



Idak • Learning Disabilities Association of Kingston

The right to learn, the power to achieve

817 Division St. Unit 108 K7K 4C2 (Phone) 613-546-8524

Website: www.ldakingston.com E-mail: ldak@ldakingston.com

Spring 2018 Newsletter

LDK Annual Meeting

The LDK Board of Directors invites all members and, anyone else interested, to our Annual Meeting to take place on:

Wednesday May 16th 817 Division St 6:00 pm

The proposed slate of officers for 2018-2019

President	Djenana Jalovcic
Past President	Gail Eaton-Smith
Vice President	
Treasurer	Pat Dudley
Recording Secretary	
Members-at Large	Helen Simson Lauren Baker

Further written nominations will be accepted at the LDK office until 21 days before the Annual Meeting date.

KINGSTON STUDENT WINS PRESTIGIOUS ROY COOPER MEMORIAL SCHOLARSHIP

The Learning Disabilities Association of Kingston is pleased to announce that a local high school student, **Jacob Clancy**, won the Roy Cooper Memorial Scholarship for the 2017-2018 academic year. The Scholarship, which is offered by the Learning Disabilities Association of Ontario (LDAO) recognizes and rewards outstanding students who have a diagnosed learning disability and are pursuing higher education in the Physical Sciences. The annual award is valued at \$1,000.

Local student Jacob Clancy graduated from Sydenham High School in the spring of 2017 and began his studies in Mechanical Engineering at Lakehead University in the fall of 2017. As a public school student Jacob learned to recognize and accommodate to significant challenges in communications and information processing, helping him to succeed as a student and in other areas of his life, and to earn academic qualifications that resulted in an offer of admission from Lakehead University. Jacob applied to Lakehead due to its smaller class sizes and the availability of academic support programs. He faces lots of challenges as he moves from his hometown to a new community where he will have to form new relationships and find new supports. Jacob's history of volunteering in sports and mentoring give him a strong foundation to embark on this new phase of his life. LDK wishes Jacob all the success he deserves. Further information about the scholarship and criteria for applying can be found at:

www.ldakingston.com/resources > Scholarships & Bursaries

GROUPS AND MEETINGS

Quintilian Social Club

An opportunity to meet new friends and practice social skills in authentic social situations.
Grades 3+ **Contact Laura DeSousa, Director of Programming 613-542-0400**



The Reading Clinic

UNLOCKING POTENTIAL, CHANGING FUTURES SINCE 2001

www.thereadingclinic.ca

Specialists in Dyslexia and Learning Disabilities

Yes! Reading, Writing, and Math Programs

Daily Intensive Instruction Available

Twice Weekly After School Sessions Available

2 locations: 559 Bagot St 1287 Woodbine Rd

Contact: Jan MacLean 613 547-5179 jan@thereadingclinic.ca



KINGSTON'S ADHD PARENT SUPPORT GROUP

Our group supports parents who have children with ADHD in the Kingston and surrounding area.
We are a not-for-profit parent to parent support group.

OUR MISSION: *“To better the lives of children and Families living with ADHD”*

Monthly Support Meetings (Nov-June) **Yearly** ADHD Awareness Campaign (June)

adhpsgkingstonon@gmail.com 613-389-3894 www.adhdsupportgroup.ca 255 Kingscourt Ave.

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 and click the “**Donate**” button on the home page. Tax receipts are sent electronically, to the email you entered, following completion of the online donation process.



SCHOLARSHIPS

Scholarships Available to Students with Learning Disabilities

The Justin Eves Foundation:

595 Bay St., Ste 1202, Toronto, ON M5G 2C2 Phone: (416) 586-0085

Fax: (416) 586-1480 Website: www.justinevesfoundation.com

- ⇒ **Justin Eves Foundation Scholarship:** For students with learning disabilities attending college or university
- ⇒ Deadline **June 30, 2018** for the 2018-2019 academic year.



LDA of Ontario:

365 Evans Ave., Ste. 202, Toronto, ON M8Z 1K2 Phone: (416) 929-4311 Fax: (416) 929-3905

Website: www.LDAO.ca

Roy Cooper Scholarship:

- ⇒ LDAO offers an annual \$1,000 scholarship award in memory of Roy V. Cooper, whose volunteerism within his own chapter community and the LDAO is recognized.
- ⇒ The scholarship recognizes an Ontario high school student who has a documented Learning Disability and/or ADHD who will be attending a postsecondary institution in the upcoming school year. The student must be pursuing a bachelor of engineering or a bachelor of science in a physical sciences discipline (please note: physical sciences do not include social sciences or technology majors).
- ⇒ **Deadline for applications to be submitted to local chapters is June 15, 2018**
Application form available at ldakingston.com>Resources>Scholarships&Bursaries



Online Scholarships Resources:

NEADS National Student Awards Program: www.neads.ca/en/about/projects/ete2/scholarship/

- ⇒ National Directory of Financial Assistance Programs for Post-Secondary Students with Disabilities posted by the National Educational Association of Disabled Students
- ⇒ **Deadline April 30, 2018 for 2018-2019 academic year.**

Can Kids With LDs Dream?

Message from the CEO: Lawrence Barns, President and CEO LDAO

As I meet people from across the province, the first reaction to hearing their child has a Learning Disability (LD) is horror at the future implications. This isn't necessary. Now is the perfect time to face this challenge and still be successful. Let's be clear: while we may call these learning challenges a "disability," there's both positive and negative aspects to the label.

A student may fail and end up on the wrong side of the statistics without the proper supports. Students with LDs drop out more than other students (38% of high school drop outs in Ontario), and that often leads to unemployment (62% are unemployed a year after school) and in the worst case, incarceration. Nearly 40% in youth detention suffer from an LD. You may be thinking all this paints a rather gloomy picture.

But this is only part of the picture, today more and more students with LDs are living their dreams, going to postsecondary education and forging careers. So how does a parent ensure they get the right resources to their kids and stop them from failing at school and fulfill their potential? What can be done to help them navigate towards their dream along with their LD?

There are a few key points you should be aware of:

Parental Support

In the field we talk about advocacy and that's exactly what a student will need from parents until they find their own voice. Today, using an iPad or Chromebook in class may overcome a lot of issues a student may face. If you think about it, doesn't your phone check your spelling? Maybe your car reads text messages to you while you're driving. Think about how powerful that modern technology is to a student who struggles to read or write. Schools however often need a parent to keep them on their toes. Teachers have varying degrees of acceptance about tech in the classroom. Some still think it's unfair to other students. But is wearing glasses unfair if you have poor vision?

Build Resilience

There will be struggles: LD will present some challenges for a child. It may mean longer hours on homework; it may mean extra tuition outside of class. It will almost certainly mean some setbacks along the journey. Teaching a child to carry on and rise to the challenges instead of being defeated by them is a key indicator of future success.

You're Not Alone

As a parent of two boys with LDs, I felt isolated when they were first diagnosed. I didn't know where to turn and while the internet is a great source of information it can lead to finding conflicting advice. LDAO and its chapters are a great place to start. We've served Ontario for 53 years now and have a wealth of experience. Also seek the input of Special Education Resource Teachers (SERTS) within your child's school. They will have a lot of insight into what services can be offered and tips on your home environment for learning.

Cont'd

Can Kids With LDs Dream?

Trial-and-Error should be expected

Every LD is different, and you cannot find a one size-fits-all solution, nor should you expect one. Try different approaches to issues until you find one that works. Some students will hate apps and prefer using highlighter and good old paper files to achieve the same task. It doesn't matter how; it matters that we find what works. So take the next point to heart!

Be Kind to Yourself and Your Child

As a parent my biggest regret was pushing through on homework tasks when I had a boy who was clearly distressed and tired. I felt he had to finish the task that was due tomorrow. Later I learned to tell teachers he could manage around 45 minutes of homework efficiently and not to send more. Once I realized his LD meant his concentration and output were different to his peers, I should have been kinder to both him and myself. Stress in a household does no one any good at all.

Lastly, remember the term "disability" means schools, universities and employers have duties to support that are legally enforceable if required and are protected under the Human Rights Code. As a last resort that protection and duty may be what makes the difference.

Now go help your kids dream!

LDAO Communique Spring 2017

Helping More Children and Youth Access Mental Services:

Province Expanding Service to Better Reach Rural, Remote and Underserved Communities

Ontario is helping children and youth in communities across the province connect to local mental health services more easily by expanding online, smartphone and video resources that can provide immediate, specialized support when and where it is needed.

The province is supporting Kids Help Phone's Resources Around Me online tool, which helps children and youth access mental health programs and services in their communities through the app on a smartphone, computer or mobile device. The tool instantly connects young people across Ontario to information on mental health services close to home.

Ontario has also enhanced its Tele-Mental Health service, which provides children and youth, especially those living in rural and remote communities, with better access to specialized mental health consultations through videoconferencing. These supports will increase the program's treatment capacity to up to 4,000 consultations per year.

Helping more young people access mental health services and supports is part of our plan to help all children and youth in Ontario thrive and reach their full potential.

LDAO Communique Spring 2017

Ask the Expert

Employment Issues *Disclosing your Disability in the Job Interview*

Dear Joanna,

I'm a person living with mental health issues and dyslexia. It's created a few gaps in my resume and work history. I'm eager to return to the working world in my field of marketing and communications.

Should I disclose my disability to an employer in my application and job interview and how should I do this?

Signed: Difficulty in Disclosure

Dear Disclosure,

One of the most challenging aspects of living with an invisible disability is deciding when, or if, you should disclose, your disability to a stranger during a job interview. There are pros and cons to this. Employment counsellors suggest the following:

1. The Risks of Disclosing

Analyzing the risk factors from the employer's perspective is critical. If you disclose, you take a chance that you may not be hired; that you may be labelled and face discrimination. Unless your disability could put you or someone else at risk on the job, it's a matter of personal choice whether you tell an employer about it. If safety is an issue, you'll need to disclose your disability at an appropriate time. Think about these questions:

If you decide to disclose, will this information help or hurt your chances of getting or keeping the job?

How will the interviewer react?

If the disability's under control, is there a reason to disclose?

Do your coping strategies allow you to meet the job requirements?

If you know you can't perform some of the duties of the job description because of your disability, would disclosure and requesting accommodations help you get the job?

2. Benefits of Disclosing

If a company is federally regulated (like the banks, telecom and transportation), they will have employment equity requirements. These firms are interested in diversity and actively hire candidates with disabilities. Therefore, it might be a good opportunity to disclose that you have a disability (to remove any possible preconceived bias, don't mention the nature of the disability) in an application, cover letter and/or the interview. Sometimes employers value your openness and how you manage your disability. Cont'd

Ask the Expert

3. Look for Employers Who Focus on Your Abilities and Potential

Make sure your skills and experience are a good match for the role and that the work meets your needs. For example, if you like to work from home sometimes, apply to companies and organizations that offer this possibility. Figure out what you need to succeed at a job.

4. You Can Always Disclose Later

In an interview, if you don't disclose your disability, the employer won't know that you need accommodations. Once the job is offered, you can discuss accommodations with the employer; make sure you are clear and reasonable about the accommodations that you require to be the best employee possible.

5. Disclose During the Job Interview

Be concise and prepared to explain the gaps in your resume whether or not you decide to disclose. For example, you can say something like: "for the last three years, I've been dealing with a medical issue, but it's under control now and I'm ready to work." Legally, the interviewer can only ask questions about your disability that relate directly to the requirements of the job (such as how much weight can you lift, or whether you can stand on your feet all day). However, according to Canadian and Ontario employment law, it is illegal to ask candidates about their disabilities. There is more in-depth information on this issue at www.ohrc.on.ca

At the end of the day, disclosure is a very personal issue. Generally, it's recommended that you disclose only after you've secured the job. That way, you can't be fired for having a disability. Not only that, but you'll have time to be able to prove yourself on the job, build alliances and learn which parts of the job are challenging for you. When these come up, research accommodations that might enable you to be more productive. Consider swapping parts of the job you find difficult with someone else. Or using adaptive technology for reading and writing. There's dozens of accommodations out there and many are low cost. Once you have a disclosure plan in place you'll feel much more comfortable.

LDAO Communique Spring 2017: Joanna Samuels

LDA Kingston is seeking to build our volunteer base for our *Charity Bingos*.

All volunteers must be at least 18 years old and attend a 1.5 hour bingo information session prior to volunteering for any bingo sessions.

The bingos are held in a quiet, smoke-free environment on Montreal Street and the session is 2 hours in length. Volunteers work in pairs from our organization. The volunteer's main job is to call back winning card numbers. Volunteers do not sell cards or handle any money.

Volunteers may participate at their convenience.

If you are interested, please email Lana at: ldak@ldakingston.com

L. D. A. K. EXECUTIVE

2018 - 2019

President	Djenana Jalovcic
Past President	Gail Eaton-Smith
Vice President	
Treasurer	Pat Dudley
Secretary	
Members	Helen Simson
at	Lauren Baker
Large	

RESOURCE CENTRE HOURS

Tuesday-Wednesday-Thursday

11 am—3 pm

(or by appointment)

Resource Centre Co-ordinator
Lana Greenwood

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

We encourage all individuals interested in learning disabilities to become a member of the Learning Disabilities Association of Ontario (LDAO), and by doing so automatically become a member of Kingston chapter (LDAK). Visit the LDAO website for further information and benefits of memberships, and a secure online application form.

See <http://www.ldao.ca/about/membership/>

If you wish to use cash or cheque, print out the online form and submit to us directly at our address (below) and we will submit your application to LDAO.

Learning Disabilities Association Kingston
817 Division St. Unit 108
Kingston, ON K7K 4C2

Be sure to check out our website at www.ldakingston.com and find us on **Facebook** for current news!

Like us on Facebook!

Interesting Websites

<https://www.understood.org>

Understood.org is a free online resource which helps parents of kids with learning and attention issues.

<https://www.teachingld.org>

TeachingLD is a service of the **Division for Learning Disabilities (DLD)** of the **Council for Exceptional Children**. The purpose of TeachingLD is to provide trustworthy and up-to-date resources about teaching students with Learning Disabilities.