



heart of illinois

Down Syndrome Association

Newsletter

November 2019

Contact Us:

c/o Bethel Lutheran Church
325 E. Queenwood Rd.
Morton, IL 61550
309-712-4852
info@hoidsa.org

2019 Board of Directors

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

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

Renee Hayes, *Secretary*
309.453.3115
renoslif@yahoo.com

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

John Getz
Mike King
Laurie Mattheessen
Trisha Romero
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.

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.

Happy
Thanksgiving

Calendar of Events

- | | |
|-----------------|---|
| Mon. Dec. 2nd | Deadline to make nominations for Board of Directors vacancies |
| Mon. Dec. 2nd | Adult Holiday Social—6:00pm
Lariat Steakhouse, Peoria |
| Sun. Dec. 8th | Family Holiday Party—9:00am-Noon
Knights of Columbus, Peoria |
| Tues. Dec. 10th | Grandparent's Group Meeting—6:00pm
Perdue's, Tremont |
| Tues. Dec. 17th | Young Adult Cooking Class—7:00-8:30pm
Bethel Lutheran Church, Morton |
| Mon. Jan. 6th | Board Meeting—6:00pm
Fondulac Library, East 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.

Greetings From The President

Birthdays
Next
Month

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November 2019

This time of year, we take a moment to be thankful for all the people who enrich our lives.

29 years ago, this month, we began an unexpected journey with the birth of a child with Down syndrome. We were so unprepared! Fortunately, we were surrounded by people who were.

We were given contact information to a parent group by some of the professionals working with our family. That group has grown into the non-profit of which you are now a member. The Heart of Illinois Down Syndrome Association, Inc. has been the backbone of our education, support and activism. Some of the best people in the world are members of this wonderful organization.

You are encouraged to engage with HOIDSA on any level you can. You will be enriched for it with knowledge, inspiration, support and camaraderie.

Many years have passed since we traveled down this path. We couldn't have imagined how fulfilling and rich HOIDSA has helped make it. Thank you to all of you!

Happy Thanksgiving!

Meri



December

Dan Schwenk
12/4
Evan Loring
12/6
Jobee Artis
12/7
Justin McCunn
12/9
Victoria Williams
12/15
Christopher Moore
12/19
Annie Perkins
12/23
Kaitlin Moore
12/25
Brett Campbell
12/27
Elinn Hooker
12/30
Cameron Booth

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'Tis the Season
for
Celebration
and
Fellowship



HOIDSA Annual Meeting & Adult Holiday Social

for guests high school age and older

Monday, December 2nd

Doors open at 6:00 pm

Annual Board Meeting 6:30-7:00 pm

Lariat Steakhouse, 2232 W Glen Ave, Peoria

Variety of Appetizers Will Be Served, Cash Bar
\$10 per person will be collected at the door

Dress as your Favorite Holiday Movie Character
and have fun playing Holiday Movie Trivia

Please email your reservations by November 25th
to Milly Howeler millyhoweler@gmail.com



HOIDSA Family Holiday Party

Sunday, December 8th

9:00 am—Noon

Knights of Columbus

7403 N. Radnor Rd, Peoria

Questions?

Contact Meri Tucker endroad@comcast.net
or Milly Howeler millyhoweler@gmail.com

The next **GRANDPARENT'S GROUP** meeting

Tuesday December 10th @ 6pm

Perdue's

201 S. Sampson Street

Tremont IL

an informal evening with casual conversation

Contact Mike King with any questions
mwking@rocketmail.com

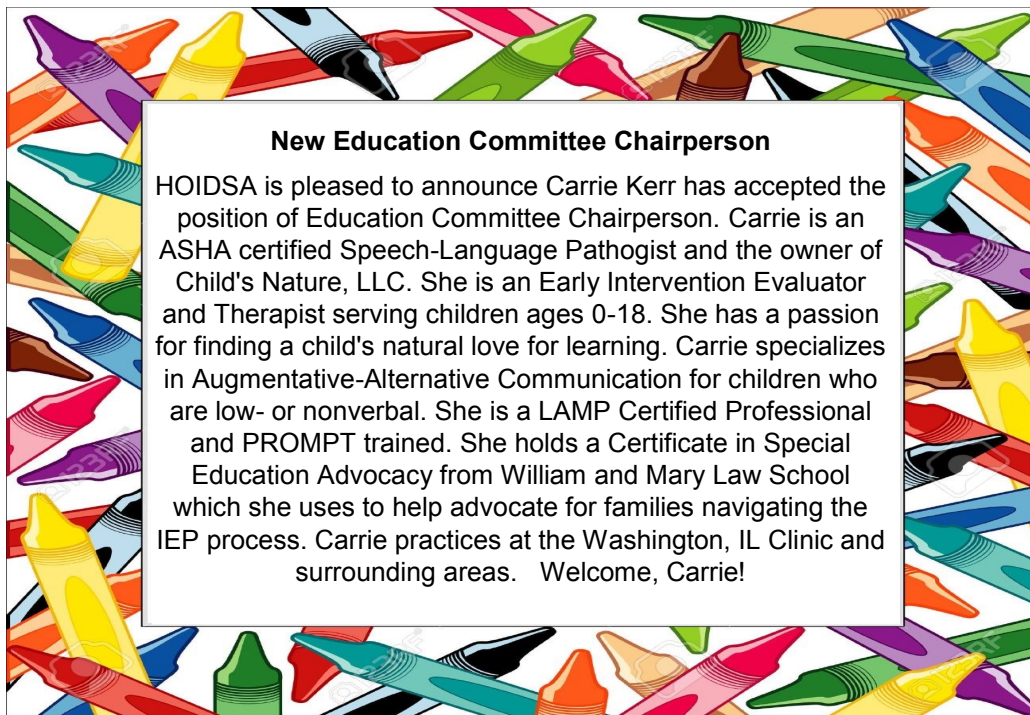


Next cooking
class:

December
17th

Bethel
Lutheran
Church,
Morton

7:00-8:30pm



New Education Committee Chairperson

HOIDSA is pleased to announce Carrie Kerr has accepted the position of Education Committee Chairperson. Carrie is an ASHA certified Speech-Language Pathologist and the owner of Child's Nature, LLC. She is an Early Intervention Evaluator and Therapist serving children ages 0-18. She has a passion for finding a child's natural love for learning. Carrie specializes in Augmentative-Alternative Communication for children who are low- or nonverbal. She is a LAMP Certified Professional and PROMPT trained. She holds a Certificate in Special Education Advocacy from William and Mary Law School which she uses to help advocate for families navigating the IEP process. Carrie practices at the Washington, IL Clinic and surrounding areas. Welcome, Carrie!

Board of Directors Vacancies

The Heart of Illinois Down Syndrome Association would like to add at least 4 people to our Board of Directors to fill vacancies and expand our leadership. The Nomination Committee seeks candidates that are passionate about helping people with Down syndrome reach their full potential.

Board members will

- *serve a three-year term*
- *attend monthly board meetings*
- *participate on at least one committee*
- *help develop and oversee the operating budget*
- *provide input to direct the Board's efforts*

HOIDSA is specifically looking for candidates in the following areas:

- *representing adults with disabilities*
- *families with young children*
- *educational expertise/school districts*
- *relationship with the medical community*

We will accept nominations through December 2nd. Vacancies will be filled at a later board meeting after all candidates have been considered. If you are interested, or know someone who would be a great addition to our Board, please contact us at 309.712.4852 or info@hoidsa.org.





Join the Registry

Set up a Professional Account

Información en español

DS-Connect® is a powerful resource where people with Down syndrome and their families can:

- Connect with researchers and health care providers.
- Express interest in participating in certain clinical studies on Down Syndrome, including studies of new medications and other treatments.
- Take confidential health-related surveys. These surveys are aimed at better understanding of the health of people with Down Syndrome across their lifespans.

Visit the website at dsconnect.nih.gov for more information

NO SHAVE



NOVEMBER

NO SHAVE



NOVEMBER

NO SHAVE



NOVEMBER



Board members, Alex Tucker, Meri Tucker, and Renee Hayes with son Quinn, picked up a donation check from the Morton Police Department. Sergeant Brock and his fellow officers had a No Shave November campaign in honor of Beth Ruder and her son Miles pictured on the far left.

Memorial/Recognition Donations

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

- **No-Shave-November at Morton Police Department** (see picture above)
- **Maggie Getz's Family Fundraiser**
- **T-shirt sale at Central School Dist. 51, Washington**
- **Jeans Day at Pleasant Valley Elementary School**

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.

Power of the Point: Predictors of Early Language Development in Down Syndrome Research Study

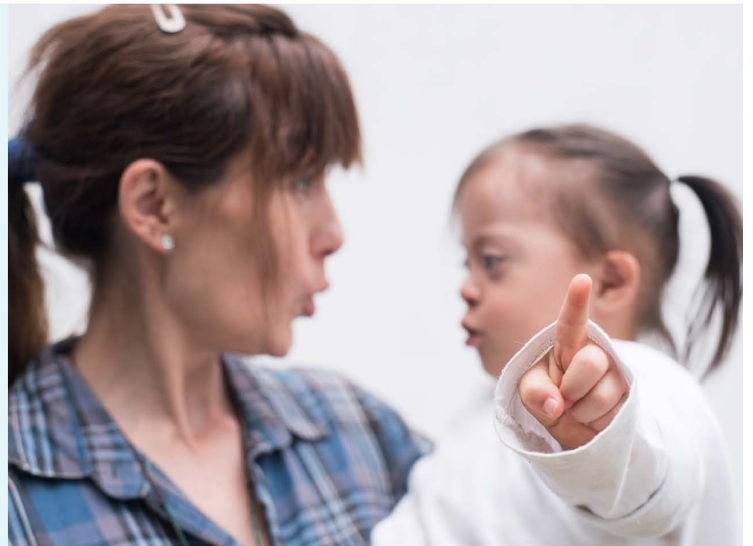
What are we studying?

We are recruiting mothers and their 18-to-24-month-olds with Down syndrome for a research study on what skills support early language development.

What will we do?

Toddlers and their mothers will be asked to play with toys, complete an assessment of language & cognitive abilities, & complete questionnaires 3 times over a 1-year period.

This will take 1.5–2 hours at your home, our lab at the University of Illinois, or a location near you.



Are there any benefits?

You and your child will receive \$20 for each visit.

You will contribute to a growing body of research looking at early language development in Down syndrome.

Find out more!

For more information, contact the Development in Neurogenetic Disorders Lab:



thedndlab@illinois.edu



(217) 265-8043



Development in Neurogenetic Disorders

I ILLINOIS

Speech & Hearing Science
COLLEGE OF APPLIED HEALTH SCIENCES

DOWN SYNDROME DIAGNOSIS SURVEY



**Your feedback can help shape
the future of how parents receive
a diagnosis!**

This study aims to reassess the information parents deem essential when receiving a prenatal or postnatal diagnosis of Down syndrome. Participation in this study will take approximately 10-15 minutes.

PARENT SURVEY LINK:

https://uofsc.co1.qualtrics.com/jfe/form/SV_5hGOU3kgPA2zqcJ



Scan me

Scan this QR code to
automatically load the
survey on your phone!

If you have any questions,
please contact Meg
Wilkes at
[margaret.wilkes@uscmed.
sc.edu](mailto:margaret.wilkes@uscmed.sc.edu) or by phone at
(704) 995-0912.

Thank you for your
participation!



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

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EDITOR'S REMARKS

Hello Everyone!

In the spirit of Thanksgiving, I would like to express how thankful I am for HOIDSA and all the great things that this organization does for the Down syndrome community.

HOIDSA is a 100% volunteer-driven organization and could not operate without the dedicated volunteers we have. Please consider serving on the Board of Directors. We need talented individuals who share our passion for improving the lives of people with Down syndrome. You can make a difference!

Wishing you all a Happy Thanksgiving!

Carol Nepolello

c.nepolello@comcast.net

DEADLINE FOR 2019 STIPENDS

HOIDSA offers each person with Down syndrome a yearly stipend for a recreational activity. Please turn in proof of payment for activities from 2019 to Milly Howeler by December 20th. If you have any questions or concerns, please contact Milly at 309-692-3688 or millyhoweler@gmail.com.

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

Contact IRVSRA at 309-201-4005 for information or visit
www.irvsra.org/