

*Learning Disabilities Association  
of Kingston*



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## LEARNING DISABILITIES SUMMER 2009 NEWSLETTER

### *Many Thanks to Our Volunteers!*

A sincere thank-you to our dedicated Board of Directors, United Way, Ontario Trillium Foundation and the many volunteers who contributed their time and efforts in making our current year a successful one.



Special thanks to Bill and June White who spearheaded our Winter Bluegrass series fundraiser and Donna Goff who organized the canteen for each of these concerts.

### **LDAK Board of Directors 2009-2010**

President	Bruce Todd
Vice President	Bill Cormier
Treasurer	Pat Dudley
Recording Secretary	Judy Fox
Members	David Williams
At	Susan Herrick
Large	Gail Eaton-Smith
	Greg Speagle
	Marie McCarron

We would like to extend a warm welcome to Susan Herrick, Greg Speagle, Marie McCarron and Gail Eaton-Smith who have joined our Board of Directors. A sincere thank-you to our outgoing President, Libby Running for her exemplary and dedicated service to our organization.

### *Summer is Here!*

With summer comes a well-deserved break from the stresses of the school year for both parents and children. Fortunately, the Kingston community offers a wide variety of summer camps for children of all ages. We have put together a small sample of programs that are available. This is by no means a complete list, so be sure to check your municipality and local newspapers.

**(P.S. LDAK does not endorse any particular program.)**

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**PLEASE POST UNTIL SEPTEMBER 15, 2009**

# 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 supported to use *Kurzweil* to support reading comprehension, attention, organization, and written work, as well as to use *Inspiration* as a support to differentiate instruction and to Executive dysfunction 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**



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 info.

### **Youth 2 Youth**

Has launched it's new website for young people with LD. Please visit:

**[www.youth2youth.ca](http://www.youth2youth.ca)**

### **Summer Hours**

Our office will be closed for the better part of the summer so our staff may enjoy time with their families. We will resume official hours the week of August 24th. If you wish to contact the office, please leave a message and we will return your call. Resources may be left at front reception desk Monday—Friday between 9-4:30.

### **LDAK Financial Report**

The financial report will be posted on our website as soon as it is available and published in our fall newsletter.

### **Switch to Our Email List!**

If you prefer to receive your newsletter by email, please email us at:  
**[ldak@ldakingston.com](mailto:ldak@ldakingston.com)**

# Summer Activities

## Wolfe Island Day Camp

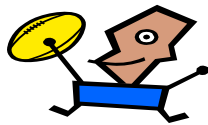
For children between the ages of 5-12 yrs.

- ◆ Weekly from June 29 - August 7
- ◆ Weekly field trips include: Playtrium, Movie Day, Outdoor Water Park, and more...
- ◆ Cost: \$125.00 per week

For further information or to register contact:  
**Jennifer Stainrod**

Loyola School of Adult & Continuing Education  
613-354-5093 ext. 31

Email: [stainroj@alcdsb.on.ca](mailto:stainroj@alcdsb.on.ca)  
Visit: [www.alcdsb.on.ca/wide](http://www.alcdsb.on.ca/wide)



## Camp Kennebec

A non-competitive inclusive summer residence camp for ADHD, learning disabilities, behavioural needs and ASD. Focusing on life and social skills for youth and young adults.

- ◆ ages: 4 - 28 years old
- ◆ 2:1 camper staff ratio
- ◆ academic tutoring
- ◆ special events, theme days & day trips

Call Toll Free 1-877-335-2114  
[info@campkennebec.com](mailto:info@campkennebec.com)  
[www.campkennebec.com](http://www.campkennebec.com)



## Boys and Girls Club Summer Camp 2009

- ◆ ages: 4 - 12 years old
- ◆ weekly from June 29-Aug 28
- ◆ 9 am - 5 pm Monday - Friday
- ◆ LD/AD(H)D children welcome

Swimming! Crafts! Sports!

Contact the Boys and Girls Club at:  
**542-3306** for registration details.



## Queen's Curriculum Linked Interactive Camps



- ◆ for children aged 7 - 11
- ◆ features interactive activities in reading, writing, science, computers, technology, math & the arts
- ◆ each camp is 10 days
- ◆ two-wk. sessions from July 6 - August 28

For more details and registration call -  
**533-6960**

<http://educ.queensu.ca/outreach>

# Lavoie Book Offers Hope for Social Skills Development

For over three decades, **Richard Lavoie**, former teacher, headmaster, founder of the famous F.A.T. City workshops and author has been one of North America's leading advocates on learning disabilities. Everywhere Lavoie goes, he seems to provoke an almost delirious rapture in his audience, many of them parents, who are hungry for solutions, answers, possibilities. He never fails to deliver.

Stopping in Peterborough last spring to promote his last book "It's So Much Work to Be Your Friend", published in 2005, Lavoie spoke at length about the importance of social skills being the key to adult success in children with LD and ADHD. "Our ultimate happiness is determined by our social skills, not by academic skills," he says firmly. "In some aboriginal communities," criminals were sentenced to shunning and they were removed from their communities", he says. "Some special needs kids are shunned every-day."

Just about any parent can relate to the social component of their child's LD. The kid with ADHD constantly interrupts conversations; the youngster with visual-spatial problems consistently loses things; the nonverbal child fails to read social cues. The list goes on and on.

It is social skills development that is the theme of *It's So Much Work to Be Your Friend*. Lavoie states that the average child might spend 1000 hours a year in the classroom, but 95 per cent of his time is spent outside of the classroom. Far too many of these kids report being friendless and lonely and it is these childhood experiences that can lay the foundation for possible substance abuse and criminal activity during the adult years.

In Lavoie's eyes, LD is a pervasive disability that "impacts on every aspect of everyday. LD kids are missing out on the "social laboratory where you learn social skills. Friendship is supposed to be fun, not work," he says.

In the book, he identifies four key social skills: the ability to join in or enter a group; the ability to establish and maintain friendships; to resolve conflicts and to 'tune in' to social skills. Each factor is analyzed with a keen sense of cause, effect and solution attached to it. One solution discussed early is the concept of "social skills autopsies" which have successfully been used to improve social competencies in children throughout North America by providing "real-time" learning opportunities. These are often successful in part because many LD children learn best in practical situations. Social skills autopsies are based on three principles: social skills errors are generally unintentional, punishing a child for unintended behaviour is ineffective and that traditional approaches to social skills development—role playing, modeling, videos, lectures—have all proven ineffective. Social skills autopsies thus follow a model based on practice, immediate feedback, instruction and positive reinforcement and are successful because they allow the child to see the cause-and-effect relationship between his social behaviours and the responses of others.

Another chapter, and one of the most useful in the book addresses disorganized kids, who Lavoie states, can come across as "unpredictable and unreliable, often complicating social plans because of tardiness and inability to adhere to social schedules." He identifies four distinct profiles affecting organization, including material-spatial, temporal-spatial, transitional—so named because so many LD kids have trouble "shifting gears" during seemingly minor transitions, such as interrupting an activity to clean a room because company's coming over—and prospective retrieval, which is primarily affected by memory.

# Lavoie Book Offers Hope for Social Skills Development

Many kids have problems with executive functioning, a relatively new term that deals with logic and problem solving, and Lavoie offers many suggestions on how to organize a child's day, including help with homework, time management and chunking activities.

Other chapters delve into paralinguistics, ADHD, proxemics (personal space) and developing social skills Within the community, all told in a plain spoken, common-sense approach that is so typical of Lavoie's work.

All told, *It's So Much Work to Be Your Friend* is another important contribution to the field of LD literature from a man who "gets it" and writes about kids who don't. Parents would do well to have this valuable

resource on their bookshelf. For more information on this book, be sure to visit [www.ricklavoie.com](http://www.ricklavoie.com)

*It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success* by Richard Lavoie, Touchstone Press, New York NY, 2005. 394 pages

Carter Hammett, Editor LDAO. Reprinted with permission "LDAO Communiqué"

***Please visit LDA Kingston's library to borrow this resource along with the DVD.***

## ELSEWHERE....LD Notes from Around the World

### UNITED STATES

*ADHD children should have hearts checked...*

Attention-deficit hyperactivity disorder drugs can increase heart rate and blood pressure so children should have hearts checked, U..S. guidelines say.

Children with ADHD should get careful cardiac evaluation and monitoring—including an electrocardiogram before treatment with these stimulant drugs, an American Heart Association statement recommends. An electrocardiogram measures the heart's electrical activity and can often identify heart rhythm abnormalities such as those that can lead to sudden cardiac death.

If heart problems are suspected after the evaluation, children should be referred to a pediatric cardiologist and children should have their heart health monitored periodically, the guidelines say.

Stimulant medications can increase heart rate and blood pressure of children, but these side effects are insignificant for most children with ADHD; however, its an important consideration for children who have a heart condition. Certain heart conditions increase the risk for sudden cardiac death, which occurs when the heart rhythm becomes erratic and doesn't pump blood through the body, the statement says.

The statement on Cardiovascular Monitoring of Children and Adolescents with Heart Disease Receiving Stimulant Drugs is published online in *Circulation: Journal of the American Heart Association*.

UPI.com, April 23

# ELSEWHERE...LD Notes from Around the World

## **FINLAND**

### *ADHD Symptoms Change with Age...*

U.S. researchers looking at attention-deficit hyperactivity disorder in Finnish children confirm ADHD symptoms change with age.

The study, published in the *Journal of the American Academy of Child and Adolescent Psychiatry*, confirms hyperactive and impulsive behaviours do decrease with age, while inattention increasingly becomes predominant.

Two-thirds of children with ADHD continue to exhibit significant levels of inattentiveness and impairment into adolescence, despite the differences between treatment approaches and cultures between the United States and Finland, the study said.

University of California, Los Angeles, researchers, led by Susan Smalley, looked at ADHD teens in Finland that were part of a long-term study begun prenatally in 1986 by the Imperial College London and the University of Oulu, Finland.

The ADHD population in northern Finland exhibited two genes associated with ADHD known as DBH and DRD2. These genes affect the regulation of dopamine—a neurotransmitter involved in attention, motivation and emotion. Although the researchers say the genes likely account for very little of the genetic variation underlying ADHD, the findings further support the involvement of the dopamine pathway in the disorder.

United Press International Jan. 24, 2008

## **UNITED KINGDOM**

### *Adults Struggle with Arithmetic, Survey Finds...*

One in four adults has difficulty with mental arithmetic a British survey suggests.

Women are less confident than men BBC Online reports, with one in three struggling to add up sums in their head, compared to 18 per cent of men, the poll of 2000 adults found.

Some 47 per cent of those polled wished they learned more math at school, the survey for numeracy campaign charity Every Child Counts suggested.

And more than half of women asked math questions by their children or family said they struggled to answer them.

The findings tie in with earlier research that suggests a large chunk of the adult population has problems doing basic math. This is problematic as it is estimated that these skills are needed up to 14 times a day. The survey suggested one in five adults aged 25 to 34 said they felt a greater ability in math would further them in their career.

Metro, March 10

# Resource In Our Library

***Speaking Children's Dictionary*** - With spell correction! Easy-to-understand definitions, rhyme finder and word games provide a fun, systematic approach to improving spelling and vocabulary and much more.

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

***Asperger's Syndrome*** - A Guide for Parents and Professionals - Dr. Tony Attwood (DVD)

***ADD-Friendly Ways To ORGANIZE Your Life*** - Judith Kolberg & Kathleen Nadeau, PH.D.

***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.

***Spotlight on Reading & Listening Comprehension*** - Skill Area: Reading Comprehension Ages 7-10 (Interactive Software)

***Parenting the Explosive Child*** - Ross W. Greene, Ph.D. & Stuart Ablon, Ph.D. (DVD)

***Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds*** - Thomas W. Phelan, Ph.D. (DVD)

***Interactive Auditory Processing Pictures & CD*** - Ages 5-10 Students demonstrate competence by drawing on the laminated cards in response to your directions. Improves listening for directions, listening for clues, improves visualization, sequencing, logical thinking and problem-solving.

***Early Social Behaviour Books*** - Nita Everly - Ages 3-6 years - There are 12 books in this series:

Can You Use a Good Voice? Can You Be A Friend? Can You Tell Me How Someone Feels? Can You Share? Can You Use Your Words? Can You Take Turns? Can You Be A Helper? Can You Stand Up For Yourself? Can You Talk To Your Friends? Can You Keep Trying? Can You Listen With Your Eyes? Can You Be Polite?

***Stress Can really Get on Your Nerves!*** - Tevor Romain & Elizabeth Verdick  
Ages 8-13 years

***Math for Moms and Dads*** - Catherine Jeremko & Colleen Schultz Ages 10 and up  
A dictionary of terms and concepts...just for parents.



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

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

**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
- ⇒ 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.