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What is Dyslexia?

by Alberta Health Services

Dyslexia is a specific learning disorder in reading. It means a person has difficulty reading, recognizing, and understanding words.

Having dyslexia doesn't mean that you or your child's ability to learn is the problem. It means that you learn in a different way. Not being able to read easily can make many areas of learning harder.

What causes it?

Experts don't know for sure what causes dyslexia. But it often runs in families. Learning issues can also develop after a brain injury.

What are the symptoms?

Signs of dyslexia may include:

- Difficulty reading or sounding out words.
- Having a hard time with spelling or writing.
- Reading slower than what is expected at your child's age.
- Difficulty remembering number facts.

After a child starts school, signs of dyslexia include:

- Problems reading single words, such as a word on a flash card.
- Trouble sounding out words.
- Understanding is better if someone reads to them, rather than reading the material themselves.
- Having to read something many times to understand it.
- Losing their place when they read or skipping words.
- Problems linking letters with sounds.
- Confusing small words, such as "at" and "to."

Dyslexia is not caused by vision problems or other conditions.

How is it diagnosed?

A doctor or school professional may ask you and your child's teachers what signs of dyslexia you've noticed. An educational evaluation can be done through your school. Another option is to have a psychologist do an assessment to look at how your child thinks and learns. This can happen through your school, at a health clinic, or in the community.



How is dyslexia treated?

Dyslexia will never fully go away, but early treatment during childhood can help. Support from family, teachers, and friends is also important.

The first step is to talk with your school to find the areas that are difficult for your child. An assessment by a psychologist can look at how your child learns, which can help in creating a learning plan for your child's needs.

Help your child

Children who have dyslexia may need emotional support for challenges they face. Here are some ways parents and caregivers can offer encouragement.

- Learn about dyslexia. Learning more can help you better understand and help your child.
- Recognize and teach to your child's areas of strength. For example, if a child understands more when listening, let the child learn new information by listening to an audiobook. If you can, follow up with the same story in written form. Text-to-speech applications on tablets or computers can also support learning.
- Encourage your child to keep trying. There may be things they will struggle with. Help them understand that struggles can lead to success.
- Help your child learn how to cope with school. Your child may need to learn how to manage their schedule, organize work, and complete multiple assignments and long-term projects.
- Consider counselling if your child needs more support. If you think your child has self-esteem problems related to dyslexia, counselling may help.



SCA UPDATE

Memberships and Volunteer Opportunities:

Please visit springbankcommunity.com to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email info@springbankcommunity.com. We need your voices to be heard!

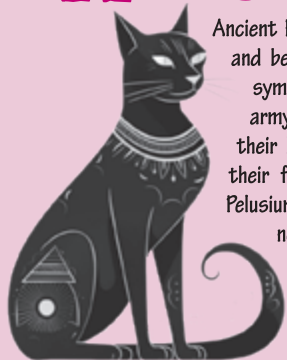
Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.



WAR CATS



Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!

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Please contact us at president@springbankcommunity.com if interested in working with the board.



Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit springbankcommunity.com/membership-join/ to learn more!

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Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | info@nancybergeron.ca

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/ is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

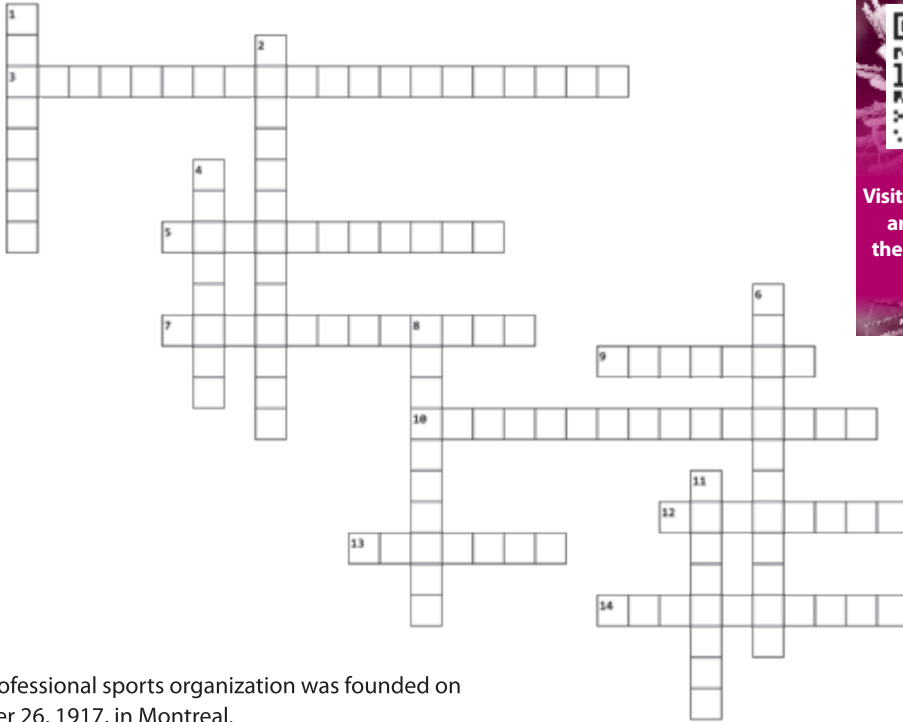
Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

November Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.

RESIDENT PERSPECTIVES

The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from



constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!

BRAIN GAMES

SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

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We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!

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Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good

Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced
- 3 tbsps. of fresh coriander leaves, finely sliced

- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!





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