



heart of illinois

Down Syndrome Association

Newsletter

July / August 2015

*Contact Us:*

c/o Bethel Lutheran Church  
425 N. Missouri Ave.  
Morton, IL 61550  
309-712-4852  
info@hoidsa.org

**2015 Board of Directors**

Carol Nepolello, *President*  
309-243-8414  
c.nepolello@comcast.net

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

Milly Howeler, *Treasurer*  
309-692-3688  
millyhoweler@gmail.com

Jamie Czesak  
Laurie Mattheessen  
Becky McDaniels  
Kim Sarff  
Shelli Willoughby  
Todd Willoughby

Editor: Jamie Czesak  
309-303-8475  
jamieczesak@gmail.com

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**

- Tues. Sept. 8th**      **Board Meeting** - 6:00pm  
Bethel Lutheran Church, 425 N. Missouri, Morton
- Thurs. Sept. 10th**      **Buddy Walk T-Shirt Order Deadline!**
- Fri. Sept 11th**      **New Parent Breakfast** - 9:00am - 10:30am  
Bethel Lutheran Church, 425 N. Missouri Ave, Morton
- Sat. Sept. 12th**      **Pekin Marigold Parade**  
See page 6 for more details
- Sat. Sept. 12th**      **Family Picnic** - 11:30am - 2:30pm  
Neumann Park, 305 Neumann Dr., East Peoria
- Sun. Sept. 13th**      **Young Athletes Session** - 3:00pm-4:00pm  
at St. Philomena School, 3216 N. Emery, Peoria
- Sat. Sept. 19th**      **Morton Pumpkin Parade**  
See page 6 for more details
- Tues. Sept. 22nd**      **Grandparent's Group Meeting** - 6:00pm  
Perdue's, 201 S. Sampson St, Tremont
- Thurs. Sept. 24th**      **Inclusion Series - Part 2**  
With Dr. Paula Kluth  
See page 7 for more details
- Wed. Sept. 30th**      **Buddy Walk Online Registration Ends**
- Sat. Oct. 3rd**      **BUDDY WALK!** - Details on pages 4-5
- Fri. Oct. 9th**      **New Parent Breakfast** - 9:00am - 10:30am  
Bethel Lutheran Church, 425 N. Missouri Ave, Morton

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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# Greetings From The President

## July / August 2015

Summer is winding down.... For many of us that means back to school. The second part of our Inclusion Series with Paula Kluth is on **September 24<sup>th</sup>**. Please invite teachers from your child's school. The cost is very reasonable and HOIDSA will reimburse sub pay for teachers. We are also offering free registration for school administrators! As always, HOIDSA families attend for free – go to [www.hoidsa.org](http://www.hoidsa.org) to register.



The 8th Annual Buddy Walk will be here before you know it! The deadline for ordering t-shirts with your registration is **September 10<sup>th</sup>**. Set up your fundraising page at [www.firstgiving.com/hoidsa](http://www.firstgiving.com/hoidsa), and get your teams ready. I look forward to seeing you there!

Carol Nepolello

**GOOD LUCK TO ALL**  
**OUR STUDENTS!**  
**HAVE A GREAT START**  
**TO THE 2015-2016**  
**SCHOOL YEAR!**

## August

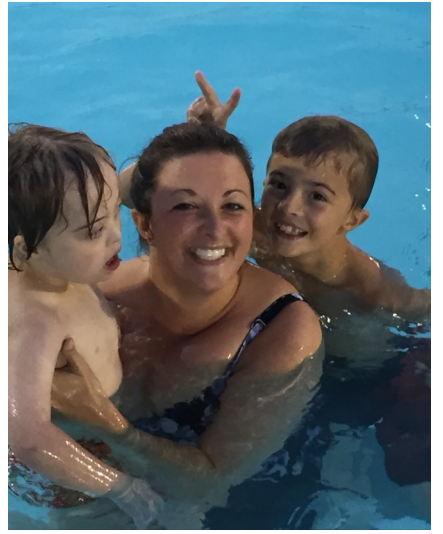
- Maggie Scherder 8/2
- Colin Avril 8/4
- Payten Presley 8/6
- Robert Bettenhausen 8/10
- Morgan Brandstatter 8/10
- Mandy Shrader 8/10
- Jerry Harlan 8/11
- Quincy Hinthal 8/12
- Seth Bauersfeld 8/14
- Jared Janovetz 8/14
- Nicholas Woodin 8/17
- Holly Stephenson 8/20
- Jacee Lowery 8/22
- Max Pepino 8/23
- Adam West 8/25
- Rachel Rice 8/26
- Cody Rieves 8/26
- Jared Fossum



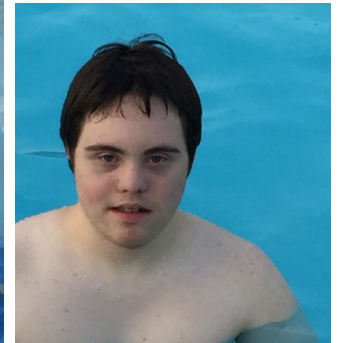
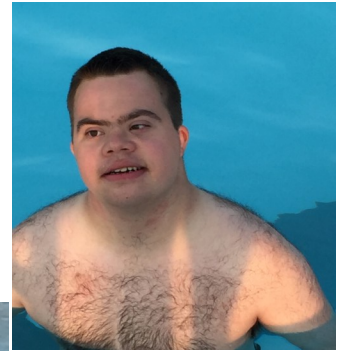
# AUGUST & SEPTEMBER BIRTHDAYS

## September

- Devin Detra 9/1
- Jameela Williams 9/2
- Kinlie Kearney 9/3
- Karen Kinley 9/7
- Dakota Peak 9/8
- Hannah Gerkin 9/9
- Kaylee Keefauver 9/11
- Tristen Sanchez 9/11
- Kurt Kinley 9/17
- Brian Howeler 9/19
- Zakary Capponi 9/21
- Rachel Lamb 9/22
- Tamara Thorpe 9/25
- Laura Walters 9/27
- Hayden Mattheessen 9/28
- Jonathan Jester 9/29



**FAMILY AND FRIENDS  
HAD TONS OF FUN AT  
THE HOIDSA FAMILY  
POOL PARTY!**



## **BUDDY WALK® NEWS**

HOIDSA's 8th Annual Buddy Walk® is right around the corner. I am looking forward to a fun filled morning to honor our loved ones and seeing the outcome of everyone's hard work and the great community support we have been shown.

The walk will take place on Saturday October 3rd at EastSide Centre in E Peoria.

T-shirt pickup, same day registration, raffle sales, carnival games and activities all begin at 8am. The walk starts at 9:30am. Raffle drawings will take place after the walk. The walk will take place rain or shine and is ADA accessible.

### **REGISTRATION/FUNDRAISING**

Online registration for the walk is available through September 30th at <http://www.firstgiving.com/hoidsa>. If registering offline mail your form and money due to HOIDSA, Attn: Buddy Walk, c/o Bethel Lutheran Church, 425 N. Missouri Ave, Morton IL 61550 and must be received by September 30th. **Registration with a T-Shirt deadline is September 10<sup>th</sup>**. Be sure to list the name of the person with Down syndrome who is being recognized. Registration will also be available the morning of the walk beginning at 8am.

### **SPONSORS/DONATIONS**

Please continue fundraising and securing sponsors for the walk. We are in need of individually wrapped breakfast items. For anyone wanting to make arrangements for pick up of a food donation or collected monetary donations, please call 309-712-4852 or email [buddywalk@hoidsa.org](mailto:buddywalk@hoidsa.org). If mailing send to HOIDSA, Attn: Buddy Walk, c/o Bethel Lutheran Church, 425 N. Missouri Ave, Morton IL 61550 and be sure to include the name of the person with Down syndrome who is being recognized. Donations will gladly be accepted the day of the walk. We will make every effort to show recognition of all sponsors for their support. We will have an Appreciation Board displayed at the walk, names listed on Facebook and in our October Newsletter.

### **CORPORATE SPONSORS**

**Your help is needed to secure corporate sponsors.** The Buddy Walk's main focus is to raise awareness about individuals with Down syndrome within their communities, but fundraising is an important part to ensure HOIDSA can continue to promote the value, acceptance and inclusion of those individuals. We are asking once again for our HOIDSA members to invite their families, friends and neighbors to take the opportunity to fundraise and contact potential sponsors to support our event. The Buddy Walk® Sponsor letters and forms are available online at [www.hoidsa.org](http://www.hoidsa.org). Click on the Get Involved tab on the home page. Under Events you will find the links to documents needed for soliciting either a new sponsor or a previous year's sponsor. Click on the link to download and print the appropriate sponsor letter and the sponsor form. Please sign the sponsor letter and include a contact phone number when mailing. Sponsors donating at the \$500 level and above, are requested to email their logo to [buddywalk@hoidsa.org](mailto:buddywalk@hoidsa.org). The deadline to submit sponsor logos and/or names for print on the back of our t-shirts is September 10th. We make every effort to recognize all levels of sponsorship by listing their name on our t-shirts, the appreciation board displayed the day of the walk, in our newsletter and on our Facebook page.

Buddy Walk Committee, 309-251-7102, [buddywalk@hoidsa.org](mailto:buddywalk@hoidsa.org)

# HOIDSA'S 8TH ANNUAL BUDDY WALK®

## Saturday October 3rd, EastSide Centre

### Register and Manage Your Fundraising Online

Help raise Down syndrome awareness here in the heart of Illinois by registering online for HOIDSA'S 8th Annual Buddy Walk® and creating your own personalized fundraising page for collecting pledges. These pledges will help HOIDSA's mission of providing information and support for families and friends of individuals with Down syndrome. Visit [www.firstgiving.com/hoidsa](http://www.firstgiving.com/hoidsa) to get started.

Advanced online registration is encouraged, however you may print a registration form at [www.hoidsa.org/get-involved](http://www.hoidsa.org/get-involved) and mail it along with payment to: HOIDSA Buddy Walk® c/o Bethel Lutheran Church, 425 N. Missouri Ave., Morton IL 61550.

### Sponsor and Donation Forms

To view complete details about the walk, download and print the sponsor letter, donation letter and sponsor form to solicit potential sponsors visit [www.hoidsa.org](http://www.hoidsa.org) and click on Get Involved.

Questions? Call 309-712-4852 or email [buddywalk@hoidsa.org](mailto:buddywalk@hoidsa.org)

### Registration Costs

\$5 - per participant with Down syndrome, includes FREE t-shirt  
\$5 - per participant without T-shirt  
\$15 - per participant with T-shirt

### Registration Deadlines

September 10th - registration with a T-shirt ends

September 30th - online registration ends

Payment must be received by September 10th to be guaranteed a t-shirt.

### Walk Details

**8:00 am**—T-shirt pickup, On-Site registration, continental breakfast, face painting, games & activities all begin

**9:30 am** - Walk kicks off



Come and enjoy a morning of fun and a one mile walk to raise Down syndrome awareness and support families and friends of individuals with Down syndrome.

Walk will take place rain or shine | Site is ADA accessible

The Buddy Walk® was created by the National Down Syndrome Society in 1995 to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. The Buddy Walk® has grown from 17 walks in 1995 to nearly 300 walks planned for 2015 worldwide. In 2014, more than \$13 million was raised nationwide to benefit local programs and services, as well as the national advocacy initiatives of NDSS that benefit all individuals with Down syndrome.

## RAFFLE

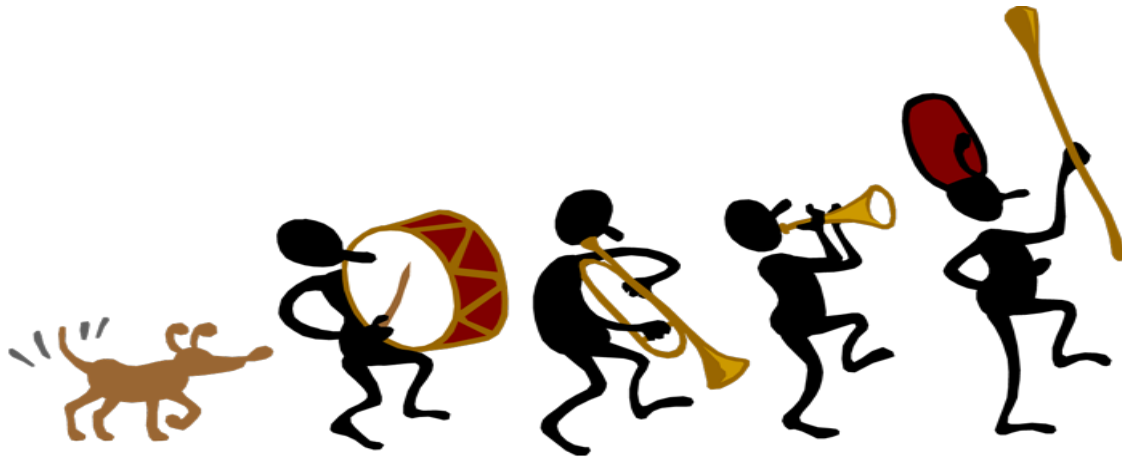
Raffle tickets will be available the morning of the walk. Ticket cost is only \$1 each or 6 for \$5 so be sure to stop by the raffle table and purchase yours! You could become the winner of a Strider Balance Bike or other great prizes.

## OCTOBER IS DOWN SYNDROME AWARENESS MONTH

Again this year everyone is encouraged to take the opportunity to show the public what you would like them to know about your loved one with Down syndrome. Please consider bringing a poster with information and pictures showing what your loved one likes to do, their accomplishments and/or talents. The posters will be displayed the day of the walk and left through the following week for the public to view.

Call or email with any questions you may have or to request additional information about registering, fundraising or soliciting sponsors. We are looking forward to another fantastic event. Thank you so much for promoting and supporting this important event and for your efforts to raise necessary funding to support our mission! We couldn't have a successful event without you!

Buddy Walk Committee, 309-251-7102, [buddywalk@hoidsa.org](mailto:buddywalk@hoidsa.org)



## It's Parade Time x 2!

Get out your strollers, wagons and walking shoes because HOIDSA is participating in the **Pekin Marigold Festival on Saturday, September 12<sup>th</sup>, 2015.**

It's a fun time and a great way to promote our organization and our upcoming Buddy Walk®.

The parade starts at **10:00AM** with all participants in position by **9:30AM.**

Line up begins at 8:00AM. Wear any Buddy Walk® T-shirt and a smile.

The parade length is approximately a mile.

HOIDSA provides candy to toss and banners to carry.



HOIDSA is, also, participating in the Morton Pumpkin Festival Parade so keep those strollers, wagons and walking shoes ready's

**Saturday, September 19<sup>th</sup> is the date of the Pumpkin Festival Parade**

with it beginning at **10:30AM.** Wear your Buddy Walk® T-shirt and a smile. Line up begins at 8:30AM. Many families join us just prior to starting.

It's such a fun time and you'll be surprised how many people you will know on the sidelines.

For more info contact Carol Nepolello...309-453-9221

# INCLUSION Series Part Two

Featuring  
**Dr. Paula Kluth**

WeaverRidge Golf Club  
5100 N. WeaverRidge Blvd., Peoria IL, 61615

You know the  
**WHY** of Inclusion...  
Now learn the **HOW**

Thursday, Sept. 24, 2015  
The "HOW" of Inclusion  
Presented by Dr. Paula Kluth

Sponsored by:

Heart of Illinois Down Syndrome Association, Inc.  
c/o Bethel Lutheran Church, 425 N. Missouri Ave., Morton, IL 61550  
Phone: (309) 712-4852

PARENTS • TEACHERS • ADMINISTRATORS  
SUPPORT STAFF • FUTURE EDUCATORS

Register online at [www.hoidsa.org](http://www.hoidsa.org)  
Registration Fee - \$50

College Students, Administrators and  
HOIDSA members attend **FREE!**

\* HOIDSA will reimburse schools substitute pay  
for up to three educators at \$85 each.

For more information, contact HOIDSA at [info@hoidsa.org](mailto:info@hoidsa.org) or 309-712-4852

## Who should attend the "HOW" of Inclusion?

General education teachers, special education teachers, administrators, therapists, parents, and anyone who supports the growth and learning of children.

### For Parents

Who knows your child best? *You do!*

Who is your child's biggest and most important advocate? *You are!*

Parents need to be informed decision-makers in order to advocate for the best educational placement for their child. Find out why research has shown students with disabilities should be educated with their typically developing peers. As members of the IEP team, parents play a key role in the education planning process. Dr. Paula Kluth will explain what inclusion can look like in your child's school, and how to work with educators to fulfill your vision of your child's future.

### For Educators and Service Providers

Who wants all of their students to achieve the most they can? *You do!*

Can teaching a diverse group of learners be challenging and time-consuming? *Sometimes!*

If you're fortunate enough to have a student with special needs in your classroom, you may be struggling with how to keep them included and engaged in your lessons. Students with disabilities do not need to engage in the curriculum in the same way that students without disabilities do, but no one has time to plan separate lessons! You will love to learn from this renowned speaker about planning processes and teaching strategies that help all students reach their maximum potential, while accessing the same material.

### AGENDA

8:00 am – 8:45 am	Registration
8:45 am – 10:00 am	Presentation part 1
10:00 am – 10:15 am	Break
10:15 am – 11:30 am	Presentation part 2
11:30 am – 12:15 pm	Lunch provided
12:15 pm – 1:30 pm	Presentation part 3
1:30 pm – 1:45 pm	Break
1:45 pm – 3:00 pm	Presentation part 4

5 PD credits  
available

Free gift  
for all  
attendees!



Thursday, Sept. 24, 2015 • The "HOW" of Inclusion

Presented by Dr. Paula Kluth

## The "HOW" of Inclusion: 7 Ways to Create Better Classrooms for All

You may know the "why" of inclusion, but do you have the tools you need to support all students in the classroom? Do you understand the practices of high-quality inclusive school districts? Do you want to learn more about what steps teachers, administrators and families can take to improve the services and supports received by students with identified needs? If you answered "yes" to any of these questions, come to this day-long workshop focused on the "HOW" of inclusive schools and learn practical strategies related to community, curriculum, instruction, collaboration and more. Specifically, participants will learn how to create an inclusive identity, how to grow inclusive strategies across a building or district and how to explore new collaborative roles.

This day-long workshop will include case studies, video clips of inclusive schools and collaborative activities. In addition, Dr. Kluth will share the newest research in the area of inclusive education and a range of practical resources (e.g., website recommendations).



**Come join us for the 10<sup>th</sup> year of Special Olympics Young Athletes Program at St. Philomena School gymnasium - 3216 N Emery, Peoria - 3:00 pm – 4:00 pm  
September 13 - October 11 - November 8 - December 13, 2015  
January 10 - February 7 - March 13 - April 10 - May 1, 2016**

Come be a part of this exciting program through Special Olympics Illinois. 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. This program will prove enormously beneficial on multiple levels for your child including helping the children improve physically, cognitively and socially. This program is designed to address two specific levels of play. Level 1 includes physical activities focused on developing fundamental motor tracking and eye-hand coordination. Level 2 concentrates on the application of these physical activities through a sports skills activity program and developing skills consistent with Special Olympics sports play. The activities will consist of foundational skills, walking & running, balance & jumping, trapping & catching, throwing, striking, kicking and advanced skills. Siblings ages 2-9 of the participants are welcome to participate. We are very excited about this program and your family's participation!

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

Email [youngathletespeoria@yahoo.com](mailto:youngathletespeoria@yahoo.com) if interested in participating or volunteering.

John & Christy Getz  
Curt & Amanda Nauman  
Coordinators, Peoria Independent Families





The next  
**GRANDPARENT'S**  
**GROUP** *meeting*

Tuesday September 22nd @ 6pm

**Perdue's**

201 S. Sampson Street  
Tremont IL

*an informal evening with casual conversation*

Contact Anita with any questions  
309-241-8195  
hohimer\_home@comcast.net

### Visit HOIDSA Online

Website:  
[www.hoidsa.org](http://www.hoidsa.org)

Facebook Page:  
<https://www.facebook.com/HOIDSA>

Facebook Discussion Group:  
[https://www.facebook.com/groups/  
HOIDSADiscussionGroup/](https://www.facebook.com/groups/HOIDSADiscussionGroup/)

Special Recreation Activities:  
Check Out the Upcoming Activities  
HISRA • IRVSRA • Pekin Park District

Contact HISRA at 309-691-1929 for more  
information or visit [www.hisra.org](http://www.hisra.org)

Contact IRVSRA at 309-699-3923 for  
information or visit  
[www.fondulacpark.com/specrec.htm](http://www.fondulacpark.com/specrec.htm)

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

### Young Adult Cooking Class

Attention Young Adults!!!!

HOIDSA is starting a new cooking class with Bethel Lutheran Church's youth group as mentors.

The class is open to any member **16 years old and older** with our mentor's being high school aged.

**The class will usually be held the 3rd Wednesday of the month at Bethel Lutheran Church (425 N. Missouri Avenue, Morton, IL).**

#### Class dates:

- **September 16** (This class may be changed due to the Pumpkin Festival, details TBD)
- **October 21**
- **November 18**
- **December 16**

**Start time will be 7:00 PM unless otherwise stated and finish at 8:30 PM.**

We will use the "Let's Cook!" cook book ISBN 978-1-1891022-08-5, authors Elizabeth Riesz, Ph.D and Anne Kissack, M.P.H.,R.D. It can be ordered through any book selling outlet.

There is no fee for the class.

We have several participants registered and are accepting more on a first come/ first served basis.

This is a wonderful opportunity for our young adults to make friends and influence their non-disabled peers.

We will have ample supervision but any parent is welcome to stay. Bethel's kitchen is on the first floor with restrooms around the corner.

Meri Tucker is your contact person and will be leading the classes. To register or ask any questions, contact Meri at 309-694-2984 (home) or 309-264-4900 (cell).

# SPOTLIGHT ON..



If you would like to have your family member with Down syndrome featured in our newsletter, you can download the interview sheet on our website.

Go to the "Newsletters" page on [www.hoidsa.org](http://www.hoidsa.org) to download the interview sheet. Fill out this document and e-mail it to [jamieczesak@gmail.com](mailto:jamieczesak@gmail.com) with 1 or 2 pictures.

Contact Jamie Czesak (309)303-8475 or [jamieczesak@gmail.com](mailto:jamieczesak@gmail.com) with any questions.

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## **Reserve Officer with Down Syndrome Sworn In, Hits Streets of Minneapolis**

Sam Hesla has always wanted to protect and to serve, but it hasn't always been easy; the 24-year-old has had to overcome a lifetime of obstacles.

"I like helping people," Hesla said. "I want to take care of people. I want to risk my life to take care of others. I care more about other people than I care about myself."

Last month, Hesla was sworn in as a volunteer Minneapolis Reserve Officer. He is one of the first reserve officers in the country with Down syndrome.

"I am going after my dream," he said.

"I think people see Sam and they think he's not capable or not able to do something, and Sam is here to prove them wrong," his career counselor Melissa Rosewall said.

Minneapolis reserve officers don't carry weapons. Their job is to assist the department at 115 special events around the city. Hesla underwent 12 weeks of training and learned everything from traffic direction, to radio communication, to CPR.

"Some people call me the "'R' word" because I look different," Hesla said. "I don't really like that. I just ignore that and let it roll off my back. I want to push myself forward."

"I think this is a huge step in the right direction for disability rights and advocacy, so we're really proud of him," Rosewall said.

To view the full story, visit: <http://kstp.com/article/stories/s3862545.shtml>

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**HOIDSA Fall Picnic**  
**Saturday, Sept. 12 • 11:30-2:30**

**Neumann Park, E. Peoria**

**305 Neumann Drive**

**Chicken & drinks will be provided —**

**Please bring a dish to share!**



**Questions?  
Call Todd  
at 251-7695**

# NDSC Conference – Phoenix, June 25 – 28, 2015

With the support of HOIDSA, the Rice family, Doug, Joan and Elizabeth, were able to attend the NDSC conference held in Phoenix, June 25 – 28. This conference was the largest ever, attended by over 3500 people, from all over the world.

While there were many highlights of the conference, the major reason for our attendance was the participation of Elizabeth in the Youth & Adult conference.

Elizabeth has attended the Y & A conference in the past, but this time she was selected to make a “Spotlight” presentation at the Y & A conference on the topic of “Dancing for Fitness”. This was one of six Spotlight presentations.

Elizabeth’s presentation was approximately 15 minutes long and included a PowerPoint presentation, dancing video and group participation in stretching exercises. What an experience!



The Y & A conference was attended by 300+ young adults, the largest such group to date.

During the Y & A conference Joan and Doug had the opportunity to attend various breakout sessions, including DS and cancer, ABLE act impact, independent living and others.

Other highlights were our interaction with parents with adult children with DS from Hampton, VA, Boise, ID, Kansas City, MO and Redwood City, CA to name a few. What a wealth of information!

And finally, one of the keynote speeches was by Tim Harris, owner and self-advocate of Tim’s Place in Albuquerque, NM. Tim is a great role model and exemplifies the tag line for the conference, “Beyond All Limits”.

Tim’s specialty is giving out hugs to his customers and he is at 60,000 and counting. What an inspiration to all of us!

The NDSC conference is well worth the effort to attend, so start planning for next year....location is Orlando, FL.

## ***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.



c/o Bethel Lutheran Church  
425 N Missouri Ave Morton IL 61550

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## EDITOR'S REMARKS



Hello Everyone!

Please take some time to read all of the information about the Buddy Walk on pages 4 and 5 of this newsletter. The success of the Buddy Walk ensures the success of HOIDSA as it is our largest fundraiser of the year.

I am sad to say that this is my last newsletter. My husband and I are moving to Springfield and I am passing the editor responsibilities on to Zoe Nepolello. I'm sure she will do a great job with the newsletter. It has truly been an honor to be HOIDSA's editor for the past two years. I will miss being this involved in HOIDSA, but I still plan on coming to events throughout the year, so this is not goodbye. I have enjoyed getting to know many of the HOIDSA families and if there is anything that I can do for any of you, please do not hesitate to contact me at [jamieczesak@gmail.com](mailto:jamieczesak@gmail.com).

I will see you at the Buddy Walk!  
*Jamie Czesak*

## NEW PARENT OPEN HOUSE

*This is a very informal, relaxed social time for newer parents to meet other families and little ones with Down syndrome.  
Coffee, juice and snacks will be served.*

**Next Open House Dates:**

**Friday, September 11th**

**Friday, October 9th**

**9:00am - 10:30am**



*Location:*

*Bethel Lutheran Church  
425 N. Missouri Ave., Morton*

*Please call Milly for additional information  
at 309-231-3689*