



# heart of illinois Down Syndrome Association Newsletter

October 2016

## 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.*



## 2016 Board of Directors

Shelli Willoughby, *President*  
309-251-7102  
shelliwiloughby@gmail.com

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

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

Anita Hohimer

Anne Hollis

Laurie Mattheessen

Christy Sanchez

Kim Sarff

Editor: Carol Nepolello  
309-243-8414  
c.nepolello@comcast.net

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

## Calendar of Events

**Sun. Nov. 6th**

**Young Athletes—3:00-4:00pm**  
St. Philomena School, 3216 N Emery, Peoria

**Mon. Nov. 7th**

**Board Meeting—6:00pm-8:00pm**  
Fondulac Library, 400 Richland St., East Peoria

**Sat. Nov. 12th**

**Buddy Walk Donations Deadline**  
for online and mailed donations

**Tues. Nov. 15th**

**Young Adult Cooking Class—7:00-8:30pm**  
Bethel Lutheran Church, 325 E Queenwood Rd.

**Mon. Dec. 5th**

**Deadline to make nominations for Board of Directors vacancies**  
See page 2 for more details.

**Mon. Dec. 5th**

**Annual Holiday Social / Meeting**  
Jonah's Seafood House - Bluepoint Room  
2601 N. Main Street, East Peoria

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.

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## 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, help develop and oversee the operating budget, and provide input to direct the Board's efforts.*

*HOIDSA is specifically looking for candidates in the following areas:*

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

We will accept nominations through December 5<sup>th</sup>, 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](mailto:info@hoidsa.org).

## Birthdays Next Month

### November

Steven Knaack  
11/3  
Courion Williams  
11/10  
Reagan Dunaway  
11/15  
Alex Tucker  
11/15  
Uriah Tierra  
11/16  
Logan Serrano  
11/18  
Blade Glover



*Just by shopping at [smile.amazon.com](https://www.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!*



## Support Heart Of Illinois Down Syndrome Association Inc.

When you shop at [smile.amazon.com](https://www.smile.amazon.com), Amazon donates.

[Go to smile.amazon.com](https://www.smile.amazon.com)

[amazon smile](https://www.smile.amazon.com)



The Young Athletes program is an innovative sports play program for children ages 2-9 with and without intellectual disabilities, designed to introduce them into the world of sports.

All sessions held 3:00 pm – 4:00 pm at

St. Philomena School gymnasium

3216 N Emery, Peoria

Sunday, November 6, 2016

Sunday, December 11, 2016

Sunday, January 8, 2017

Sunday, February 12, 2017

Sunday, March 12, 2017

Sunday, April 9, 2017

Sunday, May 7, 2017

If interested in participating or volunteering,  
e-mail: [youngathletespeoria@yahoo.com](mailto:youngathletespeoria@yahoo.com)

John & Christy Getz

Curt & Amanda Nauman

## 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](http://www.hisra.org)

Contact IRVSRA at 309-699-3923 for  
information or visit  
[www.fondulacpark.com/specrec.htm](http://www.fondulacpark.com/specrec.htm)

Contact IRVSRA-Pekin Park District at  
309-347-7275 or visit  
<http://www.pekinparkdistrict.org/speciarecreation.html>



## Memorial/Recognition Donations

Our sincerest appreciation to all the family and friends who contributed to the following memorial donations:

- **Memorial donations in memory of Robert McSorley, father of Anne Hollis.**
- **Memorial donation in memory of Robert McSorley — “With all our love from The Busch Family”**
- **Memorial donations in memory of Dennis Hallihan**
- **Memorial donations in memory of Rae Lynn Peplow**
- **Matching gift from HD SMITH Foundation on behalf of their employee, Emily Woolsey**

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.



## BUDDY WALK® NEWS

On Saturday October 1st family, friends and members of the community came together to celebrate their loved ones and individuals with Down syndrome. There were games, crafts, face painting, balloon artists and bouncy houses to enjoy before heading out to the track, where the Star Wars® Characters joined them.

## SPONSORS

The Heart of Illinois Down Syndrome Association and the Buddy Walk® committee want to express a sincere THANK YOU to all our sponsors, volunteers, families, friends, and the surrounding community for their support, dedication and work to ensure our walk was a huge success!

Please express your appreciation to them for their support if you have the opportunity.

## THANK YOU!



Maui Jim Sunglasses  
Uftring Auto Group  
Par-A-Dice Hotel & Casino  
The View Pointe Store  
NDSS/Imagination Movers  
Great Clips for Hair  
Sam's Club  
Schnucks  
Woodbine House  
AMC Showplace 14  
O'Reilly's Auto Parts  
McDonalds



Haddad's West Peoria Market  
Peoria Rivermen  
Plank Pilates Studio  
Target  
OtterBox  
Casey's General Stores  
Costco Wholesale  
Mira Flex Frames  
Monical's Pizza  
Aardvark Straws  
Two Little Hands Productions  
Plough Publishing  
ICC Baseball Team



**to ALL our SPONSORS, VOLUNTEERS and FAMILIES  
for Making HOIDSA's 9th Annual Buddy Walk® a Success!**

## TEAM WITH THE MOST WALKERS

Team Rory had 34 registered walkers participating in the walk.



## TOP FUNDRAISING TEAMS

The top fundraising teams this year are Heart & Soul, Team Claire and Team Rory.  
THANK YOU to ALL 17 teams for your support!

## TOP FUNDRAISING INDIVIDUAL

The top fundraising individual was Austin Ray. Following were  
Rory O'Hanlon and Joy Schwarting.  
THANK YOU to ALL participants for your support!



**NATHAN PARKS' Name  
Was Drawn to Lead the  
Walk!**

## DONATIONS

To turn in additional donations you may have received, you can either mail to HOIDSA Buddy Walk® c/o Bethel Lutheran Church, 325 E Queenwood Rd., Morton IL 61550 or call 309-415-0540 to make arrangements for pick up. Donations MUST be received prior to November 12th.

## FUNDRAISING/INCENTIVES

<http://hoidsa.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=500>

HOIDSA's DonorDrive fundraising page will close at 11 pm on November 12th. All online donations MUST be entered prior to that time to count toward an incentive. Mailed donations MUST be received prior to November 12th.

The individual participants who raised a minimum of \$250 qualify for an incentive. They will receive their redemption certificate approximately seven days after fundraising ends. You will then have 30 days to claim your incentive. The Incentive/Recognition flyer is viewable under "Resources" once you have logged into your DonorDrive account or on our website at [www.hoidsa.org](http://www.hoidsa.org). If you have any questions about donations please call Marcy at 309-415-0540.

THANK YOU again to everyone for your support and contributions. It couldn't have happened without you!  
Marcy Ray



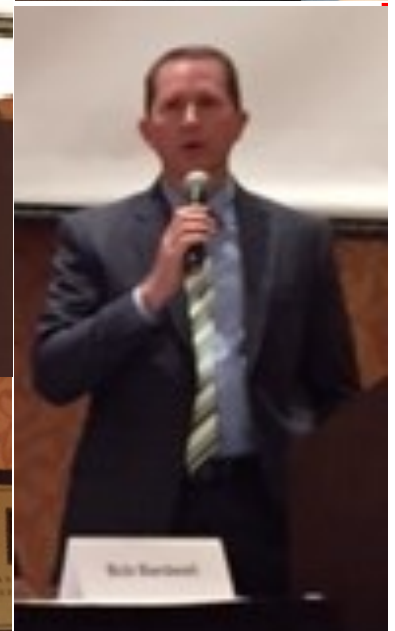


Additional pictures can be viewed on our Facebook page: [www.facebook.com/hoidsa](http://www.facebook.com/hoidsa)  
or on our website: [www.hoidsa.org](http://www.hoidsa.org)





The Keep Calm & Presume Competence Conference, featuring Dr. Cheryl Jorgensen and Family Matters' Megan Mutti, was attended by over 90 teachers, administrators, and parents. The feedback regarding the speakers was overwhelmingly positive, but the highlight was a panel presentation by parents, a student with Down syndrome, and an administrator, discussing their personal experiences with inclusive practices.



**"Trying to Get It Right" Panel Presenters:**  
**(From L to R) Christy Sanchez/Parent & Teacher;**  
**Victoria Williams/Student; Debbie Williams/Parent;**  
**Bob Bardwell/Administrator; Sheila Scherder/Parent**





## The Young Adult Cooking Class Makes Chili



HOIDSA has a cooking class for its young adults with Bethel Lutheran Church's youth group as mentors.

The class is open to any member **16 years old and older** with our mentors being high school aged. The next classes will be:

- **November 15**
- **December 20**

There is no fee for the class. We have several participants registered and are accepting more on a first come/ first served basis. This is a wonderful opportunity for our young adults to make friends and influence their non-disabled peers.



Meri Tucker will be leading the classes. To register or ask any questions, contact Meri at [309-694-2984](tel:309-694-2984) (home) or [309-264-4900](tel:309-264-4900) (cell).





# GRANDPARENT'S GROUP

The Grandparent's Group is a group of grandparents who meet at local restaurants to talk about events, topics, kids or just to laugh. Each meeting is held at a different location to accommodate those in different areas. Some of the meetings will have a specific topic and a guest based on requests.

Our first meeting in 2017 is scheduled for January 24th at 6 pm at Purdue's in Tremont. Watch for the invite in the December newsletter.

If you are the grandparent of an individual with Down syndrome and would like to be notified of upcoming meetings, please forward your contact information to Anita at 309-241-8195 or email [hohimer\\_home@comcast.net](mailto:hohimer_home@comcast.net) and considering joining us for an informal evening with casual conversation.

## ROTH PUMPKIN PATCH



Grandparents along with the grandkids met at Roth Pumpkin Patch and enjoyed a morning of fun.

We learned about the different varieties of pumpkins they grow and their farm animals.

The kids slid down the turbo combine slide and the giant double barrel tube slides, and some even milked a cow.

Before going home we did a hayrack ride and the kids rode the pumpkin barrel train.





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

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## EDITOR'S REMARKS



As you know, October is Down Syndrome Awareness month. Our Buddy Walk® committee (Anita Hohimer, Marcy Ray, Meri Tucker, Laurie Mattheessen, Kim Sarff, Erica Hooker, and Milly Howeler) did another fantastic job putting together the Buddy Walk® this year! Thank you to everyone who came out to show your support. We met a few new families and reconnected with other families. It was so heart-warming to see everyone come together.

I know it's not always easy to take time out of our busy lives, so we appreciate all efforts, big or small, to increase Down syndrome awareness and raise money for our organization. Thank you for making this such a successful event!

*Carol Nepolello*

c.nepolello@comcast.net

## FAMILY STIPENDS

This is a reminder that HOIDSA offers family reimbursement stipends of up to \$100 for summer activities.

You can request a reimbursement by sending a copy of your receipt to:  
Milly Howeler  
5624 N. Graceland Dr.  
Peoria IL 61614

Don't forget to utilize special recreation associations like HISRA and IRVSRA all year around:

Contact HISRA at 309-691-1929 for more information or visit [www.hisra.org](http://www.hisra.org)

Contact IRVSRA at 309-699-3923 for information or visit [www.fondulacpark.com/specrec.htm](http://www.fondulacpark.com/specrec.htm)

Contact IRVSRA-Pekin Park District at 309-347-7275 or visit <http://www.pekinparkdistrict.org/specialrecreation.html>