



heart of illinois

Down Syndrome Association

Newsletter

February 2020

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.

2020 Board of Directors

President

Vacancy

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

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309.453.3115
dianna.shoemaker@yahoo.com

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309.453.9221
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The Heart of Illinois Down
Syndrome Association, Inc. is a
501(c)3 not-for-profit organization.

ROCK YOUR SOCKS

— FOR —

WORLD DOWN SYNDROME DAY

 **3.21**



Calendar of Events

- | | |
|-------------------------|---|
| Sun. March 1st | 31st Annual Spaghetti Dinner
11:00am - 6:00pm,
ITOO Hall, 4909 W. Farmington Road, Peoria |
| Mon. March 2nd | Board Meeting - 6:00pm
Fondulac Library, East Peoria |
| Tues. March 17th | Special Needs Information Fair/
ACCESS March Madness Experience
FREE Event - see page 6 for details |
| Tues. March 17th | Young Adults Cooking Class - 7:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton |
| Sat. March 21st | World Down Syndrome Day |
| Mon. April 27th | Secondary Transition Fair - 5:00-7:00pm
Dunlap High School Commons, Dunlap |

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.

Several spots to fill at
3:45-6:15

Bus/Clean Tables
needed

Birthdays
Next
Month



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SPAGHETTI DINNER VOLUNTEERS NEEDED

HOIDSA is a 100% volunteer-based organization. We could not do what we do without the volunteers who serve on our Board of Directors and those who volunteer to organize and coordinate our social events, educational workshops, and fundraisers.

Our 31st annual Spaghetti Dinner is right around the corner on **March 1st**, and we need your help!

Volunteers are needed to help set up, serve dinners, clear tables, and clean up. We are using SignUp.com (formerly VolunteerSpot) so people can choose the job they want in the 2-1/2 hour time slot they prefer.

To pick your job, the easiest way is to go to our HOIDSA website at www.hoidsa.org and click on the volunteer link.

Due to a prior event at the ITOO Hall our **set up will be on Sunday morning March 1st**. We will need volunteers the morning of the dinner. Milly and Meri will be on site at 7:00AM in the back room.

Also, all baked goods and raffle-table ready donations should be dropped off at the ITOO back room between 9:00AM. and 3:00PM on Saturday, Feb 29th using the side entrance (Left side of the building, follow the concrete pavement). Please send a description of your raffle donation to Amanda Nauman at lilgrebs4@hotmail.com or Christy Getz at jcgetz94@yahoo.com, raffle co-chairs, so they can create a bid ticket prior to the dinner.



On the day of the dinner, volunteers are asked to park across the street at Midwest Implement or at least on the far end of the parking lot and leave the close spots for our guests.



March

Janelle Begner
3/1

Chris Bigelow
3/1

Maggie Getz
3/6

Jax Gander
3/11

Dakota Herold
3/11

Benit Roth
3/13

Jared Hicks
3/14

Jessica Pribble
3/15

Willis Leighty
3/17

Nicholas Stuber
3/18

Jack Robison
3/20

Joe Zimmerman
3/21

Zak Durdle
3/21

Jamie Martin
3/23

Mercy Thacker
3/24

Ashley Wertz
3/26

Trevor Colby
3/27

Lisa Pattelli
3/30



Saturday, March 21, 2020
Oak Grove Elementary School
6018 W Lancaster Rd
Bartonville, IL 61607

LMNOP
10:00-10:45am
Theme: Mouse Paint

LMNOP is also known as Language Music n' Our Peeps and is recommended for Newborn to 36 month olds with Down syndrome and their families! LMNOP guides parents and young children through learning basic sign language and other forms of communication using music and language based activities.



Down Syndrome Achievement Centers
educate. inspire. believe.

Destination Discovery
Theme: Lucky Leprechauns
11:00am-12:30pm

Destination Discovery supports the development of fine motor skills, gross motor skills, social skills and language through purposeful play and peer to peer interaction in a causal and fun setting. This program also brings families together to share experiences and build relationships.

MARCH 21: WDSD
SEE THE ABILITY!



World Down Syndrome Day is annually observed on March 21 to raise public awareness and understanding of Down syndrome. Down Syndrome International encourages our friends all over the world to choose your own activities and events to help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.

2020 Friends of HOIDSA **Walk Chairperson Needed**

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

This position requires a few hours per month through 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
Nick DeTrempe at ndetrempe@gmail.com
or call 309.868.5810 for more information.

Family Dance **Party 2020**

Everybody had a great time at the dance party on January 25th. We appreciate Julie Heim and her crew for organizing this event, supplying the snacks and goodies, and keeping the pizza coming! Many thanks to Judy and Dennis Triggs & Beth Leahy for all their help. As always a huge thank you to our DJ Chuck Tucker. He did a great job blasting the tunes and keeping the dance floor rocking!

Heart of Illinois Down Syndrome Association, Inc.

31st Annual
SPAGHETTI DINNER

Sunday, March 1, 2020 • 11:00 a.m. - 6:00 p.m.



**\$8.00/Adult
(13 & up)**

\$5.50/Child

**Under 3 yrs.
FREE**

**ITOO Hall
4909 W. Farmington Rd., Peoria, IL**

Take out orders available

***Raffle
Silent Auction
Entertainment
Bake Sale***



***FUN for the
entire family!***

Dinner provided by LaGONDOLA SPAGHETTI HOUSE of Decatur

BAKE SALE: *Calling all bakers - it's that time again!!*

Breads • Brownies • Cookies • Chocolate Treats • Layer Cakes
Pies • Cinnamon Rings • Cupcakes/Muffins • Trail Mix/Chex Mix

We are so grateful for the many goodies you and your families have supplied over the years for our Spaghetti Dinner Bake Sale. We know that we can count on you again to help us raise more funds at this booth! We always have such a nice variety of baked goods, so any of your specialties will be appreciated. If you don't bake, we'll accept goodie bags of candy or feel free to solicit donations from your favorite bakery!

As always, we will be happy to package and price the items on the day of the sale. They will be accepted throughout the day. If you have large quantities, it is best to receive these early in the day. Please mark your containers so we can return them to you. Also, please indicate what flavor the item is if it is not evident. If you cannot attend the dinner but wish to donate to the bake sale, you can arrange to have your items picked up. Please contact Teri Ehrenhardt at 309.645.5690 to arrange for pick up.

Some years we've been sold out before the end of the dinner. Please help keep us supplied throughout the day. Gluten free items and goodies for diabetics are appreciated as well (Chex Mix, Trail Mix, etc.).

PLEASE HELP MAKE OUR 31ST SPAGHETTI DINNER FUNDRAISER A SUCCESS!!!

1. HELP US ADVERTISE!

Make copies of the flier to the left or download fliers from our website (www.hoidsa.org) and share with others. Post them at work or on Facebook. Tell everyone you know to come out & have a good meal for a great cause!

2. SELL RAFFLE AND DINNER TICKETS

Please sell dinner and raffle tickets to your family, friends, and co-workers. Tickets are available from Milly Howeler (309) 692-3688.



3. DONATE ITEMS FOR THE RAFFLE AND SILENT AUCTION

Items are needed for the main raffle and the baskets for the silent auction. Remember to help by soliciting items and supplying a "theme" basket for the silent auction. Please direct all donations through Amanda Nauman at (309)360-1133 or anauman@mtco.com to prevent duplication. Contact Amanda Nauman or Christy Getz at (309) 635-7309 or jcgetz94@yahoo.com for more information.

4. DONATE BAKE SALE ITEMS

If you cannot attend the dinner but wish to donate to the bake sale, you can arrange to have your items picked up. Please contact Teri Ehrenhardt at (309) 645-5690 to arrange for pick up.

5. VOLUNTEER

Volunteers needed to help set up, serve, clear tables, and clean up. Find the link to SignUp.com on our website or facebook page at www.facebook.com/HOIDSa/. If you have questions, contact Anne Hollis at (309) 219-5899.

6. MAKE A POSTER TO SHOW OFF YOUR KID

Don't forget to make a poster using a half-size poster board (either horizontal or vertical) with lots of pictures of your child and family for display! Please include your name and contact information on the back if you want your poster returned.



**ILLINOIS STATE
UNIVERSITY**
Illinois' first public university

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RE: "Choose to Shine" Fashion Show

Dear HOIDSA Members,

The students in the Department of Communication Sciences and Disorders at Illinois State University are in the process of planning the 5th Annual Choose to Shine Fashion Show. Here is where we need your help, we need models to "shine" down the runway!

WHO: We are looking for individuals with Down syndrome to be models. All ages are accepted.

WHEN: The Choose to Shine Fashion Show will be held on Sunday, March 29th at 1:00pm. There will be a dress rehearsal prior to the show time (the exact time is to be determined).

WHERE: The fashion show will be held in the Brown Ballroom at the Bone Student Center.

WHAT: If you are interested in being a model, please fill out the attached ABOUT ME questionnaire and contact Kim Adelman kladelm@ilstu.edu or Ashleigh Tira aktira@ilstu.edu by March 1st. Additional information about the day of schedule and ticket sales will be sent out in the coming weeks.

Models will be asked to wear something nice of their own.

**** The ABOUT ME questionnaire can be found at www.hoidsa.org ****
Contact Kim or Ashleigh by March 1st



Special Needs Information Fair!



The Dunlap & Central Illinois Special Needs Parent Group in conjunction with the IHSA March Madness Access The Experience Family Fun Night and HISRA invites all parents/ caregivers/families/educators of individuals with special needs to a community information fair. Organizations in the state of Illinois and many from Central Illinois will be providing information on their services.



Date: Tuesday, March 17, 2020
Time: 5:00 p.m. to 8:00 p.m.
Place: Peoria Civic Center



For more information on the Special Needs Information Fair:
Please call Libby Raab @ 309-693-0514 or HISRA @309-691-1929
or find us on Facebook at Special Needs Information Fair at Access the Experience
For more information on IHSA March Madness Access The Experience visit:

Page 6 <http://www.ihsa.org/SportsActivities/MarchMadnessExperience/MarchMadnessAccess.aspx>

Achieve with us.



Know Your Options & Parent-to-Parent Connection Group For Self-Advocates & Parents of Adult Children with Disabilities

Morton Public Library
315 West Pershing St., Morton, IL 61550
Initial Meeting: March 3, 5:30 - 7:30 p.m.
Follow-up: April 7, 5:30 - 7:30 p.m.

The Arc of Illinois Ligas Family Advocate Program will be providing a short presentation focused on understanding and utilizing the Medicaid Home and Community Waiver once you are selected from PUNS. The event, organized in partnership with Central Illinois families, is intended to provide an opportunity for families and self-advocates to connect, share experiences and ideas, and brainstorm regarding residential housing and other barriers for adults with disabilities.

Please Register online:

<https://thearcofillinois.salsalabs.org/kyo2019>



Ligas Family
Advocate Program

Questions? Contact information:

Megan Mutti, Central/Southern IL Ligas
Family Advocate:
815-464-1832, ext 1022
megan@thearcofil.org

The Ligas Family Advocate Program is funded by a grant from the Illinois Department of Human Services



SAVE THE DATE



DUNLAP CUSD #323 1st Annual

SECONDARY TRANSITION FAIR

WHEN: Monday, April 27, 2020 **TIME:** 5-7pm

WHERE: Dunlap High School Commons- 5220 Legion Hall Rd Dunlap, IL

WHO CAN ATTEND: Parents, family members, guardians, students, teachers, and community members **of any school district**

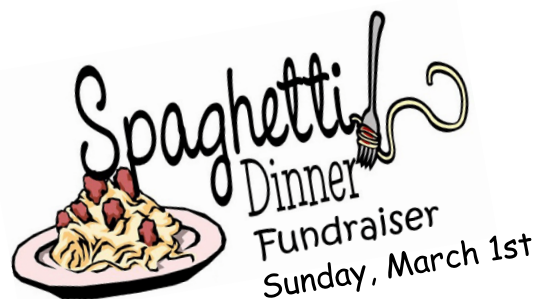
Come learn about secondary transition services available to students with special needs and their families during high school and in to adult life. Agencies representing all areas of secondary transition will be in attendance, including independent living, employment, training, and recreation and leisure.

Hosted by the Dunlap Special Education Advisory Committee



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

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EDITOR'S REMARKS

Hello Everyone!

This is the first year we didn't make it to the family dance party. I was so bummed! If you took pictures that you'd like to share on our website, please email them to me at c.nepolello@comcast.net.

Who's ready for spaghetti?? Please take some time to review the information on page 2 and pages 4 and 5. We need lots of help to make this spaghetti dinner another successful fundraising event. There are many ways you can help contribute to the success of the spaghetti dinner: volunteer your time the day of the dinner, solicit donations for the raffle, bake goodies for the bake sale, help advertise by hanging up fliers, or sell dinner and raffle tickets to your friends and family.

We will see you there!

Carol Nepolello

THINGS TO DO

Special Recreation Activities:
Check Out the Upcoming Activities

HISRA • IRVSRA

Contact HISRA at 309-691-1929
or visit hisra.org/programs/

Contact IRVSRA at 309-201-4005 or visit
<http://www.irvsra.org/>