



heart of illinois

Down Syndrome Association

Newsletter

February 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.

Calendar of Events

2017 Board of Directors

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Vacancy

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

- | | |
|-------------------------|---|
| Sun. March 5th | 28th Annual Spaghetti Dinner
11:00am - 6:00pm,
ITOO Hall, 4909 W. Farmington Road, Peoria |
| Mon. March 6th | Board Meeting - 6:00pm
Fondulac Library, East Peoria |
| Sun. March 12th | Young Athletes Practice - 3:00pm
St. Philomena School, 3216 N Emery, Peoria |
| Tues. March 14th | ACCESS March Madness Experience
FREE Event - see page 6 for details |
| Tues. March 21st | World Down Syndrome Day |
| Tues. March 21st | Young Adults Cooking Class - 7:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton |
| Thurs. April 6th | Wrightslaw Advocacy Training
9:00am-4:30pm DePaul University, Naperville IL
See page 8 for details |
| Sat. April 29th | Illinois Family Leaders Annual Conference
9:00am-3:00pm Spalding Pastoral Center, Peoria
See page 10 for details |
| May 4th-5th | Illinois Includes Conference (2-Day Event)
8:00am-4:00pm Double Tree Hotel, Oak Brook IL
See page 8 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.

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Everybody had a great time at the dance party on January 28th. Thank you DJ Chuck Tucker for spinning the tunes and keeping the dance floor hopping. Special thanks to Julie Heim and her crew for organizing this event, supplying the snacks and goodies, and keeping the pizza coming!



Hayden Mattheessen, Hayden's friend, and John Meyer hanging out at the dance party

Birthdays Next Month



March

Janette Begner
3/1

Chris Bigelow
3/1

Maggie Getz
3/6

Jax Gander
3/11

Dakota Herold
3/11

Benit Roth
3/13

Jared Hicks
3/14

Jessica Pribble
3/15

Willis Leighty
3/17

Nicholas Stuber
3/18

Jack Robison
3/20

Joseph Zimmerman
3/21

Jamie Martin
3/23

Mercy Thacker
3/24

Ashley Wertz
3/26

Trevor Colby
3/27

Lisa Pattelli
3/30



MARCH 21: WDSD SEE THE ABILITY!



World Down Syndrome Day is annually observed on March 21 to raise public awareness and understanding of Down syndrome. Down Syndrome International encourages our friends all over the world to choose your own activities and events to help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.



28th Annual Spaghetti Dinner

Sunday, March 5th, 2017

11:00 a.m.—6:00 p.m.

ITOO Hall

4909 W. Farmington Rd.

Volunteers are asked to park across the street at Midwest Implement or at least on the far end of the parking lot and leave the close spots for our guests.

Young Adult Cooking Class

For any member 16 years old & older
3rd Tuesday of the Month

Next class: March 21st 7:00-8:30pm
Bethel Lutheran Church
Contact Meri at 309-264-4900



**Special Olympics
Young Athletes™**

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 at

St. Philomena School gymnasium

3216 N Emery, Peoria

3:00 pm – 4:00 pm

Sunday, March 12, 2017

Sunday, April 9, 2017

Sunday, May 7, 2017

If interested in participating or volunteering,
e-mail: youngathletespeoria@yahoo.com

John & Christy Getz

Curt & Amanda Nauman

Memorial/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.

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

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

1. VOLUNTEER

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 time slot 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/HOIDSa/ 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>

SET-UP FOR THE DINNER will be Saturday, March 4th at 8:00 AM. Contact Meri Tucker at 309-694-2984 if you can help out.

On the day of the dinner, volunteers are asked to park across the street at Midwest Implement or at least on the far end of the parking lot and leave the close spots for our guests.

2. DONATE ITEMS FOR THE RAFFLE & SILENT AUCTION

Raffle items are needed for the main raffle and kids raffle. We would also love for you to donate a basket for the silent auction, but we welcome single items and will create baskets for them. Please direct all donations through Amanda Nauman at (309)360-1133 or anauman@mtco.com to prevent duplication.

We welcome your help soliciting items from businesses and small business owners. This is also a great way for them to advertise their products and make a contribution to a 501(C)(3) nonprofit organization. Tax-deductible receipts are available.

Contact Amanda Nauman or Christy Getz at (309)635-7309 or jcgetz94@yahoo.com for more information.

3. DONATE BAKE SALE ITEMS

Bake sale items will be accepted throughout the day. We will be happy to package and price the items for you. Please indicate what flavor the item is if it is not evident. **Gluten free items and goodies for diabetics are greatly appreciated.**

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) 645-5690** to arrange for pick up.

4. HELP US ADVERTISE

Download fliers from our website and share with others. Fliers can be found at www.hoidsa.org. Post them at work or on Facebook. Tell everyone you know to come out & have a great meal for a good cause!

The meal includes ALL-YOU-CAN-EAT LaGondola spaghetti, salad, garlic bread, and a drink.

5. SELL RAFFLE AND DINNER TICKETS

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

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.





**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

FREE Webinars from Family Matters



Register at <http://www.fmptic.org/events>

The 'Why' Behind Inclusive Education

Join us for a webinar on Mar 02, 2017 at 12:00 PM CST.

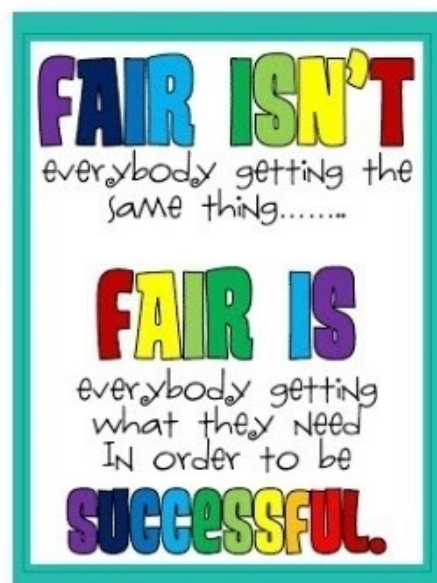
Register now!

<https://attendee.gotowebinar.com/register/2450494039373068291>

Participants will learn strategies for including all classroom learners, the importance of valuing unique needs, what the law says about least restrictive settings, and how inclusive education is a precursor for an inclusive life.

After registering, you will receive a confirmation email containing information about joining the webinar.

[View System Requirements](#)



Sometimes Negative Is Better Than Nothing (Accommodating Students Who Struggle with Behaviors)

Join us for a webinar on Mar 16, 2017 at 12:00 PM CDT.

Register now!

<https://attendee.gotowebinar.com/register/7777874166574414595>

Participants will learn ways that students can be nurtured, respected, and honored while accommodations are put in place to improve behavior and educational outcomes.

After registering, you will receive a confirmation email containing information about joining the webinar.

[View System Requirements](#)



The Art of Advocacy Without Being Voted Off the Island

Join us for a webinar on Mar 30, 2017 at 12:00 PM CDT.

Register now!

<https://attendee.gotowebinar.com/register/7755778380906833667>

Participants will learn collaborative problem solving strategies to reduce family-school conflict in special education. They will work through how to resolve different views of a child's needs, issues related to resource constraints, power struggles, lack of trust, and more.

After registering, you will receive a confirmation email containing information about joining the webinar.

[View System Requirements](#)



If you want to attend these webinars by phone, please call 866-436-7842, x3516.

If accommodations are needed you must call 2 weeks before the scheduled webinar, call 866-436-7842, x3516



ILLINOIS INCLUDES

Annual Conference

When: May 4-5, 2017

**Where: DoubleTree by Hilton Chicago—Oak Brook
1909 Spring Rd, Oak Brook, Illinois 60543**

A wide range of topics will be featured:

- the role of the principal in inclusive schools
- supporting students with significant disabilities
- collaborating with students in instruction & advocacy
- the inclusive IEP
- early childhood for all
- cooperative learning
- including students on the autism spectrum
- understanding the role of families in the inclusive school
- differentiating instruction
- co-teaching and collaboration
- supporting friendships and building classroom community

Registration is NOW Open!!
Only 310 spots are available
each day, so register NOW!
Register online at
<http://www.illinoisincludes.org>

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Wrightslaw From Emotions to Advocacy Training with Pat Howey

When: Thursday, April 6, 2017

Where: DePaul University, Naperville, IL (Chicago Area)



In From Emotions to Advocacy training programs (one day, 6 hours), advocate Pat Howey teaches you how to take an active role in managing your child's special education, the gentle art of disagreeing, and how to maintain healthy working relationships with the school.

You will learn:

- how to assess your child's strengths and needs
- how to prepare a Parent Report for the IEP team
- how to build healthy working relationships with school personnel
- how to document information that may prevent or resolve disputes
- how to participate as an equal member of your child's IEP team

**Early Bird Discount
Before March 6th!**

Wrightslaw programs are designed to meet the needs of parents, educators, health care providers, advocates and attorneys who represent children with disabilities regarding special education. The program is not disability specific.

For more information and to register online, go to <http://www.wrightslaw.com/speak/17.04.il.htm>

Your registration fee includes morning refreshments, lunch, a deluxe Wrightslaw highlighter pen, and a copy of *Wrightslaw: From Emotions to Advocacy*, 2nd Edition.

STIPEND AND SCHOLARSHIP ASSISTANCE FOR FAMILIES TO ATTEND EDUCATIONAL CONFERENCES



What is a STARNET Fellowship?

To promote family education and professional development for individuals in Northwest and Central Illinois, STARNET Region I & III (part of a grant funded through the Illinois State Board of Education) offers fellowships. A fellowship is a monetary award that reimburses eligible family members (up to \$125 each) and early childhood professionals (up to \$100 each) for certain expenses associated with attendance at an Illinois training event. Individuals may apply for a maximum of two fellowships per grant year (from July 1st to the following June 30th). Awards are based on available funds and approved at the discretion of the STARNET staff.

Family Fellowships

STARNET provides fellowship reimbursement funds for family members to attend educational and informative events in the State of Illinois. If you live within StarNET Region I & III, are a family member of a child two through six years of age with an IFSP or an IEP, you are eligible. Funds may be used for workshop registration, travel expenses/mileage, lodging, or childcare costs. Fellowship awards are not, in anyway based on your income. Limited funds are available for individual requests of up to \$125 per award. Individuals may apply for no more than two fellowships in the grant year from July 1st to the following June 30th. Fellowships are limited to two per individual, not two per family.

Application forms must be submitted at least one month prior to the event for which you are seeking funding.

Awards are based on available STARNET funds and are approved at the discretion of the STARNET Staff. The STARNET grant is funded through the Illinois State Board of Education. If there are any questions about the process, please call (800) 227-7537 ext 251.

How do I Apply?

<https://www.starnet.org/home/fellowships/fellowshipsForm.php>



The Arc of Illinois, through a grant from the Illinois Council on Developmental Disabilities, administers the Consumer Involvement Program and distributes consumer stipend funds to enable people with developmental disabilities and their family members to attend conferences of their choice that are directly related to developmental disability issues.

What Can I Apply For?

Conference must be directly related to developmental disabilities at an in-state or out-of state conference

How much can I apply for?

- \$400 per person per year
- \$700 per family per year

Limitations: Participants are limited to a maximum of two stipends per year per individual or family within funding limit.

What Can I Use These Funds For?

- Conference Registration
- Child Care
- Respite Care
- Meals
- Personal Attendant
- Hotel
- Transportation

How Do I Apply?

The application form must be completed and returned to The Arc of Illinois with a copy of the conference brochure and a completed registration form at least 30 days prior to the date of the conference/workshop.

<https://www.thearcofil.org/consumer-stipend-project/>

Illinois Family Leaders Collaboration presents the 11th Annual Family Conference

Saturday, April 29th, 2017
Spalding Pastoral Center
419 NE Madison Ave, Peoria, Illinois

Registration: 8:30am to 9:00am

Conference: 9:00am to 3:00pm

Featuring Barbara T. Doyle, M.S.

Healthy Minds, Healthy Lives: Promoting and Protecting the Mental Health of Children with Disabilities or other Special Needs

Mental Health is essential for successful life outcomes. The World Health Organization defines mental health in this way: "Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." Mental health is our goal for every child with disabilities!

This workshop is designed to help participants learn how to protect and promote the mental health of children with autism, intellectual/developmental disabilities, or other special needs. Topics in the workshop will include identification of qualities that lead to mental health; how to promote mental health during everyday life activities; strategies to avoid harming the mental health of children with disabilities; recognizing the impact of trauma; using Positive Affirmations for mentally healthy thinking; and the role of Self-Knowledge, Self-Awareness, and Self Advocacy in lifelong mental health.

The information in this workshop will be provided for educational and informational purposes only.

The materials and strategies presented in this workshop will not be a substitute for the services of a mental health professional such as a physician or therapist.

Barbara T. Doyle, MS is an internationally known author, presenter, and special education professional with expertise in developmental disabilities, autism, and mental health. She provides consultation and training services to schools, families, universities, professional organizations, early childhood programs, the child welfare system, mental health programs, and adult services agencies. She is an engaging trainer, noted for her practical, life-span information delivered with humor and humanity. Her website is www.barbaradoyle.com

WHO SHOULD ATTEND

The Conference is for adult family members & caregivers of children (birth-22) who have developmental delays or disabilities. Service providers & educators are also welcome.

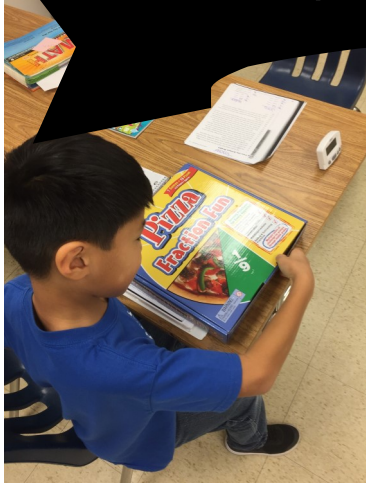
CONFERENCE COLLABORATORS

Early CHOICES • Family Matters Parent Training Information Center • Heart of Illinois Down Syndrome Association, Inc. • Project Reach: Illinois Deaf Blind Services • STARnet Region I & III • The Arc of Illinois Family to Family Health Information Center / Family Voices • Parents of individuals with disabilities

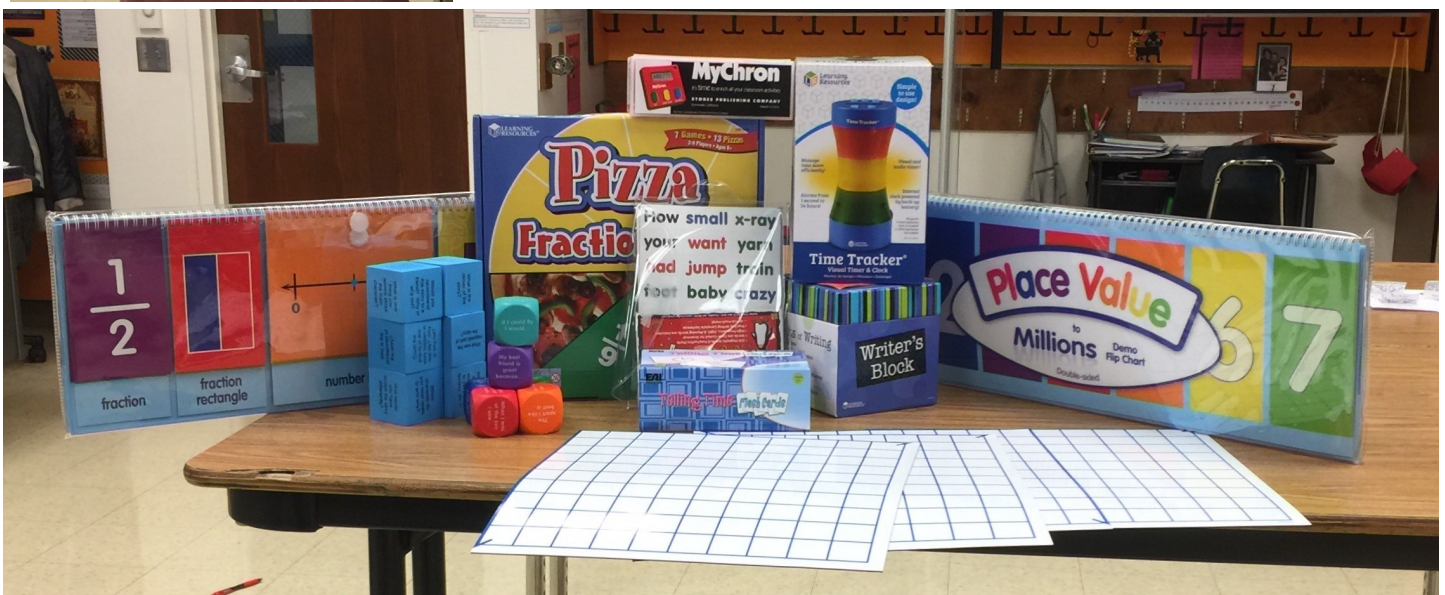
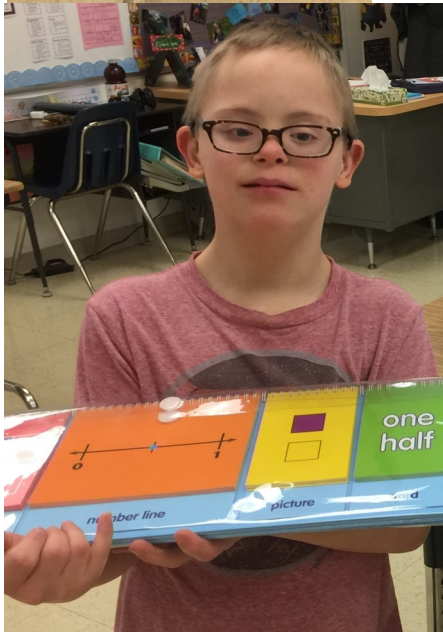
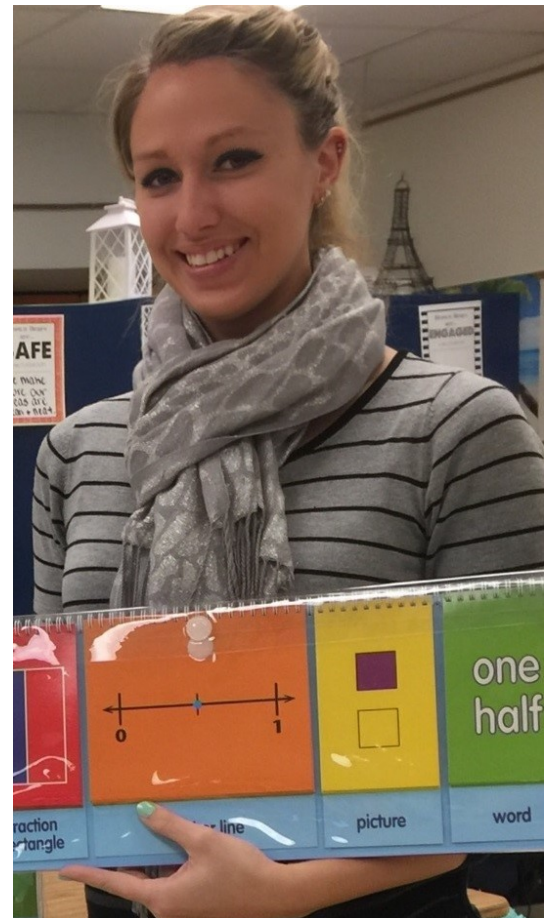
REGISTRATION

There is a **\$15 per person (nonrefundable) registration fee for family members** and a **\$25 (non-refundable) registration fee for professionals**. Breakfast and lunch are included. **Checks should be payable to "Family Matters," but mailed with the registration form to Starnet Regions I & III (address on form) by April 15, 2017.** Registration is limited. **CHILDREN CANNOT BE ACCOMMODATED AT THE CONFERENCE.** HOIDSA members will be reimbursed for their registration fee at the conference.

\$250 INCLUSION GRANT WINNER



Ashley King, resource teacher at Lettie Brown Elementary School in Morton, was the winner of the \$250 inclusion grant at the Keep Calm and Carry On Conference! She used it to purchase math manipulatives and reading materials for her students.





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

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Spaghetti Dinner
March 5th



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 some conferences coming up with great speakers. I encourage you to attend the Family Leaders Annual Conference in April, which is free for HOIDSA members, or the Wrightslaw Training in April, or the Illinois Includes Conference in May. Family Matters is also offering 3 great webinars in March for FREE.

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/

**Contact IRVSRA at 309-699-3923 or visit
www.fondulacpark.com/recreation-programs/**

**Contact IRVSRA-Pekin Park District
at 309-347-7275 or visit
www.pekinparkdistrict.org/irvsra/index.html**