



# Idak • Learning Disabilities Association of Kingston

*The right to learn, the power to achieve*

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

(613) 545-0373 (phone)

## “Association Receives Spirit Award and Loses Funding, All In One Week

*See page 2 for details...*

### *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.

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.

As well, thanks to Christ Church for the use of their centre for our Bluegrass Series concerts.



### **LDAK Board of Directors 2010-2011**

President	David Williams
Vice President	Gail Eaton-Smith
Treasurer	Pat Dudley
Recording Secretary	Marie McCarron
Members	Susan Herrick
At Large	Greg Speagle
	Val Hamilton

We would like to extend a warm welcome to Val Hamilton who has joined our Board of Directors. A sincere thank you to our outgoing President, Bruce Todd and for Vice-President, Bill Cormier for their exemplary and dedicated service to our organization.

### **LDA Kingston is Moving.....**

LDA Kingston is moving so our office will be closing for the months of June, July and August so we may re-organize for the fall. We will be keeping our phone number (613-545-0373). Further details to follow in our fall newsletter and on our website.

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**PLEASE POST UNTIL SEPTEMBER 18, 2010**

## Association Receives Spirit Award and Loses Funding, All In One Week

FOR IMMEDIATE RELEASE:

### Association Receives Spirit Award and Loses Funding, All In One Week

KINGSTON, Ontario (April 15, 2010) - It has been a very busy and challenging year for the Learning Disabilities Association of Kingston (LDAK) and it has become more challenging. On April 1<sup>st</sup> the board was informed by the United Way that their annual funding had ended with the fiscal year ending March 31<sup>st</sup>.

While the association will continue to provide support, guidance, education, resource materials as much as possible, we are aware of a growing sense of urgency to find a new location, and forge ahead while cultivating stronger community partnerships to better serve our clients.

The Association is now appealing to our members, community supporters, families, educators and all those who have benefited from our information and facilitation services over the years. We are actively seeking partnerships within the Kingston community where office space could be shared with another agency, offered by, or negotiated with, local supporters in the business or charitable associations communities.

Research has indicated that approximately 10% of the general population has some form of a learning disability (LD), which translates into more than 20,000 people in the geographical area served by the LDAK.

The LDAK has provided leadership through advocacy, access to research, education and services for children, youth and adults with learning disabilities in this region for almost 30 years. We have worked diligently to facilitate full participation in school, at work, and within the broader Kingston community. The Board of Directors, with the community's support, remains fully committed to continuing to work with, and for, individuals affected by a learning disability.

LDAK has supported a growing number of requests over recent years, averaging 5-7% annually, with last year's office contacts totaling approximately 1,500 and over 2757 contacts including presentations and workshops from returning and new individuals, educators and family members. The association's resource lending library is well used by educators, and the resource facilitator has offered support to many individuals and families addressing the following Identified problems:

Approximately 50% of children identified with special needs within the school system have an identified learning disability.

- Canadians with learning disabilities (in some ages) are twice as likely to report that they did not successfully complete high school (i.e. 28.3% of adults with learning disabilities aged 20 to 29 versus only 14.3% of the general population of the same age). People with learning disabilities are also more likely to drop out before graduation.
- Canadians with learning disabilities are less likely to report being employed (51% of adults aged 30 to 44, as compared to 89.1% of the general population of the same age, prior to the 2001 Census period). Canadians with learning disabilities are 2 to 3 times more likely to report high levels of distress, depression, anxiety disorders, suicidal thoughts, visits to a mental health professional and poorer overall mental and physical health compared to the general population.

LDAK is a vibrant, vital and active association providing a key service in the Kingston area for citizens affected by learning disabilities.

LDAK has a website at [www.ldakingston.com](http://www.ldakingston.com) and can also be reached by phone at 613-545-0373.  
Contact Person: David Williams, President (nominated)

# President's Message

President's Message  
Annual General Meeting  
Learning Disabilities Association of Kingston  
April 26, 2010

The Learning Disabilities Association is an organization that is viewed differently by a diverse amount of persons that have interaction with the association directly or indirectly. The Learning Disabilities Association of Kingston has had a profound impact on my life both personally and professionally.

I first was introduced to the organization about eighteen years ago as a parent with a need to understand a child with LD. How do I support this child at school, in scouting, in baseball and in the family unit? The Learning Disabilities Association provided much insight and guidance both from professionals such as psychologists, teachers and parents with similar concerns.

Personally the organization has helped me raise children with LD to become successful adults with LD. Professionally as a secondary teacher the organization has provided a conduit to information that is invaluable in the classroom.

The Learning Disabilities Association of Kingston is definitely at a crossroads. The space that is rented by LDAK is needed by the organizations that own the building and we have been searching for a new home. The organization has in the past been mainly funded by The United Way. LDAK was informed April 1, 2010 that funding was rescinded as of March 31, 2010.

The organization provides support to the estimated ten percent of the population in the Kingston area that are LD. That works out to over 20,000 people. LDAK along with the parent organizations the Learning Disabilities Association of Ontario and the Learning Disabilities Association of Canada provide researched information, workshops, training and support to the thousands of people that live and work with children and adults with LD.

The Learning Disabilities Association of Kingston has been described as a working board. Working is another word for effective. The Learning Disabilities Association of Kingston has in the past been honoured with a Spirit Award. LDAK has in the past and will in the future demonstrate that the spirit for support for LD is alive and well and stronger than ever.

The tireless contribution that board members, past and present, staff and the ever hard working volunteers supply will provide the direction that is needed to choose the future of this a great organization. As I leave this association, I feel confident that the new Executive and Board will strive to maintain the respect that the Learning Disabilities Association has developed in the community.

Bruce Todd  
President  
Learning Disabilities Association of Kingston.

# GROUPS AND MEETINGS

## LDAK WORKSHOPS

Keep this date!!! Saturday October 23, 2010

### LDA Kingston will be hosting 2 workshops

**Speaker:** Dr. Judy Van Stralen, Consulting Pediatrician will present from 10 am—1 pm.

**Topic:** *“My Child/Teenager Has Been Diagnosed with ADHD-Now What? Management principles both in and out of the classroom.”*

This session will briefly discuss what ADHD is and how it is diagnosed. The focus will be on managing this condition and common co-morbidities -oppositional defiant disorder, anxiety disorder and learning disabilities, inside the classroom and beyond. This will include behavioural strategies as well as a review of medications. Participants will be given the opportunity to ask questions.

**Speaker:** Lynda Colgan, Associate Professor, Community Outreach Coordinator, Queen’s University  
**Topic:** *Family Math* from 2 pm –4 pm

Additional information to follow in the fall newsletter and on our website.

## Winter Bluegrass Series 2011...

We have outgrown our existing venue and will be moving to a new venue next year for our Bluegrass Concert Series. We have made arrangements at: *The Kingston Christian Fellowship Church located at 2621 Highway 38, Kingston.*

*The following is the line up of bands for the 2011 series:*

*February 23rd SPINNEY BROTHER’S*

*March 23rd CHARLIE SIZEMORE*

*April 20th RUSSELL MOORE & IIRD TYME OUT'*

*Tickets will be available in the fall. Contact Bill and June White 613-372-2400 Cell-613-540-1485*



## 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.)



## LDAK Financial Report

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

## Switch to Our Email List!

Save a tree and save us money on paper and postage! Please call or email the office to have your newsletter sent electronically:

[ldak@ldakingston.com](mailto:ldak@ldakingston.com)

613-545-0373

# Summer Activities

## Wolfe Island Day Camp

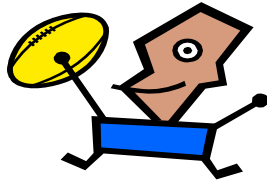
For children between the ages of 5-12 yrs.

- ◆ Weekly from July 5th — August 13th
- ◆ Weekly field trips include: Playtrium, Rock climbing, Outdoor Water Park, and more...
- ◆ Cost: \$125.00 per week

For info: <http://www.alcdsb.on.ca/widc>

613-354-5093 ext. 31

Email: [stainroj@alcdsb.on.ca](mailto:stainroj@alcdsb.on.ca)



## Rise Up...

### Therapeutic Horse Riding

**Equine Facilitated Learning (EFL)** is an interactive learning experience for children and adults with emotional, behavioural, physical and cognitive challenges. EFL uses the horse-human bond to teach valuable life skills. Some of the benefits include: improved self esteem, anxiety reduction, improved attention and focus, improved problem solving skills and respectful communication skills. Contact Info: Janette Haase: Registered Therapeutic Riding Instructor 613-376-9849 Email: [janettehaase@gmail.com](mailto:janettehaase@gmail.com)



## 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: 7-27 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)



## Quintilian Summer Club 2010

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

### Ages 8 & up

July 5-9th Buskers  
July 12-16th Around the World  
July 19-23rd Wizards  
July 26-30th Blockbusters

### Contact Info:

**613-542-0400 for details**  
**[www.quintilianschool.org](http://www.quintilianschool.org)**



# ADHD And Driving: ADHD Medications Lower Risks of Teen Auto Accidents

*For teenagers, taking ADHD medications while driving may literally be a matter of life and death, according to Dr. Daniel Cox of the University of Virginia Health System. His research, recently revealed on the ADHD TV Video Podcast, shows that most accidents involving individuals with ADHD occur when persons drive when they aren't taking their prescribed medication. By Dr. Kenny Handelman*

“The use of ADHD medications improves the quality of driving for teens and young adults while significantly reducing the risk of accidents,” said Dr. Daniel Cox in a recent video podcast on [www.ADHD.tv](http://www.ADHD.tv)

Cox, of the University of Virginia Health System, has been studying the effects of attention deficit hyperactivity for many years. He cites multiple studies based not only at the University of Virginia, but also those conducted at the University of South Carolina, Harvard and in the Netherlands.

ADHD is a disorder in which individuals experience impulsivity, hyperactivity as well as the inability to focus for any length on a task at hand. Currently, statistics explain that approximately 5 to 7 per cent of children and young adults in the United States have this problem. That accounts for nearly two million individuals. It also affects adults as well.

The specific periods when automobile accidents occur involving teen and young adult drivers with the mental health disorder, Cox explained to Dr. Kenny Handelman, Child Psychiatrist and ADHD advocate, are the summer months, the weekends and late in the evening.

“All these times correspond to those when individuals are least likely to be taking their ADHD medications,” Cox explained.

Automobile accidents are a concern for teen and young adults in general, but even more of a concern for those who have ADHD. In general adolescent populations, Cox said, of all the females who die, 46 percent of them die because of a car accident.

Similarly, deaths among adolescent males due to car accidents account for 36 percent of the total deaths. While Cox admits these statistics are shocking, he then cites statistics of drivers who have ADHD.

Those adolescents with ADHD, he told Handelman during the video podcast, are two to four times more likely to be in a collision, three times more likely to receive a citation and are six to eight times increased risk of having their driver's licenses suspended due to multiple violations.

Cox said that his studies also revealed that when choosing medications for ADHD, those labeled as “long acting” actually do work better for many individuals.

For more information on the research, visit:

<http://www.adhd.tv/adhd-and-driving-adhd-tv-episode-4/>

One of the most common disorders of childhood, attention deficit hyperactivity disorder is characterized by the symptoms of impulsivity, the inability to concentrate or focus on tasks at hand, as well as hyperactivity. ADHD appears to be a growing global health problem, affecting as many as seven percent of the total childhood population worldwide. Not only that, but more than 60 percent of these children continue to manage the disorder as they enter adulthood.

Reprinted with permission- LDAO Communique By: Dr. Kenny Handelman

# 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)

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**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

**Navigating the Social World** - Jeanette McAfee, M.D. - A video workshop offering creative strategies for teaching social skills in fun ways. For Teachers, Therapist and Family Members



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

**The Motivation Breakthrough** - Secrets to Turning On the Tuned-Out Child -Richard Lavoie - DVD

**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.

**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 Greg Speagle Val Hamilton

**RESOURCE CENTRE HOURS**

**Monday to Friday  
To Be Announced**

**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.*

**Donation/Membership Application  
Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
CITY PROVINCE POSTAL CODE

Telephone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Email: \_\_\_\_\_

**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 am interested in making a  
Donation:\_\_\_\_\_**

I would like to volunteer to help with:

- Fundraising  Membership  
 Publicity  Newsletter  
 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). Please check our website for up to date  
information on our new location address at  
[www.ldakingston.com](http://www.ldakingston.com) Thank You