



Idak • Learning Disabilities Association of Kingston

The right to learn, the power to achieve

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

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

Attention Fashion Lovers!!!

“The Vogue Charity Fashion Show” March 30th, 31st, and April 1st, 2011

In Support of the Learning Disabilities Association Kingston



The ***Vogue Charity Fashion Show*** (VCFS) is produced and performed entirely by students of Queen’s University, and has been running since 1997. It is comprised of dancers, models, independent designers, choreographers, photographers, videographers, webmasters, a blogger, a technical crew, interns, and the executive committee.

VCFS gives the ambitious leaders at Queen’s the opportunity to showcase their talents and abilities, while simultaneously giving back to their community. The show represents a symbol of social responsibility at Queen’s University. Last year, VCFS attracted over 2000 viewers over the course of the four shows. With this being our third year performing at the Grand Theatre on Princess Street, we strive to maintain our reputation as one of the best sources of entertainment and creative outlets for Queen’s students and the Kingston community.

This year, Vogue Charity Fashion Show will run on the nights of **March 30th, 31st, and April 1st, 2011. Tickets range from \$20-\$30 . Doors open at 7pm & show starts at 7:30pm.** For more information, or to purchase tickets, please contact Amanda Sadler, VCFS Head of Charity 2010/2011 at **613-329-6340** or vcfs.charity@gmail.com or the Grand Theatre at **613-530-2050**.

Blue Grass Concert Series

In support of LDA Kingston, at the Kingston Christian Fellowship Church, 2621 Highway 38, Kingston. All concerts start time 7pm Opening Act: Bill White & White Pine



March 23rd: Charlie Sizemore

April 13th: Russell Moore & IIIrd Tyme Out & Special Guest Appearance by the Tebworth Brothers, Wyatt and Marshal. Wyatt is 7 years old and has been playing mandolin and fiddle for almost 2 years. Marshal is 5 years old and has been playing his fiddle for about 10 months.

Advance Ticket: \$20.00 At the door: \$23.00 per person For Tickets call: Bill and June White 613-372-2400, Cell 613-540-1485. Ticket Outlets: Renaissance Music 613-384-9225 and World of Rentals 613-547-4400.

Pizza provided for the bands by:



Accommodations provided by:



PLEASE POST UNTIL JUNE 10TH, 2011

Learning Disabilities Association of Kingston 1

Community Information

Learning Disabilities Association of Kingston

Is now accepting candidates for our volunteer Board of Directors. The Learning Disabilities Association of Kingston recognizes the need to meet and serve a rapidly changing community and as such are recruiting innovative and creative board members with the following skill sets: governance, funding development, marketing and finances. Any interested individuals who are 18 years or older and living in Kingston and surrounding area are eligible. Written submissions will be accepted until March 31st, 2011 at 4:30 p.m. A submission letter with a brief Resume/CV explaining your skills and interest can be sent to:

Nominations Committee, Learning Disabilities Association of Kingston
993 Princess St. Suite 110 Kingston K7L 1H3 or by email: ldak@ldakingston.com
All nominees will be contacted by April 8th, 2011.

LDAK Annual General Meeting

The LDAK Board of Directors is pleased to invite you to our **Annual General Meeting** to be held in the **Community Room upstairs at the Kingston Centre Loblaws on Monday April 18th at 7pm.** Following a brief business meeting and the election of officers to the new Board, we will be showcasing and demonstrating some of our exciting and innovative resources from our library, including videos, books, digital scanning and recording pens, spelling correctors, and special software. It will be only a sample of the rich variety of items in the library and you are encouraged to visit our office to further explore the other audio visual, print and assistive technology resources available. We would also like to introduce you to our plans for the upcoming year. This past year has been a busy and dynamic year highlighted with a number of community events and settling into new office space, across the street from Loblaws. Come and talk to our staff and board members, and see what we have to offer!

The proposed slate of officers for 2011-2012 are:

| | |
|---------------------|------------------|
| President | David Williams |
| Vice President | Gail Eaton-Smith |
| Past President | Bruce Todd |
| Treasurer | Pat Dudley |
| Recording Secretary | |
| Members-at | Bill Cormier |
| Large | Susan Herrick |
| | Val Hamilton |

Kids Can Print

Does your child avoid fine motor activities (colouring, cutting, printing, doing up buttons and zippers, playing with small toys)? Has your child developed a consistent hand dominance and do they hold a pencil correctly? Are they able to copy shapes and print the letters of their name correctly? Can you read your older child's printing and can they keep up with the written work in class? These are all questions that an Occupational Therapist may ask about your child if he/she is experiencing difficulties with fine motor skills. Marianne Hall, a Registered Occupational Therapist developed ***Kids Can Print***, designed to help children who are experiencing difficulties with fine motor skills, printing and writing. For further information contact Marianne Hall at: **kidscanprint@gmail.com**.

WORKING MEMORY

I divide memory into three parts—short-term, long-term and working memory. Other existing memory models consider short-term and working memory to be the same mechanism. I make a distinction between the two. Working memory, as the name implies, is the information we work with directly while performing various cognitive tasks. The information is taken from both short-term and long-term memory to be able to process information, store it and make it available for future use.

Short-term memory, on the other hand, contains mainly new data which we take in through our senses. Another term for this type of memory is “sensory memory.” Normally, we only keep data in our working memory for a short while from a few seconds up to a minute. Afterwards, the information is stored in long-term memory. The process of storing and retrieving information from working memory to long term memory can repeat itself many times while doing more complicated cognitive processes.

When we learn how to operate new machines, new software programs, or any new information for that matter, we use our working memory function in order to understand what principles and procedures the particular tasks involve. The learning process is based on our previous abilities, which we retrieve from the long-term memory and from information that we collect through our short-term memory. This information is processed in our working memory, which acts as the working board where we combine previous data with new information based on direct input from the senses. With repetition and practice (when skills are involved), all this information is solidly stored in our long-term memory banks for future reference and retrieval: either for repeat usage or for the purpose of using it to help in learning similar or even more complicated material.

Working memory interacts not only with sensory memory and long term memory, but also with parts of the brain related to attention, learning and executive functions such as decision making and prioritizing (located at the pre-frontal lobes).

For those who have a basic understanding of computers, the following may serve to better understand how working memory works.

Say you want to key in certain data, notes perhaps, into a computer file. The keyboard acts as the sensory input, equivalent to our short term memory, transferring all the raw information to what is called RAM memory. RAM acts in the same way as our working memory, in the sense that it holds the information we are working with. It also temporarily holds the different programs we are using. It is displayed on the screen to show us the programs currently in use as well as the data we have keyed in (equivalent to sensory or short-term memory), and it enables us to perform different functions in real time. Once we store the information on the hard drive, which in the example represents long-term memory, the information can then be later retrieved for further use.

Working Memory Capacity

Our working memory is limited to a few distinct information units. Titled “digit span,” it reflects how many digits, or chunks of data, we can contain at one time. The capacity is typically between 5 and 9 units, with an average of 7. The term: “the magical number seven, plus minus two” was coined in 1956 by

WORKING MEMORY

psychologist George Miller, who studied memory extensively. This number also represents the amount of what I call “channels of attention,” which refers to the amount of tasks we can do consciously-or which we can focus on at any given moment. This is the reason, by the way, why our telephone numbers consist of seven digits. Seven is the optimal number of digits which our working memory can process. When working memory is bombarded with too much information, it goes into overload mode and fails to transfer important data to long-term memory, and as a result some of the information may get lost.

Aging, stress, disease or injuries tend to narrow the channels of attention, so that instead of working with seven channels, only five, four, sometimes even less remain available. This diminished capacity would also explain why we cannot concentrate well when we are tired, in pain or preoccupied with worry and stress; these conditions simply occupy some of the channels, leaving between one and three available channels with which the mind has to process information.

The availability of fewer channels may be enough for a very simple task, such as turning on the TV, yet be insufficient to perform a more complex task for instance, following an educational program on TV, or reading an article in a magazine. In addition to an inability to concentrate normally, the ability to retain information decreases dramatically as well. Have you ever tried to read at the same time as someone was talking to you? You can probably do a little of both, but you would not perform either role as well as if you were to give your full attention to only one task. People who are able to do this well are those who have eight or nine channels available to them. How we allocate the various channels thus determines what we pay attention to, as well as how attentive and focused we are.

Individuals suffering from ADHD or LD (learning disabilities) suffer among other things from impaired working memory, which is one of the reasons why they have problems processing information properly. It also explains why they have problems understanding concepts or why it many times, takes them longer to understand a complicated concept—math for example. Their working memory is not big enough to see the picture in its entirety.

Reprinted with permission: LDAO Communique by Bob Gottfried

In Appreciation: LDA Kingston wishes to thank the following for their contribution in making our “**Motown Dance Party**” evening a huge success!



Sponsor: *Regional Assessment & Resource Centre*

The Band: *HEATWAVE*

Donors: Costco, Bennett’s Valu Mart, Loblaws Kingston Centre, Metro, Grant’s No Frills, Westbrook Golf Club, Curves (Kingston East), Cybil Shepherd/Coquette/CatWalk, Pan Chanco, The Collector’s Guild/Family Playroom, Premier Assistive Technology, Marilyn Shannon, Nancy Brown, Vicki Pitcher from Vicki’s Cleaning, Bill Cormier, Ron and Colleen Weber, Norm and Sheila Matthews, The LaFreniere Family, Anita Pennell, Jim and Gail Mann, Julia Sanges, Pooja Kumar, Amanda Sadler from Vogue Charity Fashion Show

Special thanks to Marie McCarron, LDAK board member, who spearheaded this event and our hard working Board of Directors and many volunteers who contributed to our successful evening!

LDAC SCHOLARSHIPS

LDAC Scholarships

Economic Downturn Forces LDAC to Suspend Its Scholarship Program For 2011

January 18, 2011 (Ottawa) – It is with great reluctance that the Board of Directors of the Learning Disabilities Association of Canada (LDAC) decided this week to suspend its scholarship program for the 2011 scholastic year – the first in its history.

The scholarships affected are:

- The Carol Thomson Memorial Scholarships for Students with Learning Disabilities
- The Joanna Townsend Applied Arts Scholarship
- Donald Cummings Apprenticeship and Training Scholarship for Students with Learning Disabilities and The Doreen Kronick Scholarship for graduate students whose program will lead them to a field that will assist persons with learning disabilities

The return of its scholarship investments allows LDAC to draw solely on the interest to disburse the awards and the amount available is considerably less than in previous years. The national board will take advantage of this one year hiatus to evaluate the scholarship program, its goals, its investments and possible restructuring. The Association will continue to support donors who wish to make gifts towards the scholarships program.

The LDAC scholarship program was established in 1985 and over the years has provided scholarships ranging from \$500 to \$1,000 to 57 postsecondary students with learning disabilities to help finance their education whether it was for books, tutoring services or living expenses.

LDAC would like to encourage the postsecondary students with learning disabilities to visit <http://www.disabilityawards.ca/> for an up to date listing of all the available Canadian awards, scholarships and government funding for students with disabilities.

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

<http://www.disabilityawards.ca/> Awards for Post - Secondary Students with Disabilities site developed by the National Educational Association of Disabled Students ([Canadian database of thousands of scholarships, bursaries, fellowships, grants and other financial awards](#))



Upcoming Events

Orton-Gillingham Conference "**Bridging the Gap**" April 29th-30th, 2011 Charleston South Carolina further information at www.ortonacademy.org

Literacy and Learning Conference May 7th, 2011 Toronto further information at www.idaontario.com

Unlocking Language: **Teaching Structured Language** July 4th-7th 2011 Toronto. Workshop for teachers by Sally Sherman. Further info at www.idaontario.com

LDAO SCHOLARSHIPS

Scholarships Available to Students with Learning Disabilities

Gloria Landis Memorial Bursary : The Gloria Landis Memorial Bursary was established in memory of Gloria Landis for her significant contributions to LDAO and her community on behalf of individuals with learning disabilities.

One bursary will be awarded annually in the amount of \$1,000 to a mature individual with learning disabilities, enrolled in a post secondary program or accredited vocational institute, who has been absent from full-time education for a period of three years.

For more information about applying for this bursary, please visit www.ldao.ca

Roy Cooper Memorial Scholarship: The LDAO offers an annual \$1,000 scholarship award in the name of a long serving LDAO Board Member, Roy Cooper, to a high school student who has a documented Learning Disability and or ADHD and will be attending a University or College, majoring in an engineering and/or physical sciences discipline. Mr. Cooper spent his working life in the engineering/ physical sciences field and, as a parent of an adult with learning disabilities, spent over 30 years volunteering at the local, provincial and national levels of the Learning Disabilities Association.



To apply for the Roy Cooper Scholarship, please contact your local chapter. Note that the 2011 competition closes on Monday, June 20, 2011 at 4:00 PM

Having Difficulty Reading Print?

A print disability limits a person's ability to read traditional print. That can include visual, physical and learning disabilities.

There is now free access to audio books, newspapers and information if you have problems reading print. Thanks to funding from the provincial government of Ontario, the CNIB Library Partners Program offers more than 80,000 titles in audio, e-text, Braille and e-Braille for all ages and interests. All you need is a library card!

**Visit to see what the CNIB Library has for you! To register go to :
www.cnib.ca/selfregistration**



JULY 2011

A recreational day program for children and youth who experience social and/or learning challenges. Inclusive programming promotes self confidence, independence, decision making and cooperation. Ages 6 and up. Call Laura @613-542-0400 for more information.

RESOURCES IN OUR LIBRARY

When Your Child Has LD - Gary Fisher, PH. D., & Rhoda Cummings, Ed. D.
A survival guide for parents.

Organizing From the Inside Out - Julie Morgenstern
The foolproof system for organizing your home, your office and your life.

Understanding Your Special Needs Grandchild - Clare B. Jones, Ph. D.
Dr. Clare Jones discusses the challenges a family faces when raising a child with special needs.



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 7 Habits of Highly Effective Teens - Sean Covey
Covey provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, get along with their parents and much more.



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.

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” - 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 |
| | Val Hamilton |
| | Bill Cormier |

RESOURCE CENTRE HOURS

Tuesday-Wednesday-Thursday

11 am—3 pm

Saturday & Sunday Closed

Resource Centre Co-ordinator

Lana Greenwood

Please call the office before coming to ensure we are not attending a meeting.

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
- ⇒ 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
110-993 Princess St. Kingston On K7L 1H3

THANK YOU