



heart of illinois

Down Syndrome Association

Newsletter

March 2019

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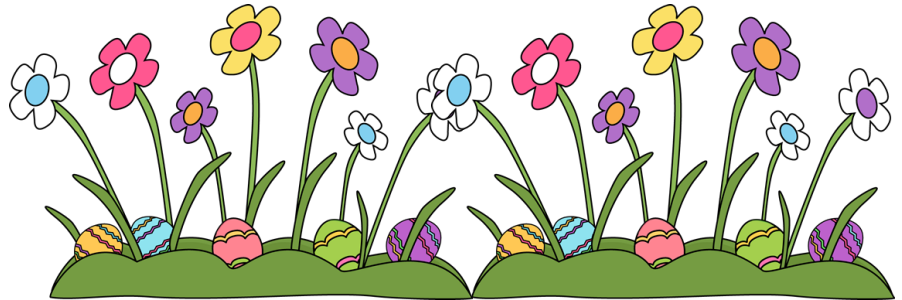
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The Heart of Illinois Down
Syndrome Association, Inc. is a
501(c)3 not-for-profit organization.

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

Mon. April 1st

Board Meeting - 6:00pm
Hy-Vee, Sheridan Rd., Peoria

Sat. April 6th

HOIDSA Easter Egg Hunt – 10:45am
Redeemer Lutheran Church, Peoria
See page 3 for details

Sat. April 6th

Illinois Family Leaders Annual Conference
9:00am-3:00pm Spalding Pastoral Center, Peoria
See page 6 for details

Sun. April 14th

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

Tues. April 16th

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

Tues. April 23rd

Presentation by Dr. Brian Chicoine - 1:00pm
AC Fellowship Hall, Morton
See page 3 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.

Greetings From The President

Birthdays
Next
Month



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March 2019

March 3rd was our 30th Annual Spaghetti Dinner fundraiser. It was a celebration with over 850 guests served!

The weather eventually co-operated and the sun came out. The day was filled with reunions of families, friends and HOIDSA members. New families had an opportunity to check out all HOIDSA has to offer and make connections. A comment I heard from a first time guest was she expected the day to be more somber with families resigned to accepting a diagnoses of Down syndrome. Instead, she found a happy celebration with our members who have Down syndrome actively participating in the day in every way. It was an astonishing day for her!

Kudos go out to all our committee chairs who put in so many hours before and after the dinner.

Teri Ehrenhardt and her Bake Sale committee continue to run and display the most imaginative bake sale year after year.

Christy Getz and Amanda Nauman, with their committee, have the most interesting and varied silent auction and raffle items. It's always exciting to see what items they have for auction.

Anne Hollis is our Volunteer Chair. It's important she keeps everyone organized and directed to their station and this she does very well. She is, also, responsible for having the Bradley Women's Volleyball team come help set up the hall.

Chuck Tucker, as Entertainment Chair, keeps us tapping our toes and dancing until the music stops. The variety and musical styles are incredible.

Milly Howeler is Co-Chair of the dinner. She has the critically important job of keeping the kitchen humming by doing whatever is needed. When she's not in the kitchen, we keep her busy making change for all the sales areas. She really could use a pair of roller skates next year!

Thank you to all our chairpersons for making this year's dinner another success. Thank you to our members and Board of Directors who sold raffle/dinner tickets, donated, solicited donations, advertised, baked, volunteered, set up/tore down and supported HOIDSA. We have a wonderful and unique group of people who share a common goal of educating the public what people with Down syndrome contribute to our communities.

Meri



April

Benaiah Schoenbein
4/2

Kenedi Boucher
4/6

Garrett Geier
4/12

Derek DeBolt
4/15

Bailey Fifer
4/15

Aries Rush
4/16

Natalie Ballor
4/18

Mackenzie Brunson
4/20

Holly Randall
4/21

Bridget Buscemi
4/23

Kaelie Morgan
4/24

Jazmine German
4/25

Chris Kezele
4/26

Charlie Grahek
4/27

Jeremiah Larson
4/28

Adam Masso
4/28

Jason Phillips
4/30

Jordan Phillips
4/30

Ryan Miller



HOIDSA EASTER EGG HUNT FOR

CHILDREN WITH DOWN SYNDROME APRIL 6 10:45-11:15 REDEEMER LUTHERAN

IN CONJUNCTION WITH GIGI'S PLAYHOUSE POPU

Contact Renee at renoslif@yahoo.com or
(309) 453-3115 if you have any questions.



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.

The program is now managed by HISRA, which charges \$5 per session, but that can be reimbursed by HOIDSA by submitting a copy of your receipt to Milly Howeler.

Registration information available at
<https://hisra.org/wp-content/uploads/2018/09/2018-Fall-HisraHub.pdf>

Dates: 3/24, 4/14, 5/5

A Special Olympics registration form will need to be completed for each participant and volunteer.

All sessions held 3:00 pm – 4:00 pm at
St. Philomena School gymnasium
3216 N Emery, Peoria

Questions? Contact Sioban Stahl, HISRA
sstahl@peoriaparks.org 309.691.1929

A Special Presentation on Aging and Dementia in Adults with Intellectual Disabilities by Dr. Brian Chicoine

Tuesday, April 23, 2019
at the AC Fellowship Hall
2201 Veterans Road, Morton
1:00pm

Dr. Chicoine is the medical director of the Adult Down Syndrome Clinic in Park Ridge, IL. He has researched aging in adults with intellectual disabilities, but also takes an active role with his patients at Advocate Lutheran General Hospital and Misericordia in Chicago. He is a great speaker and his information has always been pragmatic and useful. **There is no cost to attend.**



Isaac Aberle Activity Director

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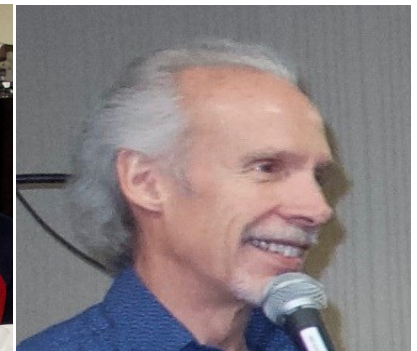
Contact Isaac Aberle
via email or cell phone
to reserve your spot



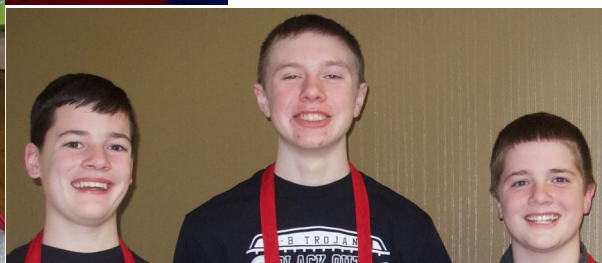
Special Thanks to Marybeth & Tony Couri of La Gondola of Decatur for 30 years of spaghetti!



**Thank you to everyone who helped make
our Spaghetti Dinner a huge success!!**



846
*Spaghetti
Dinners
Served*



Thank you to everyone who baked and donated goodies for the Bake Sale. We had another amazing year, raising over \$2,400!

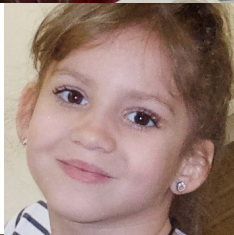
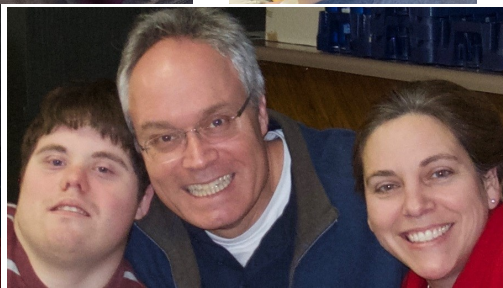


Winner of \$500 Visa Gift Card:

Pat Heffren

Winner of \$250 Visa Gift Card:

Joe McDaniel



Illinois Family Leaders Collaboration presents the 13th Annual Family Conference

Saturday, April 6th, 2019
Spalding Pastoral Center
419 NE Madison Ave, Peoria, Illinois

Registration: 8:30am to 9:00am

Conference: 9:00am to 3:00pm

Featuring Kathy Morris

“Help, What Do I Do With This Child Now That We Have a Diagnosis?”

This seminar is designed for families of children/adolescents birth-21 years old. An overview of developmental disabilities, including Down Syndrome, Fragile X Syndrome, Cognitive Delays, Autism Spectrum Disorders, and other disabilities will be highlighted. Strategies to support the manifestations of the disabilities will be presented. In addition, an overview of the grief process parents experience will be presented to aid in understanding and to support parents during the early years and beyond the diagnosis.

Kathy Kaluza Morris has been an educator for 45 years specializing in autism and behavior disorders as well as moderate to severe cognitive disabilities. As a speech therapist for students with severe disabilities and as a teacher of students with behavior disorders, including autism and emotional disturbances, she was mentored and supported by many national/international experts from whom she gathered many practical experiences and suggestions which she implemented. Kathy and husband, Guy, “walk the walk and talk the talk” after the birth of their twin sons 32 years ago with autism and cerebral palsy. It has given them perspective of life as parents of children with disabilities as well as of educators.

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 • STAR NET Region I & III • The Arc of Illinois • Parents of individuals with disabilities • Central Illinois Down Syndrome Organization

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 March 23, 2019.** Registration is limited. **CHILDREN CANNOT BE ACCOMMODATED AT THE CONFERENCE.**

The registration form can be downloaded and printed from

<http://www.illinoislifespan.org/wp-content/uploads/2018/12/2019-Family-Conference-Brochure-1.pdf>

HOIDSA members will be reimbursed for their registration fee by submitting a copy of their receipt to Milly Howeler, 5624 N. Graceland Dr., Peoria IL 61614.



If you celebrated World Down Syndrome Day on March 21st at your child's school, or with a group of friends, or by rocking a pair of cool socks, please send me your pictures!

Email your pictures to
c.nepolello@comcast.net by April 6th to be included in the next newsletter.

Young Adult Cooking Class

For any member

16 years old & older


3rd Tuesday of the Month

Bethel Lutheran Church
Contact Meri at 309.264.4900

ROMANCE AND SEXUALITY IN INDIVIDUALS WITH DOWN SYNDROME

♥ Master's Thesis | UC Irvine ♥
Lead researcher: Jessica Greenwood
714-456-5837 | jagreenw@uci.edu

Brief Survey:



Please share with your child's other parent!

To participate scan QR code with smart phone camera, or visit:
<https://is.gd/sexualityandromance>

Must have at least one child with Down syndrome who is 12y or older

HOIDSA Friendship Walk for Down Syndrome is back!

Saturday, October 5, 2019

EastSide Centre, East Peoria

Committee Chairperson, Nick Detrempe, is looking for passionate people to join the Walk committee and make this one the best yet!!

Contact Nick at 309-868-5810 or ndetrempe@gmail.com

Memorial/Recognition Donations

\$500 from Knights of Columbus in Morton

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.



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

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EDITOR'S REMARKS

Hello Everyone!

Thank you to everyone who helped make our 30th annual spaghetti dinner fundraiser another successful event. I hope you enjoy the pictures on pages 4 & 5. We could not have done this without our generous donors, volunteers, friends, and family members. Thank you so much to all who bought dinners, after-dinner treats, raffle tickets, and auction items; donated gifts and baked goods; and volunteered their time. Thank you to the various entertainment acts for their engaging performances. We also extend a special thank you to Marybeth & Tony Couri of La Gondola in Decatur, who have been providing the spaghetti for 30 years.

Please consider attending the Illinois Family Leaders 13th Annual Family Conference on April 6th. The workshop is free for HOIDS families.

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 309-201-4005 or visit

<http://www.irvsra.org/>