



**heart of illinois**

**Down Syndrome Association**

**Newsletter**

**September 2019**

*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.*

## **FRIENDS<sup>2</sup> of HOIDSa Walk for Down Syndrome**

### **2019 Board of Directors**

Meri Tucker, *Interim President*  
309.694.2984  
endroad@comcast.net

Nick DeTrempe, *Vice President*  
309.868.5810  
ndetrempe@gmail.com

Milly Howeler, *Treasurer*  
309.692.3688  
millyhoweler@gmail.com

Rencee Hayes, *Co-Secretary*  
309.453.3115  
renoslif@yahoo.com

Sarah Pepino, *Co-Secretary*  
309.643.4138  
spepino@gmail.com

John Getz  
Mike King  
Laurie Mattheessen  
Trisha Romero  
Kim Sarff  
Dianna Shoemaker  
Alex Tucker

Editor: Carol Nepolello  
309.243.8414  
c.nepolello@comcast.net

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

### **Calendar of Events**

- |                          |   |
|--------------------------|---|
| <b>Thurs. Sept. 19th</b> | <b>Registration Deadline for Walk for Down Syndrome</b><br>to be guaranteed a T-shirt<br>Register NOW at <a href="http://www.hoidsa.org">www.hoidsa.org</a> !<br>See page 3 for details |
| <b>Mon. Oct. 7th</b>     | <b>Board Meeting</b> - 6:00pm<br>Hy-Vee, Sheridan Rd., Peoria   |
| <b>Tues. Oct. 8th</b>    | <b>Grandparents Group Meeting</b> - 6:00pm<br>Germantown Grille, Germantown Hills<br>See page 5 for details   |
| <b>Sat. Oct. 12th</b>    | <b>11th Annual Friends of HOIDSa Walk for Down Syndrome</b><br>EastSide Centre, East Peoria   |
| <b>Tues. Oct. 15th</b>   | <b>Young Adult Cooking Class</b> - 7:00pm<br>Forest Park Nature Center, Peoria<br>See page 5 for details  |
| <b>Sat. Oct. 26th</b>    | <b>Gigi's Playhouse</b> - 10:00am<br>Forest Park Nature Center, Peoria<br>See page 5 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.

# Greetings From The President

September 2019

The crisp mornings and cool evenings can only mean one thing — Fall is here!

With that, your HOIDSA board of directors is resuming its monthly meetings. We meet at the Hy-Vee on Sheridan Road, Peoria, in the upstairs conference room. It is accessible by stairs or elevator. We begin our meetings at 6:00pm and generally conclude in 2 hours. We discuss HOIDSA business, collaborations and future goals. Our decisions are guided by our mission statement and our by-laws. All meetings are open and we welcome your input. Come join us to learn more about your organization.



HOIDSA is looking for a few dedicated volunteers to take the reins of our Education Committee. The position requires the Chair and Committee to secure speakers, facilities, and complete the necessary paperwork. HOIDSA is fortunate to have many experienced former Committee members who have offered support with planning. With so many successful conferences under our belts, there are many templates available to the Committee to follow or edit.

Looking ahead, HOIDSA will have 2 Board of Directors positions open as of January 1, 2020. Whether you have served in the past or never served, please consider how you can become a leader in HOIDSA. Contact any member of the Board with any questions you may have via email, website or phone.

**FRIENDS OF HOIDSA WALK!!! Mark your calendar for October 12<sup>th</sup>!** Register on-line or by mail. This is one of 2 fundraisers held by HOIDSA. These funds pay for our conferences, programs and family stipends and are very important, so please ask for sponsors/donations.

Hope to see you soon!

Meri



## Inside this Issue

Content	Page
Calendar of Events	1
Walk for Down Syndrome	3
Titanium Force Cheer	4
Gigi's Playhouse	5
Jiu Jitsu Class	5
National Down Syndrome Swim	6
Birthdays	7
Greetings from Newsletter Editor	Back Cover
Summer Stipends	Back Cover







# **FRIENDS<sup>o</sup> of HOIDSa** **Walk for Down Syndrome**

## **11th Friends of HOIDSa** **Walk for Down Syndrome**

**Saturday October 12th**

**EastSide Centre, East Peoria**

**Register and fundraise online at**  
**<https://www.firstgiving.com/hoidsa>**

**Register by September 19th to be guaranteed a T-shirt**

**8:00 am**

**T-shirt Pickup, Same Day Registration,  
Raffle, and all other  
activities begin**

**9:30 am**

**Walk starts**

**Questions? Call (309) 868-5810 or email**  
**[fundraising@hoidsa.org](mailto:fundraising@hoidsa.org)**





# Activities

***Introducing a cheerleading team  
for those with special needs!!***



**No matter what your child's disability,  
Titanium can give them an experience they will love!**

**Practices begin October 3rd**

**PARENT MEETING SEPTEMBER 16 - 7:00pm**

For more information regarding this cheerleading team,  
please attend our Parent Meeting (meet & greet) at the

**Titanium Force Cheer Gym**

- 309 Springfield Rd., East Peoria -  
turn at the Bradley A. Smith Park Sign

You can also contact Lisa Cook at (309) 696-8116  
or email [titaniumforcecheer@gmail.com](mailto:titaniumforcecheer@gmail.com) for more information

**[www.titaniumforcecheer.com](http://www.titaniumforcecheer.com)**

# For All Ages



Down Syndrome Achievement Centers  
educate. inspire. believe.

## Young Adult Cooking Class

For any member **16 years old & older**  
**3rd Tuesday of the Month**

Next classes:

September 17th 7:00-8:30pm

October 15th 7:00-8:30pm

Bethel Lutheran Church

Contact Meri at 309-264-4900

GiGi's Playhouse Central Illinois provides free programming to Individuals with Down Syndrome and we are excited to offer these two amazing programs:

**October 26**

Forest Park Nature Center  
5809 N Forest Park Dr  
Peoria, IL 61616

**LMNOP**

Theme: Nature and Language Building



The Peoria Athletic Club is happy to offer our new Adaptive Jiu-Jitsu program. This program is designed to teach Brazilian Jiu-Jitsu to both children and adults with physical or intellectual disabilities. The techniques taught in class will be adapted to accommodate each student's abilities.

Classes will be every Saturday starting Sept. 7th.

The children's class, for students 15 and under, will be from 8:30 am to 9:15 am

The teen/adult class, for students 16 and older, will be from 9:15 am to 10:00 am.

This class is free to all students with a disability.

Classes will be held at the  
Peoria Athletic Club  
704 E War Memorial Drive  
Peoria Heights, IL.

For any questions, please contact  
Nick DeTrempe  
309-868-5810  
ndetrempe@gmail.com

Guides parents and young children through learning basic sign language and other forms of communication using music and language-based activities. This program is for children from 6 months to 5 years and begins at **10:00**

Destination Discovery

Theme: Nature-Sensory Fun

Supports the development of motor skills, social skills and language through purposeful play and peer to peer interaction in a casual and fun setting. This program is open to all ages and begins at **11:00**

For more information and to RSVP,  
visit [Gigisplayhouse.org/Centralillinois](http://Gigisplayhouse.org/Centralillinois)

*You are invited  
to the next*  
**GRANDPARENT'S  
GROUP** *meeting*

**October 8, 2019**

**GERMANTOWN GRILLE**

**505 Ten Mile Creek Rd, Germantown Hills, 61548**

**6:00 pm**

An informal evening with casual conversation

Questions?

Contact Mike King  
mwking@rocketmail.com



Team USA DSS is very proud to announce the 2019 USA National Down Syndrome Swim Team that will attend the 5th Open European Down Syndrome swimming championship in Olbia-Sardinia, Italy September 12-23, 2019.

These swimmers representing 8 different states had to earn their right to be part of Team USA on their own merit. They are proud to represent the United States of America. All 9 swimmers have been training hard almost every day, and looking forward to achieving all their individual and team goals. CONGRATULATIONS TO ALL!!!!!!!

- LAUREN BERGQUIST, BLUE DOLPHINS SWIM CLUB, FLORIDA
- MAGGIE SCHERDER, PEORIA AREA WATER WIZARDS, ILLINOIS
- CAITLIN TREVOR, BRANDYWINE YMCA BARRACUDAS, DELAWARE
- ALLISON VAN HOESSEN, TEAM SWIM ACADEMY, MISSOURI
- KATYA VAZHENIN, SWIM ATLANTA, GEORGIA
- LUKE DRIMRIGHT, MIDLAND DOLPHINS SWIM CLUB MICHIGAN
- GLENN DONOVAN, COLUMBIA AQUATICS, MARYLAND
- JOEY JURRIES, NORTHERN LAKES AQUATIC, WISCONSIN
- JOSEPH SUTER, HAMMERHEAD SWIM CLUB, MICHIGAN

And last but not least  
HEAD COACH JULIE REILLY, MISSOURI  
TEAM MANAGER SANDRA SANGUINETTI, FLORIDA

The entire team is also looking forward to Italian hospitality and to enjoy beautiful Sardinia.



### Fundraiser at Jason's Deli

On Wednesday September 18<sup>th</sup> from 5:00 to 10:00 P.M. the East Peoria Knights of Columbus will begin this years **ID "Tootsie Roll" Drive** with a fund raiser at Jason's Deli, 112 Spinder Dr. here in East Peoria. Advise the cashier upon payment that you are here for the KofC fundraiser and 15% of each sale will be donated to local programs that assist those with intellectual disabilities.



# Happy Birthday!

## July

Meg Hollis  
7/5  
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



## August

Payton Mills  
8/2  
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 Hinthall  
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

## 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

## 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





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

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**FRIENDS of HOIDSA**  
**Walk for Down Syndrome**  
Register by Thurs., Sept 19th  
to be guaranteed a T-shirt

## EDITOR'S REMARKS



Hello Everyone!  
I hope you got your teams registered  
for the Friends of HOIDSA Walk  
for Down Syndrome.

Please continue to solicit donations  
and work towards your fundraising goal. All of the  
proceeds from the Walk for Down Syndrome stay  
here locally to support new parents, provide educa-  
tional 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.

We could not do what we do without the generous  
support of our friends, donors, sponsors, and YOU!

Thank you for your support!

*Carol Nepolello*

c.nepolello@comcast.net

## SUMMER ACTIVITY 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/programs](http://www.hisra.org/programs)

Contact IRVSRA at 309-201-4005 for information or visit  
[www.irvsra.org/](http://www.irvsra.org/)