



# heart of illinois Down Syndrome Association Newsletter

January 2017

## 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.*



## 2017 Board of Directors

*President*

Vacancy

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

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

Renee Hayes

Anita Hohimer

Anne Hollis

Laurie Mattheessen

Sarah Pepino

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>Sat. Jan. 28th</b>   | <b>Annual Family Dance Party</b><br>6:00pm - 9:30pm<br>Morton Knights of Columbus Hall<br>616 David St, Morton   |
| <b>Mon. Feb. 6th</b>    | <b>Board Meeting and<br/>Host Family Program Meeting</b> - 6:00pm<br>Bethel Lutheran Church, 325 E Queenwood Rd. |
| <b>Sun. Feb. 12th</b>   | <b>Young Athletes Practice</b> - 3:00pm<br>St. Philomena School, 3216 N Emery, Peoria                            |
| <b>Tues. Feb. 21st</b>  | <b>Young Adults Cooking Class</b> - 7:00pm<br>Bethel Lutheran Church<br>325 E. Queenwood Rd., Morton             |
| <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.

## Board of Directors

*The Heart of Illinois Down Syndrome Association is pleased to announce the following new members of our Board of Directors:*

- Renee Hayes
- Sarah Pepino

**Birthdays  
Next  
Month**



### February

Tate Pauli  
2/7

Nicolas Carroll  
2/8

Abby Reuter  
2/8

Andrew Sidwell  
2/8

Steven Behrends  
2/9

Bo Gill  
2/10

Daniel Meyer  
2/10

Alina Hollis  
2/14

Trevor Kalke  
2/19

Jocelyn McDaniels  
2/19

Emma Roe  
2/19

David Campbell  
2/19

John Deford  
2/24

Levi Miller  
2/27

Adam Sarff  
2/27

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## VOLUNTEERS NEEDED

HOIDSA is a 100% volunteer-based organization. We could not do what we do without the volunteers who serve on our Board of Directors and those who volunteer to organize and coordinate our social events, educational workshops, and fundraisers.

Our 28th annual Spaghetti Dinner is right around the corner on March 5th, and we need your help!

1. Volunteers are needed to help set up, serve dinners, clear tables, and clean up. We are using SignUp.com (formerly VolunteerSpot) so people can choose the job they want in the 2-1/2 hour timeslot they prefer. If you have any questions, contact Anne Hollis at 309-219-5899

To pick your job, the easiest way is to go to our facebook page at [www.facebook.com/HOISDA/](http://www.facebook.com/HOISDA/) and find the post for volunteer sign up. If you receive our e-newsletter, click on the link below:

<https://signup.com/client/invitation/6775657374/1383255/false#!1383255/false/false>

2. Items are needed for the raffle and silent auction. See page 6 for ideas. If you have any donations please contact Christy or Amanda to arrange delivery/pickup and to pass along the donor's name & address.

Christy Getz (309-635-7309 [jcgetz94@yahoo.com](mailto:jcgetz94@yahoo.com))  
Amanda Nauman (309-360-1133 [anauman@mtco.com](mailto:anauman@mtco.com))

3. Items are needed for the bake sale. See page 5 for more information. If you cannot attend the dinner but still wish to donate items, you can arrange to have your items picked up. Please contact Teri Ehrenhardt at 309-467-6113 to arrange for pick up.

***Thank you for your willingness to support this event! It takes so many volunteers to help the day run smoothly and your efforts are greatly appreciated!***



**\*\* You're Invited This Saturday! \*\***

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!



**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

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

Heart of Illinois Down Syndrome Association, Inc.

*28th Annual*  
**SPAGHETTI DINNER**

Sunday, March 5, 2017 • 11:00 a.m. - 6:00 p.m.



**\$7.50/Adult**  
**(13 & up)**

**\$5.25/Child**

**Under 3 yrs.**  
**FREE**

**ITOO Hall**  
**4909 W. Farmington Rd., Peoria, IL**

***Raffle***

***Take out orders available***

***Entertainment***

***Bake Sale***



***FUN for the***  
***entire family!***

**Dinner provided by LaGONDOLA SPAGHETTI HOUSE of Decatur**

## BAKE SALE: *Calling all bakers - it's that time again!!*

Breads • Brownies • Cookies • Chocolate Treats • Layer Cakes  
Pies • Cinnamon Rings • Cupcakes/Muffins • Trail Mix/Chex Mix

We are so grateful for the many goodies you and your families have supplied over the years for our Spaghetti Dinner Bake Sale. We know that we can count on you again to help us raise more funds at this booth! We always have such a nice variety of baked goods, so any of your specialties will be appreciated. If you don't bake, we'll accept goodie bags of candy or feel free to solicit donations from your favorite bakery!

As always, we will be happy to package and price the items on the day of the sale. They will be accepted throughout the day. If you have large quantities, it is best to receive these early in the day. Please mark your containers so we can return them to you. Also, please indicate what flavor the item is if it is not evident. If you cannot attend the dinner but wish to donate to the bake sale, you can arrange to have your items picked up. Please contact Teri Ehrenhardt at (309)467-6113 to arrange for pick up.

*Some years we've been sold out before the end of the dinner. Please help keep us supplied throughout the day. Gluten free items and goodies for diabetics are appreciated as well (Chex Mix, Trail Mix, etc.).*

## PLEASE HELP MAKE OUR 28TH SPAGHETTI DINNER FUNDRAISER A SUCCESS!!!

### 1. HELP US ADVERTISE!

Make copies of the flier to the left or download fliers from our website ([www.hoidsa.org](http://www.hoidsa.org)) and share with others. Post them at work or on Facebook. Tell everyone you know to come out & have a good meal for a great cause!

### 2. SELL RAFFLE AND DINNER TICKETS

Please sell dinner and raffle tickets to your family, friends, and co-workers. Tickets are available from Milly Howeler (309) 692-3688.



### 3. DONATE RAFFLE ITEMS

Raffle items are needed for the main raffle and the baskets. Remember to help by soliciting items and supplying a "theme" basket for the raffle. Please direct all donations through Amanda Nauman at (309)360-1133 or [anauman@mtco.com](mailto:anauman@mtco.com) to prevent duplication. Contact Amanda Nauman or Christy Getz at (309)635-7309 or [jcgetz94@yahoo.com](mailto:jcgetz94@yahoo.com) for more information.

### 4. DONATE BAKE SALE ITEMS

If you cannot attend the dinner but wish to donate to the bake sale, you can arrange to have your items picked up. Please contact Teri Ehrenhardt at (309) 467-6113 to arrange for pick up.

### 5. VOLUNTEER

Volunteers needed to help set up, serve, clear tables, and clean up. Find the link to [SignUp.com](http://SignUp.com) on our facebook page at [www.facebook.com/HOIDSa/](http://www.facebook.com/HOIDSa/). If you have questions, contact Anne Hollis at (309) 219-5899.

### 6. MAKE A POSTER TO SHOW OFF YOUR KID

Don't forget to make a poster using a half-size poster board (either horizontal or vertical) with lots of pictures of your child and family for display! Please include your name and contact information on the back if you want your poster returned.

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

Our 28<sup>th</sup> Annual Spaghetti Dinner is right around the corner! 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

If you have any donations, please contact Christy or Amanda to arrange delivery/pickup and to pass along the donor's name & address. Thanks in advance for helping make the silent auction another great success!

Christy Getz (309-635-7309 [jcgetz94@yahoo.com](mailto:jcgetz94@yahoo.com))  
Amanda Nauman (309-360-1133 [anauman@mtco.com](mailto:anauman@mtco.com))

## **Memorial/Recognition Donations**

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

- **Memorial donation in honor of Marilyn Rice, Elizabeth Rice's grandmother**

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.



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

*Family Dance Party  
This Saturday!!  
See page 3 for details*



## EDITOR'S REMARKS

Hello Everyone!

One of HOIDSA's largest fundraisers is right around the corner: the annual Spaghetti Dinner. Please take some time to review the information on pages 4 and 5. We need lots of help to make this Spaghetti Dinner another successful fundraising event. There are many ways you can help contribute to the success of the Spaghetti Dinner: volunteer your time the day of the dinner, solicit donations for the raffle, bake goodies for the bake sale, help advertise by hanging up fliers, or sell dinner tickets to your friends and family.

I hope to see everyone at our 10th Annual Family Dance Party! This is a very popular event and always lots of fun! See page 3 for more information.

Hope you and your family are off to a great start to 2017!

*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)**