



heart of illinois Down Syndrome Association Newsletter

November 2015

Contact Us:

c/o Bethel Lutheran Church
325 E. Queenwood Rd.
Morton, IL 61550
309-712-4852
info@hoidsa.org

The Heart of Illinois Down Syndrome Association, Inc. is committed to improving the quality of life of persons with Down syndrome by providing support, advocacy, and educational opportunities to those individuals, their families and community advocates.

Please note our new address!!

HOIDSA's office has relocated to Bethel Lutheran Church's
new location at 325 E. Queenwood Rd. in Morton, approximately
1/2 mile east of Field Shopping Center

Happy Thanksgiving

Calendar of Events

Tues. Dec. 1st	Deadline to mail checks for Holiday Social See page 4 for more details.
Mon. Dec. 7th	Deadline to make nominations for Board of Directors vacancies See page 3 for more details.
Mon. Dec. 7th	Annual Holiday Social / Meeting Jonah's Seafood House - Bluepoint Room 2601 N. Main Street, East Peoria
Fri. Dec. 11th	New Parent Open House Bethel Lutheran Church, 325 E. Queenwood Rd, Mort.
Tue. Dec. 15th	Stipends for 2015 due See Page 4 for more details.
Wed. Dec. 16th	Young Adult Cooking Class - 7:00pm Bethel Lutheran Church, 325 E. Queenwood Rd, Mort.

2015 Board of Directors

Carol Nepolello, *President*
309-243-8414
c.nepolello@comcast.net

Meri Tucker, *Vice President*
309-694-2984
endroad@comcast.net

Milly Howeler, *Treasurer*
309-692-3688
millyhoweler@gmail.com

Jamie Czesak
Laurie Mattheessen
Becky McDaniels
Kim Sarff
Shelli Willoughby
Todd Willoughby

Editor: VACANCY
See Help Wanted Ad
on the back cover!

Send items to
c.nepolello@comcast.net

The Heart of Illinois Down
Syndrome Association, Inc. is a
501(c)3 not-for-profit organization.

This newsletter publishes items of interest relating to Down syndrome and other disability issues. The Heart of Illinois Down Syndrome Association, Inc. (HOIDSA) does not promote or recommend any therapy, treatment, institution, professional system, etc. Individuals or organizations referred to are not necessarily endorsed by this publication or its editor. We hope to bring together those interested in Down syndrome and attempt to create an optimistic future and attitude. The editor reserves the right to make corrections as are appropriate and in accord with established editorial practice in material submitted for publication.

Greetings From The President

Birthdays
Next
Month



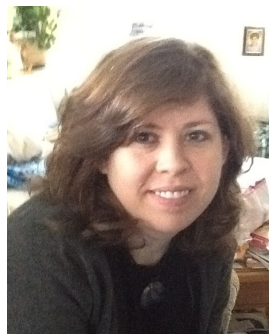
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November 2015

Thanksgiving is upon us, and many people have been posting what they are thankful for each day. I'm not nearly that ambitious, but I do need to thank HOIDSA for being here and reaching out to us so many years ago. You never forget the moment you find out your baby has Down syndrome. However, through HOIDSA, we became friends with other families, our fears subsided, and we now embrace the future for Adam. I am truly grateful for the wonderful people associated with HOIDSA, the support we've received, the educational opportunities offered, and the confidence we have to advocate for Adam's best interests. Thank you, HOIDSA, for giving us the knowledge, strength, and encouragement we needed!



Happy Thanksgiving!

Carol

FEELING
GRATITUDE
AND NOT
EXPRESSING IT
IS LIKE
**WRAPPING A
PRESENT**
AND NOT
GIVING IT.

—WILLIAM ARTHUR WARD—

Dan Schwenk
12/4

Evan Loring
12/6

Jobee Artis
12/7

Justin McCunn
12/9

Victoria
Williams
12/15

Christopher
Moore
12/19

Annie Perkins
12/23

Kaitlin Moore
12/25

Brett Campbell
12/27

Elinn Hooker
12/30

Cameron Booth

December Birthdays



Board of Directors Vacancies!

The Heart of Illinois Down Syndrome Association would like to add at least 4 people to our Board of Directors to fill vacancies and expand our leadership. The Nomination Committee seeks candidates that are passionate about helping people with Down syndrome reach their full potential. Board members will serve a three-year term, attend monthly board meetings, participate on at least one committee, and provide input to direct the Board's efforts.

HOIDSA is specifically looking for candidates in the following areas:

- *represents adults with disabilities*
- *families with young children*
- *educational expertise/school districts*
- *relationship with the medical community*

We will accept nominations through December 7th, at which time vacancies will be filled by voting at the December Annual Meeting/Social. If you are interested, or know someone who would be a great addition to our Board, please contact us at 309.712.4852 or info@hoidsa.org.



Spotlight on...

We are looking for some of our members to be featured in the "Spotlight On" section of our newsletters.

Let us know if you would like to have your family member with Down syndrome featured in our newsletter. You can write your own article, tell us a story, or answer a few short questions on our interview template.

Send an email to info@hoidsa.org or contact us through www.hoidsa.org

Check out HOIDSA online!!!

Visit www.hoidsa.org

"Like" us on Facebook to keep up with all of HOIDSA's news and events at <https://www.facebook.com/HOIDSA>

Keep in touch with other HOIDSA families and discuss topics related to Down syndrome by joining our private Facebook discussion group at <https://www.facebook.com/groups/HOIDSADiscussionGroup/>

*"Darkness cannot drive out darkness;
only light can do that. Hate
cannot drive out hate;
only love can do that."
- Martin Luther King Jr*



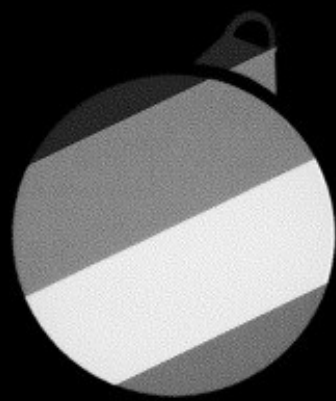
Young Adult Cooking Class

For any member **16 years old and older**

Next class : December 16 7:00-8:30pm

Bethel Lutheran Church

Contact Meri at 309-264-4900



It's A Party!

**OH WHAT
FUN!**

from the Heart of Illinois Down Syndrome Association

Where: Jonah's Seafood House
(Bluepoint Room)
2601 N. Main St, East Peoria

When: Monday, December 7
Time: 5:30 PM

\$10.00 per person
Mingler with food and cash bar
RSVP by Dec. 1 to Milly Howeler at
5624 Graceland Dr., Peoria, IL 61614
Your check payable to HOIDSA

HOIDSA HOLIDAY SOCIAL

5:30 Warm Up with Good Company & Drinks

6:15 Hearty Appetizers Served while Mingling with Friends

6:45 A Year in Review—Annual Report Presentation

7:15 Awards & Cool Prizes

Please RSVP to Milly and send payment by Dec. 1st

For any further information contact Todd Willoughby at 309.251.7695

Deadline To Turn In 2015 Stipends!

HOIDSA offers each person with Down syndrome a \$100 yearly stipend for a recreational activity. Please turn in proof of payment for these activities from 2015 to Milly Howeler by December 15th. If you have any questions or concerns, please contact Milly at 309-692-3688 or millyhoweler@gmail.com.

Join DS-Connect™, the registry for people with Down syndrome!

DS-Connect™ is a voluntary, confidential, online survey tool to collect basic information about people with Down syndrome. This information can help connect people with Down syndrome to scientists who study it; promote research by collecting information that scientists can use; help health professionals improve how they treat people with DS; and help scientists develop new treatments that may improve the quality of life for people with Down syndrome.

The Heart of IL Down Syndrome Association supports Down syndrome research by donating 3% of our yearly income proceeds to the LuMind Foundation



OUR MISSION

The mission of the LuMind Foundation is to stimulate biomedical research that will accelerate the development of treatments to significantly improve cognition, including memory, learning and speech, for individuals with Down syndrome so they:

- participate more successfully in school
- lead more active and independent lives, and
- avoid the early onset of Alzheimer's Disease.

OUR VISION

LuMind is funding research that applies the information, tools and techniques resulting from the genome project along with recent advances in brain research to the study of cognition in Down syndrome. Our goal is the development of treatments that will improve learning, memory, and speech, and therefore enhance the lives of those with Down syndrome and their families. The majority of individuals with Down syndrome fall into the mild to moderate range of cognitive impairment. For many of these individuals, a 10%-20% improvement in cognitive ability would provide them with the ability to live independently, hold a job and be fully integrated within their communities.

RESEARCH APPROACH

The LuMind Foundation's strategic and robust approach, outlined in our Research and Development Pipeline, has generated results that are recognized as unprecedented in this field, including the identification of the first five potential drug targets and the validation and pre-clinical work associated with three of the targets.

When the LuMind Foundation was started as the Down Syndrome Research & Treatment Foundation, it was imperative that funds be invested in the Discovery phase of the Research and Development Pipeline because at the time of our founding there were no biological mechanisms proven to be associated with impaired cognition in Down syndrome. The foundation's initial funding investments paid off well, as today there are five such mechanisms identified.

ACTIVE RESEARCH PROJECTS

- Balancing Excitation and Inhibition
- Restoring Neuronal Pathways
- Neurotransmitter Restoration
- New Technology, New Insights
- Sleep and Cognition
- Down Syndrome and Alzheimer's Disease
- Drug Discovery
- Measuring the Efficacy of Potential Treatments
- The Down Syndrome Cognition Project (DSCP)

LEARN MORE - WEBINARS AND PRESENTATIONS

We are excited to present an ongoing series of webinars — web-based audio and slide presentations — with noted cognition researchers. We believe these sessions offer unprecedented access to the scientists who are actively advancing the field, and we are honored and pleased to be able to offer their perspectives on a regular basis.

To listen to past webinars or view a presentation

Visit <http://www.lumindfoundation.org/down-syndrome-webinars>

Make a Charitable Contribution to HOIDSA, Just by Shopping Online with AmazonSmile

The holiday shopping season officially kicks off next week. If you shop at Amazon.com, please consider making your purchases using their AmazonSmile program, which supports charitable organizations. Just by shopping at smile.amazon.com, the AmazonSmile Foundation will donate 0.5% of your purchases to the Heart of Illinois Down Syndrome Association, at no cost to you!

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. **Please choose: Heart of Illinois Down Syndrome Association.** We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.

Tell Your Friends and Family to shop at smile.amazon.com

Support Heart Of Illinois Down Syndrome Association Inc.

When you shop at **smile.amazon.com**,
Amazon donates.

Go to smile.amazon.com

amazonsmile

Special Recreation Activities: Check Out the Upcoming Activities

**HISRA • IRVSRA
• Pekin Park District**

Contact HISRA at 309-691-1929 for
more information or visit www.hisra.org

Contact IRVSRA at 309-699-3923 for
information or visit
www.fondulacpark.com/specrec.htm

Contact IRVSRA-Pekin Park District at
309-347-7275 or visit
[http://www.pekinparkdistrict.org/specia
lrecreation.html](http://www.pekinparkdistrict.org/specia
lrecreation.html)

A Tisket, A Tasket, Make a Spaghetti Dinner Basket...

Our 27th Annual Spaghetti Dinner is right around the corner! During your holiday shopping, please consider purchasing items to create a basket to donate for the silent auction. We accept individual items as well, and will put items together to create baskets or use them in the raffles.

Thanks for your support!!

Americana Basket
Art Basket
Automotive Basket
Baby Basket
Baseball Basket
Basketball Basket
BBQ/Grilling Basket
Beach Basket
Book Basket
Bradley Basket
Chocolate Lover's Basket
Coffee Basket
Cold Weather Basket
Cookie Baker's Basket
Date Night Basket
Entertaining Basket
Exercise Basket

Father's Day Basket
Fishing Basket
Football Basket
Game Night Basket
Gardener Basket
Golf Basket
Graduation/Off to College Basket
Greeting Card Basket
Hair-Do Basket
Handyman Basket
Hunter's Basket
Ice Cream Basket
Italian Basket
Kitchen Basket
Little Boy's Basket
Little Girl's Basket
Longaberger Basket

Love your Cat Basket
Love Your Dog Basket
Meat Lover's Basket
Mexican Basket
Mother's Day Basket
Movie Basket
Murder Mystery Game Night Basket
Pamper Yourself Basket
Picnic Basket
Poker Basket
Quilt/Sewing Basket
Redbird Basket
Soccer Basket
Sports Basket
Swimming Basket
Technology Basket



*HOIDSA gives thanks for all our wonderful
families, volunteers, sponsors, donors,
friends, and associates.*

You are what makes us great!



Memorial/Recognition Donations

HOIDSA graciously accepts memorial and recognition donations.

The Heart of Illinois Down Syndrome Association, Inc. warmly accepts memorial donations of any amount. Since we are a volunteer organization, all dollars received go toward fulfilling our mission of improving the quality of life of persons with Down syndrome. The Heart of Illinois Down Syndrome Association, Inc. is a 501(c)3 not-for-profit organization and all contributions are tax deductible.

For more information call 309-712-4852. Pre-printed memorial envelopes are available.



c/o Bethel Lutheran Church
325 E Queenwood Rd Morton IL 61550

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U.S. POSTAGE
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PEORIA, IL
PERMIT NO. 455

EDITOR'S REMARKS

Help Wanted: Newsletter Editor

We are still looking for a Newsletter Editor.

This is a volunteer position that requires:

- ♦ Approximately 8 hours 1 week per month
 - ♦ Attention to detail
- ♦ Excellent communication & follow up skills
 - ♦ Collaboration with people who provide information for the newsletter
- ♦ Knowledge of Microsoft Publisher helpful, but there are other programs that could be used
 - ♦ File sharing through Dropbox

If you are interested, please contact us at info@hoidsa.org or call Carol Nepolello at 309.453.9221 for more information.

NEW PARENT OPEN HOUSE

This is a very informal, relaxed social time for newer parents to meet other families and little ones with Down syndrome.

Coffee, juice and snacks will be served.

Take home gifts for everyone!



Next Open House
Friday, December 11th
9:00am - 10:30am



New Location:

Bethel Lutheran Church

325 E. Queenwood Rd., Morton

*Please call Milly for additional information
at 309-231-3689*