



heart of illinois

Down Syndrome Association

Newsletter

January 2018

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.



2018 Board of Directors

Anne Hollis *President*
309-219-5899
anne.mc.hollis@gmail.com

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

Milly Howeler, *Treasurer*
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John Getz

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Sarah Pepino

Christy Sanchez

Kim Sarff

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

Calendar of Events

- Thurs. Jan. 25th** **Housing & Funding Options for People with Down Syndrome** 6:00pm - 8:00pm
Advocates for Access Office
4450 N. Prospect Rd, Suite C8, Peoria Heights
- Sat. Jan. 27th** **Annual Family Dance Party**
6:00pm - 9:30pm
Morton Knights of Columbus Hall
616 David St, Morton
- Mon. Feb. 5th** **Board Meeting** - 6:00pm
Fondulac Library, 400 Richland St., East Peoria
- Sun. Feb. 18th** **Young Athletes Practice** - 3:00pm
St. Philomena School, 3216 N Emery, Peoria
- Tues. Feb. 20th** **Young Adults Cooking Class** - 7:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton
- Sun. March 4th** **29th Annual Spaghetti Dinner**
11:00am - 6:00pm,
ITOO Hall, 4909 W. Farmington Road, Peoria
- Tues. March 13th** **ACCESS March Madness Experience**
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:

- Nick DeTrempe
- John Getz

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 29th annual Spaghetti Dinner is right around the corner on March 4th, 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 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. We will posting the link by the end of the month.

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)
Amanda Nauman (309-360-1133 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 309-645-5690 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!



**** This Thursday ****

Housing and Funding Options for People with Down Syndrome



Thursday January 25, 2018

at the Advocates for Access Office

4450 N. Prospect Road, Suite C8, Peoria Heights

6:00pm-8:00pm

Lower level conference room



**Presenters: Lisa Evans from Central Illinois Service Access and
Greg Cassidy from Tazewell County Resource Center**

Come hear what you need to know to prepare for your child's independent living options as an adult. Mark your calendar for this informative and useful seminar.

You will learn how PUNS funding works, its delivery system and more. New and existing housing options will be presented and discussed along with new government directives.

Please RSVP: Meri Tucker 309-694-2984 or endroad@comcast.net

Seating is limited

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

HOIDSA Family Dance Party

11th Annual

Saturday, January 27th, 2018

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)



FREE ADMISSION

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

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

Heart of Illinois Down Syndrome Association, Inc.

29th Annual

SPAGHETTI DINNER

Sunday, March 4, 2018 • 11:00 a.m. - 6:00 p.m.



\$8.00/Adult
(13 & up)

\$5.50/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) 645-5690 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 29TH 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) 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 to prevent duplication. Contact Amanda Nauman or Christy Getz at (309) 635-7309 or 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) 645-5690 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 on our facebook page at 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 29th 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)
Amanda Nauman (309-360-1133 anauman@mtco.com)

Memorial/Recognition Donations

Country Financial donated \$1,000 in honor of Jamie Czesak's volunteer efforts for HOIDSA. Jamie was awarded the Country Financial Community Service Award, created to honor employees who go above and beyond in their volunteer duties. As part of that award, Country Financial donates \$1,000 to the organization where the recipient volunteers. Jamie's continued dedication to HOIDSA makes her worthy of the honor. She is a role model and an example of the good created through community volunteerism. HOIDSA sincerely appreciates Jamie's contributions to the Friends of HOIDSA Walk for Down Syndrome and various social group outings.

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 13, 2018

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 13, 2018

5:00 pm - 8:00 pm

Peoria Civic Center, Peoria, IL

***Stop by the
HOIDSA booth!***

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



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

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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 11th 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 2018!

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**