

# Dyslexia Foundation of Memphis

## *Spring Saturday School Begins*

### **Auld Lang Syne**

My goodness can it be four years since the "Y2K" scare? The New Year is such a natural time to stop and reflect. To look back at what has been and to look forward too! We once had the most wonderful director, named Claire Worthington. She had been with the foundation over 25 years and was great in what ever job she did; but I feel she was best at being the director. She never lost her temper or her "cool". She commanded respect just by entering a room. She understood children better than anyone I ever met. Her philosophy about the Dyslexia Foundation was simple. She would say, "God loves the Dyslexia Foundation". When attendance was low or we had problems of some kind and we were all running around like headless chickens; Miss Worthington would remain calm and say, "God loves the Foundation". Well I'm here to tell you she was right then and she's right now!

We have lost another good family of good friends. Mr. and Mrs. Ashe and Daniel Ashe have moved to Nashville, Tennessee. They have been a wonderful family. Always willing to help, always had a donation to either

### **Annual Meeting Scheduled for April**

Each spring our foundation has an evening meeting to elect officers, have a Bar B Q and hot dog dinner, make new friends, see friends we haven't seen in awhile, find some bargains at the silent auction and hear a great speaker. In one evening we do it all.

This is the only fund raiser we do. A lot of this money goes to the scholarship fund to help some of the less fortunate families in the foundation. To make the auction a big success we need your help to collect items. If your company would be willing to donate an item for the auction or you frequent a business that would be willing to donate an item to the auction please let Karen Carson know and she will get a letter for you to present to the company. Remember the more you collect the more fun we have and the more money we can raise. So come and help us raise some money and have a good time. Watch for the date to be announced and mark your calendar.

#### **Important Dates to Remember**

##### **Spring 2004**

<b>Application Deadline</b>	<b>Jan 9</b>
<b>Supervisors Saturday</b>	<b>Jan 10</b>
<b>New Parents Meeting</b>	<b>Jan 15</b>
<b>Workshop</b>	<b>Jan 17</b>
<b>Student's First Day</b>	<b>Jan 24</b>
<b>Spring Break (Holiday)</b>	<b>Mar 13</b>
<b>Annual Meeting</b>	<b>TBD</b>
<b>Easter Holiday</b>	<b>April 10</b>
<b>Student's Last Day</b>	<b>April 24</b>

##### **Summer 2004**

<b>Application Deadline</b>	<b>June 11</b>
<b>New Parents Meeting</b>	<b>June 15</b>
<b>Supervisors Saturday</b>	<b>June 16</b>
<b>Workshop</b>	<b>June 17 &amp; 18</b>
<b>Student's First Day</b>	<b>June 21</b>
<b>Student's Last Day</b>	<b>July 16</b>

**Each moment of the year has its own beauty - Happy New Year**

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**Don't forget to fill out and send in your Saturday School Application on page 10**

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**Continued on page 7**



## Volunteers! – Thank You

We had some great volunteers this semester. May I take a moment to say thanks to all of them? Some came from SBA and some came from CBU. Where ever they came from, we are so pleased to have you at Saturday School helping us.

So, Thank You!

Sandeep Gonsalves      Amy Leibemow  
Elizabeth Hafer        Jonathan Miller

For coming in and helping us and caring about our kids.

### **Congratulations to Rachel Wright**

Mrs. Rachel Wright deserves our congratulations. She managed to persuade Andy’s teacher, Mrs. Egler, to attend Saturday School to help coordinate regular school with Saturday School. Then this wonderful dedicated teacher stayed this entire semester. So congrats goes to Mrs. Wright and Mrs. Egler for their dedication and caring for “Our Kids”.

**This is pretty interesting.**

Aoccdrnig to a rscheearch at an Elingsh uinervtisy, it deosn’t mtttaer in waht oredr the lttteers in a wrod are, the olny iprmoetnt tihng is taht frist and lsat ltteer is at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae we do not raed ervey lteter by it slef but the wrod as a wlohe.

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## **Remember!!**

**Everyone who wants to attend Summer School must send in an application!**

**That is for all students and tutors. If you are planning on tutoring then you need to send in an application to tutor too!**

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### **“FIDGETY” KIDS** by Patti Lehigh

Dyslexic kids have been shown to have problems with processing sensory information. Its like theyve been overloaded. Think about wearing a VERY scratch sweater, hearing a loud vacuum cleaner in one ear, a huge jet in the other and seeing a strobe light flashing in front of your eyes. This is all happening at the same time.

That is an example of what many of our kids go through – to different degrees. If youve got too much going on – you shut down. I could describe all the possible different combinations of sensory problems, but I d rather give you some hints to try at home.

Many of our kids fidget, a lot. This basically is attributed to what is called sensory integration. The ability of all of our sensory perceptions and our cognitive brains to work together smoothly.

The absolute basic research results are – get the kids moving. Play tag, basketball, soccer, kickball, run hard, rake leaves, push and pull on things. There are even special exercises to help focus. There are also what are known as ‘fidgets. These are toys to decrease fidgeting. They dont work for everyone. You have to watch your fidgety person and decide what kind of ‘fidgeter you have. The fidget helps them to ‘think or ‘calm down enough to think.

**ORAL FIDGET** – they chew up pens, pencils, etc. The always have something in their mouth.

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## "WELCOME TO HOLLAND"

by Emily Pearl Kingsley

"I am often asked to describe the experience of raising a child with a disability – to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. Its like this . . .

"When youre going to have a baby, its like planning a fabulous vacation trip – to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. Its all very exciting.

"After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The flight attendant comes and says, 'Welcome to Holland.

"Holland?! you say. 'What do you mean, Holland? I signed up for Italy! Im supposed to be in Italy. All my life Ive dreamed of going to Italy.

"But theres been a change in the flight plan. Theyve landed in Holland and there you must stay.

"The important thing is that they havent taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. Its just a different place.

"So you must go out and buy new guidebooks. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

"its just a different place. Its slower-paced than Italy, less flashy than Italy. but after youve been there for a while and you catch your breath, you look around, and you begin to notice that Holland has windmills, Holland has tulips, Holland even has Rembrandts.

"But everyone you know is busy coming and going from Italy, and theyre all bragging about what a wonderful time they had there. And for the rest of your life, you will say, 'Yes, theres where I was supposed to go. Thats what I had planned.

"And the pain of that will never, ever, ever go away, because the loss of that dream is a very significant loss.

"But if you spend your life mourning that you didnt get to Italy, you may never be free to enjoy the very special, the very lovely things about Holland."

*The subject of this essay was the reaction of a parent whose child was born with Downs syndrome. "Dear Abby" dedicated this poem to all the parents and grandparents of babies born everywhere with various disabilities.*



## *Wish List*

Here is a list of items that were requested by the Summer Program Staff. Some are just wishes others are needed. If you have any of the following items or know of a company that will donate them please do so. Thanks "The Staff"

Notebook paper	Styrofoam cups (6 or 8 oz)	Trash bags (36 & 13 gal)
<b>INCENTIVE PRIZES</b>	Pencils	White-out
Diet drinks	Kleenex	Jr strength Tylenol
Hot chocolate (sugar-free)	Cheese crackers	Camera and film
Coffee	Zip sliding lock bags	Re-usable Ice packs
Copy paper	(Gallon and Quart)	Memory boards
Paper towels	Staplers	Soccer and basketballs
Chips	Children's Chewable Tylenol	Educational software (IBM)
	Peanut butter crackers	Hardbound Dictionaries

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### **Continued from page 2**

*some solutions: allow them to do this - just make sure it is a safe item and that it is clean between times. Note that there are even mouth fidgets that are sold by occupational therapy companies. Some fit on top of pens or pencils.*

**HAND FIDGET** - They twirl the pencil, fold the paper, rub their hands on their pants or rub small items between their hands (toys, rocks, marbles).

*some solutions: Give them some art clay (make it harder to squeeze) while they're working on things (caution here if there are younger children around who might try to put this in their mouth etc. Also make sure you have a container to seal the clay in when not in use - clay can take finishings off of furniture). Give them the "chi" balls, or two large marbles to twist in one hand while they write with the other.*

**JIGGLE FIDGET** - They push their arms straight onto things, and push with their body against things. They like to 'wrap up tight in blankets (especially at night).

*some solutions: have them push around an object that is a little heavy (use caution with the amount of weight), have them do crab walking (with arms behind you on the floor), monkey walking (arms straight ahead on the floor and the legs cant be bent), push against a wall, or older children can do some good pushups. Weights on the lap, vestibular discs or sitting on therapy balls instead of chairs during work (watch them closely on that one!), even weighted blankets or wrapping them up in a blanket at night will help.*

Another way to get attention to last longer than 30 seconds is to try something sour that has to be sucked on (not chewed). Lemon drops, the new sour candies, even a little lemon juice works (but the kids REALLY hate that last one). Sour causes focus, even with a group of unruly adults (think about one of those never ending meetings).

With all of these suggestions **REMEMBER:**

Do it every now and then. If you do something in excess it will desensitize people to it.

### REFERENCES

**Personal interaction with a number of occupational therapists (please contact me if you would like names).**

Williams, Mary Sue and Sherry Shellenberger. 2001. "Take Five! Staying Alert at Home and School." Therapy Works, Inc. Albuquerque, NM.



# Paid Membership List

**Congratulations... You remembered...** These *smart* people remembered that dues are due the first of *each year* and they are current paid members! Is your name here or did you forget? No problem you can send a check for \$15.00 or *more* to:

Karen Carson  
7532 Hatch Circle  
Arlington, TN 38002

or

The Dyslexia Foundation  
P.O. Box 240792  
Memphis, TN 38124

.... and pay your dues today. Dues makes it possible for us to send you Our Dyslexia Newsletter and other mailings during the year.

## 2004 Paid Members

Carson, Cain & Karen Egler, Rita Vining, Ann

Let's work together to make our list of paid members grow and GROW! (If you have sent in your check and your name is not here, please let us know — Errors do happen

Yes, Please renew my membership so I will not miss out on any of the wonderful information you provide.

My Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_

Zip: \_\_\_\_\_

I have enclosed my check for \$15.00.

Send to: Karen Carson  
7532 Hatch Circle  
Arlington, TN 38002

**Just a reminder!** Students ***MUST*** attend either the fall of 2003 or the spring of 2004 semester to be eligible to attend the summer program for 2004. If circumstances beyond your control prevent you and your child from attending one of these semesters, you must petition the board for permission to attend the summer program.

### *We Don't Want To Loose You!*



The post office will not send out your change of address after just a few months. So keep us in the information loop by returning this form; or you may e mail us at [caincarson@hotmail.com](mailto:caincarson@hotmail.com) In the meantime, you may miss receiving two or three news letters.

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Address**

\_\_\_\_\_  
**City State Zip**

Tear off this part of the page and mail to the Dyslexia Foundation of Memphis.  
P.O. Box 240792  
Memphis, TN 38124



## Graduates

The following students completed books during the Fall Semester:

### Book C

Jacob McDonald

### Book E

Krystal Story

Anna Paulson

This represents a great effort on the part of students, tutors and supervisors. We are so proud of all our graduates. Keep up the Great work one and all.

When a student finishes a book they receive their choice of a trophy or a medallion at an award ceremony on the last day of school. These awards can be engraved for just a few dollars. We have an agreement with First Place Trophies to engrave these awards for a discounted price. Therefore should you wish to have the award your child chose engraved take it to 1st Place Awards, 377-9214 and be sure to tell them to give you the Dyslexia Foundation discount.

## Perfect Attendance

A big salute goes out to the tutors and students who did not miss any Saturdays during the entire Fall 2004 semester! Thanks for your dedication to the Foundation.

### Supervisors & Tutors

Doris Allen

Doug Ashe

Jane Ashe

Amy McDonald

Ben McDonald

Marlyn McDonald

Jo Pennington

Rachael Turnage

Gail White

Rachel Wright

### Students

Donald Ashe

Jacob McDonald

Jenny McDonald

Lisa Pennington

**Please Note:** We try very hard to make sure we have not left anyone off a list and everyone's name is spelled correctly. In spite of that, crazy keys are still pressed and mistakes are made. Please let us know of any errors and we will try and make the corrections. We never want to leave anyone out!

## Continued from page 1

the snack closet or for our store. Jane Ashe has been our B Group supervisor for several years and has done a super job. Daniel had become our resident jewelry maker making everyone happy by donating several items to the "Store". Mr. and Mrs. Ashe were both great about coming early and unloading the trailer. Please join with me in wishing them "God Speed". You will be missed.

Mrs. Betty James has "hung up our phone" for the last time. Mrs. James who has been our phone call message taker for some 30 years has finally had to say good by. Due to illness and a severe auto accident, Mrs. James felt it was time to pass the receiver to Mrs. Paula Landrum. Mrs. Landrum is doing a Great Job but no one can talk to parents as well as Mrs. James. It is hard to say good bye to friends like Mrs. James; who has given so much time and energy to our humble foundation. From the thousands of grieving parents you have helped Mrs. James we Thank You from the bottom of our hearts. Please get well and come visit us at Saturday School real soon. We also thank Mrs. Landrum for being willing to take on the job of answering our phone and trying to fill the shoes of Mrs. James. Good friends are hard to find and harder still to lose. God Bless you all!

**"Everybody can be great because everybody can serve. You dont have to have a college degree to serve...You only need a heart full of grace. A soul generated by love."**

*-Martin Luther King, Jr.*



## Donations

Listed below are the donations that many of you so generously gave during the fall semester. Thanks to all of you for your help. All of the items are appreciated greatly

Mrs. Allan	Store Toys
Mrs. Anthony	Snacks
Mrs. Ashe	Popcorn
	Coffee filters
	Snacks (2)
	Store Toys (3)
Daniel Ashe	Ear rings
Mrs. Brahm	Store Toys
Mrs. Capooth	Snacks
	Store Toys
Mrs. Carson	Store Toys
Mrs. Eglar	Store Toys
Mrs. Futrell	Drinks
Mrs. Good	Cards
Mrs. Curan	Page Protectors
Mrs. McDonald	Snacks
Mrs. Jerrets	Store Toys
Mrs. Pennington	Store Toys
Mrs. Stamm	Name Tags
	Bags
Mrs. Stockton	Store Toys
Lewisburg United Methodist Women	Cash Donation

### Book Order Form Included with Newsletter

We have put an order sheet from the Learning Disabilities Association of America in the newsletter. I have read some of these books and they were very good. But, the foundation DOES NOT endorse any of these books – order at your own risk!

Karen Carson

## Worthwhile Web Sites:

- The International Dyslexia Association  
<http://www.interdys.org>
- LD Online (WETA)  
<http://www.idonline.org>
- Educational Resources Information Center  
[http://www.indiana.rfu/-eric\\_rec](http://www.indiana.rfu/-eric_rec)
- National Center for Learning Disabilities  
<http://www.nclld.org>
- National Information Center for Children & Youth with Disabilities  
<http://www.nichcy.org>
- Parent's Educational Resource Center  
<http://www.schwablearning.org>
- Children and Adults with Attention Deficit Disorder (C.H.A.D.D.)  
<http://www.Chadd.org>
- Recording for the Blind and Dyslexic  
<http://www.RFBD.org>
- Educators Publishing Service  
<http://www.epsbooks.com>

SOMETHING WORTH READING  
Here are some books you might find interesting:

The Gift of Dyslexia  
by Ronald D. Davis  
ISBN 0-929551-23-0

Turn About Children  
by Mary MacCracken

Keeping A Head in School  
by Dr. Mel Levine  
ISBN 0-8388-2069-7

Help Me to Help My Child  
by Jill Bloom  
ISBN 0-316-09982-1

All Kinds of Minds  
by Dr. Melvin Levine  
ISBN: 0838820905

I hope you enjoy these I sure did...



## The Dyslexia Foundation of Memphis

Dear Parents and Tutors:

We are again planning a 12 week fall program. It will be conducted on Saturdays from 8:30 a.m. to 12:30 p.m. The program will run Saturday, January 24, 2004 to Saturday, April 24, 2004 at St. Benedict At Auburndale (SBA), 2100 N. Germantown Parkway, Cordova, TN 38016.

Workshops, which are mandatory for all personnel, will be held Saturday, January 17, 2004, from 8:30 a.m. to 3:30 p.m. at St. Benedict. At Auburndale **BRING A LUNCH!!!!**

The Dyslexia Foundation's own language curriculum is used for instruction. Students **MUST** take part in the full curriculum for the entire 12 week period.

The following policies must be understood by all who apply to the program - - as tutors or students:

1. Only those who have been tested and recommended will be accepted as students.
2. Unexcused absences by anyone (students and/or personnel) can result in dismissal from the program and all future Foundation programs. Illness is the only acceptable reason for absence. Any other excuse must be cleared before the absence by the board.
3. All tutors must exceed sixteen years of age.
4. All participants must be current members of The Dyslexia Foundation of Memphis. Dues are \$15.00.
5. A certain dress code will be observed by everyone.
6. **ALL WORKSHOPS ARE MANDATORY FOR ALL PERSONNEL.**
7. All personnel must fulfill all obligations as set forth in the application contract.

Please apply for the subject you prefer to tutor, math or social values. New parent-tutors apply only for reading. The following areas require tutors:

1. Reading (All tutors tutor Language)
2. Math or Social Values

Workshops and daily staff meetings will provide instruction in the use of the materials. Supervision will be given over all areas of instruction.

The tuition will be \$180.00 per student. The entire amount is due with the application before January 9, 2004. It cannot be refunded. Remember parents who wish to tutor must apply. The above figures require an enrollment of 80 students in order for the Foundation to offer the Fall Program at this tuition cost.

All applications must be returned **before January 9, 2004**. If you are unable to meet this deadline please call and notify the Director of your intentions. Neither students nor tutor applications will be accepted after that date unless verbal approval has been made. An exception will be made for new families who tested in the Summer 2003.

If you have any additional questions, please contact the director before the application deadline.

### SEND APPLICATIONS TO:

Karen Carson  
7532 Hatch Circle  
Arlington, TN 38002  
901 337-8731

Sincerely,

Karen Carson



## WAIVER OF LIABILITY

In partial consideration of the willingness of St. Benedict At Auburndale to allow its facility to be used by The Dyslexia Foundation of Memphis, of which my child is a participant, the undersigned parents or guardians of the child(ren) listed below, acknowledge that St. Benedict At Auburndale shall be free from all liabilities and claims for damages and/or suits for or by reason of any injury or injuries to me, my child(ren), or property, from any cause or caused whatsoever while in or upon the campus of St. Benedict At Auburndale during any and all functions of The Dyslexia Foundation of Memphis held on said premises.

I further agree to indemnify and hold harmless St. Benedict At Auburndale from all liabilities, charges, expenses (including counsel fees) and cost on account of or by reason of any such injuries, liabilities, claims, suits or losses however occurring or damages growing out of same.

Children: \_\_\_\_\_  
\_\_\_\_\_

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 2004

Parent or Guardian

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**RELEASE**

I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of the acceptance of my application to enter and my receiving permission from The Dyslexia Foundation of Memphis, hereinafter called "Foundation", to participate in the succeeding Dyslexia Summer and/or Saturday School, do hereby release, remise, waive, surrender and forever discharge The Dyslexia Foundation of Memphis together with all of their officers, agents, officials, directors, supervisors, tutors and employees, collectively hereinafter called "Foundation", from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of or related to any injury, illness, loss or damage, including death, relating to participation in the succeeding Dyslexia Summer and/or Saturday School.

I further agree that in the event of any injury or emergency requiring medical attention that if I am assisted by the Foundation in receiving treatment and willingly accept such treatment that I will in no way hold the Foundation responsible for the consequences of my treatment of any problem resulting therefrom, whether administered by the Foundation or a third party called by the Foundation. Should I become unconscious or unable to give my consent for medical treatment and it becomes necessary for the Foundation to render assistance or have a third party administer medical treatment, I agree not to hold the Foundation responsible for the consequences of my injuries or any claims, losses or damages arising therefrom. I further agree that I will be responsible for any medical bills incurred in my treatment, and will not hold the Foundation responsible therefor.

Student(s) and/or Tutor(s) name(s):

Signature of parent(s) if under 18:

Date



# Dyslexia Foundation of Memphis

## Student Application

I wish to enroll:

Name \_\_\_\_\_ Birth Date \_\_\_ / \_\_\_ / \_\_\_ Sex \_\_\_\_\_ Grade \_\_\_\_\_

School \_\_\_\_\_ Dominant Hand \_\_\_\_\_ Glasses Yes / No

Name \_\_\_\_\_ Birth Date \_\_\_ / \_\_\_ / \_\_\_ Sex \_\_\_\_\_ Grade \_\_\_\_\_

School \_\_\_\_\_ Dominant Hand \_\_\_\_\_ Glasses Yes / No

Parents Name \_\_\_\_\_ Telephone ( ) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E Mail Address: \_\_\_\_\_

My child has permission to be given (if needed): Tylenol Yes / No

Please list any allergies or other medical information that might be needed:

Has your child been tested and recommended for admission into this program? \_\_\_\_\_

If so, Where? \_\_\_\_\_ When? \_\_\_\_\_

Are you a current member of the Dyslexia Foundation? Y/N

If not, please enclose a separate check for dues (\$15.00). Make this check payable to: Dyslexia Foundation of Memphis.

Enclose the full tuition for each child. Tuition is not refundable.

Make checks payable to: Dyslexia Foundation Programs.

Signature of Parent and/or Guardian \_\_\_\_\_

**Return Applications by Specified Deadline**

Notice of Nondiscriminatory Policy as to students: The program admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students in the program. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, or other programs.

Emergency Daytime Number \_\_\_\_\_





## Cook Book Order Form

To order by phone call 377-8731

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Qty.	Description	Price	Total
	Dyslexia Cook Books	\$12.50	
	Shipping and Handling charges		
	for orders \$1.00 to \$25.00 . . . . . \$2.00	Cook Book Total	
	\$25.01 to \$50.00            \$4.00	S&H	
	\$50.01 to \$75.00            \$6.00		
	Orders over \$75.00 are 10% of order	Amount Due	
	Thank you for your order.		

Dyslexia Foundation  
of Memphis  
P.O. Box 240792  
Memphis, TN 38124

Attention: Postmaster This document contains dated material.

