



heart of illinois

Down Syndrome Association

Newsletter

December 2017

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.



2017 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

- | | |
|-------------------------|--|
| Sun. Jan. 7th | Young Athletes Practice - 3:00pm
St. Philomena School, 3216 N Emery, Peoria |
| Mon. Jan. 8th | Board Meeting—6:00pm-8:00pm
Fondulac Library, 400 Richland St., East Peoria |
| Sun. Jan. 14th | Moms' Night Out—6:00pm
Kep's Place, Washington—See page 3 for details |
| Tues. Jan. 16th | Young Adult Cooking Class—7:00-8:30pm
Bethel Lutheran Church, 325 E Queenwood Rd. |
| Thurs. Jan. 25th | Housing & Funding Options for People with Down Syndrome 6:00pm - 8:00pm
Advocates for Access Office
4450 N. Prospect Rd, Suite C8, Peoria Heights |
| Sat. Jan. 27th | Annual Family Dance Party 6:00pm - 9:30pm
Morton Knights of Columbus Hall
616 David St, Morton |
| Sun. March 4th | 29th Annual Spaghetti Dinner
11:00am - 6:00pm
ITOO Hall, 4909 W. Farmington Road, Peoria |

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

January

Libby Heger
1/4
Christopher Garza
1/6
Adrianna Austin
1/9
Caitlyn Shirley
1/10
Joel Wynkoop
1/11
Terry Cowley
1/15
Dylan Lundy
1/15
Austin Ray
1/15

Joseph Clore
1/16
Bianca Feazel
1/16
Melissa Heiman
1/16
Nathan Parks
1/18
Danny Moreland
1/22
Nick Butler
1/23
Brett Pezold
1/27
Jesslyn Jo Schultz
1/30
Melissa Zuercher
1/30

11th Annual

HOIDSA Family Dance Party

Saturday, January 27th, 2018
at the Knights of Columbus Hall
616 David Street, Morton, IL
6:00 - 9:30 p.m.

Refreshments
provided!



The Jukebox

Chuck Tucker will DJ



FREE ADMISSION

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

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

Add these dates to your 2018 calendar!!



Join HOIDSA moms for
a fun night out!

Sunday, January 14th
at 6:00 pm

RSVP to Sarah Pepino at 309.643.4138

Kep's Place
Sports Bar & Grill
313 Muller Rd.
Washington IL



29th Annual Spaghetti Dinner
Sunday, March 4th, 2018
11:00 a.m.—6:00 p.m.



ITOO Hall
4909 W. Farmington Rd.
Peoria



The Young Athletes program is an innovative sports play program for children ages 2-7 with and without intellectual disabilities, designed to introduce them into the world of sports.

All sessions held at

St. Philomena School gymnasium

3216 N Emery, Peoria

3:00 pm – 4:00 pm

Sunday, January 7, 2018

Sunday, February 18, 2018

Sunday, March 11, 2018

Sunday, April 8, 2018

Sunday, May 6, 2018

If interested in participating or volunteering,
e-mail: youngathletespeoria@yahoo.com

Amanda Nauman

Early Development in Down Syndrome

What are we studying?

We are interested in early development—cognition, language, and social skills—and physiology in children with Down syndrome.

What will we do? And how much time will it take?

Your child will be asked to play with a variety of toys and be given the Mullen Scales of Early Learning, which is a developmental assessment for language and cognitive abilities. We will also ask you to play with your child with some toys. We may monitor your child's heart activity when they are playing with the toys. Additionally, we will ask both you and your child to provide a saliva sample and ask you to complete several forms and questionnaires. These activities will take about 2-3 hours. We will also ask you to record your child's vocalizations during a normal day.



Who can participate? And where?

Children between **the ages of 6 and 12 months** with Down syndrome and their mothers can participate. Participation involves three in-person visits at 12, 18, and 24 months with questionnaires and a language recorder sent to you via mail at 15 and 21 months. Participants will either be visited in their home or can come to our lab at the University of Illinois at a time that is best for them (i.e. evenings, afternoons, weekends).

Are there any benefits?

1. You and your child will receive a total of \$80 for this study (\$20 for each in-person visit and \$10 for completing distance visits)
2. This study will contribute to the greater understanding of early development in children with Down syndrome.

Who is doing this study?

Dr. Laura Hahn
Department of Speech and Hearing Science

Want to Find Out More?

Contact Us!

Phone: 217-265-8043

Email: thedndlab@illinois.edu

Housing and Funding Options for People with Down Syndrome



Thursday January 25, 2018

at the Advocates for Access Office

4450 N. Prospect Road, Suite C8, Peoria Heights

6:00pm-8:00pm

Lower level conference room



**Presenters: Lisa Evans from Central Illinois Service Access and
Greg Cassidy from Tazewell County Resource Center**

Come hear what you need to know to prepare for your child's independent living options as an adult. Mark your calendar for this informative and useful seminar.

You will learn how PUNS funding works, its delivery system and more.

New and existing housing options will be presented and discussed along with new government directives.

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

HOIDSA Volunteer Opportunities

2018 Friends of HOIDSA

Walk Chairperson

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

This position requires several 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 Anne Hollis at anne.mc.hollis@gmail.com or call 309.219.5899

Education Committee Members

We are looking for new members to join the Education committee. It is almost time to start planning our Spring conference.

This position requires approximately 5 hours per month from February through May to attend meetings and execute delegated tasks

Looking for someone with:

- ◆ Great ideas that would help teachers & parents
- ◆ Excellent communication & follow up skills
 - ◆ Organization skills & attention to detail
 - ◆ Completes tasks in a timely manner

If you are interested, please contact Christy Sanchez at christys0328@gmail.com or call 309.339.8823



To celebrate National Down Syndrome our family sold Usborne Handcrafted Greeting Cards in keepsake boxes to benefit HOIDSA.

Our gratitude to our family and friends who purchased the cards in support of Maggie and HOIDSA. Our heartfelt thanks to Haley Clarke for helping us with the fundraiser.

\$303.00 was raised for HOIDSA.

John, Christy, and Maggie Getz



Moms (sisters, grandmas, and friends) came from near and far to enjoy our Moms' Night Out at Good Tequilas. If you missed it, come to the next one at Kep's on January 14th. See details on page 3.

Social
Events





Everyone had a great time at the Tacky Holiday Sweater Party at Jonah's. Special thanks to MC Sarah Pepino for ensuring that all tacky sweaters were fully appreciated for their charming qualities. But ultimately the winners were.....

Rosy and Steve Larson



Congratulations to this couple!!





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

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EDITOR'S REMARKS

Hello Everyone!

I hope everyone will be at our 11th Annual Family Dance Party! This event is one of the favorite HOIDSA events of the year. It is FREE to attend. Bring your favorite CDs for DJ Chuck and we will be collecting canned food donations for a local food pantry. See page 3 for more information.

And it's not too soon to start thinking about the 29th Annual Spaghetti Dinner, which will be here before we know it on March 4th. While you're out shopping this holiday season, we would appreciate any purchases you'd like to donate for the silent auction or raffle.

Thank you for a great 2017! HOIDSA is a 100% volunteer organization that could not operate without the support of our families, friends, donors, and volunteers. We appreciate your dedication!

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 309-699-3923 or visit
www.fondulacpark.com/recreation-programs/**

**Contact IRVSRA-Pekin Park District
at 309-347-7275 or visit
www.pekinparkdistrict.org/irvsra/index.html**