



# Idawe • Learning Disabilities Association of Windsor-Essex County

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## Fundraiser & Volunteer Recognition Event

**When:** April 2015 from 6:00pm—8:00pm

**Where:** Emanuel United Church

1726 Lincoln Road in Windsor

**Cost:** \$5 / child (ages 0-10) and \$10 / person

This event will be hosted by members of the Adult Support Group. Funds raised will support program subsidies for low-income families.

Door prizes and raffles will take place throughout the evening.

**Call 519-252-7889 to reserve your tickets.**

### The 2015 Annual Reid Family Scholarship recipients will be announced during the Social.

Bridget Taylor (University of Windsor) and Drew Tarnowski (St. Clair College) were the 2014 recipients of the Reid Family Scholarship.



## Does Exercise Improve ADHD Symptoms?

Dear Parents and Guardians,

We want to tell you about an exciting new research project which will explore the effect of exercise on Attention Deficit Hyperactive Disorder (ADHD) symptoms in children in the community setting. Through the collaborative efforts of both medical students and faculty at the Schulich School of Medicine this study will look to provide evidence for novel approaches to alleviating the disruptive impact that ADHD can have on children and their families.

### **Project Title: “Exploring the effect of exercise on ADHD symptoms in children”**

We will be actively recruiting parents of children aged 6-14 who have been previously diagnosed with ADHD to complete a one time, 20 minute phone survey that will ask for your input on your child’s current ADHD symptoms, physical exercise habits and basic demographics. All responses will be collected in a secure and confidential manner. Participation throughout the study is voluntary and you will be free to withdraw or stop at any time without penalty.

Interested in participating? Please provide your name and contact information on the attached page and then kindly return it the staff at this office. This information will be used by the principal investigators as an invitation to contact you in the following 1-2 weeks in order to conduct the phone survey at a time and date of your preference.

### **Principal Investigators**

**Matthew Galati** – [mgalati2016@meds.uwo.ca](mailto:mgalati2016@meds.uwo.ca) – 416-908-1179

**Zachary Longarini** – [z.longarini@mail.utoronto.ca](mailto:z.longarini@mail.utoronto.ca) – 647-504-2049

**Brian Hummel** – [bhummel2017@meds.uwo.ca](mailto:bhummel2017@meds.uwo.ca) – 905-869-4088

### **Faculty Supervisors**

**Dr. Sharon Burey**, Adjunct Professor Pediatrics, Schulich School of Medicine

**Dr Maher El-Masri**, Professor of Nursing and Research Chair Faculty of Nursing, University of Windsor

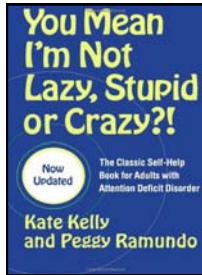


University  
of Windsor

This project has been cleared by the University of Windsor Research Ethics Board.

# LIBRARY HIGHLIGHTS

## You Mean I'm Not Lazy, Stupid or Crazy?!



By: Kate Kelly and Peggy Ramundo

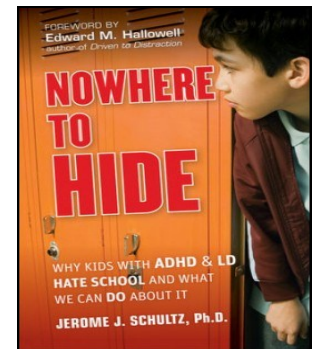
“This indispensable reference—the first of its kind written for adults with ADD by adults with ADD—focuses on the experiences of adults, offering updated information; practical how-tos and moral support to help readers deal with ADD.”

LDA Members can borrow resources from LDAWE's Lending Library free of charge. Non-LDA Members must pay a \$10 annual lending fee.

## Nowhere to Hide

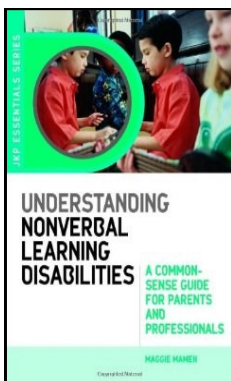
By: Jerome J. Schultz, Ph.D.

“Chronic stress impacts kids’ brain functioning, behavior, social skills, and academic learning. *Nowhere to Hide* shines a light on this important yet overlooked phenomenon in the lives of children with ADHD/LD, offering guidance for parents and teachers to help kids improve learning, behavior, and self-esteem.”



## Understanding Nonverbal Learning Disabilities

By: Maggie Mamen



“The many faces of nonverbal learning disability (NLD) are often confusing for the families who live with them, and for professionals such as teachers who are required to understand and manage them. This guide provides a clear and comprehensive introduction to NLD and its subtypes, enabling the readers to select the most relevant strategies for addressing and managing a range of issues.”

## WINTER 2015 PROGRAMS

### B.E.S.T. Foundation of Social Skills

Children 8-12 years of age

Dates: January 26–March 9, 2015

Mondays from 6:00pm-7:30pm

Location: LDAWE Office

Program Fee: \$100 for LDA Members or \$150 for Non-LDA Members

Description: Your child will learn a new skill each week. Skill sheets will be kept in their workbooks. The skills are taught through discussions, role-playing, games, and the completion of the skill sheets.

Topics will include: group behaviour; listening; following instructions; understanding body language; sportsmanship; and accepting consequences / saying sorry.

**Call LDAWE at 519-252-7889 for more details or to register. Subsidies may be available.**

### ABC & 123 Tutoring

Children 8-12 years of age

Windsor Site (LDAWE Office):

Dates: January 27–March 17, 2015

Saturdays from 6:30pm-8:30pm

CAW Room

Essex Site (Holy Name School):

Dates: January 28–April 1, 2015

Wednesdays from 6:00pm-8:00pm

Program Fee: \$100 for LDA Members or \$150 for Non-LDA Members

Description: Literacy and Math tutoring for children that have a diagnosed LD or ADHD and are currently struggling with basic reading, writing, or math skills. Many of the concepts taught will be reinforced with games and hands-on activities, with incentives being provided to promote participation.

## SHIRE CANADA ADHD SCHOLARSHIP PROGRAM

Shire Canada is sponsoring an ADHD Scholarship to recognize individuals resident in the provinces of Alberta, Manitoba, Nova Scotia, Ontario, or Québec who have been diagnosed with ADHD and who have been accepted to or enrolled in an accredited college, university, technical school, or vocational school for the academic year 2015-2016.

Each Scholarship recipient will receive a one-time scholarship of \$1,500 and one year of ADHD coaching services from the Edge Foundation (approximate value of coaching services: \$4,400).

Application Deadline: April 20, 2015

For more details: [www.shireadhdsscholarship.com](http://www.shireadhdsscholarship.com)



**Introducing your 2014-2015 LDAWE**

**Board of Directors:**

- Jonathan Sinasac, President
- Tammy Wilcox, Vice-President
- Joshua Higgins, Treasurer
- Shelley Lavoie, Secretary
- Shelley Bois, Consumer Representative
- Mary-Anne Mouawad, Member
- Georgette Broadfoot, Member
- Eva Pacitti, Member
- Pierre Monette, Member

*You can help  
a dyslexic child  
succeed.*

Join our  
team of  
dedicated  
volunteers



Ask about  
our Orton-Gillingham  
certification program

- Visit <http://dyslexia.erlemasons.org>
- Email [srclearning@cogeco.ca](mailto:srclearning@cogeco.ca)
- Call 519-253-5546

Paul Barber, Director

## IPAD APP CORNER

**Mindomo**

(FREE)



“Capture your thoughts directly on mind maps, turn them into presentations on the fly, and share them with others. Synchronize your maps to the cloud, from any device. The Mindomo platform creates a powerful environment where you can easily collaborate with others by sharing ideas and working together on mind maps in real time.”

**Handwriting Without Tears**

(\$7.99)

“Make handwriting practice fun! Without Wet-Dry-Try Suite App, children learn and practice correct formation habits for writing capitals, numbers, and lowercase letters. Our app... helps children learn handwriting skills in the easiest, most efficient way.”





## Employment Supports for People with LD or ADHD

**Are you looking for work?** If so, we offer the following services:

- Job Development—a job developer will work with you to find a job that matches your strengths and abilities.
- Job Trial—a job developer may setup an unpaid job trial to determine the appropriateness of your job goal or your ability to complete the job requirements.

**Are you working, but need some help?** If so, we offer the following services:

- Job Retention—a job coach can work with you and/or your employer to resolve any problems you are having on the job.
- Job Coaching—a job coach can provide on-the-job training.
- Job Advancement—a job developer can work with you if you are currently under-employed to find a job that makes better use of your strengths and abilities.

Call LDAWE at 519-252-7889 for details.

Note: Must meet ODSP—Employment Supports eligibility criteria.

## Partnering with Schools For Student Success: Effective Parent Advocacy

LDAO, in partnership with the Integra Program of the Child Development Institute, is presenting an online workshop for parents and those who are helping parents navigate the school system. The course promotes a collaborative approach to advocacy, based on knowledge and understanding on both sides.

The seven units explore perspectives of parents and schools, promote an understanding of the needs of students and of special education and behaviour management processes in schools, and teach strategies for successful negotiation. Scenarios will be used to help illustrate the ideas presented.

Start Date: February 2, 2015

For more details, go to: <http://www.ldao.ca/partnering-with-schools-for-student-success-effective-parent-advocacy/>





## SURF THE WEB

### Mood Gym

<https://moodgym.anu.edu.au/welcome>

“MoodGYM is a free, fun, interactive program consisting of a number of different modules. These are designed to be completed in order. The modules explore issues such as: why you feel the way you do, changing the way you think, changing 'warped' thoughts, knowing what makes you upset, and assertiveness and interpersonal skills training.”

### Child and Youth Mental Health Toolkits

<http://www.shared-care.ca/toolkits>

“The “FLOWER” is an illustration of the varied and complex areas included in child and youth mental health. The centre of the flower contains a Child & Youth Mental Health General Screening Questionnaire to help identify symptoms consistent with common mental health issues found in children and youth. Additional screening tools for specific problem areas can be found by clicking on each petal of the flower (e.g., ADHD, anxiety).”



### Caring for Kids

[http://www.caringforkids.cps.ca/handouts/taming\\_the\\_monsters](http://www.caringforkids.cps.ca/handouts/taming_the_monsters)

“All children have fears; it’s a normal and healthy part of development. Things that seem harmless to adults may be scary for children. With understanding, patience, and reassurance you can help your child deal with her fears.”



## FAMILY LITERACY DAY

**Family Literacy Day** is held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. Taking time every day to read or do a learning activity with children is crucial to a child’s development. Even just 15 minutes a day can improve a child’s literacy skills dramatically, and can help a parent improve their skills as well.



## LEARNING DISABILITIES ASSOCIATION OF WINDSOR - ESSEX COUNTY

647 Ouellette Avenue, Suite 101  
Windsor, ON N9A 4J4

Phone: 519-252-7889

Fax: 519-252-4169

Website: [www.LDAWE.ca](http://www.LDAWE.ca)

Blog: [www.LDAWE.org](http://www.LDAWE.org)

E-mail: [info@LDAWE.ca](mailto:info@LDAWE.ca)



***The right to learn, the power to achieve***

Our aim is to keep the community informed about services and facilities that are available to people with learning disabilities. LDAWE does not endorse or recommend any of the facilities listed or any of the methods, programs, products, or treatments offered by such facilities.

We urge consumers to review carefully any programs and services listed in order to select those, which will most appropriately meet the identified needs of the person with learning disabilities.

## CHILDREN & YOUTH – DO YOU HAVE SOMETHING TO SAY?

Ontario's Provincial Advocate for Children & Youth, "launched the *I Have Something to Say* initiative to address issues children and youth with special needs face in their daily lives... The project aims to place the voice of children and youth at the center of a discussion about how our systems of care can ensure the rights of children with special needs is respected across sectors, ministries, and jurisdictions.

"Through a variety of activities, the team will encourage children and youth with special needs to find out what their vision is of the world where all children belong, are valued, and supported to realize their potential. The information will be used to create a strategy to elevate their voice to create change."

Children and youth are encouraged to share their stories in a variety of formats at <http://www.provincialadvocate.on.ca/main/en/ihsts/> before spring 2015.



***Lets make sure the story of children and youth with  
learning disabilities and ADHD is heard!***