
President's Message

Welcome to the first publication of Three on 21, a bi-monthly publication about all things Down syndrome, for our Vancouver Island community.

We are excited for the opportunity to share stories and information, promote our DS community, and connect with you all on this marvelous life journey. We hope to use this platform to not only highlight information and resources, but also to showcase stories of success as well as challenges.



If you have anything you wish to share, provide feedback on, or just to reach out, please feel free to contact us on info@vidownsyndrome.ca.

Welcome to our community!

Michelle Hicker, President

About VIDSS

The Vancouver Island Down Syndrome Society (VIDSS) was established in 2019 by a group of concerned parents who wanted to light the way for better understanding of the unique needs of people living with Down syndrome.

Our objectives are:

- Be a support for parents, caregivers, and families of children and adults with Down syndrome.
- Develop support services and projects which benefit individuals with Down syndrome.
- Provide a platform for people with Down syndrome to self advocate.
- Develop educational and work place opportunities for people with Down syndrome.
- Enhance public awareness and understanding of Down syndrome.

The mission of the Vancouver Island Down Syndrome Society is to provide support, information and opportunities for children and adults with Down Syndrome, and their parents, siblings, and professionals.

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Acknowledgements/Achievements

2022 VIDSS Picnic & Walk



Thanks to everyone who came out to the 2022 picnic and awareness walk on June 18th, at Airforce Beach in Comox. It was such a memorable day!

Special thanks to:

- The two Corporal Military Police for escorting our walkers, and handing out flags etc.
- Military Fire Truck personnel,
- Sean Lowery for shaving his lovely flowing locks to raise money,
- Ashley for raising money and for cutting Sean's hair,
- Kirsten Lowery for organizing the hair cutting fundraiser.
- Van Isle Veterinary Hospital for their generous donations of goody bags for our draw.

We had people travel from Port McNeill, Victoria, Campbell River and even New Zealand.

We raised \$1,469.00 for the Canadian Down Syndrome Society through the walk and a further \$541.00 for VIDSS through the hair cutting fundraiser and picnic.

Congratulations Graduates!

With the end of the 2021-2022 school year, VIDSS would like to wish all graduates with Down syndrome, a huge CONGRATULATIONS! You did it, all your hard work and dedication has paid off!

If you'd like to send us a picture and share a story about your graduation – please contact us at info@vidownsyndrome.ca.

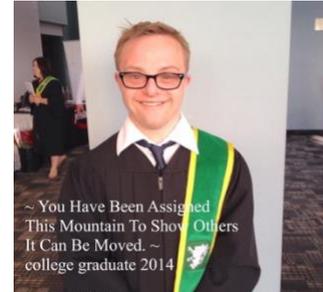


Image used with permission from Group Hug Apparel.

Community Information

If you're a new parent to a child with Down syndrome or recently moved to the island with young children, have a dependant adult with Down syndrome or are a care provider, make sure you reach out to one or more of the following organizations. They have valuable resources and connections available.

This is a list of organizations who facilitate Infant Development Programs, Supported Child Development Programs and Supported Living Programs:

Port Hardy/Port McNeill: North Island Crisis & Counselling Centre – Phone 250-949-8323.

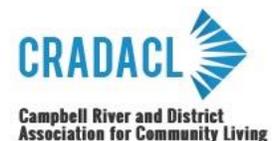
Campbell River: Campbell River and District Association for Community Living - Phone 250-286-0955.

Courtenay/Comox: Comox Valley Child Development Association – Phone 250-338-4288.

Port Alberni: Port Alberni Association for Community Living – Phone 250-724-7155.

Nanaimo: Nanaimo Child Development Centre – Phone 250-753-0251

Duncan: Clements Centre for Families – Phone 250-746-4135



Fundraisers

VIDSS runs a number of fundraisers during the year.

The first fundraiser is for plant sales. The proceeds from this particular fundraiser usually covers the costs of our operational expenses. Sales begin in February/March and close at the beginning of April. Delivery is at the end of April, in time for Mother's Day. Items for sale range from hanging baskets, patio planters, herb and vegetable starters, succulents, bedding plants etc. Stay tuned for more information.



We also have an ongoing plant fundraiser called Jungle Vibes. Now you can buy tropical plants, year-round, online, and delivered straight to your door while supporting the Vancouver Island Down Syndrome Society. Visit our custom [tropical plant website](#) at Growing Smiles for more info.

Next up is our awareness walk and picnic. This hugely popular event is held in a different town each year in June. This year we raised \$1,649.00 for the CDSS plus an additional \$601 for VIDSS.

Another ongoing fundraiser is the bottle drive ... without the drive! You can take your unsorted containers (in a clear plastic bag), to your nearest Return-It Depot with Express Kiosk. Use the phone number 250-465-2923 to login at the kiosk, print the tags, tag your bags, and leave with an attendant. The empties will be sorted by the crew and the funds will automatically be donated towards VIDSS.



A golf tournament is also on our list of future events for fundraising.

If you are interested in supporting VIDSS by helping to co-ordinate fundraisers, please contact us at info@vidownsyndrome.ca.

Events/Workshops

Upcoming planned (hoped) events with details still to be finalized are:

- Plant Fundraiser – February/March 2023
- Awareness Walk and picnic – June 2023 (Nanaimo)
- Transition Expo – September/October 2023
- Annual Christmas Dinner and Dance Party – December 2023

Mindsets Study



The Canadian Down Syndrome Society has partnered with Anglia Ruskin University to study the effects of effects of exercise on cognition in people with Down syndrome.

They have seen some great results so far, but need more participants!

Participants will be tasked with doing daily walks and brain puzzles from BrainHQ. Participants get a free Fitbit to track their steps, and it's theirs to keep once they complete the study.

You can check to see if you're eligible to participate at the link below.

Visit the [Mindsets fitness study](#) website for more information and to participate.

Volunteers Needed

We have a number of volunteer positions that are available. If you're interested in volunteering for our society, please contact VIDSS at info@vidownsyndrome.ca. Some of the volunteer positions available are:

- Nanaimo based board or committee member
- Campbell River based board or committee member
- Port Alberni board or committee member
- Fundraising Committee members
- Event Organization Committee members
- Outreach/networking with parents.
- Co-ordinators
- Social media/website content



To be a volunteer you will need to possess understanding, empathy, compassion, dedication and generosity. Many events or fundraisers take a lot of energy to organize and requires patience, persistence and a lot of passion.