



heart of illinois

Down Syndrome Association

Newsletter

March 2018

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.



Calendar of Events

2018 Board of Directors

Anne Hollis *President*
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309-694-2984
endroad@comcast.net

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

Sat. March 24th

HOIDSA Easter Egg Hunt – 10:00am
Northminster Presbyterian Church, Peoria
See page 3 for details

Mon. April 2nd

Board Meeting - 6:00pm
Fondulac Library, East Peoria

Sat. April 7th

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

Sun. April 8th

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

Tues. April 10th

Organizing Future Needs Workshop
6:00pm - 8:00pm Advocates for Access Office
4450 N. Prospect Rd, Suite C8, Peoria Heights
See page 3 for details

Tues. April 17th

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

Thurs. May 3rd

**Social Security Benefits for Individuals
With Disabilities**
6:00pm - 8:00pm Advocates for Access Office
4450 N. Prospect Rd, Suite C8, Peoria Heights
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.

Inside this Issue

Content	Page
Calendar of Events	1
HOIDSA Easter Egg Hunt	3
Young Athletes	3
Organizing Future Needs Workshop	3
Spaghetti Dinner Pictures	4-5
Illinois Family Leaders Conference	6
Conference Winner	7
Social Security Benefits Seminar	7
Greetings from Newsletter Editor	Back Cover
Things To Do	Back Cover



Who knows why Down syndrome occurs? It can be compared to what happens in nature to a field of clover. Usually, we see 3 leaves on each clover. Once in a while, however, we find a clover that has an extra leaf, making it a 4-leaf clover. There is no obvious explanation – all of the clover plants grew in the same soil, were exposed to the same sun and rain, etc. Mother Nature just decided to add an extra leaf to one of the clover in the clover patch. This doesn't make it better or not as good as the other clover. It just makes it different. Some people even believe it brings a person good luck when they find a 4-leaf clover. It is much the same way with the extra chromosome. We don't know why Mother Nature didn't let the cell divide evenly, but she didn't. She decided to add another chromosome to that baby's cells. It doesn't make the baby better or not as good as the other babies – it just makes him or her different. And if you find one of those babies, you are truly lucky for they are very special babies – who grow in to very special people.



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 7th to be included in the next newsletter.

Birthdays Next Month



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

Saturday, March 24th at 10:00 am

* Rain or Shine *

Northminster Presbyterian Church

10720 N. Knoxville Ave, Peoria

Contact Renee at renoslif@yahoo.com or
(309) 453-3115 if you can donate plastic eggs or candy,
or 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.

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

Sunday, April 8, 2018

Closing Ceremony: Sunday, May 6, 2018

If interested in participating or volunteering,
contact Sioban Stahl, HISRA
sstahl@peoriaparks.org 309.691.1929

Organizing Future Needs

Tuesday April 10, 2018

at the Advocates for Access Office
4450 N. Prospect Road, Suite C8, Peoria Heights
Lower level conference room

6:00pm-8:00pm

Presenter: WestPoint Financial Group
Chartered Special Needs Consultant™



- Topics covered:**
- ♦ **A.B.L.E. Act Accounts**
 - ♦ **Special Needs Trusts**
 - ♦ **Guardianship Issues**
 - ♦ **Transition Concerns**



Come hear what you need to know to prepare for your child's future.

Mark your calendar for this informative and useful seminar.

Please RSVP Early: Meri Tucker 309-694-2984 or endroad@comcast.net

Seating is limited

Special Thanks to Marybeth & Tony Couri of La Gondola of Decatur



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



*766 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 for HOIDSA!

Lost & Found

Teri still has 2 Tupperware containers that were left at the bake sale. One has a package of Ziplock bags inside. It's a square container with a lid. The other is larger with no lid.

Contact Teri at 309.645.5690 to claim them. Thanks!



Congrats!

Winner of \$500 Visa Gift Card: Pat Heffren



Illinois Family Leaders Collaboration presents the 12th Annual Family Conference

Saturday, April 7th, 2018
Spalding Pastoral Center
419 NE Madison Ave, Peoria, Illinois

Registration: 8:30am to 9:00am

Conference: 9:00am to 3:00pm

Featuring The Shut Up Sisters, Gina Gallagher & Patricia Terrasi

Shut Up About Your Perfect Kid: A Survival Guide for Ordinary Parents of Special Children

On a perfection-preoccupied planet, sisters Gina Gallagher and Patricia Terrasi, dare to openly speak about the frustrations, stigmas, joys, and challenges they face as parents of children with disabilities (one with Asperger's syndrome, the other with bipolar disorder). This refreshingly frank and enjoyable presentation, based on their book, has participants laughing out loud and celebrating the joys, gifts, and milestones of special children. Participants will learn:

- How laughter can be a powerful coping techniques.
- How to deal with insensitive people.
- How to get your children the services and the support they need.
- How to help break stigma.
- How to see the joys and gifts in raising special children.

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 • STARnet Region I & III • The Arc of Illinois Family to Family Health Information Center / Family Voices • Parents of individuals with disabilities

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 24, 2018.** Registration is limited. **CHILDREN CANNOT BE ACCOMMODATED AT THE CONFERENCE.**

The registration form can be downloaded and printed from

<https://www.illinoislifespan.org/events/illinois-family-leaders-collaboration-12th-annual-family-conference-featuring-the-shut-up-sisters-gina-gallagher-patricia-terrasi/>

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.

Congratulations, April Hanson

April was the winner in a drawing for 2 tickets to the 12th Annual Family Conference. She stopped by the HOIDSA booth at the Special Needs Information Fair on March 13th and submitted the lucky entry. She was very excited to be going! Congratulations, and we hope you enjoy The Shut Up Sisters!



Social Security Benefits for Individuals with Disabilities

Thursday May 3, 2018

at the Advocates for Access Office
4450 N. Prospect Road, Suite C8, Peoria Heights
Lower level conference room

6:00pm-8:00pm

Presenter: Representatives from the Social Security Administration

Topics discussed will include:

- ♦ SSI
- ♦ SSDI
- ♦ **Right to Work Program
and other programs**

This seminar is very popular, so RSVP early as seating is limited.

Mark your calendar for this informative and useful seminar.

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

Seating limited to first come first served

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.



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 29th 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 29 years.

Please consider attending the Illinois Family Leaders 12th Annual Family Conference on April 7th. The Shut Up Sisters provide a light-hearted twist on the world of special needs, and the workshop is free for HOIDSA 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 309-699-3923 or visit

www.fondulacpark.com/recreation-programs/

Contact IRVSRA-Pekin Park District

at 309-347-7275 or visit

www.pekinparkdistrict.org/irvsra/index.html