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Welcome

Winter is upon us, and I greet this news with mixed feelings. I don't love the hassle of travel and the logistics of snowsuits and hats and mitts, but I do love change. The landscape is changing with the blanket of snow, and soon the year will be changing.

Speaking of change, our association had its annual general meeting on December 3, 2008. There will be a few board members changing duties, and hopefully the addition of a few new ones. We have welcomed Susan Newcombe, Sharon Dills, and Kevin Dorscht as board members in the past year.

Our staff member Karen Guse and I attended the Annual General Meeting for our parent organization Learning

Disabilities of Ontario. Our own Board Member Pam Howard chairs the LDAO board; she did a great job conducting the meetings!

We were quite inspired by the success of other chapters in Ontario. This year our association will be investigating new ways to serve Wellington County in helping enrich the lives for people with learning disabilities.

Look for us in the upcoming year at various community events, and don't hesitate to contact us at 519-837-2050 for information or resources pertaining to Learning Disabilities and ADHD.

Kara McFarlane, Chair

Guelph Storm 50/50—Feb 16/09

Come out and support the Learning Disabilities Association of Wellington County at the Monday, Feb 16/09 game for the Guelph Storm verses London.

Last years winner won over \$1400.00. Bring your family—it's family day on February 16th.

Tips for Teens with LD: Finding jobs

- Start small, start early
- Volunteer to gain work experience
- Who and what you know, ask family and friends, does someone know a store manager.
- Finding the right job, focus on your strengths and interests
- What to wear, what to say; select appropriate attire, practice what you want to say.
- Review the paperwork with parents
- Follow-up after the interview.
- Finding the best fit, if you like the outdoors, check out recreational departments

Audio Drivers Handbook

Ministry of Transportation has provided the Learning Disabilities Association of Wellington County with two copies of an audio version drivers handbook. One copy can be found at the main branch of the Guelph Library The other copy can be borrowed from the Chapter.

Parent to Parent for Special Students

For the past year, the parent support group Parent to Parent have been conducting community research to determine what is available for parents who are struggling to help their special needs child and see how to help fill in the gaps. It was learned that many services and resources are available but sometimes parents are not sure how to access them or if they will work. Another important piece is that many parents feel alone in their struggles and often get frustrated and discouraged. A support group was formed to allow parents to network and find links to community based resources. Providing them with the opportunity to discover they are not alone and to share their frustrations and successes is a main goal.

Who are we? We are 2 moms who have had our own struggles with meeting the needs of our children and in the process have gained some experience, knowledge and information on what is available. We do not pretend to know all the answers but instead hope to provide guidance as to where parents can find the professional assistance they need either from our own experiences, from the experience of other members or from professionals we have networked with. Call us with your questions.

Alison Kuntz 519-846-1995 or

Kim Henderson 519-846-2665 or

Email: parent2parent.alma@yahoo.ca

Helping Adults Manage During Holidays

Source: www.suite101.com

Reduce Stress, Control Symptoms, and Enjoy the Holiday Season

During the holidays, adults with ADD may have trouble shopping, preparing for family gatherings, fixing meals and interacting socially.

Shopping For Gifts

When shopping for gifts for friends and family, first make a list of desired items. Consider shopping online to reduce the stress of long lines and crowded stores. If the family is large or finances are tight, opt for a gift exchange in which members only buy for one or two people each. Also, think about making a donation in the names of family members to any charity.

If buying presents in person, bring a notebook and paper to keep track of spending and reduce forgetfulness or repetitive purchases. Consider teaming up on holiday errands with spouses or friends. Try to set aside one specific day to do shopping without children, to increase efficiency. Keep all gift receipts in one place for easy access

Family Get-Togethers and Preparing Holiday Meals

Don't do it all in one day. Prior to hosting a get-together, make a list of simple recipes and shop for the ingredients. On another day, recruit family members to assist in cleaning and cooking.

Don't take on more than you can handle. If you don't feel up to cooking for twenty people on Christmas Day, don't make the offer. Have a small dinner with family instead and visit other relatives at their homes throughout the week.

During a gathering, take a short walk around the block to release pent-up energy when feeling overwhelmed by chaos. Leave on the early side, before becoming too irritable and frustrated. If too many people make demands, don't be afraid to say no rather than becoming overburdened by tasks.

Other Holiday Tips for Adult ADD Sufferers

Some other ideas for the Adult ADD sufferer:

- Get an early start on holiday cards or personal notes so that the task doesn't become overwhelming. Consider sending e-cards instead, which are easier and faster but still contain a personal touch.
- Practice [Relaxation Techniques](#) to stay calm and focused, and be sure to stay constant with medication, proper diet, and exercise.
- Make a holiday notebook that details gifts, finances, and to-do lists. Review the notebook daily.
- On a calendar, put dates to have cards completed, as well as parties and office functions.
- Take a deep breath and count to ten when feeling overwhelmed with thoughts while socializing.

For adults with Attention Deficit Disorder, the holidays can seem like a frenetic and chaotic time. There are ways to enjoy the season and keep symptoms at bay.

“parents can make this the most special holiday season ever by working with their child’s nature”

5 tips to Help Kids with ADHD Enjoy Christmas

Parents of children with Attention Deficit Hyperactivity Disorder (ADHD) often cringe during the holidays. The expectation of presents and chaotic busyness can turn already energetic children into spinning tops.

Celebrate!ADHD, which provides positive solutions for families affected by ADHD, has developed a list of “5 Tips to Help Children with ADHD Enjoy Christmas.”

“Most families self-destruct and miss out on the spirit of the season,” says Celebrate!ADHD Founder Kirk Martin. “We think parents can make this the most special holiday season ever by working with their child’s nature, instead of against it. Martin recommends that parents take advantage of their child’s personality and learning style by following these five tips to enjoy a peaceful, meaningful Christmas.

1. Give your child less stuff and more time. More presents condition our kids to be unsettled and bored. Our kids crave one-on-one time. So instead of buying more toys with short life-spans, create lasting memories by giving coupons for experiences your child can enjoy with you.

2. Cultivate your child’s inner gifts, instead of focusing on buying gifts. The real treasure this Christmas should be found inside your child, not inside Best Buy. Confidence and a sense of purpose are built by reinforcing your child’s natural gifts, talents and passions. Give presents that reinforce and develop your child’s gifts and talents—whether it is building (LEGOS), drawing (easel and pad) or being strategic (chess, board games).

3. Shower your child with praise, not presents. Our kids soak up positive reinforcement because they hear it so infrequently. Want to give a gift they will remember forever? Recognize and reward their positive qualities and catch them doing good things.

4. Make giving, not receiving, the centerpiece of your family’s traditions. Our kids have big, compassionate hearts and like to be part of something meaningful. So turn your family’s holiday efforts to the less fortunate.

5. Take a holiday from your stress and negativity. Spend the next few weeks building up your child. Say only positive state-

ments. Reward progress, celebrate small wins. Expect the best and encourage your child to live up to higher expectations rather than down to low ones. You may just be surprised how fun and meaningful the holiday season can be when you take advantage of your child’s creativity, gifts and talents and compassionate heart.

Source: Kirk Martin,
Founder of Celebrate!
ADHD
www.celebrateADHD.com

The Learning Disabilities Association does not endorse or recommend any facility or the methods, programs, 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 programs and services in order to select those which will meet more appropriately the identified needs of the person with learning disabilities.

Submit an article to our newsletter

The Learning Disabilities Association of Wellington County accepts articles for inclusion in our newsletter. Articles will be chosen at the discretion of the newsletter committee and as space allows.

Contact us at:
519-837-2050 or
email

wclda@rogers.com

for newsletter

deadlines.

You think English is Easy???

Source: www.jmm.aaa.net.au

1) The bandage was wound around the wound.

2) The farm was used to produce produce.

3) The dump was so full that it had to refuse more refuse.

4) We must polish the Polish furniture.

5) He could lead if he would get the lead out.

6) The soldier decided to desert his dessert in the desert.

7) Since there is no time like the present, he thought it was time to present the present.

8) A bass was painted on the head of the bass drum.

9) When shot at, the dove dove into the bushes.

10) I did not object to the object.

11) The insurance was in-valid for the invalid.

12) There was a row among the oarsmen about how to row.

13) They were too close to the door to close it.

14) The buck does funny things when the does are

present.

15) A seamstress and a sewer fell down into a sewer line.

16) To help with planting, the farmer taught his sow to sow.

17) The wind was too strong to wind the sail.

18) Upon seeing the tear in the painting I shed a tear.

19) I had to subject the subject to a series of tests.

20) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth,

beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

PS. - Why doesn't 'Buick' rhyme with 'quick'

Ontario Skills Passport Has New Features

Date: 2008-04-18
Source: Ontario Skills Passport

The **Ontario Skills Passport** (OSP) provides clear descriptions of the Essential Skills and work habits important for work, learning and life. Essential Skills are used in virtually all occupations and are transferable from school to work, job to job and sector to sector.

The OSP offers high school students, adult learners, job seekers, workers, employers, teachers, trainers, practitioners, job develop-

ers and counsellors a common language, resources and tools that help build competence, confidence and connections.

In the **Getting Started** section of the OSP website (<http://skills.edu.gov.on.ca>) you can access the OSP Webcast and Flowcharts to get an overview of the OSP and how people are using it. In the Resources section, you can access the OSP Tracker, OSP brochure and teacher/practitioner-developed resources to support the use of the OSP in a variety of educational and training contexts.

Donation / Membership Form

Name: _____ Address: _____
 City: _____ Province: _____
 Postal Code: _____ Tel: (H) _____ (W) _____
 Email: _____ **Annual Dues:** Family/individual \$50; Student \$20; Professional \$75
 I am interested in making a donation: _____ and/or volunteering: _____

Membership Advantages:

Awareness and advocacy efforts on behalf of those with learning disabilities or ADHD at the local, provincial and national level, subscription to local and provincial newsletters, information on learning disabilities and ADHD use of local resources and support services.

Please mail this form and cheque to: Learning Disabilities Association of Ontario
 365 Bloor Street East, Suite 1004, Toronto, ON M4W 3L4

Upcoming Event

Nonverbal Learning Disabilities

Please join the Learning Disabilities Association of Wellington County on a presentation by Barbara Post, an itinerant NLD Resource Teacher with the Waterloo Region District School Board

Date: Wednesday, April 22, 2009

Time: 7:00—9:00 pm

Location: Community Room at Zehrs, corner of Imperial Rd & Paisley Rd., Guelph

There is no charge for this event.

Please reserve your seat by calling us at 519-837-2050 or email: wldda@rogers.com

***learning disabilities—
different paths, same destination***

The Learning Disabilities Association of Wellington County is a non-profit charitable organization. We are a chapter of The Learning Disabilities Association of Ontario and affiliated with The Learning Disabilities Association of Canada.

Led by a volunteer Board of Directors who advise and guide the actions of the association, we also have two part-time staff members.

Our local Chapter is supported by the United Way of Guelph-Wellington and our chapter fundraising activities.

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