



# heart of illinois

## Down Syndrome Association

# Newsletter

December 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.*



*Merry Christmas  
and Happy New Year!*

### 2016 Board of Directors

*President*  
Vacancy

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

- |                         |   |
|-------------------------|---|
| <b>Sun. Jan. 8th</b>    | <b>Young Athletes Practice - 3:00pm</b><br>St. Philomena School, 3216 N Emery, Peoria                       |
| <b>Mon. Jan. 9th</b>    | <b>Board Meeting—6:00pm-8:00pm</b><br>Fondulac Library, 400 Richland St., East Peoria                       |
| <b>Tues. Jan. 17th</b>  | <b>Young Adult Cooking Class—7:00-8:30pm</b><br>Bethel Lutheran Church, 325 E Queenwood Rd.                 |
| <b>Tues. Jan. 24th</b>  | <b>Grandparent's Group Meeting - 6:00pm</b><br>Perdue's, 201 S. Sampson St., Tremont                        |
| <b>Sat. Jan. 28th</b>   | <b>Annual Family Dance Party 6:00pm - 9:30pm</b><br>Morton Knights of Columbus Hall<br>616 David St, Morton |
| <b>Mon. Feb. 6th</b>    | <b>Host Family Program Meeting - 6:00pm</b><br>Bethel Lutheran Church, 325 E Queenwood Rd.                  |
| <b>Sun. March 5th</b>   | <b>28th Annual Spaghetti Dinner</b><br>11:00am - 6:00pm,<br>ITOO Hall, 4909 W. Farmington Road, Peoria      |
| <b>Tues. March 14th</b> | <b>ACCESS March Madness Experience</b><br>FREE Event - see page 7 for details                               |

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.



*From our family to yours,  
we wish you and those you love,  
good health, good fortune,  
happiness and peace  
throughout the coming New Year.*



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## Birthdays

### December

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

### January

Libby Heger  
1/4  
Christopher Garza  
1/6  
Adrianna Austin  
1/9  
Caitlyn Shirley  
1/10  
Joel Wynkoop  
1/11  
Terry Cowley  
1/15  
Dylan Lundy  
1/15  
Austin Ray  
1/15  
Joseph Clore  
1/16  
Bianca Feazel  
1/16  
Melissa Heiman  
1/16  
Nathan Parks  
1/18  
Danny Moreland  
1/22  
Nick Butler  
1/23  
Brett Pezold  
1/27  
Jesslyn Jo Schultz  
1/30  
Melissa Zuercher  
1/30



10th Annual

# HOIDSA Family Dance Party

Saturday, January 28th, 2017  
at the Knights of Columbus Hall  
616 David Street, Morton, IL  
6:00 - 9:30 p.m.

Refreshments  
provided!



## The Jukebox

(Chuck Tucker will DJ)

Bring your favorite CD's

**FREE ADMISSION**

Donate non-perishable food items for the local food pantry!



**INCLUSIVE - Casual - Fun for families, teens, kids of all ages!**

# Add these dates to your 2017 calendar!!

## 28th Annual Spaghetti Dinner Sunday, March 5th, 2017

**11:00 a.m.—6:00 p.m.**

**ITOO Hall**

**4909 W. Farmington Rd.  
Peoria**



*The next*  
**GRANDPARENT'S  
GROUP** *meeting*

Tuesday, January 24, 2017 @ 6:00 pm  
Perdue's  
201 S. Sampson St. Tremont IL  
Guest: Karen Connon

*an informal evening with casual conversation*

Questions?  
phone 309-241-8195 or  
email hohimer\_home@comcast.net



Special Olympics  
**Young Athletes**™

The Young Athletes program is an innovative sports play program for children ages 2-7 with and without intellectual disabilities, designed to introduce them into the world of sports.

All sessions held at

St. Philomena School gymnasium

3216 N Emery, Peoria

3:00 pm – 4:00 pm

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

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## We're having an event and you are invited!

We're excited to be hosting Mike Cheesman, Vice President of Community Options with EP!C to talk about the Host Family Program.

If you have a passion for caring for and supporting people with intellectual and developmental disabilities, please join us for information about joining EP!C as a host family provider.

Date: Monday, February 6, 2017

Time: 6 pm

Place: Bethel Lutheran Church

Room P3

325 E Queenwood Rd Morton IL

RSVP to 309-712-4852

## Memorial/Recognition Donations

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

- **Memorial donation to honor Keven Swanson from Margaret Swanson**

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.

*Happy  
Holidays!*







Spotlight on...

Elinn Hooker & Maggie Getz



*"Friendship"*



Elinn and Maggie enjoying a play date.

Dinner, pumpkin painting,

dress up, game playing,

giggling, hugging, tattling,

sharing...

friendship.





And the award goes to....  
Alex Tucker



I volunteer because I want to give back to the community and use my talents. I picked TCRC because when I see their clients and their disabilities, I think they are like me so I want to help them. I have been helped by volunteering because I feel happy and I like to stay busy.

Alexander Tucker



**HEART OF ILLINOIS  
SPECIAL RECREATION  
ASSOCIATION**



## **ACCESS the March Madness EXPERIENCE**

Come enjoy a special day at the March Madness Experience at the Peoria Civic Center!

HISRA staff and hundreds of volunteers will adapt all of the games and activities in the March Madness Experience and make them accessible to people with disabilities!

Field Trip Day

Tuesday, March 14, 2017

9:30 am - 2:00 pm

Peoria Civic Center, Peoria, IL

All students with disabilities, group homes residents and members of Special Recreation Associations from around the state of Illinois are invited to join the HISRA staff and volunteers for a day of fun at the March Madness Experience. Doors will open at 9:30 am; come for a few hours or stay and enjoy all of the activities until 2:00 pm. Don't forget to bring sack lunches or money for the concession stand. There are accessible restrooms and a changing area will be set up for your convenience.

Family Night and Special Needs Information Fair

Tuesday, March 14, 2017

5:00 pm - 8:00 pm

Peoria Civic Center, Peoria, IL

Calling all families with children and adult with disabilities from around the state of Illinois! You are invited to join the HISRA staff and volunteers for an evening of fun at the March Madness Experience along with a variety of vendors and support providers who work with people with disabilities! The Special Needs Information Fair is sponsored by the Dunlap and Central Illinois Special Needs Parent Group. The March Madness Experience will be open for this special event from 5:00- 8:00 pm. The concession stand will be open, there are accessible restrooms and a changing area will be set up for your convenience.

**Request your FREE TICKETS and FREE PARKING PASSES via e-mail : [jwahl@peoriaparks.org](mailto:jwahl@peoriaparks.org)**



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

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## EDITOR'S REMARKS

Hello Everyone!

I hope everyone will be at our 10th Annual Family Dance Party! This event is one of the favorite HOIDSAs of the year. It is FREE to attend. Bring your favorite CDs for DJ Chuck and we will be collecting canned food donations for a local food pantry. See page 3 for more information.

And it's not too soon to start thinking about the 28th Annual Spaghetti Dinner, which will be here before we know it on March 5th. While you're out shopping this holiday season, we would appreciate any purchases you'd like to donate for the silent auction or raffle.

Thank you for a great year! HOIDSAs is a 100% volunteer organization that could not operate without the support of our families, friends, donors, and volunteers. You are what makes HOIDSAs great!!

*Carol Nepolello* c.nepolello@comcast.net

## THINGS TO DO

**Special Recreation Activities:  
Check Out the Upcoming Activities  
HISRA • IRVSRA • Pekin Park District**

**Contact HISRA at 309-691-1929  
or visit [hisra.org/programs/](http://hisra.org/programs/)**

**Contact IRVSRA at 309-699-3923 or visit  
[www.fondulacpark.com/recreation-programs/](http://www.fondulacpark.com/recreation-programs/)**

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