



heart of illinois Down Syndrome Association Newsletter

May / June 2016

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.



2016 Board of Directors

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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. July 9th | Family Fun Night at Splashdown
Registration required—See page 8 |
| Fri. Sept. 23rd | HOIDSA Fall Conference
Embassy Suites, East Peoria—See page 3 |
| Sat. Oct. 1st | BUDDY WALK - Details on pages 4-7
Your help is needed to solicit sponsors! |

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

***Board meetings will not be held during June, July, or 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.

Greetings From The President

May / June 2016

Greetings everyone!

I love this time of year! School is out and the busyness of life slows down for just a moment. I'll take bike rides and swimming over doing homework any day! I look forward to nice weather, family cookouts and staying up a little later just because we can!



However you choose to spend your time this summer, I hope it's a great one. Take moments to relax and appreciate all that is good in life. I especially appreciate ALL the members of HOIDSA. We couldn't be a successful organization without the unique talents you possess. I thank you for sharing your time and talents.

Wishing you a safe and warm start to your summer,

Shelli

**Special
Olympics
Illinois**



Congratulations to all HOIDSA athletes who competed in the Area 6 Special Olympics Spring Games.

Good luck to athletes competing in the Summer Games June 10-12!

Please email pictures of athletes that you would like featured on our website and in the next newsletter.

Send pics to c.nepolello@comcast.net by August 5th.

Birthdays

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
July

Timmy Wynkoop
7/6

Stuart Booker
7/7

Kristin Koch
7/7

James Piper
7/7

Scott Willock
7/7

John Meyer
7/10

Trevor Vincent
7/10

Ian Massey
7/14

Emma Cramer
7/16

Sean Harris
7/17

Sam Heim
7/18

TJ Davis
7/24

Charlotte Nauman
7/28

Janae Sutton



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HOIDSA Fall Conference for Educators & Parents

Featuring Cheryl Jorgenson and Family Matters

September 23, 2016

Embassy Suites, East Peoria



- ♦ Keynote by Cheryl Jorgenson: The Least Dangerous Assumption is to Presume All Students' Competence!
- ♦ Breakout #1: Session A—Inclusion is More Than Just Being "In:" A Team Planning Process for Full Participation and Learning of General Education Academics in the General Education Classroom OR Session B—How to Effectively Participate in an IEP meeting
- ♦ Lunch Provided
- ♦ Panel Presentation of Inclusion Experiences from the point of view of a self-advocate, a parent, a teacher, and an administrator
- ♦ Breakout #2: Session A—Instructional Adaptations and Apps that Promote Inclusion OR Session B—How to resolve conflicts / Problem Solving 101

Cost: \$50—Registration will be available at www.hoidsa.org

FREE for HOIDSA families, college students, and school administrators

Memorial/Recognition Donations

Our sincerest appreciation to all the family and friends who contributed to the following donations:

- **Confirmation Project Fundraiser at St. Mark Catholic School in Peoria in honor of Claire Schwarting by her cousin Annabelle Weishaupt in the amount of \$203.25**
- **Haulpak Employees Community Service Association contribution of \$1000**
- **Memorial donations in honor of Michael Hosher, father of Kim Sarff.**
- **Heritage Bank of IL "Casual for a Cause" Day contribution of \$516**
- **Accenture "Denim Days" contribution of \$240**

*Our sincere
appreciation.*

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.

BUDDY WALK® NEWS

WHAT'S NEW?

DonorDrive has been chosen as the online vendor for registering and fundraising for this year's Buddy Walk®. You will find easy, user-friendly instructions in the "How Do I?" section for starting a team, joining a team, making a donation and how to start fundraising.

Also new this year is the opportunity for individuals to earn incentives for specific levels of fundraising. The incentives will be a variety of Buddy Walk® branded items shown in the attached flier.

ONLINE REGISTRATION AND FUNDRAISING

To see details about the walk go to: <http://hoidsa.donordrive.com/event/2016/>. The website will take you step by step through registering, creating a team, joining a team and personalizing a fundraising page. Recruit a team and share your enthusiasm for supporting HOIDSA's 9th Annual Buddy Walk®. There are three registration options again this year: participant without t-shirt for \$5, participant with DS with free t-shirt for \$5 and participant with t-shirt for \$15.

To be guaranteed a t-shirt, registration must be done by September 10, 2016

Online registration for participant without a t-shirt will continue thru September 29, 2016. Same day registration will be available the morning of the walk.

SPONSORS and DONATIONS

The Buddy Walk® committee needs your help obtaining corporate sponsors again this year. Potential sponsors can be any business you frequent or a business you have a personal relationship with someone there. The sponsor letter and form are available online at www.hoidsa.org/get-involved. Under Events click on the appropriate links to download and print both the sponsor letter and sponsor form. Or you can copy the attached sponsor letter and form from this article. Please sign the sponsor letter and include a contact phone number when mailing. We would like to keep track of the names of any business you contact for sponsorship or requesting a donation. Please email the names to buddywalk@hoidsa.org.

We make every effort to recognize all levels of sponsorship. All sponsors who donate at the \$500 level and above will have their logo printed on the t-shirts. Please note all completed sponsor forms must be received by September 10, 2016 for their business information to be printed on the t-shirts. All sponsors will be listed by name on our appreciation board displayed the day of the walk, in our newsletter and on our Facebook page.

Suggestions for donations are juice, water, fruit, raffle items, gift cards or a monetary donation to purchase these items. Online monetary donations can be made at <http://hoidsa.donordrive.com/event/2016/>.

Call or email with any questions you may have or to request additional information about registering, fundraising or soliciting sponsors. Thank you so much for promoting and supporting this important event and for your efforts to raise necessary funding to support our mission!

Marcy Ray
Buddy Walk® Chair
buddywalk@hoidsa.org
309-415-0540





National Down Syndrome Society 2016 Buddy Walk® Incentive Program



\$250
Sport Duffle Bag or
Sandwich Bill hat*



\$500
64" Umbrella or
Full Zip Hoodie



\$750
Fleece Jacket* or
Folding Chair



\$1,000
Islander Wheeled Cooler
or Quilted Vest*



\$1500
Cooler/Backpack Stadium Seat or
Eddie Bauer Weather Resistant
Soft Shell Jacket*



\$2500
Music Vacation Chair
or Eddie Bauer Soft Shell Parka*



\$5000
Bluetooth Speakers w/ 2 Speaker and Subwoofer or
54 Quart Steel Cooler



\$7500
Beats by Dr. Dre Pill Bluetooth Speaker or
Ogio Kickstart Travel Bag

National Down Syndrome Society Buddy Walk recognition gifts are based on the money turned in by participants (cash, checks, credit card donations) by the deadline (6 weeks post-event). Teams or non-participating donors do not qualify for recognition gifts. National Down Syndrome Society Buddy Walk® recognition gifts are not cumulative. National Down Syndrome Society reserves the right to substitute a prize of equal or greater value or to change the recognition gift at any time. Gift certificates must be redeemed within four weeks of receipt.



c/o Bethel Lutheran Church
325 E. Queenwood Rd.
Morton, Illinois 61554



Friend:

The Heart of Illinois Down Syndrome Association will be sponsoring HOIDSA's 9th Annual Buddy Walk® on Saturday, October 1, 2016 at EastSide Centre in East Peoria, IL. Families and friends whose lives have been touched by Down syndrome will join others from our communities to celebrate the many abilities and accomplishments of people with Down syndrome in our communities.

We are asking for your support to help us make this year's Buddy Walk® the best yet. We would like to invite you to consider sponsoring our 9th Annual Buddy Walk®. As a local business within our community, we are hopeful you want to offer us your support and invest in this worthy cause. The funds raised will be used locally to support families and the professionals who work with them. Your investment in this event will help support our Resource Library, conference stipends, recreational scholarships, collaboration with service agencies, Young Adult Cooking Class, New Parent Breakfast, Grandparent's Group and many other opportunities for networking and to advocate and educate throughout the year.

History: The Buddy Walk® was developed 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 2016 worldwide. In 2015, nearly \$14 million was raised nationwide to benefit local programs and services, as well as the national advocacy and public awareness initiatives of NDSS that benefit all individuals with Down syndrome.

Please feel free to call 309-415-0540 or email buddywalk@hoidsa.org if you have any questions or need any further information. Your support is greatly appreciated.

Thank you for your time and consideration in this matter.

Our mission is to improve the quality of life of persons with Down syndrome by providing support, advocacy, and educational opportunities to those individuals, their families, and community advocates.



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



Contact Name: _____

Company: _____

Address: _____

Phone: _____

Option #1: We are pleased to sponsor the BUDDY WALK® at the following level:

- ☐ _____ ALLY SPONSOR \$100 - \$249
- ☐ _____ PAL SPONSOR..... \$250 - \$499
- ☐ _____ BUDDY SPONSOR..... \$500 - \$999
- ☐ _____ BEST FRIEND SPONSOR..... \$1,000 - \$2,499
- ☐ _____ FRIEND FOR LIFE SPONSOR..... \$2,500 - \$4,999
- ☐ _____ BEST FRIEND FOR LIFE SPONSOR..... \$5,000 OR MORE

Option #2: We are pleased to donate the following item(s) for the continental breakfast portion of the event: _____

Option #3: We are pleased to donate the following item(s) for the raffle: _____

Estimated fair market value of each donated item: _____

All sponsors please list your company name above as you wish it to appear in print. For sponsors at the \$500 level and above, please email your company logo to buddywalk@hoidsa.org by September 10, 2016. Please return this form with check enclosed for sponsorship, or any gift certificates and brochures, etc. to the address listed above. Call 309-415-0540 or email buddywalk@hoidsa.org if you prefer to have the donation picked up at your convenience.

September 10, 2016 is the deadline for submitting your sponsor information to be included in print on the back of the t-shirts.

We make every effort to include all of the above levels of sponsorship in our newsletter, on Facebook and on the appreciation board at the walk.

The Heart of Illinois Down Syndrome Association, Inc. is incorporated in the state of Illinois as a non-profit corporation operating under the Internal Revenue Code 501 (c) (3). No goods or services were exchanged for this.

Our mission is to improve the quality of life of persons with Down syndrome by providing support, advocacy, and educational opportunities to those individuals, their families, and community advocates.



HOISDA,

We would like to extend an invitation once again to our annual Family Fun Night at Splashdown for area Special Needs organizations, Individuals, Families, and SRAs. Please have your groups and families RSVP to help us accommodate, email is preferred (irvsra@gmail.com).

We look forward to having you there!

Casey Smith

IRVSRA Program Manager

Direct Line: 309.201.4005



Family Fun Night at Splashdown

Every summer we offer a **FREE** Family Fun Night at Splashdown Water Park for area SRA's, individuals with disabilities, and their families. All we ask is that you please call (309) 201-4005 or email irvsra@gmail.com to RSVP by July 1st. Simply leave a message with your Name, Agency, Contact #, and how many will be in your party. It will help us better accommodate, having projected totals. This event will not be made up, if cancelled due to weather.

Day:	Saturday
Date:	July 9th
Time:	6:30pm—8:30pm
Fee:	R Free / NR Free
Location:	Splashdown Water Park
	1 Eastside Drive
	East Peoria, IL 61611



For day of weather cancellations, please check:
(309) 226-4060 ext. 37 or www.irvsra.org/calendar

Check out more activities in the Summer brochure at www.irvsra.org



Our young adult social group had a great time chillin' in McNaughton Park in Pekin on a lovely afternoon and celebrating Kaelie Morgan's birthday.

Happy Birthday Kaelie!



Spotlight on...

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

Go to the "Newsletters" page on www.hoidsa.org to download the interview sheet. Fill out this document and e-mail it to c.nepolello@comcast.net with 1 or 2 pictures.



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EDITOR'S REMARKS



Hello Everyone!

As you visit with family and friends this summer, start forming your team for the

Buddy Walk® which takes place in October, during Down Syndrome Awareness Month. Our event has grown every year, and it is very exciting to see the vast number of people who turn out to show their support.

This is also a major fundraising campaign that raises funds so we can support new parents, provide educational workshops and conferences, coordinate social events for our members, offer programs like the Young Adult Cooking Class, and promote acceptance of people with Down syndrome.

Get your teams ready!

Carol Nepolello

c.nepolello@comcast.net

FAMILY STIPENDS

While 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.

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, who provide support to children with special needs, free of charge, so they can be included in typical activities and programs.