

Board of Directors

- ◇ Lorraine Deschambeau
- ◇ Viki Jacob
- ◇ Lillian Turzanski
- ◇ Rhonda Miron
- ◇ Trina White
- ◇ Donna Fries
- ◇ Deb McRury
- ◇ Sandy Kingdon
- ◇ Sandra Overs

Centre Staff

- Audrey McFarlane** - Executive Director
- Kim McKinnon** - Administration Assistant
- Angie Cardinal**—Administrative Assistant
- Nancy Schneider** - Adult Services Program Manager
- Joanne Ring** - Family Support Consultant
- Gina Olofson** - First Steps Program
- Lorne Kaban** - Alcohol/Drug Awareness Coordinator

UPCOMING EVENTS

⊗ Fort Simpson February 11-12, 2004

⊗ Alaska Summit on FASD Sustaining Hope, Building Capacity for more information go to www.hss.state.ak.us/fas/summit/

March 9&10

⊗ Westlock is hosting FASD training on a variety of issues contact the centre for more information. March 22&23

⊗ Big Island Lake FASD Community Training. March 29

⊗ In March there will be training sessions being held in:

- * **Beaver Lake**—March 8
- * **Kehewin**—March 15

* **Cold Lake First Nations**—March 17

* **Frog Lake**—March 18

* **Goodfish Lake**—March 10

* **Heart Lake**—March 11 (Will be held at the school)

Each session will be held at the local Health Centre from 9:30—3:30. There will also be a light lunch provided for all who attend.

Contact the local health center to register

⊗ **Parent Gathering** for parents raising children with FASD will be in Lac La Biche on March 10 at the Friendship Centre at 7:00pm. Coffee and dessert is provided so come out for an evening of sharing and gathering of information with Viki Jacob.

⊗ **Families the heart of the Community** is an annual family conference being held in Edmonton

on March 19-20, 2004 for further information type www.aacl.org or call 1-800-252-7556 ext. 22.

⊗ On March 25-27, 2004 there will be a conference held in Vancouver, BC at the Coast Plaza Hotel called **“Adults With FASD: Swimming Upstream (A Reality Check)”** For more information call 1-800-663-1144 or check out the website at www.interprofessional.ubc.ca

⊗ **The Emerging Practices in Mental Health Conference** will be held on April 16th & 17th at The Coast Plaza Hotel and Suites in Vancouver, BC. For more information call 604-683-2801 or check out the website at www.interprofessional.ubc.ca



Lakeland Centre for Fetal Alcohol Spectrum Disorder

Volume 1, Issue 10

February 2004

Lakeland Centre for FASD funding situation

Thank you to all who wrote letters, made calls and visits to our political leaders on our behalf regarding continued funding. The overwhelming support has been very uplifting to the board of Directors and Staff. The Children Ser-

vices Ministry has made the Centre a demonstration project and provide some core funding to ensure continuations of the services developed. We wish to thank all our partners for their continued faith that

funding would be secured. We are continuing to work towards some growth areas and have some outstanding proposals and upcoming fundraising events.

We are located:
Box 479
202,4807—51 Street
Cold Lake, AB
T9M 1P1

Phone: 780-594-9905
Fax: 780-594-9907
Toll Free: 1-877-594-5454

FUNDRAISING DINNER

On **Thursday, March 18, 2004**

There will be a fundraising dinner at the Bonnyville Agriplex

The Speaker for this event will be:

Ruben Nelson, Futurist

His speech for the dinner will be titled

“Is Alberta ready for the next 100 years?”

You can buy your tickets at the following business

⊙ Bonnyville FCSS

⊙ Town of Bonnyville

⊙ Lakeland Centre for F.A.S.D.,

The cost of this dinner will be \$400 per table of

8 people

\$75 per couple or \$40 a person

This fundraising dinner is sure to be lots of fun with many prizes to win an auction sale of unique treasures to bid for.

So come out for a good time!



Our Vision

We envision a region with no new FASD births + where currently affected individuals are well supported.

Mission Statement

To establish + ensure that information

Executive Director talks with Mrs. Chrétien

The Lakeland FASD society wrote to Mrs. Chrétien (then wife of the Prime Minister) to ask her to consider being an ambassador for FASD in Canada, as their adopted son has been diagnosed with FAS. Mrs. Chrétien phoned

Audrey McFarlane, Executive Director for the Society and gracefully declined after a wonderful discussion about their son. It was great to hear that they are worried about bringing negative press to Michael because he does un-

fortunate things that already draws negative attention, but they love him and see many wonderful qualities about him. Audrey says this was one of her most exciting moments in her career.

Services Available

Information Clearing-house

Diagnostic + Support Services for Children Diagnostic Services for Adults

We're on the Web! www.lakelandfas.com

Q: What if a friend/partner/spouse/family member is drinking while pregnant??

A new edition to our newsletter!!!!

Please forward your questions to

Joanne at

pwfascen@telusplanet.net

or by mail and we

will do our best to

add them to our

newsletter

A: Many women are still ignorant of the potential hazardous consequences from prenatal alcohol exposure. Some women believe that are not using "drugs".

You may be the only person that can inform her of the facts. **PLEASE DO!** In

many cases the woman may be suffering from alcoholism. She will require help to get into treatment. In such cases you should contact a treatment professional at a local addiction centre for advice on how to help her get treatment.

Pregnant women receive priority in obtaining provincial funded treatment slots. She will most likely be in denial, and will not see the need for treatment. It will be up to the concerned persons in her life to take action. **PLEASE DO!**

Family Voices

Alberta families united regionally

Speaking in the interests of children with developmental disabilities

Today, regional authorities are making more and more decisions that directly affect the lives of children and adults with developmental disabilities and their families:

- **Child and family services authorities** are responsible for supports to children with disabilities and their families (Resources for Children with Disabilities [formerly Handicapped Children Services]: day care for children with disabilities, respite services, in-home supports, etc.

- **Persons with developmental disabilities regional boards** are responsible for funding all supports for adults with developmental disabilities, including employment, residential, post-secondary, day supports, respite services, specialize supports, etc.

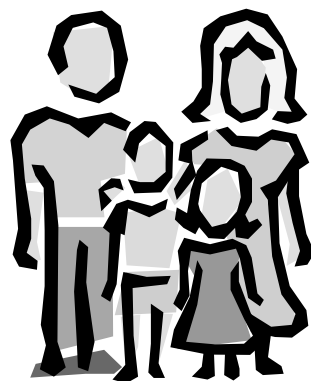
- **Regional Health authorities** are responsible for early intervention programs for children with disabilities, home care, technical resources and all health related services.

- **School districts** are responsible for provid-

ing schooling for all children and for coordinating school-related health services (e.g., speech therapy, communication & language development, occupational, etc.)

These authorities answer to the government of Alberta, not to children and adults with developmental disabilities and their families.

For more information about Family Voices in our area you can contact Lori Skinner at 1-800-252-7556.



What Works by Sylvia Nagy

For me and my kids- Most of the time.

- A. **Adjustment**—willingness to alter lifestyle to provide a positive environment
- Assumptions**-don't use them
- B. **Be there**, need constant supervision
- C. **Concrete language** best 'Wash your hands for supper'. 'Put your lunch in your book bag.'
- D. **Diagnosis** good for individual then support can be put in place
- E. **Enjoy** the good times you have today
- F. **Forgiveness**-wipe the slate clean each day
- Faith** in God
- G. **Gratefulness** for the little victories, as opposed to taking success for granted.
- H. **Hear** them out; it will give you an indication of how their brain works. Hope-in the future, that your blood, sweat and tears will have some effect
- I. **Identify** strengths
- Ignore**, you can't fix everything
- Interpret** the world for them
- J. **Join** a support group. Burn out occurs when

people try to 'go it alone.'

- K. **Kinesthetic**-learning takes place when the whole body is involved.

- L. **Learn** all you can about the disability
- Limit** television and video games

- M. **Model** appropriate behavior

- N. **New view**, see behavior in light of disability

- O. **Observe** to learn how your child learns

- P. **Praise** accomplishments. Sometimes when we get overwhelmed we forget the little things that they have done right. Praise works much better than always pointing out mistakes.

- Predictability**-same time, same place, same station.

- Prevention**-'an ounce of prevention is worth a pound of cure' or is that a 'gram of prevention is worth a kilogram of cure'

- Q. **Quiet** time needed-too much action causes over-stimulation. May need more sleep than others.

- R. **Reward** accomplishments.

- Respite**-Take breaks!
- Repetition**- may need

constant reminders

- S. **Simplicity**-KISS
- Structure**-set up supports necessary for success

- Support**- looks different for each individual depending on personal abilities, strengths and weaknesses

- T. **Teach** appropriate social skills

- U. **Understanding** that behavior is the result of the disability or brain dysfunction

- V. **Visual** cues are better than verbal cues. Victories-celebrate the victories

- W. **W5**-you will need to answer all these questions sometimes more than once, especially to prepare for change or transition

- X. **Expectations**: modify them; keep them realistic

- Y. Don't ask Y. They don't know Y.

- Z. **Zeal**, you will need it to advocate for your child with teachers, aides, social workers, judges, friends, and neighbors.



Respite provider has openings contact Carole Moon at (780) 639-4422. Short and long term

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"I can suck pudding up my nose and blow it out the corner of my eye, but they still won't put me in the gifted class at school!"

