

Learning Disabilities Association of Kingston
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A United Way Member Agency



ldao

Learning Disabilities Association of Kingston

LEARNING DISABILITIES SPRING 2008 NEWSLETTER

The LDAK AGM is on **Monday April 28** 7:00 p.m. at 417 Bagot St. 2nd floor. There will be a short business meeting before our regular meeting. The proposed slate of officers for 2008-2009 are:

Executive Director	Annabelle Williams
President	Libby Running
Past President	Bruce Todd
Treasurer	Pat Dudley
Recording Secretary	Judy Fox
Members-at Large	Bill Cormier David Williams David Allison

Further written nominations will be accepted at the LDAK office until 21 days before the AGM date.

In Appreciation.....

LDAK wishes to thank our hard working Board of Directors and volunteers who helped make our annual Roast Beef Fundraiser Dinner a huge success!! Special thanks to Donna Goff who spear-headed our annual fundraiser at Christ Church Parish Centre. Thank you to Reverend Peever who supported our Association for another successful year! We look forward to next years dinner!



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PLEASE POST UNTIL JUNE 4, 2008

GROUPS AND MEETINGS

LDAK General Meetings

General meetings are held the 4th Monday of each month from September to April (except December). Meetings are held at 7:00 pm in the board room at 417 Bagot St. and all are welcome!

****Please note the last session of our three part parent workshop will be on March 31. We will resume our usual Annual General Meeting on April 28, 2008 at 417 Bagot St.**

**Session Three:
Monday March 31, 2008**

Topic: "How to Teach Students with LD & AD/HD to Self-Advocate"

Speaker: Marie Gavan-Knox, Head of Special Education at Holy Cross Secondary School

The sessions will take place from **7 - 9 p.m.** at **St. Lawrence College** on Portsmouth Avenue.

Cost: \$5.00 per person per session or \$8.00 per couple per session.

Please call the office at 545-0373 to pre-register.

Special thanks to St. Lawrence College for providing the venue for these workshops.

Annual General Meeting

on Monday April 28, 2008

417 Bagot St. 7 p.m.

Everyone welcome! No fee.

Topic:

*Become a Word Detective!
Make Sense of the Spelling/Meaning
Connections through "Word Structured Inquiry"*

Speaker:

Peter Bowers: Teacher, Researcher & Trainer

Peter's spelling training has taken him across Canada and the globe. He and his wife Sus Bowers, who is also an experienced teacher, started up WordWorks Literacy centre to help teachers and students enjoy investigating how the written word works. Come and find out a new method for teaching students spelling.

How many word families do you find in this set of words? misshapen, mishap, happen, perhaps, shapely, happily. Did you know that the way the words sign, does and business are spelled is logical and helpful for understanding how the spelling system works? This workshop investigates questions like these. This method teaches you an alternative approach to learning spelling.

This workshop is designed for both teachers and parents. It has been widely recommended by teachers and psychologists.

Tomm Festival

The best of Country, Bluegrass, Folk and Gospel Music on Friday June 13-14-15 at Lake Ontario Park.

The **Abrams Brothers and John Conlee** will be featured along with other artists. Please visit:

www.kingstontommfest.com for complete details on the festival and camping.

Tickets available at :

The Grand Theatre - 613-530-2050 and **The Learning Disabilities Association** - 613-545-0373

Children 16 and under free when accompanied by an adult.

Admission: Advance ticket for the weekend: **Before May 1st-\$65.00 After May 1st-\$75.00**

Admission for Friday night-\$45.00 Saturday-\$35.00 Sunday-\$30.00

All proceeds benefits "The Learning Disabilities Association of Kingston" (LDAK) and the "Tristin Osborne Memorial Fund" (administered by LDAK).

Unique Issues for Single Parents of Teens with AD/HD

In her book, *Teenagers with ADD and ADHD: A Guide for Parents and Professionals*, Chris Zeigler Dendy discusses the challenges teens with AD/HD - and their parents - face. Her insights are based on her personal experiences and those of the many parents, teens, and experts whom she has interviewed. In this excerpt from the book, Ms. Dendy describes the unique issues faced by single parents raising teens with AD/HD.

What Unique Issues Do Single Parents Face?

Divorce is a fact of life in the world today and may have a negative impact on many teenagers with attention deficits. The exploding divorce rate (approximately 50 percent) has resulted in roughly 40-50 percent of all teenagers living with a single parent, typically their mother. Adolescence alone is a difficult adjustment period for many young people. If the teen has an attention deficit, plus parents who are divorcing, it is an even more stressful time in his life.

Researchers tell us that divorce is harder on youngsters with attention deficits than it is on their peers. **So single parents face a special challenge raising these teens.** Although experts aren't certain why, children with attention deficits who live with a single parent are more aggressive than those living in a two-parent family. Having the sole responsibility of raising a teenager with this disorder is an exhausting job, especially if no family members live nearby to provide support and help. This doesn't mean single parents cannot be good parents. However, the job of raising these teenagers is usually easier when two parents work together and give each other some relief from the stress. Two-parent families who move a lot and have no relatives nearby also miss the extra support an extended family can provide.

Exhaustion and lack of support are often huge problems for single parents, especially when their teen has undiagnosed coexisting problems:

“The turning point for me as single parent came when I was trying to hold down a job and keep my son in school. Those two things together were about the death of me. I was exhausted physically and emotionally but I never got a break from the stress of raising him. At times, I just needed to be away from him, to get my emotions under control — so that I didn't do any harm to him or myself.

“Once I was feeling so overwhelmed, I locked myself in my room and found myself praying, ‘Am I the right parent for this child?’ I couldn't open the door until I got an answer to that question. I finally realized that I was the only hope for this child. No one else could do it for me. I had to do whatever it took to help him, in a world that just didn't understand him. I prayed to God to give me strength because I was absolutely at the end of my rope.

“Here's my advice for other single parents: Never doubt that you have what it takes to stay the course. In fact you may be the only person who can or will.

“Looking back on this incident now, I can laugh about it. I so badly needed just a little time alone, that's why I put myself in ‘timeout' by locking myself in my room. But even then I couldn't get any peace. He was banging on the door and screaming at the top of his lungs, ‘Mama, let me in.’ It's hard to believe he was only five years old. Much later I came to understand why he was so challenging; he had both ADHD and bipolar.”

Unique Issues for Single Parents of Teens with AD/HD

The isolation and rejection by others are incredibly painful for these families.

When Jeremy was small, I was so isolated. Nobody wanted my child to be around their child. We were both excluded. He was not invited to parties or invited over to play. He was not picked for teams. No one seemed to understand. These were just little things, but it was so hurtful for me as a parent to watch that happen and to feel helpless to do anything about it. Feelings of helplessness and hopelessness will eat you alive. I struggled on a daily basis with feelings of being excluded and nobody wanting us. That was such a lonely and terrible place to be. Occasionally, I even felt like I was on the verge of a mental breakdown. "There was no place I could go and be accepted except at CHADD (Children and Adults with AD/HD) meetings. That was the only place I felt I could just be myself and not be judged. They had been there too; they understood."

"Single parenting is 'doable' when you have a support system of family, friends, and professionals. But when access to resources is denied because of finances, location, or availability, isolation and depression can become your worst enemy. This was one of my biggest struggles."

Parent-Child Relationships

The mother-son or father-daughter relationship may be extremely intense and difficult during this period for several reasons. First, the teenage male with ADD or ADHD is becoming a man and that means behaving like husbands and fathers do. He may want to be the male head of the household in his father's absence. Consequently, he may feel threatened by men dating his mother. He may be possessive for fear the man may take his mother away from him. After all, he has already "lost" one parent. Competition with the "other man" for his mother's attention is likely to occur. Similar problems may occur if the daughter has an attention deficit and her father is dating or decides to remarry.

In addition, the teenager with ADD or ADHD may act like his father did, or even look like him, and some of the problems the divorced parents had may be played out between the mother and the son. If the divorce is recent, then the teen may struggle with depression and anger as well as with the attention deficit.

Parent Relationship with an Ex-Spouse

After a divorce, the relationship between parents can be strained and at times outright hostile. It takes a special effort from both parents to make it work positively in the best interests of the child. There are numerous potential areas for conflict: disagreements over diagnosis, medication use, the level of structure, and discipline.

"It was always a huge adjustment for Jeremy when he came back home from his Dad's. His dad had a very loose environment and there was absolutely no structure. Jeremy could do anything he wanted to do there. Then he would come back home where we had schedules and routines that he desperately needed. His dad was always 'fun'; I wasn't. I felt like I was always the 'bad guy.' My ex-husband didn't believe anything was wrong with Jeremy, because they acted just alike."

Unique Issues for Single Parents of Teens with AD/HD

Dating

Single parents who begin dating again after divorce or the death of their spouse face a difficult situation. Frequently, the people they date do not understand the teenager or attention deficit disorder. Consequently, they think that increased discipline will solve all problems. These "significant others" face major conflicts and disappointments if they are rigid or expect the teen to respond to traditional discipline and instantaneously obey their requests.

"People I dated during my ten years as a single parent would try to tell me what to do to 'straighten Lewis out.' They just believed his behavior problems were my fault because I was a single parent."

Conflicts between the parent and "significant other" about child-rearing practices and discipline are almost certain to arise. If a long-term relationship develops, educating the friend about symptoms and treatment of attention deficit disorder is important. Here are some ideas that may help:

- ⇒ Provide some easy reading materials about teenagers with ADD and ADHD. Start out with something brief and easy to read. Relevant sections of this book may be helpful. Excellent fact sheets are available from chadd.org. In addition, *A Bird's-Eye View* provides an easy, but scientifically accurate "Cliff Notes" read for adults and teens.
- ⇒ Attending CHADD or other support group meetings together should be extremely helpful.
- ⇒ Try making a special effort to include the teen in some activities with the two adults.
- ⇒ Scheduling special alone time with just the parent and teenager is also helpful.
- ⇒ Avoid saying anything negative about the absent parent. To maintain strong self-esteem and cope successfully with his parents' divorce, the teen needs a strong relationship with both parents. These steps should make the teenager less anxious and more accepting of the new person in his parent's life. Remember, it often takes a very special and understanding person to cope with a teenager with an attention deficit, especially when the teen is not his own.

Chris Zeigler Dendy, M.S., GreatSchools: "By Editorial Staff, GreatSchools."

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Roy Cooper Scholarship Award

Benjamin Sadlowski of Kingston received the 2007 Roy Cooper Scholarship award. Benjamin is in his first-year studies in the Engineering program at McMaster University . He is an auditory learner requiring supports that include note-taking during class and /or books on tape or scanned textbooks so they can be read back to him. He hopes that at the end of his postsecondary studies, he will have the opportunity to design software programs to help accommodate learning problems and/or entertain people.

The annual \$1,000 Roy Cooper Scholarship award is given to a high school student who has a documented LD and will be attending a university or college during the 2007-08 school year, majoring in engineering and/or physical sciences discipline. The award is named in honour of Roy Cooper, who for 30 years had been a steadfast supporter of LDAO's work, his local chapter, LDA Ottawa-Carleton and the Learning Disabilities Association of Canada. ***Congratulations Benjamin!***

SCHOLARSHIPS

Scholarships Available to Students with Learning Disabilities

Please visit LDAC's website for a full description of the following four LDAC's scholarships, criteria and application forms.

www.ldac.ca and click scholarships

Doreen Kronick Scholarship: For graduate studies in a program which will train that student to work with persons with learning disabilities; \$500.00; application deadline is no later than **May 15**.



Carol Thompson Memorial Fund Scholarship: For students with learning disabilities to pursue college, private vocational school or an under-graduate program at a Canadian University. Value of Scholarship is \$1000.00; application deadline is no later than **May 15**.

The Donald Cummings Apprenticeship and Industry Training Scholarship for Students with Learning Disabilities: Open to students registered full-time as an apprentice in a program of 6 months or longer. Value of Scholarship is \$500.00; application deadline is no later than **May 15**.

The Joanna Townsend Applied Arts Scholarship - Awarded to a Canadian student with learning disabilities who has an interest in pursuing an education and/or career in any of the various applied arts programs. Value of scholarship is \$1000.00; application deadline is no later than **May 15**.

Other sites of Interest on Financial Assistance Programs and scholarships information for Post-Secondary Students with Disabilities:

<http://www.ldao.on.ca/landis.html>

Learning Disabilities Association of Ontario - Gloria Landis Memorial Bursary

<http://www.neads.ca/en/norc/funding/contents.php>

National Directory of Financial Assistance Programs for Post-Secondary Students with Disabilities posted by the National Educational Association of Disabled Students



<http://www.studentawards.com/english/can/>

Canadian database of thousands of scholarships, bursaries, fellowships, grants and other financial awards.

Roy Cooper Scholarship Award 2008: A \$1000.00 scholarship award will be given to a high school student who has a documented learning disability and will be attending University or College during the 2008-2009 school year, majoring in engineering and /or physical sciences discipline. Deadline for submission to local chapter is May 28th. Please contact LDK at 545-0373 for an application.

Resources in our Library

The Learning Carpet Book, Carpet & CD - *New for Educators*

The learning carpet is a permanently gridded, 100 square floor carpet on which children from Kindergarten to Grade 6 and Special Education are able to develop their understanding of mathematics and language through kinesthetic learning. The carpet is used to teach addition, subtraction, multiplication, division, place value, graphing, pattern symmetry and geometry, through the constancy of the numerical squares and the walking and placing of the number cards. Approved by the Ministry of Education for early Math program for all grades JK-6. Lessons, place cards, CD are included.



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.

Soar Booklets — Some Assembly Required: A Guidebook for Learners

Learning Disabilities are misunderstood disabilities, and the more our students know, the better they'll be able to advocate for themselves in school, post-secondary education, and at work.

SOAR is a series of short books written for students, as well as their teachers and their families. The books aim to shed light on what can be done to make school fairer for students who have LD. The series is made up of three booklets and a teacher's guide, each focusing on a different aspect of learning and learning disabilities. They are focused on Grades 6,7 and 8 but can be adapted:

1. L's and D's
2. Skills for Success
3. Making choices for the future
4. A teacher's guide



Complete Learning Disabilities Handbook - NEW - Joan M. Harwell

For special and regular educators, a wealth of up-to-date information, practical suggestions and sample lessons to help you meet the needs of any student who has a learning disability.

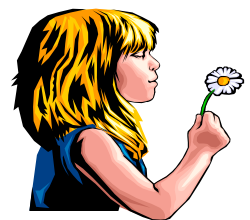
All the Right Type—CD

A keyboarding program for Gr.4 — adult which is fun and easy to learn.

We now have the following Richard Lavoie's DVD's 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.



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

**L. D. A. K. EXECUTIVE
2008 - 2009**

Executive Director	Annabelle Williams
President	Libby Running
Past President	Bruce Todd
Treasurer	Pat Dudley
Secretary	Judy Fox
Members	Bill Cormier
at	David Allison
Large	David Williams

RESOURCE CENTRE HOURS

417 Bagot St
Kingston, ON K7K 3C1

**Monday to Friday 11:30 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 & National
- ⇒ 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.

THANK YOU