



heart of illinois

Down Syndrome Association

Newsletter

January 2020

*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.*

**2020 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.



**Calendar of Events**

**Sat. Jan. 25th**

**Annual Family Dance Party**

6:00pm - 9:00pm—see page 3 for details  
Morton Knights of Columbus Hall  
616 David St, Morton

**Mon. Feb. 3rd**

**Board Meeting - 6:00pm**

Fondulac Library, East Peoria

**Tues. Feb. 18th**

**Young Adults Cooking Class - 7:00pm**

Bethel Lutheran Church  
325 E. Queenwood Rd., Morton

**Sun. March 1st**

**31st Annual Spaghetti Dinner**

11:00am - 6:00pm,  
ITOO Hall, 4909 W. Farmington Road, Peoria

**Tues. March 17th**

**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.

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*From our family to yours,  
we wish you and those you love,  
good health, good fortune,  
happiness and peace  
throughout the coming New Year*



## Birthdays



<u>January</u>	
Libby Heger	Joseph Clore
1/4	1/16
Christopher Garza	Bianca Feazel
1/6	1/16
Adrianna Austin	Melissa Heiman
1/9	1/16
Caitlyn Shirley	Nathan Parks
1/10	1/18
Joel Wynkoop	Danny Moreland
1/11	1/22
Terry Cowley	Nick Butler
1/15	1/23
Dylan Lundy	Brett Pezold
1/15	1/27
Austin Ray	Jesslyn Jo
1/15	Schultz
	1/30
	Melissa Zuercher
	1/30

<u>February</u>	
Tate Pauli	Alina Hollis
2/7	2/14
Nicolas Carroll	Trevor Kalke
2/8	2/19
Abby Reuter	Jocelyn McDaniels
2/8	2/19
Andrew Sidwell	Emma Roe
2/8	2/19
Steven Behrends	David Campbell
2/9	2/19
Bo Gill	John Deford
2/10	2/24
Daniel Meyer	Levi Miller
2/10	2/27
	Adam Sarff
	2/27

## HOIDSA Family Dance Party



**Saturday, January 25th, 2020**  
at the Knights of Columbus Hall  
616 David Street, Morton, IL  
6:00 - 9:00 p.m.

**The Jukebox**  
(Chuck Tucker will DJ)

**FREE ADMISSION**

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

*Refreshments  
provided!*



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

### 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

## Add these dates to your 2020 calendar!

The Peoria Athletic Club is happy to offer our new Adaptive Jiu-Jitsu program. This program is designed to teach Brazilian Jiu-Jitsu to both children and adults with physical or intellectual disabilities. The techniques taught in class will be adapted to accommodate each student's abilities.



**Classes are every Saturday and FREE to all students with a disability**

The teen/adult class, for students 16 and older, will be from 8:30 am to 9:15 am  
The children's class, for students 15 and under, will be from 9:15 am to 10:00 am

Classes are held at the Peoria Athletic Club, 704 E War Memorial Drive, Peoria Heights, IL

For any questions, please contact Nick DeTrempe at 309-868-5810 or ndetrempe@gmail.com

**Saturday, January 18, 2020**  
**Oak Grove Elementary School**  
6018 W Lancaster Rd  
Bartonville, IL 61607

**LMNOP**  
**10:00-10:45am**

**Theme: The Jacket I Wear**

LMNOP is also known as Language Music n' Our Peeps and is recommended for Newborn to 36 month olds with Down syndrome and their families! LMNOP guides parents and young children through learning basic sign language and other forms of communication using music and language based activities.

**Destination Discovery**

**Theme: Winter**

**11:00am-12:30pm**

Destination Discovery supports the development of fine motor skills, gross motor skills, social skills and language through purposeful play and peer to peer interaction in a causal and fun setting. This program also brings families together to share experiences and build relationships.



Down Syndrome Achievement Centers  
educate. inspire. believe.

Heart of Illinois Down Syndrome Association, Inc.

*31st Annual*  
**SPAGHETTI DINNER**

**Sunday, March 1, 2020 • 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**

***Take out orders available***

***Raffle  
Silent Auction  
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 31ST 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 ITEMS FOR THE RAFFLE AND SILENT AUCTION

Items are needed for the main raffle and the baskets for the silent auction. Remember to help by soliciting items and supplying a "theme" basket for the silent auction. 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) 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](http://SignUp.com) on our website or 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.

# HOIDSA Volunteer Opportunities

## 2020 Friends of HOIDSA

### Walk Chairperson

The chairperson coordinates our Walk fundraiser that takes place in September/October.

This position requires a few hours per month from January to October to oversee all aspects of the event including:

- ◆ Coordinating the event with the venue
- ◆ Contacting previous donors/sponsors
- ◆ Setting up the Firstgiving registration website
  - ◆ Ordering & distributing t-shirts
  - ◆ Creating promotional materials

There is a checklist and timeline to complete the various jobs, as well as the previous years' files and documentation to follow.

If you are interested, please contact Nick DeTrempe at [ndetrempe@gmail.com](mailto:ndetrempe@gmail.com) or call 309.868.5810 for more information.

## SPAGHETTI DINNER 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 31st annual Spaghetti Dinner is right around the corner on **March 1st**, and we need your help! Volunteers are needed to help set up, serve dinners, clear tables, and clean up. We are using SignUp.com so people can choose the job they want in the 2-1/2 hour time slot they prefer.

To pick your job, the easiest way is to go to our HOIDSA website at [www.hoidsa.org](http://www.hoidsa.org) and click on the volunteer link or go to our Facebook page at [www.facebook.com/HOIDSA/](http://www.facebook.com/HOIDSA/) and find the post for volunteer sign up.

**If you have any questions,  
contact Anne Hollis at 309.219.5899**

## 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.



**HEART OF ILLINOIS  
SPECIAL RECREATION  
ASSOCIATION**



# **Special Needs Information Fair!**



The Dunlap & Central Illinois Special Needs Parent Group in conjunction with the IHSA March Madness Access The Experience Family Fun Night and HISRA invites all parents/ caregivers/families/educators of individuals with special needs to a community information fair. Organizations in the state of Illinois and many from Central Illinois will be providing information on their services.



**Date:** Tuesday, March 17, 2020  
**Time:** 5:00 p.m. to 8:00 p.m.  
**Place:** Peoria Civic Center



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For more information on the Special Needs Information Fair:  
Please call Libby Raab @ 309-693-0514 or HISRA @309-691-1929  
or find us on Facebook at Special Needs Information Fair at Access the Experience  
For more information on IHSA March Madness Access The Experience visit:  
<http://www.ihsa.org/SportsActivities/MarchMadnessExperience/MarchMadnessAccess.aspx>

Stop by the HOIDSA  
booth at the Special  
Needs Information Fair





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

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## 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 13th 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 in 2020!

*Carol Nepolello*

## THINGS TO DO

Special Recreation Activities:  
Check Out the Upcoming Activities  
HISRA • IRVSRA

Contact HISRA at 309-691-1929  
or visit [hisra.org/programs/](http://hisra.org/programs/)

Contact IRVSRA at 309-201-4005 or visit  
<http://www.irvsra.org/>