

LDA Minnesota Learning TIMES

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Summer 2009

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Specialized Tutoring for All Ages

For more than 40 years, LDA Minnesota has been a leader in providing specialized tutoring for children, youth and adults who have or are at risk for a learning disability or other learning difficulty such as attention-deficit/hyperactivity disorder (ADHD). However, LDA's deep expertise in serving those experiencing the most significant learning challenges allows our staff to provide expert individualized tutoring for *any* struggling learner.

Top Five Reasons that Tutoring is a Useful Tool for Learning

1. Increases mastery of academic skills
2. Improves self-esteem and self-confidence
3. Reduces dropout rates, truanancies, and tardies
4. Improves students' attitudes towards school
5. Provides emotional support and positive role models

NRWEL Tutoring Strategies for Successful Learning; Oct 1996.

Tutoring at LDA begins by having students complete an informal assessment of academic skills (pre-test) to determine the appropriate level of instruction. This information assists our staff in developing a Personal Education Plan (PEP) to best meet the needs of the student. LDA's approach is to start instruction at a level that is comfortable for the learner, in order to build confidence and success. Our staff incorporates a diagnostic teaching approach that is highly structured and sequential and utilizes multi-sensory techniques to reinforce learning. Our instructors are licensed professionals who work one-to-one with our students and provide services year-round.

Benefits of Specialized Tutoring at LDA

- Highly personalized, intensive, and tailored to meet the specific educational goals and unique needs of each student.
- Designed especially for individuals of all ages who are behind in reading, writing, spelling, or math and/or have a specific learning disability or attention-deficit disorder.
- Utilizes multi-sensory instruction and other techniques that are highly effective with children experiencing learning difficulties and/or learning disabilities.
- Subject areas include reading, writing, math, organizational and study skills, and test preparation.

Tutoring sessions are usually scheduled for one hour on one or more days per week. After 12 hours of tutoring, teachers administer a post-test and share the results with the student (and parents).

Join us for small group tutoring at the *Blast Off for Success* summer camp for students entering grades 1-6 this fall. Camp weeks are August 10-14 and 17-21.

Free tutoring is provided through SES services for children in grades 1-6 at selected schools. Visit www.ldaminnesota.org to see if your student may qualify.

For more information on tutoring services, please contact Arty Dorman at 952-582-6003, or email info@ldaminnesota.org.

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Healthy Legacy Wins the Battle for BPA Ban!

On May 8, Minnesota became the first state in the US to ban BPA (bisphenol A) in baby bottles and sippy cups via the **Bisphenol A Free Baby Products (SF 247 HF 326) bill**.

In addition, Governor Pawlenty also signed into law the **Toxic Free Kids Act**, which will allow Minnesota to begin collecting data on toxic chemicals.

Bisphenol A (BPA) is a synthetic chemical that mimics the human hormone estrogen and can leach from polycarbonate plastic and epoxy resins. Human exposure to BPA is widespread. Adverse health effects may include: brain dysfunction, breast cancer, prostate cancer, reproductive disorders, menstrual cycle irregularities, miscarriages, and obesity.

This new bill will ban the use of BPA in bottles and sippy cups made for children under three years of age throughout Minnesota. Now parents will have one less thing to worry about when they purchase these products. This marks a great step towards banning all toxic chemicals in products used by Minnesotans.

BPA-free and safer products include:

- Water bottles made from stainless steel or aluminum, such as Klean Kanteen or Sigg
- Baby bottles and "sippy" cups made from glass, stainless steel, or polyethylene (#1) or polypropylene (#2) plastic.
- Foods packaged in glass containers

The **The Toxic Free Kids Act (SF 225 HF 250)** mandates a more systematic approach to addressing chemicals in children's toys and allows the state Pollution Control Agency (PCA) to find out more about chemicals of concern that end up in children's products. The bill takes an important step away from the chemical-by-chemical approach, to a more comprehensive system for addressing toxins in toys. Its provisions apply only to new products.

LDA Minnesota works to achieve a healthy and clean environment with statewide partners and is a founding member of Healthy Legacy Coalition. Healthy Legacy supports the production and use of everyday products without toxic chemicals, while advocating for safe alternatives across Minnesota. Visit healthylegacy.org for more information.

LDA Celebrates Its New Home

Ann Bancroft Speaks about her Personal Battle with Dyslexia

LDA Minnesota officially opened its new building to the community on Tuesday, June 2, 2009. With many guests and special speakers in attendance, it was an eventful evening, giving us a chance to look back at how far the organization has come in its 43-year history.

To help us celebrate, Ann Bancroft, polar explorer and educator, spoke about her own personal challenges with dyslexia, diagnosed as a young student. Her ability to overcome this learning disability gave her confidence to fulfill her aspirations into adulthood and was inspiring for those who heard her story.



Ann Bancroft shares her stories of overcoming dyslexia



Official ribbon-cutting. Featured from left to right: Kitty Christiansen, Executive Director; Linda Loomis, Golden Valley Mayor; and Dan Haugen, Board President

2009 Spring Book Drive

This past spring marked the 3rd Annual Spring Book Drive for LDA Minnesota. We want to express our sincere thanks to everyone who donated this year. With donations from local companies, religious groups, and individuals of all ages, we surpassed our original goal of 4,600 books and were able to collect more than 12,000 books this year! Our teachers and students express their gratitude.

We wish to thank the following organizations and individuals for their contributions

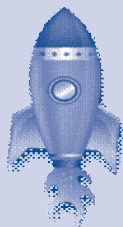
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|-------------------------------|---|
| Allianz Life | Willi Brennaman |
| Capstone Press | Lori Mazanec c/o Ron Clark Construction |
| Deluxe Corporation | Minneapolis Jewish Day School |
| Janie and Madeline Farber | Nash Finch |
| First Book National Book Bank | Lisa Nguyen |
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| Franklin Bank | Scandia Elementary School |
| Junior League of Minneapolis | St. Paul's Lutheran Church |
| Cindy Margolis | St. Phillip the Deacon Lutheran Church |
| | Janice & Phil Zumsteg |

Students at Longfellow Elementary School, Minneapolis



It's not too late to *Blast Off for Success* with LDA Summer Camp

Need an extra boost in reading or math? Get ready for back-to-school at LDA summer camp and get those brain juices revved up for learning.



We are still accepting registration for the upcoming *Blast Off for Success* Camp at LDA Minnesota. Our camp consists of small group tutoring (max. 5) in reading and math, combined with creative camp activities to make learning fun! Our camp counselors are licensed teachers experienced in working with students with learning difficulties including learning disabilities and/or ADHD. **For boys and girls entering grades 1-6 in fall 2009.**

Dates: August 10-14 and August 17-21

Fees: \$250 per week or \$450 for both weeks (pre-camp care: \$50/week)

Times: 9 am - 12 pm / pre-camp care 7:30 - 9:00 am

Want to help support our campers? We have several students who would like to go to camp, but cannot afford the fee. Please consider supporting a scholarship for those students who cannot afford it on their own.

Camp Blast Off for Success is appropriate for any student who needs any extra boost in math and/or reading.

To register, please contact Liz Rey at lr@ldaminnesota.org or 952-582-6018.

Visit Us!

www.ldaminnesota.org

Learn how you learn with our interactive, online presentation on the brain.

Discover the resources you need to help your child (or you) succeed at school, on the job, and in life.

Find out more about workshops and support groups for families and individuals with ADHD.

Volunteer at LDA and learn how you can help.

Examine the benefits of membership in LDA Minnesota and LDA America.

Purchase high-quality resources for parents, teachers, and other professionals.

Learn • Dream • Achieve

The mission of LDA Minnesota is to help children, youth, and adults with learning difficulties *learn successfully, dream of possibilities, and achieve their goals.*

Whom We Serve

LDA Minnesota serves individuals of all ages who are experiencing learning difficulties, their families, teachers, and other professionals who serve them. LDA's deep expertise in serving persons with Specific Learning Disabilities, such as Dyslexia or Dyscalculia, and those with Attention-Deficit/Hyperactivity Disorder (ADHD) allows our staff to provide expert, individualized service for *any* struggling learner.

A learning disability is a lifelong neurobiological disorder that causes a person to have trouble storing, processing, and/or producing information. Often, a person with a learning disability has difficulty listening, speaking, reading, writing, spelling, reasoning, recalling, and/or organizing information. ADHD is a neurobiological disorder in which a person typically has developmentally inappropriate levels of inattention, hyperactivity, impulsivity, working memory, and/or executive function problems.

Through community-based programs such as **Learning Connections, Parents-as-Partners, Early Literacy, Transition Connections,** and statewide **Adult Connections,** LDA Minnesota provides services to children, youth, and adults with learning disabilities, attention deficits, and other learning difficulties. LDA offers public education and support and training for parents, teachers, and employers to improve the likelihood of successful outcomes for individuals with learning challenges. Many of LDA's services are offered free to the community; approximately 70% of the individuals LDA serves are economically disadvantaged.

LDA provides the following fee-based services:

- Assessments and consultations for children and adults for specific learning disabilities (SLD) or other learning difficulties
- Diagnostic assessments to determine the presence or absence of Attention-Deficit/Hyperactivity Disorder (ADHD)
- GED accommodations assessments
- Early Reading Profile for children ages 5-9 with reading difficulties
- ADHD workshops and support groups for parents and affected adults
- Coaching services for youth and adults with LD and/or ADHD
- Tutoring for persons of all ages with or without a diagnosed learning disability

We welcome your questions or suggestions. Please send to: info@ldaminnesota.org.



We've Moved to Golden Valley!

6100 Golden Valley Road, Golden Valley, MN 55422

www.ldaminnesota.org

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Upcoming ADHD Workshops & Support Groups

- Aug 13 ADHD Home & School Checklist
Aug 18 Strategies for School
Aug 25 Homework: From Hassles to Strategies
FREE! Sept 17 What are Learning Disabilities and ADHD?
NEW! Sept 22 Transforming the Challenging Child
Sept 23 The Next Step (after a diagnosis of ADHD)
Sept 24 What Makes a Quality Assessment?
Sept 29 Fall Small Group Parent Coaching Sessions (also Oct. 6, 13, 20)
Sept 30 Individual Education Plans and Section 504 Plans
Aug 10-14 1st Week - Blast Off for Success Summer Camp*
Aug 17-21 2nd Week - Blast Off for Success Summer Camp*

*Small group tutoring for students entering grades 1-6 this fall.

All workshops and support groups meet 7:00-9:00 pm at LDA. Workshops are \$30 per person or \$40 for two family members. Support group sessions are \$20. Times and prices may vary where noted. See website or call for more information. Register by phone 952.922.8374 or online at ldaminnesota.org.

DID YOU KNOW? 6-10% of Americans have ADHD, and 30% of those with ADHD also have an LD.

Do Something 101



LDA Minnesota has been selected as a beneficiary of Do Something 101, a nationwide non-profit partner of Staples, which focuses on empowering teens to collect school supplies to support underserved students.

From July 5-September 19, you can donate new school supplies at our partnering Staples store located at 2100 N Snelling Drive, Roseville, and LDA Minnesota will distribute the school supplies directly to our students who need them the most in the Twin Cities!

Also, you can donate \$1 and LDA will be able to purchase new school supplies at Staples Stores.

Your donations will support LDA Minnesota in providing our youth with the school supplies to be prepared for the school year. Find out more about the program at DoSomething101.org.

Wish list:

- Calculators
Dry erase pens
Pencil sharpeners
Packs #2 pencils
Notebooks
Stickers for student awards
Ball point pens



Donate Now!

LDA Minnesota Partners & Community Sites

Minneapolis Public and Non-public Schools

- Anishinabe Academy
Bryn Mawr Elementary
Hall Elementary
Longfellow Elementary
Lucy Laney Elementary
Lyndale Elementary
PICA Headstart
Parkview Elementary
Pillsbury House
Richard Green Elementary
Risen Christ School
San Miguel School

Metro Area Partners

- Christ's Household of Faith School
Brooklyn Center Schools
Robbinsdale Area Schools

Statewide Partners

- Healthy Legacy Coalition
Minnesota Department of Education - Adult Basic Education (ABE)
Minnesota Office of Higher Education

LDA Minnesota is affiliated with these organizations:

