



heart of illinois

Down Syndrome Association

## Newsletter

September 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.*



### 2018 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. Sept. 30th

**Early Bird Registration Deadline for Inclusive Practices Conference**

Tues. Oct. 4th

**Administrator, HOIDSA Member, & College Student Registration Deadline for Free Reimbursement**

Fri. Oct. 12th

**HOIDSA's Inclusive Practices Conference**  
7:45am-3:30pm  
Holiday Inn & Suites Peoria at Grand Prairie  
See pages 3-7 for more details

Mon. Oct. 15th

**Board Meeting - 6:00pm**  
Hy-Vee, 4125 N. Sheridan Rd., Peoria

Tues. Oct. 16th

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

Sat. Oct. 20th

**Gigi's Playhouse Central Illinois - 11:00am**  
Location TBD

Sun. Oct. 21st

**Young Athletes Practice - 3:00pm**  
St. Philomena School, 3216 N Emery, Peoria  
See page 8 for more 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.

# Greetings From The President



## Inside this Issue

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Even though I dislike most pumpkin flavored scents, smells and drinks, I do LOVE some things fall brings! I love the changing leaves, cooler temps, and weekends of football and crockpot dinners. Fall also brings an ENTIRE MONTH to educate others and raise awareness about Down Syndrome in our neighborhoods, schools and communities. To help you prepare for October, here are 21 things you can do to celebrate our loved ones with Down Syndrome.

1. Write a letter to your local paper about what you've learned from people with Down Syndrome.
2. Make an informational Down Syndrome Video – just speak from the heart, have some fun and be yourself!
3. Like HOIDSA on Facebook
4. Attend the Inclusive Practices Conference sponsored by HOIDSA on Oct 12<sup>th</sup>.
5. Create a Down Syndrome Resource/Achievement Board on Pinterest
6. Post a face, resource or video about Down Syndrome every day on social media.
7. Host a presentation on Down Syndrome at your local school, church or civic group.
8. Talk to your OB/GYN about what it is like to raise a child with Down Syndrome. Tell them your story and let them know HOIDSA is here to support new parents.
9. As your employer if you can sponsor a Dress Down for Down Syndrome day and donate the proceeds to HOIDSA.
10. Write a thank you note to someone who has made a difference in the life of your loved one with Down Syndrome.
11. Attend the HOIDSA Board meeting on Monday, Oct 15<sup>th</sup> at 6 pm at Hy-Vee in Sheridan Village. Learn how you can be more involved!
12. Ask a business to donate a portion of sales to HOIDSA to promote DS Awareness
13. Have a movie night with friends and watch *Where Hope Grows*.
14. Ask your library to make a Down Syndrome Awareness Month book display.
15. Ask your mayor to proclaim October Down Syndrome Awareness Month.
16. Allow people to ask questions about Down Syndrome on your social media and be sure to answer them!
17. Volunteer with HOIDSA! We are always looking for people to get involved and help!
18. Share pictures of your life via social media to help show the world people with Down Syndrome are really more alike than different!
19. Write to your local Representative. Let them know of the impact their choices (in health care, education, budget reform and funding) have on your loved one.
20. Throw a party to celebrate Down Syndrome! Invite some friends, play some games, eat some snacks and watch all the seasons of *Born This Way*!
21. Sign up for newsletters and alerts through National Down Syndrome Congress so you can stay up to date on how to best advocate for change.

You never know who is watching and will learn something important that can open the door to inclusion and acceptance.

Anne

October 12, 2018



# Inclusive Practices Conference

Join us at Holiday Inn & Suites Peoria Grand Prairie  
7:45 a.m. – 3:30 p.m.

Calling all Administrators, Teachers,  
Paraprofessionals and Family members...  
Come learn from experts who understand the  
challenges and rewards of Inclusive Practices

Dr. Paula Kluth



Mr. Michael Remus



Ms. Bridget Brown



Dr. Meghan Burke



For more information and to register online  
go to [www.hoidsa.org](http://www.hoidsa.org)

Free gift for all attendees 6 PD credits available



Friday, October 12, 2018

7:45 am – 8:20 am	Registration/Breakfast Provided
8:20 am – 8:30 am	Introductions
8:30 am – 10:00 am	<p><b>Dr. Paula Kluth</b>  <u><a href="#">Dwelling in Possibility: The Values, Beliefs, &amp; Habits of Inclusive Schools</a></u>            This session is inspired by the words of celebrated poet, Emily Dickinson, who wrote, “I dwell in possibility.” In this session, Dickinson’s reflection will be applied to our work in inclusive schools. In this keynote session, the current state of inclusive schooling will be explored. Paula will also discuss a vision for the future of this social justice movement and specifically what beliefs, values, and practices associated with inclusion will help educators succeed in educating, challenging, motivating and supporting all learners. Support will be a special focus of this presentation and ideas for working with paraprofessionals (e.g., setting a target), planning lessons (e.g., considering stair steps), and teaching students with unique learning profiles (e.g., emphasizing strengths) will be shared.</p>
10:00 am – 10:15 am	Break
10:15 am – 11:30 am	Dr. Paula Kluth, continued
11:30 am – 12:30 pm	Lunch Provided for All Attendees
11:40 am – 12:20 pm	<p><b>Ms. Bridget Brown, Self-Advocate</b>            In this session, Bridget will reflect on her own life and how champions opened their hearts, minds and doors to include her. She will talk about being the first person with Down syndrome included in the general education setting in her district and some of the success strategies that helped her along like person centered planning and finding her voice by presenting at her IEP meetings. She will talk about the skills that help her be successful today and how to help others to live full and productive lives.</p>
12:20 pm – 2:00 pm	<p><b>Mr. Michael Remus</b>  <u><a href="#">Count Me In!!!</a></u>            Students with disabilities often miss out on opportunities that are offered to their peers simply because they are segregated from the general education population. The culture surrounding inclusion and how inclusive practices are implemented must change for success to occur. Inclusive practices can become a reality - if obstacles are removed, tools are made available, and buy-in occurs. This session offers the following:</p> <ul style="list-style-type: none"> <li>* How to initiate a systems change approach to insure students are included in the general education setting</li> <li>* How to implement strategies encourage systems changes</li> </ul> <p>This session will also cover all the “yes-buts” educators may have and will offer tools to overcome that “yes-but” phenomenon.</p>
2:00 pm – 2:15 pm	Break
2:15 pm – 3:30 pm	<p><b>Breakout Sessions</b></p> <p><b>Session for Parents – Dr. Meghan Burke</b>  <u><a href="#">How to Be an Advocate for Your Child: Tips for Non-Adversarial Advocacy</a></u>            In this presentation, Dr. Burke will discuss non-adversarial advocacy strategies to access services for children with Down syndrome. Participants will be given tangible strategies to secure services. Further, participants will be given examples of how they can voice their concerns to professionals. The presentation will include real-life examples of situations wherein advocacy was needed.</p> <p><b>Session for Educators – Mr. Michael Remus</b>  <u><a href="#">The Road to Inclusive Practices</a></u>            Students with disabilities have the same right to have high academic and behavioral expectations as their typical peers. Research has shown that inclusive practices can and do work. The presenter has worked with 9 systems to make sure students with disabilities can succeed. He will share his successes about inclusion from the districts in which he has worked and will explain why students with disabilities must be educated with their typical peers in order to reach their full potential. Parents and educators must work collaboratively to achieve this goal. As a parent of two sons with disabilities, as well as an educator, he knows both groups must work together for inclusion to be successful. His motto: Together, we can make inclusive practices work!!</p>

Please share the brochure insert with your child’s teachers/administrators

\*Mention that administrators may attend for FREE  
 & Schools may get reimbursed for substitute teachers that sub for attending teachers\*



Calling all Administrators, Teachers, Paraprofessionals, and Family Members.... Come learn from experts who understand the challenges and rewards of Inclusive Practices!

### For Parents

Parents need to be informed decision-makers. 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. Our dynamic team of speakers 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

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 these renowned speakers about planning processes and teaching strategies that help all students reach their maximum potential, **while accessing the same material.**

#### Location:

**Holiday Inn & Suites Peoria At Grand Prairie**  
7601 N Orange Prairie Rd  
Peoria, Illinois 61615

Overnight Accommodations: Reservations must be made directly with the hotel prior to September 21st, to receive the \$149 conference room rate.

Inclusive Practices Conference  
Sponsored by HOIDSA  
325 E Queenwood Rd  
Morton, IL 61550

# Inclusive Practices Conference Sponsored by HOIDSA

**October 12, 2018**

[www.hoidsa.org](http://www.hoidsa.org)  
[info@hoidsa.org](mailto:info@hoidsa.org)

Register online at  
[www.hoidsa.org](http://www.hoidsa.org)

Continental Breakfast and  
Catered Lunch Provided  
Free Gift for All Attendees!  
**6 PD Credits Available**  
**for educators that provide**  
**IEIN Number**





**Dr. Paula Kluth** is a consultant, teacher, author, advocate, and independent scholar who works with teachers and families to provide inclusive opportunities for students with disabilities, and to create more responsive and engaging schooling experiences for all learners. Paula is a former special educator who has served as a classroom teacher and inclusion facilitator. Her professional interests include differentiating instruction, active learning, and inclusive schooling.

**Michael Remus** has been a general education teacher, special education teacher, school principal, school board member, college instructor, special education director for a school district, and the state special education director for the State of Kansas. Currently he is Director of Student Support Services for the Cottonwood Oak Creek School District in Northern Arizona. Most of his professional career has been in the classroom and in training parents and educators on how special education works. He has worked in nine educational systems with varying numbers of students, schools and geographic areas to facilitate them in systems change.

**Meghan Burke, Ph.D., BCBA-D,** is an associate professor of special education at the University of Illinois at Urbana-Champaign. Her research interests include parent advocacy, families (i.e., parents and siblings) of individuals with disabilities, and disability policy. Meghan's research examines how parents advocate for services for their offspring with disabilities. Specifically, Meghan has developed an advocacy training for individuals to learn how to advocate for other families of children with disabilities to access needed services across the lifespan. Additionally, Meghan conducts research examining how siblings of individuals with disabilities transition to caregiving roles. Meghan has a brother, Ryan, who is 24 and has Down syndrome. She is also the parent of a child with a disability.

**Bridget Brown** is a successful young woman who captures the attention of everyone she meets with her vitality and confidence. Bridget redefined the term "inclusion" by being the first person with Down Syndrome to be included in her school district from preschool through high school. She started her advocacy organization called BUTTERFLIES FOR CHANGE with her mom when she became a national public speaker. She has a variety of jobs that include working at the University of Illinois Chicago as a dental health educator, and for the PACE bus company. She has worked for Project CHOICES and Early CHOICES and a variety of school and community inclusion initiatives in Illinois. She is a union actress and has been on TV, in Movies, and commercials.

### Registration Fees:

- \$50 Teachers and Paraprofessionals\*
- \$50 Other Education Professionals, Non-HOIDSAs
- \$10 Parents & Community Members
- \$10 Administrators, HOIDSAs Members, College Students – REFUNDABLE, see details below\*\*

\* **Early Bird Registration BONUS** – All *paid* registrations received by **September 30<sup>th</sup>** will be entered in a drawing for a **\$250 Classroom Student Support Grant** from HOIDSAs! Winner will be announced at the conference. Must be present to win.

### \*\* Administrators, HOIDSAs Members and College Students Attend Conference for FREE!!!

\$10 refundable fee required at time of registration to ensure an accurate count for catering – breakfast and lunch provided. Must pre-register by **October 4<sup>th</sup>** to be eligible for \$10 refund. Registered Administrators, HOIDSAs Members, and College Students *must* attend conference AND complete and return the appropriate *Registration Fee Refund Form* provided at the conference to be eligible for the \$10 refund.

### Substitute Teacher Pay Reimbursement for Schools!

HOIDSAs will reimburse either the district's actual substitute teacher daily pay rate or \$100, whichever is less, for educators that require a sub while they attend. **Substitute teacher pay reimbursement is available for up to 3 educators per school building located in HOIDSAs's service area.** Registered teachers and paraprofessionals MUST attend conference for school to receive substitute reimbursement pay. Educators MUST complete and return a *Substitute Pay Reimbursement form* provided at the conference. Checks will be mailed to schools following the conference.

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Register online at [www.hoidsa.org](http://www.hoidsa.org)

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## 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



## Birthdays Next Month

### October

Matthew Schultz  
10/3  
Daniel Van Buskirk  
10/3  
Jonah Johnson  
10/5  
Zoey Melton  
10/5  
Allie Cowden  
10/9  
Juan Quintero-  
Vargas  
10/13  
Joshua DeWitt  
10/15  
Katie Swenson  
10/15  
Autumn Botkin  
10/24  
Joseph Willoughby  
10/25  
Quinn Hayes



## Young Adult Cooking Class

For any member **16 years old & older**

**3rd Tuesday of the Month**

Classes resume October 16th

Bethel Lutheran Church

Contact Meri at 309-264-4900



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.

The program is now managed by HISRA, which charges \$5 per session, but that can be reimbursed by HOIDSA by submitting a copy of your receipt to Milly Howeler.

Registration information available at

<https://hisra.org/wp-content/uploads/2018/09/2018-Fall-HisraHub.pdf>

Dates: 9/16, 10/21, 11/18, 12/16, 1/6, 2/10, 3/24, 4/14, 5/5

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

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

Questions? Contact Sioban Stahl, HISRA  
sstahl@peoriaparks.org 309.691.1929

HOIDSA regrets to inform everyone that we will not be having a Walk for Down Syndrome this year. We appreciate your inquiries and thank you for your patience, as we considered the factors that led to this ultimate decision. We are deeply sorry for any unfulfilled expectations this may cause.

However, we are planning to have a Walk in 2019! If anyone would like to be on the Walk Committee, we welcome your input and ideas. Please contact Nick DeTrempe at [ndetrempe@gmail.com](mailto:ndetrempe@gmail.com) to join the committee or if you have any suggestions.





## 2018 Down Syndrome World Swimming Championship – Truro, Canada

Are you looking for a more competitive venue for your athlete with Down syndrome? If so, check out the Sports Union website. Under the umbrella of SUDS there are multiple organizations that promote athletes with Down syndrome who would like to take his/her training and competition to a higher level. Sports included are basketball, gymnastics, judo, skiing, soccer, swimming and tennis.

[www.su-ds.org/sports/](http://www.su-ds.org/sports/)

The Down Syndrome International Swimming Organisation (DSISO.org), which falls under SUDS, was created to provide athletes the opportunity to swim at a world class level through its World Championships held every two years. This summer in Truro, Canada, Maggie Scherder from Peoria, Illinois, competed as a member of Team USA.



Team USA had 13 athletes and placed 10<sup>th</sup> out of 24 countries. They finished the meet with 1 Gold and 4 Bronze medals. While countries like AUS, CAN, MEX, and GBR continue to dominate the World Championships, they were talking about the pipeline and strength of the talent that Team USA brought to Canada.



Maggie finished the meet with three top 8 finishes. Below are her results:

**50 meter butterfly** – won her prelim heat and set a new Junior Americas record.

**100 meter breaststroke** and **100 meter IM** – set new Junior Americas records.

**4x200 freestyle relay** – placed 3<sup>rd</sup> overall and took home the Bronze medal. They were a young relay team, as 3 of the 4 athletes were under 16 years old.

**50 meter backstroke** – placed 8<sup>th</sup> and broke the Junior Americas record.

**100 meter backstroke** – placed 3<sup>rd</sup> overall, took home the Bronze medal and broke the Junior Americas record.

Note: In the 100 meter backstroke, Maggie finished behind Phoebe Mitchell from AUS (26 yrs old) who holds the World record and Mariana Escamilla from MEX (23 yrs old) who holds the Open Americas records. So for Maggie (15 yrs old) to be on the podium with these two athletes was amazing.

None of this would have been possible without the local support she has received the past few years. A big thanks to the coaches and teammates at HISRA (Heart of IL Special Recreation Assoc), DOCS Swimming, YMCA Peoria and Dunlap High School Girls Swimming.

The next swimming event for Team USA is the 5<sup>th</sup> Down Syndrome Open European Championship in Italy September, 2019.

If you know of any athlete who is interested in joining Team USA, please message Down Syndrome Swimming Team USA on Facebook.

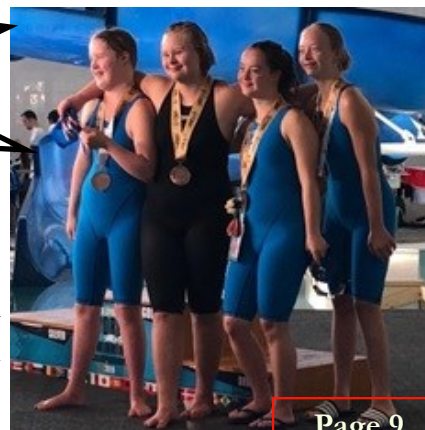
For more information visit <http://www.dsiso.org/event/5th-down-syndrome-open-european-championships/>



100 M Backstroke  
Medal Ceremony

Congratulations, Maggie  
and Team USA

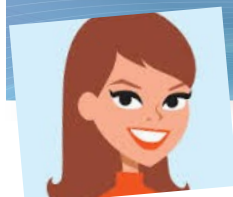
4 x 200 Freestyle Relay  
– Allison (MO), Katya  
(GA), Mary (AR) and  
Maggie (IL)





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

NONPROFIT  
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PEORIA, IL  
PERMIT NO. 455



## EDITOR'S REMARKS

Hello Everyone,

I hope you enjoyed your summer! Many families have headed back to school now. If you have school age children, please invite your child's teachers and administrators to our Inclusive Practices Conference in October. This will be a great conference for educators, and parents as well, with break out sessions tailored for each group. The cost for schools is very reasonable, especially considering all the perks such as professional development credits, sub pay reimbursement, and the chance to win a \$250 grant. HOIDSA families may attend for FREE. If you register by October 4th, your fee will be refunded at the conference. I hope to see you there!

*Carol Nepolello*

c.nepolello@comcast.net

## FAMILY STIPENDS

This is a reminder that HOIDSA offers family reimbursement stipends of up to \$100 for summer activities.

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 all year around:

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>