



## **NEW FOR THE 7<sup>TH</sup> ANNUAL SOS RUN & WALK ON MAY 24<sup>TH</sup>: A FANTASTIC EARLY BIRD REGISTRATION PRIZE!**

We are pleased to announce that everyone who registers as a participant – whether individually or as part of a team – for the SOS Children's Village Run & Walk before May 17<sup>th</sup> will be entered in a draw to win a roundtrip for 2 aboard Helijet's Spectacular Scheduled Service between Vancouver and Victoria, plus a 2 night stay at the beautiful Magnolia Hotel in the heart of Victoria!

Proceeds from this major annual fundraiser at the Richmond Olympic Oval support our therapeutic programs and homes for foster children and youth.



## **SOS CHILDREN'S VILLAGE BC IS THRILLED TO WELCOME BMO AS A NEW SPONSOR FOR THE SOS RUN & WALK**

We were very excited to receive a generous \$2,000 sponsorship for the SOS Children's Village Run & Walk from Bank of Montreal Elmbridge and Hollybridge - Oval Branch.

Pictured at left is event co-founder Gilles Bouchard receiving the cheque from BMO Branch Manager Ben Mui. The branch is conveniently located right by the picturesque Richmond Olympic Oval.

Nothing in the world is more important than to care for a child, so a huge thank you to BMO for supporting our work. On Sunday May 24<sup>th</sup>, make sure to drop by their booth during the event to say hello!



## JOIN US AT THE RICHMOND OVAL

Dear Friend,

Last year I was thrilled to create a corporate team for the annual SOS Run & Walk to raise awareness and funds for SOS Children Village BC. Today, I'm writing to invite you to take part as well.

The atmosphere was electric that day and the positive energy was extremely contagious. The run was a great team building experience. It felt great to join together as a community to support such a great cause.

But of course there's a serious side to it. There are approximately 10,000 children and youth in government care at any time in BC. When a youth in foster care turns 19 years old, they are abruptly cut off from the system that has long provided a home, adult connections, and support. More than 70% of these youth will turn 19 without a high school diploma, and with very little preparation for adulthood.

Vancity was very proud to support the Transition to Adulthood program (as well as other Village programs) that grants at-risk youth the life skills and resources that are required to navigate their first years of adulthood. I was glad there was something I could do about it, and you can too, by joining me for this year's event on May 24th.

Kind Regards,

Sheena Sedhu  
Concierge  
Vancity Richmond Community Branch



[www.sosbc.org/run](http://www.sosbc.org/run)



## NEUROFEEDBACK TRAINING IS #1

By Dr. Lise' DeLong, Ph.D, CPCRT, CCCM  
Clinical Director, Developmental NeuroCognitive Specialist



We are excited to be formally introducing EEG Neurofeedback as a healing modality at our SOS Village. This process of training a brain is used to modify the brainwave activity through auditory and visual feedback. Neurofeedback is a gentle method of creating a balance within the central nervous system. It is painless and non-invasive in its approach. We have had it here for a few years, but we are now using it as a number one approach with the majority of our children, and it is made available to our staff as well.

The training process incorporates the use of auditory and visual feedback on a computer screen, and turbulence - too much activity - is measured by the use of sensors on the head. The approach can be compared to potty-training. An individual is taking an internal organ and training it to respond by the use of feedback; clapping if a child potty's in the toilet. Neurofeedback will give an external signal (an interruption in the music) if a person is producing an amplitude (strength of a signal) in a time-frequency level that is within the parameters the system is measuring. The feedback/music will play and the visual picture will move. If the individual is outside of those parameters, then the music and the movement stops, giving them feedback that they've had a brain shift causing turbulence.

The process starts with a compilation of the participant's emotional, behavioural and cognitive abilities, concerns and personal goals. After a thorough meeting involving some standardized testing and reviewing their social history, a profile is created. The profile is used to develop academic and cognitive strategies for school, home and social life. This profile is a starting point for memory, problem solving, reasoning and speed processing enhancement, better school behaviour and more self-confidence!

Most individuals will be seen weekly. The first twenty sessions are the most important. The central nervous system is learning a new neuronal pattern, and just like exercising any muscle, the more it is practiced the more habitual the movement becomes. The total number of sessions varies and is dependent on the individual, their progress and their personal goals. It is very important that the children maintain regular attendance once this process has started for them.

Computer games, board games and card games are often used during sessions as a method of teaching a new cognitive strategy. Relaxation techniques such as autogenics, visualization, Hemi-Sync music and diaphragmatic breathing can be taught to the individual as well. At times 'homework' will be given to the family so they can continue to practice at home, school or at the workplace.

EEG Neurofeedback helps with many different disorders and conditions. It seems to be effective for several reasons: It helps to remind the body how to relax the muscles - which allow the nerves to 'let-go' and not respond until needed. It also allows the blood to flow through the body at a normal rate and volume, keeping blood pressure lower during daily activity. Most disorders or conditions are affected by stress. Therefore, as the body reacts to the stress in a different manner, the characteristics of these diagnoses will decrease.



## **SOME OF THE CONDITIONS THAT ARE TREATED BY NEUROFEEDBACK:**

- Anxiety Attacks
- Apraxia
- Aphasia
- ADHD
- Autism
- Bi-polar Disorder
- Depression
- Dyslexia
- Hypertension
- Learning Disabilities (LD)
- Migraines
- Oppositional Defiance Disorder (ODD)
- Pain Management
- Stroke
- Tourette Syndrome (TS)
- Traumatic Brain Injury (TBI)

## **PDAS CELEBRATES 2<sup>ND</sup> YEAR**

The Parent Driven Autism Services (PDAS) program recently enjoyed its two year anniversary. This unique fee-for-service program ties cutting-edge Neurofeedback training with Behavioural Consultation and Cognitive Remediation. While initially intended to provide services primarily for youth on the autism spectrum, PDAS is also providing services to youth in care, as well as a growing number of private clientele.

After enjoying steady growth during its first year, PDAS acquired the Clinical Supervision of Neuropsychologist Dr. Lise' DeLong. Her experience with youth with neurodevelopmental challenges spans 30 years. The future of this program looks very promising as we move into year three. Currently PDAS is adding practitioners and pursuing contracts to provide this service to less fortunate youth in the downtown eastside of Vancouver.

## **THE BENEFITS YOU CAN EXPECT TO SEE:**

### **Improved Sleep:**

- Falls asleep within 20 minutes
- Stays asleep
- Wakes Refreshed

### **Cognition:**

- Improved memory skills
- Increased flexibility in thinking
- Heightened sense of documentation and focus
- Increase in the speed of processing information
- Better reasoning skills
- Able to think faster
- Better skills in reasoning and deduction

### **Behaviour:**

- Better sense of self control
- Better social skills
- Less anxiety
- Less needless body movement
- Less impulse behaviour
- Less obsessive/compulsive behaviour
- Reduction of addictive behaviour

### **Attitude:**

- More involved with family events and discussions
- More willing to share ideas and thoughts
- Happier and more content
- More composed physically/mentally
- Better self confidence
- Reduction of stress related behaviours such as headaches, nail biting, twisting hair, hair pulling, motor or vocal tics



## SOS BC AMBASSADOR MEETS WITH SOS INTERNATIONAL PRESIDENT IN GREECE

Eleni Georgantas, a teacher at University Hill Elementary School in Vancouver who helps promote SOS BC, got the chance to meet with SOS Children's Villages International President Siddhartha Kaul!

At the end of March, Eleni was in Greece visiting our sister Villages and spreading the word about SOS BC, SOS Canada, and our great province out here on the West Coast. She talked to Mr. Kaul about our local organization and about her SOS Club at U-Hill Elementary near UBC. Her club members signed their names on a big BC flag and drew their own cards and made SOS pins to give to our friends in Greece.



## SPECIAL THANK YOUS

- **Bouchard Enterprises** for their **\$1,500** annual donation through monthly giving
- **Envision Financial** provided us with a **\$340** cheque through their Employee Giving Campaign
- **Hasbro USA** for their **\$18,850** grant to our Learning Club program
- **KD Technical Services** kindly donated **\$1,000** to the SOS Run & Walk
- **Knights of Columbus North Surrey** gave **\$2,500** for our summer camps
- **North Vancouver Host Lions Club** for their kind donation of **\$1,000**
- **Serena Fashions** for their **\$2,400** annual donation through monthly giving
- **Splitz Gymnastics Centres** kindly donated **\$200**
- **Tag Liquor Store Cambie Plaza** generously donated **\$1,000** to the SOS Run & Walk
- **TELUS** provided us with a **\$400** cheque from employee donations
- **UBC Alma Mater Society – Dance Horizons** for **\$200** from their third party event

- **Vancouver Foundation - Youth Homelessness Initiative** for the second cheque of **\$47,000** of a three year grant to our Transition to Adulthood program
- Kurt & Hedy Allemann generously donate \$1,020 annually through monthly giving
- Lois & Gilles Bouchard generously donate \$900 annually through monthly giving
- Martha Costello generously donated \$1,200 towards Transition to Adulthood
- Bill Emerton generously donates \$1,200 annually towards Transition to Adulthood through monthly giving
- David & Barbara Head generously donated \$300
- Sylvia Hsu generously donated \$250 towards the SOS Run & Walk
- Aman, Altaf, and Jenny Jina generously donated \$1,500
- Regina Ruscheinski generously donated \$300
- Art & Marguerite Valiquette generously donate \$840 annually through monthly giving
- Janet Wilson generously donates \$1,200 annually through monthly giving



**EMPLOYMENT SKILLS WORKSHOP  
INTRODUCED TO TTA PROGRAM**



This spring, the Transition to Adulthood (TTA) program held its very first Employment Skills Workshop that was made available to the youth in our Village and those accessing our service in the larger community. The workshops were held over six consecutive Saturdays and facilitated by Karen Hedberg, B.A. (Psych), CCRC, CLCP of Hedberg & Associates.

Karen was gracious enough to donate both her time and materials to help our youth gain the employment skills and confidence that they need in order to go out independently and seek employment.

The Job Search program "helps an individual identify their work skills, their work strengths/weaknesses and gives them the tools to build self-confidence to approach employers regarding possible work positions that are not advertised via Informational Interviews."

Youth were also shown how to construct a professional resume and cover letters in response to advertised jobs. They were taught how to negotiate the minefield of searching for

employment via the tool of Informational Interviews, which can be used to select out employers that are not a good fit, while still looking for unadvertised employment.

Each TTA youth received a 93-page manual that they can keep and can refer to throughout their work life. The Job Search book builds confidence in those who don't have the skills to do an effective job search. It contains the Interview questions and answers that employers ask. The book also provides the reason employers ask these Interview questions and gives suggestions as to how to answer those difficult questions skillfully and appropriately.

Upon completion of the program, each youth was granted a certificate amongst all the invaluable information that they can take with them throughout their life. We are so grateful to Karen for lending her talent and expertise to guide our youth on the road to employment success. We hope to run these workshops again in the future so others have the opportunity to access this valuable information.

To find out more about Karen and Hedberg & Associates, check out their website at [www.hedbergassoc.com](http://www.hedbergassoc.com)





**OUR THRIFT STORES WELCOME SPRING**

By Barbara High  
Manager of Retail Fundraising and Volunteer Resources

Spring has most definitely sprung in both thrift stores - lots of lovely bright colors, customers and volunteers alike have a 'spring' in their step! Steveston thrift store is gearing up for a makeover and we are looking for volunteers willing to pick up a paintbrush. Give me a call at (604) 274-8866 if you have a few hours free on a Sunday.

Exciting news to share, the stores are now a Foundation on their own! 'SOS Children's Village Thrift Store Foundation' is our official name, though we still answer to Steveston and Kerrisdale.

We have a van at our disposal and are able to pick up donations locally, with more details to come. Becoming a Foundation means we will be able to help more people, work with other non-profits and much more.

Brenda McGuire and her team of volunteers hosted a 'Spring Dress Event' at the Kerrisdale thrift store on Sunday April 19<sup>th</sup> - the sun was shining, the dresses colourful, music entertaining, and yummy punch and snacks were served. It was a great day, good to see happy customers filling their baskets with lovely things. Thank you to the Run Inn, Adesso Salon and the Maple Leaf singers for donating great door prizes.

Please indulge me while I talk specifically to our wonderful volunteers at both stores: you are an inspiration to all, your dedication, loyalty and hard work does not go unnoticed, please know that you make a DIFFERENCE in the lives of the young children and youth we care for.

A special thanks as well goes out to Vera, Kathy, Caroline and Brenda without whom I would be pulling my hair out, ladies you are the best!

