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Centre Staff

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

Diagnostic Updates

Children's Diagnostic Team

By the end of October 2003, 104 children have been seen by the Children's FASD Diagnostic Teams.

- 1 - FAS without confirmed alcohol consumption
- 16 - Partial FAS
- 68 - Alcohol Related Neurodevelopmental Disorder
- 7 - Alcohol Related Neurobehavioral Disorder
- 12 - Unable to make a clear diagnosis



Adult Diagnostic Team

By the end of October 2003, 17 adults have been seen by the Adult FASD Diagnostic Team.

- 3 - Partial FAS
- 14 - Alcohol Related Neurodevelopmental Disorder

Services Available

Information Clearing-house

Diagnostic + Support Services for Children
Diagnostic Services for Adults

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



Lakeland Centre for Fetal Alcohol Spectrum Disorder

Holiday Help Edition

Volume 1, Issue 9

November 2003

The Lakeland Centre for FASD Launches

On September 15, 2003 the Bonnyville Alcohol and Drug Awareness Program was officially launched. The Lakeland Centre partnered with several community organizations - Bonnyville Boys & Girls Club, AADAC, Bonnyville Family and Community Support Services, North Central Children Services, Bonnyville Canadian Native Friendship Centre, Bonnyville RCMP - in order to secure the funding for this Program through the National Crime Prevention Program. The mandate of this Program is to educate the Bonnyville Community on the effects/risks of using alcohol and drugs. This will be achieved by providing information

sessions / training for schools (students, parents and staff), community clubs and organizations, through public forums and by partnering with employers to offer employee development programs. The Program will also be working with the Bonnyville Coalition for Addiction Free Living to promote healthy choices, as well as with the RCMP to assist in difficult situation involving drugs and alcohol. While the focus of the Program is to enhance alcohol and drug awareness, the risk of drinking alcohol during pregnancy will also be highlighted in an effort to prevent Fetal Alcohol Spectrum Disorder.



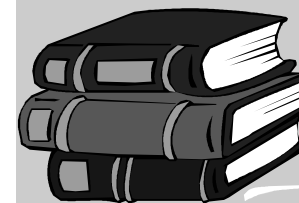
The Program is operating out of donated office spaces in the RCMP Detachment and in the Basement of the Bonnyville Town Hall. Also ATCO Electric has donated a laptop computer to assist with the operation of this Program.

Anyone interested in more information on the Program or that would like to schedule a time for an alcohol and drug awareness session can contact the Program Coordinator, Lorne Kaban at 812-3009 or 812-0577.

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

Feel Free to come in and browse our wide selection of resources including: CD's, video's, cassettes and much more on Fetal Alcohol Spectrum Disorder.



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

ASK JOANNE - Getting through the holidays

Q. How can our family cope with all the additional chaos that the holidays bring with kids out of school and routines getting changed?

disorder and uncertainties. So how do we have company and enjoy our holiday and at the same time keep things structured and consistent for the children?

Lots of Planning:

- Try to keep the days organized as close to the routine & as possible. Family and friends need to be aware that this is important in your home.
- Organize activities to lessen the down time. Everyone likes to plan their day with sled rides, fort building, skating, or a movie.
- Put up a calendar with pictures of who

will visit, how long they will stay, what the activity for the day will be. This will help the child know what is happening and prepare for it.

• Plan for changes. If it is too cold to be outside, plan activities in the home. If the child finds the changes overwhelming have a safe place they can be until they are ready to join in.

• Insure your company understands FASD. If they want to help, be prepared to say yes to some well needed respite.

Enjoy your holidays!!

Shopping for the holidays

Managing budgets for gift buying in the holiday season can be a real challenge! Some simple strategies can be put in place to support individuals affected by FASD with their holiday purchasing.

Make a list of people to buy for and set a

cash limit of the amount to be spent on each person. Talk about gift ideas and stores to shop in; this will help to buy those special presents that are appropriate and affordable. Let the individual know that finding just the right gift can take time, so starting early is a

good plan. Be prepared for crowds if shopping at peak times, opt for a quieter time of day if possible. Finally, having support is important and shopping is always more fun when you have company!



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

HOLIDAY PARTIES (Being a good host)

Reminder to be a good host during the holiday season.

- Plan to serve an option of non-alcoholic drinks and label them.
- Provide soft drinks, tea and coffee.
- Consider having a party where no alcohol is served.
- If serving mixed drinks, have a shot measure so guests don't rely on guesswork.
- Make sure you serve food to slow down the absorption of alcohol into the body, high protein snacks such as

meat, nuts or cheese are good choices.

- Plan other activities such as games or dancing.
- Make arrangements for a designated driver so everyone gets home safely.
- Discuss no alcohol with pregnant guests or display posters indicating no alcohol while pregnant or breastfeeding.

Entertaining: is also a responsibility. Your hosting duties include being aware of the alcohol consumption of your guests.

Drink Ideas for Mothers to Be

Strawberry Punch

- 1 Large bottle of gingerale
 - 1 Can unsweetened pineapple juice
 - 1 Can frozen pink lemonade
 - 2 Packages of frozen strawberries
- Mix together and enjoy!!!

Fruit Smoothie

- 1 liter skim milk
 - 2 ripe bananas
 - 1 cup frozen strawberries
- Combine ingredients in blender or food processor and whirl until smooth.



Ensure your Special Package is Safe During the Holiday Season

With the Christmas season just around the corner, the Lakeland Centre for Fetal Alcohol Spectrum Disorder would like to remind everyone that drinking any kind of alcohol when you are pregnant can hurt your baby. Alcoholic drinks are beer, wine, wine coolers, liquor, or mixed drinks. A glass of wine, a can of beer, and a mixed drink all have about the same amount of alcohol. One thing is clear, if you are pregnant and take a drink -- your unborn child takes the same drink. Whatever you eat or drink while pregnant goes directly through your bloodstream into the placenta. If you're having a drink, baby is too. For the unborn child, the

alcohol interferes with his/her ability to get enough oxygen and nourishment for normal cell development in the brain and other body organs. Even if you drank during your last pregnancy and your baby is fine, every pregnancy is different. Drinking alcohol may hurt one baby more than another. You could have one child that is born healthy, and another child that is born with FASD. If you drank alcohol before you knew you were pregnant, stop drinking now. You will feel better and your baby will have a good chance to be born healthy. If you want to get pregnant, do not drink alcohol. You may not know you are pregnant right away. Alcohol can hurt a

baby even when you are only 1 or 2 months pregnant. **And for the Fathers-To-Be...**paternal drinking does not cause FASD, however, alcohol is a direct testicular toxin and may cause a lower testosterone level. This leads to lower sperm counts and more abnormal sperm. Most male alcoholics are sterile. Alcohol is one of the most common causes of male impotence. For more information about the effects of Alcohol and Pregnancy contact the Lakeland Centre for FASD. Also, if you are pregnant and need support or assistance in making healthy choices for you and your baby contact the First Steps program at the Centre.

"Taking even one drink is like playing Russian Roulette with your baby's health."



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"It's been 8 months since I've had a cigarette or a beer. I'm so clean, I get a buzz from chewing gum!"