



# 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](http://www.ldakingston.com) E-mail: [ldak@ldakingston.com](mailto:ldak@ldakingston.com)

**Summer 2011 Newsletter**

## LDAK Board of Directors 2011-2012

President	David Williams
Vice President	Gail Eaton-Smith
Treasurer	Pat Dudley
Recording Secretary	
Members	Susan Herrick
At	Bill Cormier
Large	Val Hamilton

A sincere thank you to our outgoing Secretary, Marie McCarron for her dedicated service to our organization.

## LDAK Financial Report

**The financial report will be posted on our website as soon as it is available.**

## *Summer is Here*

Our office will be closed from June 10th and re-open September 6th so our staff may enjoy time with their family.



If you wish to contact the office, please send an email: [ldak@ldakingston.com](mailto:ldak@ldakingston.com) or 546-8524.

Have a Safe and Happy Summer!

## *Many Thanks to Our Volunteers!*

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



### **LDAK gives Special Thanks & Appreciation to:**

**Bill and June White** who spearheaded our Winter Bluegrass series fundraiser which was a huge success! Thanks to Motel 6 for providing accommodation, Boston Pizza (Gardner's Rd), Renaissance Music and World of Rentals and Kingston Christian Fellowship Church for their ongoing support.

**The Vogue Charity Show**, produced and performed entirely by Queen's Students. This event was spearheaded by **Amanda Sadler**. Many thanks to the dancers, models, designers, choreographers, photographers, videographers, webmasters, a blogger, the technical crew and the executive committee who produced an amazing Fashion show in support of LDA Kingston.

**Marie McCarron & Val Hamilton** who spearheaded the **"Motown Dance Party"** along with the band **"Heatwave"**, and the many sponsors and volunteers who made this evening a huge success!

**PLEASE POST UNTIL September 16th, 2011**

Learning Disabilities Association of Kingston 1

## Upcoming Fall Workshop

# Save the date!!!

**LDAK FALL WORKSHOP**  
**Saturday October 22, 2011**

*“Meeting at the Crossroads”...*

*The overlap between Nonverbal Learning Disabilities, Asperger Syndrome, & ADHD*

**Speaker: Dr. Garth Smith 9am - 12pm. (Venue TBA)**

*Medical Director, Child Development Centre, Hotel Dieu Hospital,  
Assistant Professor, Pediatrics, Queen’s University*

By the end of this talk, participants should appreciate:

- The basic features of NLD’s, Asperger Syndrome, and ADHD
- The similarities and differences between the 3
- The concept of “tapestry” as it relates to developmental disorders
- A basic approach to management



*This workshop targets both elementary and high school age students.*

**Member: \$25.00 Non Member: \$35.00 Student (with I.D.) \$10.00**

**For additional information & registration contact LDAK at:  
613-546-8524 or email: [ldak@ldakingston.com](mailto:ldak@ldakingston.com) [www.ldakingston.com](http://www.ldakingston.com)**

**Fall Workshop: September 26th 7pm-8:30**  
LDAK-993 Princess St. Upstairs in the boardroom

### **Messy Handwriting: How Can I Help My Child?**

Despite the increase in technology, most children are required to write on a daily basis in order to express themselves or to demonstrate what they learned in the classroom. Join **Marianne Hall**, an **Occupational Therapist** from **Kids Can Print**, to learn some tips about how to help your children with printing and cursive writing. Topics addressed will include *pencil grasp, hand strength, hand dominance, letter formation, letter size and spacing*. This workshop is appropriate for parents, caregivers, teachers and others who are working with school aged children. **Limited Space.**

**Member: \$7.00 Non Member: \$10.00 Student: \$5.00**  
**Info: -546-8524 or [ldak@ldakingston.com](mailto:ldak@ldakingston.com)**

### **LDAK Now Accepts Donations Online!**

LDA Kingston has chosen **CanadaHelps** to process our online donations.

**CanadaHelps** is fast, secure and an economical way for the LDAK to fundraise online:



Just visit **[www.ldakingston.com](http://www.ldakingston.com)** and click the **“Donate Now”** button on the home page. Follow the instructions on the webpage designated for LDAK. Tax receipts are sent immediately following the payment of your donation to the email you entered. Your gift donation enables LDAK to continue the much needed support within our community.

## President's Message

This report is typically intended as a review of the year and look ahead, and if so, what a year we have had!

It has been a year marked by an office move and reduced staffing, lots of fundraising and the enduring support of volunteers and community partners. Our struggle over the past years has been our profile in the community and this year I think there may have been a breakthrough. We have had a fair amount of press around our new location and services, and most recently we come off the success of our annual Bluegrass series with our friends Bill White and his crew (among many other organizers) and the Vogue Charity Fashion show with our high energy student organizers led by Amanda Sadler and her liaison with LDAK. With an earlier concert in February with local R&B band "Heatwave" (and our energetic Bd member Val Hamilton) at the very least we are having lots of fun with music and dance.

All this activity, as always, is in aid of the family and community members, affected by and working with learning disabilities and those are the people we are honouring supporting tonight and throughout the year.

Thanks to Lana, Greenwood, in the office, we continue to provide information by maintaining our community resource center and lending library. She has regular contact with families and educators and other community partners, organizing events, filling in details and keeping the Board on its toes. Our hopes this year are to build a stronger foundation of :

- a) Workshops and speaker sessions for community groups
- b) Initiate public forums, workshops and presentations
- c) develop network of helping professionals who can assist with both the education (above) and the support for families.

Of course to do all this we need bodies in the chairs, as they say, so a major priority of the board this year is Board & volunteer recruitment Capitalizing on the high energy of this past year I know we can be the conduit of community contacts and community support for advocacy and programming for those with LD and their individual support network.

We also need funding (hence all the fundraising) to help this work get done, so while we have the programming ideas and the community volunteers, to keep the organization going, we are activating our strategic plan developed last year including strategies for fund development

A few projects for you to look forward to in the fall is a joint venture with Queen's Faculty of Education and LDSB, focussing on math LD "Math Makes Sense Tutoring" and hopefully the revival of the Kids on the Block Puppet show presentations from Spring 2010 within the LDSB. AND after the final Bluegrass concert last week, there was already talk of next year – so look to Feb 2012.

Lots to do and fun times ahead. I encourage everyone to look within their social/work circle and see who is there and may be interested in supporting this organization that has been working behind the scenes of LD in the Kingston community for many years. This year has shown me that there is a great deal of support for those living with LD we just need to find each other. Thanks for coming to the AGM as a start toward that partnership.

David Williams, President LDAK

# It's All About Me

***Social Skills are the foundation for all relationships, but people with learning disabilities are often at a disadvantage in this department. Problems begin in childhood and continue on into adulthood and this carries a whole host of problems. Our writer explains what social skills are and suggests some solutions.***

“Why does he do it?” She moans as she brushes tears away, “How can he keep being so meant to me!” How indeed? The most heart-wrenching point is that he probably isn’t even aware that he is doing something wrong or being mean!

Everyone dreams of having a happy and healthy relationship with someone. For adults with learning disabilities (LD) relationships—short and long-term—are very hard to find and harder still to maintain. It becomes even more difficult when someone has low or underdeveloped social skills. Many broken hearts, failed friendships and employment setbacks can be directly traced to a person’s social ineptitude and his/her inability to use a defined set of social skills to communicate clearly with other people.

## **Social Skills: What They Are And Their Importance**

Quite possibly, social skills and the capacity to utilize them to their best advantage are the most important set of abilities that a person can have. They determine how we interact socially with other humans and we are judged accordingly. How often have you heard someone say that he/she has “great people skills?” Or perhaps, “He is such a good listener!”

Not understanding social skills can lead to social isolation, under-or-unemployment, depression and even imprisonment. The functionality of these skills is to aid us in socializing, communicating and relating to other human beings. The ability to interpret voice inflections, sarcasm and to be able to correctly read body language are crucial to the success or failure of social interactions. Communication forms can be both non-verbal and verbal.

Knowing what to say, when to say it and most importantly who to say it to, are considered to be good verbal skills. Interrupting conversations, being aggressive or speaking in an overly loud voice are some examples of inappropriate verbal skills. Remember, socially we are often judged not only by the things that we said but when we said it. Always try to put the brain in gear before putting the mouth in motion.

Nonverbally you need to make and keep eye contact with the person you are speaking with, if culturally-appropriate. Smile not only with your eyes but with your mouth. Try to stand straight and tall (if you can) and keep any gesturing that you may do, appropriate to the discussion. Show good rapport with the other person by maintaining a small buffer zone between you and them, many people like to keep a “personal space” around them.

To demonstrate that you are actively engaged in and that you understand what is being said, occasionally contribute a quick comment—“I see”, “uh huh”, etc. or nod your head appropriately. Another way is to offer up direct feedback to what you’ve heard—“She said that to them? Then what happened?” Showing that you are not only paying attention but that you are participating will make your conversation partner feel much better about you and it will demonstrate great social skills on your part.

# It's All About Me

## Relationships– Types And How We Deal With Them

Relationships can come in many shapes and sizes:

**Personal** - which includes your family, friends and dates or mates

**Social** - acquaintances you know (people you are on a nodding and hello basis with), people you interact with (store clerks, bus drivers, etc.), strangers, etc.

**Professional** - co-workers, bosses and health care personnel, etc.

How you define, develop and maintain your relationships says a lot about you and your social skills. After all, you interact differently with a co-worker than a family member. You also relate differently to your doctor than you would a neighbour. Even social interaction with a stranger, no matter how fleeting, still calls for some form of relating on your part.

Relationships, dating or otherwise, involve many means of subtle communications with lots of verbal and non verbal negotiating going on. On the best days, with nothing going wrong, it can still be very stressful to some people. You with your LD may at times become completely overwhelmed by the whole process.

As a result of this overwhelming or overloading you could lose focus on the relationship and all its complexities. Occasionally, when we are most stressed we may say or do things (consciously or sub-consciously) that we come to regret later. “You always hurt the one you love!” is not only a song title but also a true sidebar to love and relationships.

Your attention may wander from your partner and they may feel left out or completely ignored. Here is where you need to control your impulsive behaviours and to alleviate some of your anxiety by focusing on your partner. You should find concentrating on their needs and wants will reward you with an increase in our own comfort levels.

As discussed earlier, good communication is vital to a healthy relationship. You need to be able to talk about yourself, your disabilities and your personal challenges with your partner. The more open you are the more they understand just how unique a person you are.

## Learning Disabilities And How They Relate To Social Skills And Relationships

Perhaps you were diagnosed with a learning disability as a child, teenage or as an adult. Additionally, you may have been informed that LD, a result of a nervous system dysfunction, would affect your ability to learn, to process and carry out everyday tasks. Time erodes lessons learned and you may no longer remember that LD is for all intents a “hidden” disability and that its impact is life-long. People with LD also:

- ⇒ Tend to forget or misinterpret conversations or things that were just said to them
- ⇒ May be impulsive, become easily distracted with a short attention span
- ⇒ Are often late for dates, appointments or functions and may have trouble following directions
- ⇒ Experience trouble in dialling phone numbers or in reading addresses which may cause them to put off doing things

# It's All About Me

## Final Thoughts

As an adult with LD you will have many different relationship challenges to face. You also have many choices to make and you may decide to face the challenges on your own. However, you are only alone if you choose to be. Family, friends and yes hopefully—a significant other—can help you cope with your challenges. There are many options available for people who have no one close to them.

Sometimes fear of failure will stop people from trying. From trying to make new acquaintances, friends or even finding that special someone. Keep trying and you will discover that, as you improve your social skills, it will become easier to develop relationships and you might even find that special someone!

LDAO Communique By Kenneth E. Seaton

## *Programs and Camps*

### **Multi-Sensory Language/Math Tutoring & LD Awareness Program (July-August)**

**1. Language/Math Tutoring:** One-on-one (2 sessions/week for 6 weeks) Orton-Gillingham multi-sensory, language and/or math program.

**2. LD Awareness program (for ages 8-13):** One 1 1/2 hour group session per week for 6 weeks. Maximum 8 students per group.

This workshop will cover LD Awareness and the language of LD; self-advocacy (including learning about IEPs, IPRCs, accommodations vs. modifications, when it is appropriate for students to attend meetings); social side of LD - how to improve relationships with teachers, peers and parents; strategies for “getting what they need to succeed”; and Life Skills: coping & self-help skills; study skills; time management; organization & prioritizing using visual aids, colour coding, visual and/or colour labelling; and goal setting.

**3. LD Awareness Coaching (for ages 14+ years old):** One-on-one coaching sessions covering the same program explained above but tailored specifically to the individual.

**For information contact Katherine Davidson, Education Consultant & Advocate 613-549-8999**

### **Camp Kennebec - For Youth of All Ages**

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. Sessions start July 3rd.

♦ 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)**



### **Quintilian Summer Club 2011**

A recreational day program for children & youth who experience social and/or learning challenges. Inclusive programming promotes self confidence, independence, decision making & cooperation.

**Ages 7 & up \$250.00 per week:** Buskers July 4-8, Celebrations July 11-15, Blockbusters July 18-22, Medieval July 25-29 **Teen Tuesday-** July 5th, 12th, 19th, 24th **\$40.00 each Aged 15+**

**Info: 613-542-0400 [www.quintilianschool.org](http://www.quintilianschool.org) [info@quintilianschool.org](mailto:info@quintilianschool.org)**

# RESOURCES IN OUR LIBRARY

**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?



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

**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

**BULLIES Are A Pain In The Brain** - Trevor Romain - This DVD helps students to cope with bullies, build self-confidence and encourage strong academic performance. Grades 2-8

**The Answer is NO...Saying it and sticking to it!** - Cynthia Whitham, MSW - Help for Parents of 2 to 12 years olds. Book



**The Math Language Game** - Understand the language needed to comprehend math concepts in word problems. Ages 8-13 Grades 3-8

**1-2-3 Magic - Managing Difficult Behaviour in Children 2-12 years** - Thomas W. Phelan DVD

**AlphaSmart Keyboard - All ages**

The AlphaSmart 3000 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.

**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.



**Source for Non-Verbal Learning Disabilities** - Sue Thompson

This book is filled with checklists, anecdotes, methods and resources for the identification and treatment of these children and youths.

## L. D. A. K. EXECUTIVE

2011 - 2012

President	David Williams
Vice President	Gail Eaton-Smith
Treasurer	Pat Dudley
Secretary	
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**