



heart of illinois

Down Syndrome Association

Newsletter

April 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*
309-692-3688
millyhoweler@gmail.com

Nick DeTrempe

John Getz

Renee Hayes

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

Thurs. May 3rd

**Social Security Benefits for Individuals
With Disabilities**

6:00pm - 8:00pm Advocates for Access Office
4450 N. Prospect Rd, Suite C8, Peoria Heights
See page 3 for details

Sun. May 6th

Young Athletes Closing Ceremony - 3:00pm
St. Philomena School, 3216 N Emery, Peoria

Mon. May 7th

Board Meeting - 6:00pm
Fondulac Library, East Peoria

Tues. May 15th

Young Adults Cooking Class - 7:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton

Sat. May 19th

Gigi's Playhouse Central Illinois
Redeemer Lutheran Church, Peoria
See page 2 for details

***The newsletter will be bi-monthly through the summer.
The May/June newsletter will arrive in mid-June and the
July/August newsletter will arrive in mid-August.**

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.



Down Syndrome Achievement Centers
educate. inspire. believe.

GiGi's Playhouse Central Illinois provides free programming to Individuals with Down Syndrome and we are excited to offer these two amazing programs:

May 19

Redeemer Lutheran Church
6801 N. Allen Road
Peoria, IL 61614

LMNOP

Guides parents and young children through learning basic sign language and other forms of communication using music and language-based activities. This program is for children from 6 months to 5 years and begins at **10:00**

Destination Discovery

Supports the development of motor skills, social skills and language through purposeful play and peer to peer interaction in a casual and fun setting. This program is open to all ages and begins at **11:00**

For more information and to RSVP, visit

Gigisplayhouse.org/Centralillinois



Birthdays

May

Stephanie Brant

5/3

Elizabeth Rice

5/7

Addy Duensing

5/9

Shea Gale

5/11

Madison Haynes

5/12

Claire Schwarting

5/13

Rebecca Nickerson

5/14

Brad Fornoff

5/20

Oliver Smith

5/22

Wyatt Lauber

5/28

Tom Weiss

5/30

Nicholas Mueller

Triston Walbright

June

Chad Applen

6/2

Jacob Urban

6/4

Hannah Capitelli

6/7

Jacob Monrad

6/7

Kaden Barnewolt

6/12

Francis Couri

6/19

Trecker Ralph

6/20

Bridget Bielenberg

6/21

William Harston-Meagher

6/23

Anthony West

6/23

Jesse Hatfill

6/24

Jeremy Quintiliani

6/24

Kellen Ehrenhardt

6/26

Rory O'Hanlon

6/27

Adam Nepolello

6/28

Gregory DeBoer



Inside this Issue

Content	Page
Calendar of Events	1
Gigi's Playhouse Central Illinois	2
Social Security Benefits Seminar	3
World Down Syndrome Day	4
Young Athletes	5
Special Olympics	6
StarNet Workshops	7
Greetings from Newsletter Editor	Back Cover
Summer Activity Stipends	Back Cover



**The Shut Up Sisters were a huge hit at the
Illinois Family Leaders
12th Annual Conference**



**Conference Stipends for
HOIDSA Families**

The Heart of Illinois Down Syndrome Association budgets family stipend funds to enable group members to attend overnight conferences of their choice that are directly related to Down syndrome or developmental disability issues. Families may apply for up to \$500 per person, with a maximum of \$1000 per family each year. Stipends may be used to pay for conference registration, child care, respite care, hotel, transportation, and other expenses directly related to attending the conference. For more information and to download the application, visit our website at <http://www.hoidsa.org/programs/profile/family-conference-stipends>



**Social Security Benefits for
Individuals with Disabilities**

Thursday May 3, 2018

at the Advocates for Access Office
4450 N. Prospect Road, Suite C8, Peoria Heights
Lower level conference room

6:00pm-8:00pm

Presenter: Representatives from the Social Security Administration

Topics discussed will include:

- ♦ SSI
- ♦ SSDI
- ♦ **Right to Work Program
and other programs**

This seminar is very popular, so RSVP early as seating is limited.

Mark your calendar for this informative and useful seminar.

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

Seating limited to first come first served



Max's kindergarten class at Metamora Grade School made crazy socks for World Down Syndrome Day, and a special shirt for him.



Courion is looking sharp on World Down Syndrome Day!



Joshua and his mom, Wendy, celebrated World Down Syndrome Day by sharing facts about Down syndrome.





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.



Closing Ceremony: Sunday, May 6, 2018

**Families who are interested in participating or volunteering next Fall should contact
Sioban Stahl, HISRA
sstahl@peoriaparks.org 309.691.1929**



Congratulations, Liz and Victoria!

Liz received a Gold medal in the 50 meter Relay, as well as a Silver in the Butterfly, and a Silver in a 50 meter Freestyle Medley. Victoria Williams received a Gold medal in the 50 meter Medley. The two will go to State competition in Bloomington-Normal in May.



GOOD LUCK
GOOD LUCK
GOOD LUCK

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.

For more information call 309-712-4852. Pre-printed memorial envelopes are available.



Making Inclusion Work: Partnerships and Teaming with Families, Professionals, and the Community (Webinar)

TUESDAY, MAY 15, 2018

7:00 PM - 8:30 PM

Presenters: Emily Reilly and Emily Ropars

Making Inclusion Work: Partnering and Teaming with Families, Professionals and the Community is the third in a 3-part introductory series focusing on providing the basics of high quality inclusive programming. Join us in this series as we use the Illinois model for "What Makes Inclusion Work in Early Childhood" to guide you through the research-based practices shown to improve successful implementation of inclusive programming. Part three will focus on relationships, collaboration and communication systems to improve outcomes for children. It is not required to register for all webinars in this series, but is highly recommended.

Intended Audience: Administrators, ECSE Educators, General Educators, Teacher Assistants, Family Members, Family Educators, Psychologists, Social Workers, SLP's, OT/PT's

Register at

<https://starnet.org/home/events/inclusion/>

FREE
Workshops

Jill Molli, M. Ed.

"You Can't Make Me! Five Levels of Defiance and How to Effectively Respond to Each"

The Camden Centre
2701 1st Street East
Milan IL (near Quad Cities)

Thursday, May 10, 2018
9:00am-4:00pm

When faced with outright defiance to our authority, we tend to give away our power and spiral out of control as we attempt to gain control. This session teaches adults the skills needed to effectively respond to the five levels of defiance (ignoring, "no", verbal attacks, physical attacks, withdrawal). These skills empower you to handle difficult situations so that the children in your care are more likely to choose cooperation instead of escalating their defiance.

Register at <https://starnet.org/home/events/you-cant-make-me/>

Jim Gill

"A Joyous Way to Learn: Music Play to Promote Readiness, Literacy, Math Development, and Inclusion"

Lincoln Land Community College
5250 Shepherd Road
Springfield IL

Tuesday, May 15, 2018
12:30pm-3:30pm

In this energizing session Jim will share examples of his work – both books and songs – that teachers and care providers can bring back to their classrooms, playrooms and family rooms. Most importantly, Jim will discuss how his unique creations in music play inspire young children not only to move, but to regulate their movements....not only to sing, but to make connections between the words they sing and the printed word and the world of numbers. Jim will discuss how a play-based program provides an inclusive environment for children with special needs and share thoughts based on his work with children of all ability levels. Early childhood professionals will leave the session inspired to share a new repertoire of songs and playful literacy activities with the children that they care for. Even more, they will leave the session understanding that what is most challenging about the nature of early childhood education is also what makes the profession so exciting. When we define our teaching as helping children learn, we not only provide joyous challenges for the children. We also keep ourselves engaged and rejuvenated by watching their excitement as they learn.

Register at <https://starnet.org/home/events/a-joyous-way-to-learn-music-play-to-promote-readiness-literacy-math-development-and-inclusion/>



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

NONPROFIT
U.S. POSTAGE
PAID
PEORIA, IL
PERMIT NO. 455



EDITOR'S REMARKS

Hello Everyone!

Just a reminder that the newsletter is bi-monthly during the summer months. The May/June newsletter will be mailed in mid-June and the July/August newsletter will come out in mid-August. To make sure you stay as up-to-date as possible on all of HOIDSA's news and events, make sure to visit our website at www.hoidsa.org and our facebook page at <https://www.facebook.com/HOIDSa>.

As you prepare your summer plans, keep in mind that HOIDSA offers family reimbursement stipends of up to \$100 for summer activities. We'd like to see our kids continue to be involved in community activities with their peers. Don't forget to utilize special recreation associations like HISRA and IRVSRA, who provide support to children with special needs, free of charge, so they can be included in typical activities and programs.

Carol Nepolello

c.nepolello@comcast.net

SUMMER ACTIVITY 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

Contact IRVSRA at 309-699-3923 for information or visit www.fondulacpark.com/specrec.htm

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