 4:30 pm** daily Monday-Friday.

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GROUPS AND MEETINGS

LDAK WORKSHOP

Assistive Technology--Tools for Learning

This session will focus on *hands on experience* with *Kurzweil 3000* and *Inspiration*, with demonstrations of *Dragon Naturally Speaking*, *WordQ*, and *SpeakQ*. Participants will be assisted in the use of *Kurzweil* which supports reading comprehension, attention, organization, and written work. We will demonstrate *Inspiration* which is used as a support for *Differentiate Instruction* and for Executive Function Disorders.



Presenter: Heidi Cramm

With experience in Child and Adolescent Psychiatry, **Heidi Cramm** is an occupational therapist who has worked with students who have learning disabilities, attention deficit disorders, autism spectrum disorders, and anxiety disorders for nearly ten years. As an occupational therapist, she focuses on students' difficulties in doing the tasks students need, want, and are expected to do, and has extensively used assistive technology to support student participation. She is currently completing her doctorate in Rehabilitation Science at Queen's University, developing a competency framework for occupational therapists working with school-aged children who experience executive dysfunctions. She is also the proprietor of Compass Occupational Therapy Solutions, which consults with the Limestone District School Board to train students, school staff, and parents in the use and integration of assistive technology.

Date: Saturday, September 26, 2009

Time: 9am—11am

Place: L.C.V.I. 153 Van Order Drive

Members: \$5.00 Non-Members: \$10.00

**Pre-registration is required.
Limited space.**

**To register please call:
LDA Kingston 613-545-0373**

LDAK Financial Report

The financial report will be posted on our website and published in the winter newsletter as soon as changes have been completed.

Switch to Our Email List!

If you prefer to receive your newsletter by email, please email us at:

ldak@ldakingston.com to get on our list.

Quintilian

**Programming for Children and Youth
who experience learning and/or social
challenges**

Homework Club

Monday—Friday 3:00—5:30

Certified Teachers 1:3 ratio

Reference materials & Internet

Social Club

Tuesdays 6:00—8:30

Tweens group (8-12 year olds)

Teen Group (13+)

10:2 ratio Structured Activities

For information : 613-542-0400

Or visit: www.qpsk.ca

ELSEWHERE...LD Notes from Around the World

United States

Hyperactivity hinders quitting

Smokers with ADHD may find it harder to quit smoking. Researchers at Columbia University Medical Center in New York found in a study that people who had hyperactivity and impulsivity—two of the traits associated with Attention Deficit Disorder (ADHD) were less likely to successfully quit smoking than those without these traits.

The study involved 583 adult smokers, of whom 43 had ADHD. During the eight weeks of the study, participants were treated with Zyban (a drug that aids in smoking cessation) as well as the nicotine patch and cessation counselling.

After eight weeks, those with elevated hyperactivity and impulsivity showed lower quit rates. Inattention, another trait involved in ADHD, was not a factor in success rates.

Celia Milne, Metro Canada, Feb.3
LDAO Communique

Nearly 8 percent of major-leaguers have ADHD according to league drug reports

Major-league baseball apparently suffers from what one doctor calls and “epidemic” of Attention Deficit Disorder. The league granted nearly 8 percent of its players a medical exemption for Attention Deficit Hyperactivity Disorder in the 2008 season.

That’s up from a year ago and according to a committee member for the World Anti-Doping Agency a “quite spectacular “ number.

“There seems to be an epidemic in major-league baseball,” said Gary Wadler, chairman of the committee that determines the banned substances list for the agency. “I’ve been in private practice for a lot of years. I can count on one hand the number of individuals that have ADD.

“To say that close to 10 percent of major-league baseball players have Attention Deficit Disorder is crying out for an explanation. It is to me, as an internist, so off the map.”

Wadler suggested an independent panel, with at least three doctors, review all the medical exemptions in what he termed “ a sport that grew up on greenies.”

By receiving a medical exemption players are allowed to take banned stimulants and not be penalized to what otherwise would be a positive drug test.

Rob Manfred, baseball’s executive vice president of labour relations, said it would be a mistake to compare ADHD in baseball with statistics for the general population.

“We are all male. We are far younger than the general population, and we have far better access to medical care than the general population,” Manfred said.

LDAO Communique . Kansas City Star, Jan.12

Tell a Vision...Dylan Lee

Coming through the door of LDA London, Dylan Lee shared wonderful news he just received—acceptance to college.

His happiness and excitement was clearly evident. As a student who has experienced his share of struggles with learning, goal attainment and satisfying the requirements of a traditional school setting, uttering the words and realizing the accomplishment must have been overwhelming to him.

Lee, 19 is a student who was accepted this year to the reputable, full-day Specialist Art Program at Beal Secondary School in London. Despite making art since his elementary years, he didn't take a foundational art credit until grade 11 after transferring to Beal from another high school that, as he puts it "just wasn't working". Despite resenting his family over his school transfer for awhile, he now describes it as a pivotal moment in the direction of his life and future choices.

Lee remembers substantive struggles with learning beginning in grade 7 when "more was expected" and more time was spent with learning and homework. He recalls "doing Math and English was like needles to my skin. I would come home unhappy and I would wake up unhappy with the thought of school."

His mother remembers doodling and drawing being present on all of the incomplete school work coming home. His challenges with school drew Lee more to "something (he) could grasp and knew (he) could do". This is when he started drawing. One of the consistent messages received during Lee's struggles came from his mother who encouraged him to pursue his strengths and things he enjoyed.

Lee describes his current experience in the Specialist Art Program as "thriving". Unlike his earlier school experiences he says, "I wake up and get to school early! I'm excited for the next day/week to come". Despite thriving on learning all new art forms, etching and photography are his two exceptional loves right now. He describes each lesson on etching as "one of the biggest motivations I've ever had". Instructor Ron Milton brings samples of his own etchings to school which Lee also finds motivating and exciting.

Lee's currently in the early planning of his first collaborative art show, encouraged by teachers, family and other artists. Although he knows art will be a passionate, ongoing part of his life, he doesn't feel fully aware of where he's going with it, but says, "this has always been a trend since I was young".

Still a young student, there is time to figure out as Lee enters Fanshawe College's Fine Arts Program in the fall of 2009. Even if art is a side career, he knows he'll make it work. Being an artist feels "comfortable" for him and being around other artists is "a supportive environment", something that must be amazing for an LD student who "never felt in the cool crowd".

Teaching art to others is a longer-term goal for Lee who would clearly bring a world of understanding to his future students having learning difficulties.

His advice to others with LDs shows the development and positive attitude he's gained around self-understanding and self-advocacy through a lot of work and family mentoring.

Tell a Vision....Dylan Lee

As our interview came to a close, and I asked Lee if there was anything else that was essential for his article, he said, "I've gotten to the point where I'm comfortable with who I am" and "I want people to know that I'm really just happy!" What a wonderful place to be as a young student.

Despite taking a long time to get to this point, Dylan Lee believes that his learning struggles forced him to confront difficult issues, grow and build strength of character that is now holding him in good stead as he enters a new phase of challenges in the world of art education where he is thriving.

Dylan Lee's advice to students with LD's:

- ⇒ Find someone at school that understands learning disabilities and who can help you advocate on your behalf.
- ⇒ Understand your learning disability so that you can ask for what you need
- ⇒ Learn self-advocacy skills so that you can depend on yourself when you get older
- ⇒ Know that there are so many kids just like you
- ⇒ Know that learning is so different for everyone. Don't think of it as a learning disability but as a learning difference.

Reprinted with permission. LDAO Communique. Tracy Fawdry

Tristin Osborne Memorial Scholarship Fund Recipient

Stephen Marshall, a graduate of Holy Cross Catholic Secondary School is the recipient of the 2009 Tristin Osborne Memorial Scholarship Fund. His teachers describe him as a good example of how students with learning disabilities can be successful at school. Throughout high school, Stephen was involved in numerous sports including football, track and field and wrestling. He has also volunteered as a coach with the local O.P.P. Football team.



Stephen will be attending St. Lawrence College this fall, in the Civil Engineering Technology course. Stephen's goal is to someday start his own Construction Company.

The Learning Disabilities Association of Kingston wish Stephen every success for the future!

President's Message

President's Message
Annual General Meeting
Learning Disabilities Association of Kingston
April 27, 2009

As I prepare to leave this wonderful organization I would be remiss not to reflect on my journey with a group of individuals who is by far the most dedicated and tireless group I have had the privilege to be associated with. I am amazed at the countless hours that our Board, our staff and our volunteers work to ensure that our Association continues to be a sustainable and worthwhile entity and that we provide helpful and much needed services to persons with learning disabilities and those that support them.

It is not an easy task. Every year it becomes harder and harder to find the funding we need to keep going. Every year it becomes harder to find volunteers to help deliver the initiatives we present to our community. And yet every year we continue to reach out to that community and despite all of the roadblocks we continue to make headway. It is a certainty that we would like to do a lot more, but we do everything we possibly can with the resources available to us. This past year we have delivered workshops, a summer social skills camp, computer tutoring camps, social skills programming in partnership with the Limestone District School Board and we have re-evaluated our volunteer recruiting programs as well as our long term strategic plan as an organization. We are constantly analyzing and re-evaluating what it is that the consumers of our services are looking for. We must keep up to date with the most recent technologies and supports in order to be viable and that is a very large part of our ongoing focus.

The past ten years have been extremely difficult for most non-profit organizations. There are many organizations out there asking for support and we do understand the need given government cutbacks. If we hope to continue to provide the supports that we do and to advance those supports along with our awareness initiatives into the future, we need your support now more than ever. Please consider providing that support in any way that you can. We would like to hear from you – we would like your ideas, your time, your financial support – if you think that what we do is worthwhile please help us help persons with learning disabilities.

I would like to thank the hardest working Board of Directors, staff members and volunteers that you will find anywhere. I know that they will continue to provide the very best service to this community that is possible. Thanks to the Ontario Trillium Foundation, The United Way, BMO Financial Group, Janssen-Ortho, Queens University and all of our financial supporters. To all of those who have supported us by purchasing tickets for our various fundraising events we offer our sincere gratitude.

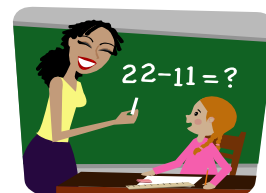
It takes a lot of dedication and hard work to keep an organization of this calibre moving forward and I am confident that Learning Disabilities Association of Kingston will persevere and enjoy many more years supporting persons with learning disabilities in our community.

Sincerely,

Libby Running

Resources In Our Library

The Gift of ADHD Activity Book - Lara Honos-Webb, Ph.D.
101 Ways to Turn Your Child's Problems into Strengths



Math for Moms and Dads - Suzanne Beilenson Ages 10 and up
A dictionary of terms and concepts...just for parents.

The Emotions Game - Paul Johnson Ages 5 - 10
This game is a remediation tool to help you in developing facial expression recognition skills in your students.

Survival Tips for Women with AD/HD - Terry Matlen, M.S.W.
Over 300 tips by and for women with AD/HD...Inspirational stories from AD/HD experts....Managing sensory overload....clutter control strategies and more.....

What Does Everybody Else Know That I Don't? - Michele Novotni, Ph.D.
Social Skills Help for Adults with Attention Deficit/Hyperactivity Disorder

Organizing from the Inside Out - Julie Morgenstern
The foolproof System for Organizing Your Home, Your Office and Your Life



Sounds Abound - Hugh Catts, Ph.D. & Tina Williamson Ages 4-9 (Interactive Software)
Rhyming, beginning sounds, ending sounds, segmentation and blending

Kidspiration Software- Created for K-5 learners. The visual way to think, write and comprehend.

ADD-Friendly Ways To ORGANIZE Your Life - Judith Kolberg & Kathleen Nadeau, PH.D.
This book provides a clear, accessible and easy-to-use guide to getting and staying organized.

ADHD & LD: Powerful Teaching Strategies & Accommodations - Sandra Rief -
This DVD is packed with hundreds of proven and practical classroom strategies for improving the performance of all elementary school students. An excellent tool for training teachers and other school personnel in how to best educate students with ADHD and /or Learning Disabilities.

Behaviour Management & Skills Workshop - DVD
Camp Winston

This workshop video offers positive, proactive and practical strategies and skills to help parents and caregivers to support, understand and respond to children who demonstrate challenging behaviour.



Time Management from the Inside Out - Julie Morgenstern
The foolproof system for taking control of your schedule and your life.

**L. D. A. K. EXECUTIVE
2009 - 2010**

President	Bruce Todd
Vice President	Bill Cormier
Treasurer	Pat Dudley
Secretary	Sue Herrick
Members at Large	Gail Eaton-Smith David Williams Greg Speagle Marie McCarron

RESOURCE CENTRE HOURS

417 Bagot St
Kingston, ON K7K 3C1

**Monday to Friday 10:00 a.m. — 4:30 p.m.
Saturday & Sunday Closed**

Resource Centre Co-ordinator
Lana Greenwood

Resource Facilitator
Janice Barling

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 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 (2x per year)
- ⇒ 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**) to Learning Disabilities Association of Kingston 417 Bagot St., Kingston ON K7K 3C1.