



heart of illinois

Down Syndrome Association

## Newsletter

February 2015

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425 N. Missouri Ave.  
Morton, IL 61550  
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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.*

## Calendar of Events

- |                         |  |
|-------------------------|--|
| <b>Tues. Feb. 24th</b>  | <b>Grandparents Group</b><br>6:00pm, Davis Brothers Pizza<br>2402 E. Washington St., East Peoria         |
| <b>Sun. March 1st</b>   | <b>26th Annual Spaghetti Dinner</b><br>11:00am - 6:00pm,<br>ITOO Hall<br>4909 W. Farmington Road, Peoria |
| <b>Sat. March 7th</b>   | <b>9th Annual Family Conference</b><br>See more details on pages 8 and 9                                 |
| <b>Sun. March 8th</b>   | <b>Young Athletes Practice - 3:00pm</b><br>St. Philomena School gymnasium,<br>3216 N Emery, Peoria       |
| <b>Mon. March 9th</b>   | <b>Board Meeting</b><br>6:00pm, Bethel Lutheran Church, Morton   |
| <b>Fri. March 13th</b>  | <b>New Parent Breakfast 9:00am - 10:30am</b><br>Bethel Lutheran Church<br>425 N. Missouri Ave, Morton    |
| <b>Tues. March 17th</b> | <b>State Employment Webinar</b><br>See more details on page 9  |
| <b>Fri. March 20th</b>  | <b>My Two Cents</b><br>7:00pm, Fire Wagon Gar & Grill<br>1011 E. Washington St., East Peoria             |

**Board Meetings are held the first Monday of the month at 6:00 p.m.  
at Bethel Lutheran Church in Morton unless otherwise noted.**

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.

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# Greetings From The President

## **February 2015**

Knock, Knock, Who's There?  
Pasta...

Pasta who?

Pass the Spaghetti... It's  
time for our big fundraiser!!



Our annual Spaghetti Dinner is right around the corner on **March 1st**. Mark your calendar and tell everyone you know to save the date. The proceeds from this big fundraising event allow us to fund our programs, workshops, family stipends, and social events. As our Down syndrome membership grows, we need to expand our services to meet the growing needs. We are so grateful for your financial support that allows us to do that.

Please support the Spaghetti Dinner fundraiser by joining us for a delicious meal and telling your friends, family, and co-workers about this fun event. There will be music, entertainment, adult & children raffles, 50/50 tickets, and a new lottery for basket items! You can also help us out by selling dinner and raffle tickets before the event, donating baskets, bringing treats for the bake sale, and volunteering your time to setup, serve, bus tables, or clean up after the dinner.

It's also a great occasion to visit with families you haven't seen for a while and meet new people. I hope you will bring a poster to show off your kid. It's amazing how much they change in one year, and we'd love for you to share their accomplishments. I look forward to seeing you there!

Carol Nepolello

## **BIRTHDAYS NEXT MONTH**



### March

Janelle Begner  
3/1

Chris Bigelow  
3/1

Maggie Getz  
3/6

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

Joseph Zimmerman  
3/21

Jamie Martin  
3/23

Mercy Thacker  
3/24

Ashley Wertz  
3/26

Trevor Colby  
3/27

Lisa Pattelli  
3/30



# SPOTLIGHT ON...

The "Spotlight On" section of our newsletters will now be completed in a standard interview type format which should be easier for families to complete.

If you would like to have your family member with Down syndrome featured in our newsletter, you can download the interview sheet on our website.

Go to [www.hoidsa.org](http://www.hoidsa.org), under the "About Us" tab click on "Newsletters". On this page you should see "HOIDSA wants you to be featured in the "Spotlight On..." section of the newsletter! Click [here](#) to find out how!". When you click this link it will open a word document.

Fill out this document and e-mail it to [jamieczesak@gmail.com](mailto:jamieczesak@gmail.com) with 1 or 2 pictures.

Spotlights will be published on a first come first served basis.

Contact Jamie Czesak (309)303-8475 or [jamieczesak@gmail.com](mailto:jamieczesak@gmail.com) with any questions.

## Check out HOIDSA online!!!

Visit [www.hoidsa.org](http://www.hoidsa.org).

"Like" us on Facebook to keep up with all of HOIDSA's news and events at <https://www.facebook.com/HOIDSA>

Keep in touch with other HOIDSA families and discuss topics related to Down syndrome by joining our private Facebook discussion group at <https://www.facebook.com/groups/HOIDSADiscussionGroup/>

## **Memorial/Recognition Donations**

### **HOIDSA graciously accepts memorial and 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.

For more information call 309-712-4852. Pre-printed memorial envelopes are available.

Heart of Illinois Down Syndrome Association, Inc.

*26th Annual*

# SPAGHETTI DINNER

Sunday, March 1, 2015 • 11:00 a.m. - 6:00 p.m.



**\$7.00/Adult**  
(13 & up)

**\$5.00/Child**

**Under 3 yrs.**  
**FREE**

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

*Raffle*

*Take out orders available*

*Entertainment*

*Bake Sale*



*FUN for the  
entire family!*

**Dinner provided by LaGONDOLA SPAGHETTI HOUSE of Decatur**



# PLEASE HELP MAKE OUR 26TH SPAGHETTI DINNER FUNDRAISER A SUCCESS!!!

## VOLUNTEERS NEEDED!!!

We're using VolunteerSpot to organize volunteers for the Spaghetti Dinner.

Here's how it works in 3 easy steps:

1. Click this link to go to our invitation page on VolunteerSpot: <http://vols.pt/VT3g51>
2. Enter your email address: (You will NOT need to register an account on VolunteerSpot)
3. Sign up! Choose your spots - VolunteerSpot will send you an automated confirmation and reminders.

Note: VolunteerSpot does not share your email address with anyone.

If you prefer not to use your email address, please contact Anne Hollis at (309)219-5899 or [anne.mc.hollis@gmail.com](mailto:anne.mc.hollis@gmail.com) to sign up manually.

## POSTERS - 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!



## HELP US ADVERTISE!

Download fliers from our website and share with others. Fliers can be found at [www.hoidsa.org](http://www.hoidsa.org).

## RAFFLE AND TICKETS

We are accepting raffle donations (for baskets, general, kid raffle, or cash). Please direct all donations through Amanda Nauman at (309)360-1133 or [anauman@mtco.com](mailto:anauman@mtco.com) or Christy Getz at (309)635-7309 or [jcgetz94@yahoo.com](mailto:jcgetz94@yahoo.com) to prevent duplication.

Also, please sell dinner and raffle tickets to your family, friends, and co-workers. Tickets are available from Milly Howeler (309)231-3689 or [millyhoweler@gmail.com](mailto:millyhoweler@gmail.com).

## Entertainment Schedule

11:00 – 12:15	The Dynamics (Rock, Pop, Country)
12:30 – 1:15	Joe Couri
1:30 – 2:00	The Couri Sisters (Kristen and Bethany)
2:15 – 2:45	Penguin Project
3:15 – 4:30	Jukebox Saturday Night
5:00 – 5:30	Heartland Cloggers
5:30	Raffle Drawings
6:00	Grand Prize Drawing

## 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)467-6113 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.).*

## **My Two Cents**

My Two Cents is a time when people with a connection somehow with Down syndrome can get together for camaraderie and laughter in a casual setting. Here we gain insight and information just by sharing our lives with each other. Please join us at the venues below.

**Always at 7:00 pm**

**March 20 - Fire Wagon Gar & Grill**

1011 E. Washington St., East Peoria

**April 10 - Fox Pub & Café**

7800 N. Sommer St, Ste 302, Peoria

**May 22 - Firehouse Pizza**

240 S. Main St., East Peoria

**June 19 - Oliver's Pizza**

1231 E. Samuel Ave, Peoria Heights

**July 24 - Keps Sports Bar & Grill**

313 Mueller Rd, Washington

**August 28 - Bullpen (at Landmark)**

3225 N. Dries, Peoria

**Can't wait to see you there!**  
**Any questions or comments,**  
**please contact**  
**Todd Willoughby at**  
**309-251-7695.**



### **Set Up and Clean Up for the Spaghetti Dinner**

We are in need of volunteers to help us set up Saturday, February 28th at the ITOO Hall beginning at 9:00pm.

The Spaghetti Dinner committee also needs help with loading and clean up from 6:00-8:00pm after the dinner.



**Special Olympics**  
**Young Athletes™**

Come be a part of this exciting program through Special Olympics Illinois. The Young Athletes program is an innovative sports play program for children ages 2-7 with and without intellectual disabilities, designed to introduce them into the world of sports. This program will prove enormously beneficial on multiple levels for your child including helping the children improve physically, cognitively and socially. This program is designed to address two specific levels of play. Level 1 includes physical activities focused on developing fundamental motor tracking and eye-hand coordination. Level 2 concentrates on the application of these physical activities through a sports skills activity program and developing skills consistent with Special Olympics sports play. The activities will consist of foundational skills, walking & running, balance & jumping, trapping & catching, throwing, striking, kicking and advanced skills. Siblings ages 2-7 of the participants are welcome to participate. We are very excited about this program and your family's participation!

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

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

**Sunday, March 8, 2015**

**Sunday, April 12, 2015**

**Sunday, May 3, 2015**

**If interested in participating or**  
**volunteering, e-mail:**  
**[youngathletespeoria@yahoo.com](mailto:youngathletespeoria@yahoo.com)**

**John & Christy Getz**  
**Curt & Amanda Nauman**  
**Coordinators, Peoria Independent Families**

**Saturday, April 25, 2015**

**1:00 - 4:00 p.m.**

**Landmark Recreation Center  
Peoria, IL**



Sign up today for family matters bowl-a-thon! Teams need to register by March 15th.

Sign up at: <http://www.firstgiving.com/FamilyMatters>

## SIBLING LEADERSHIP NETWORK

### Sibling Support Survey

The Institute on Disabilities at Temple University is working together with the Sibling Leadership Network to study the support needs of siblings of individuals with disabilities. This project is funded by the Pennsylvania Developmental Disabilities Council.

We invite you complete this survey and to encourage other individuals you know to participate in this [national survey](#) about siblings of individuals with disabilities, their support needs, and their families. We are looking for people to share their perspectives.

The survey is for the following individuals to complete:

- Siblings of people with disabilities
- People with disabilities
- Parents of people with disabilities
- Professionals working with people with disabilities and their families

This is an online survey; it will take less than 30 minutes to complete.

The survey is available in [English](#) and in [Spanish](#).

Visit this link to take the survey:

[https://survey.col.qualtrics.com/SE/?SID=SV\\_3WCwrRZwGMzCHtj&Q\\_JFE=0](https://survey.col.qualtrics.com/SE/?SID=SV_3WCwrRZwGMzCHtj&Q_JFE=0)

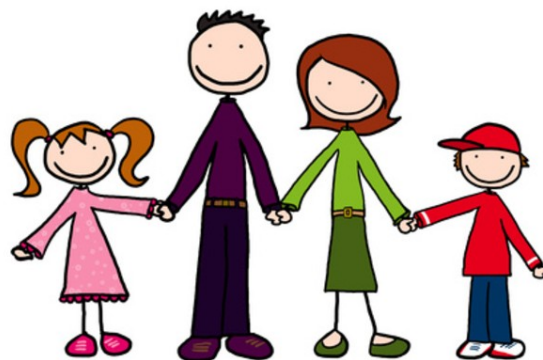
## *The next* **GRANDPARENT'S GROUP** *meeting*

Tuesday February 24th  
6pm

Davis Brothers Pizza  
2402 E. Washington St.  
E. Peoria IL

*an informal evening with casual conversation*

*Questions?  
phone 309-241-8195 or  
email [hohimer\\_home@comcast.net](mailto:hohimer_home@comcast.net)*





# Illinois Family Leaders Collaboration

presents the...

## 9th Annual Family Conference

Resources and Inspiration for **Adult** Family Members  
and Caregivers of Children with Disabilities

Featuring David Pitonyak, Ph.D.

*Beyond "Behaviors": Supporting  
Confidence, Competence, and Well-Being*



**Saturday, March 7th, 2015**

Spalding Pastoral Center  
419 NE Madison Ave, Peoria, Illinois

Registration 8:30-9:00am  
Conference 9:00am-3:00pm

### PROGRAM INFORMATION AND PRESENTERS

#### **Beyond "Behaviors": Supporting Confidence, Competence, and Well-Being**

This workshop examines ways that we can help the person served to achieve a sense of confidence, competence, and a sense of well-being. This day-long workshop examines strategies for supporting not only an individual who experiences disabilities but also the needs of his or her caregivers. David will talk about how behaviors are "messages" which can tell us important things about an individual's life and how learning to listen to behaviors is the first step in helping the individual to find a new, healthier story. Come and learn how to listen for and understand the messages in your child's or your student's behavior.

**David Pitonyak, PhD**, has spent many years working with individuals who experience disabilities. Much of his work has focused on individuals who exhibit difficult behaviors because they are misunderstood and/or because they are living lives that don't make sense. He is a contributing editor for, "The Community Journal," a disability rights newsletter that focuses on building community and is President of the Commonwealth Coalition for Community, a grass roots effort to improve services for people with disabilities and their families in Virginia.

#### **WHO SHOULD ATTEND**

The Illinois Family Leaders Collaboration's 9th Annual Conference is specifically for adult family members and caregivers of children (birth - 22) who have developmental delays or disabilities. Service providers and educators are also welcome.

#### **CONTINUING EDUCATION**

This workshop has been approved for **5.0 contact hours** for:

Educator License Renewal, CDA (Child Development Associate) credit in area(s) #4, CE credit for SLP, SW, LCPC, PT, and OT professionals, and Gateways to Opportunity credit in area(s) E.

#### **REGISTRATION**

There is a \$10 per person (nonrefundable) registration fee for family members and a \$20 (non-refundable) registration fee for professionals. Breakfast and lunch are included. By February 20, 2015, please mail a check payable to STARnet Regions I & III, and your registration form, to the address on the form. Registration is limited. We are not able to accommodate children at the conference. For information or financial assistance, contact: Deb Einhorn, Family Matters, 866-436-7842 x116, [deinhorn@fmptic.org](mailto:deinhorn@fmptic.org).

**This conference is co-sponsored by HOIDSA. Your \$10 registration fee will be reimbursed by HOIDSA. Send Milly Howeler a copy of your completed registration form.**

**Registration form for this conference  
is on page 9.**



# Registration Form

## 9th Annual Family Conference

March 7, 2015 ★ Peoria, Illinois

Please include registration fee: \$10 per family member, \$20 per professional

Mail this form with a check by February 20, 2015

to the STARNET address below. Registration is limited.

You will receive confirmation or a waiting list notice three weeks prior to conference.

Name(s) \_\_\_\_\_  
 Send confirmation to my... ☐ home ☐ business address below...  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
 Fax \_\_\_\_\_ Email \_\_\_\_\_  
 District/Agency (prof. only) \_\_\_\_\_  
 I live in \_\_\_\_\_ county. I work in (prof. only) \_\_\_\_\_ county.  
 Program Affiliation (prof. only):  
☐ Child Care  
☐ Community Preschool  
☐ Early Intervention (EI)  
☐ ECSE  
☐ ECSE/Pre-K  
☐ Even Start  
☐ Head Start  
☐ K-3  
☐ Model Parental Training  
☐ State Pre-K/Preschool for All  
☐ State Prevention Initiative  
☐ 1/2 Day ECSE/ 1/2 Day Pre-K  
☐ Other \_\_\_\_\_  
 Position (check one):  
☐ Administrator  
☐ Developmental Specialist (EI)  
☐ Family Member (age of child(ren) \_\_\_\_\_)  
☐ Family Educator  
☐ Teacher  
☐ Teacher Assistant  
☐ OT/PT  
☐ Psychologist  
☐ Service Coordinator (EI)  
☐ SLP  
☐ Social Worker  
☐ Other \_\_\_\_\_

☐ Special accommodation (eg: interpreter, wheelchair accessible, special diet, etc.).  
 Please specify by February 7, 2015, the nature of special accommodation needed:

I give permission for the Illinois Family Leaders Collaboration to use photos/videos that may include me to promote future trainings: \_\_\_\_\_ (initial)

STARNET Regions I & III • WIU • Horrabin Hall 32 • Macomb, IL 61455  
 800/227-7537 • 309/298-1634 • Fax 309/298-2305 • www.starnet.org

## Special Recreation Activities: Check Out the Upcoming Activities

### HISRA • IRVSRA • Pekin Park District

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>

### State to Offer Free Webinars on State Employment for People with Disabilities

The Department of Central Management Services and the Interagency Committee on Employees with Disabilities will offer two free webinars on special programs for people with disabilities in regards to state employment. The webinars are free and open to the public. Everyone is welcome. The two webinars are scheduled for **March 17<sup>th</sup>**, one in the morning beginning at 10:30 a.m., and the second in the afternoon, beginning at 1:00 p.m.

You register yourself. Remember your password that you create. Registration information follows.

Registration page for the 10:30 PM session: <https://revconnect.illinois.gov/hiringwebinar2015/event/registration.html>

Registration page for the 1 PM session: <https://revconnect.illinois.gov/hiringwebinar2015pm/event/registration.html>

For further information email [Susan.Allen@Illinois.gov](mailto:Susan.Allen@Illinois.gov).



c/o Bethel Lutheran Church  
425 N Missouri Ave Morton IL 61550

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## EDITOR'S REMARKS



Hello Everyone!

I had tons of fun at the Family Dance Party! We will have photos from this event posted on the website and facebook soon! Speaking of facebook, have you joined our HOIDSA Discussion Group on facebook? This is a private discussion group where your posts can only be seen by other members of the discussion group. To join our discussion group, visit:

<https://www.facebook.com/groups/HOIDSADiscussionGroup/>.

The Spaghetti Dinner is right around the corner! If you haven't already, please visit: <http://vols.pt/VT3g51> to sign up for a volunteer shift for this event. See pages 4 and 5 for more details about the Spaghetti Dinner.

See you at the Spaghetti Dinner!

Jamie Czesak jamieczesak@gmail.com

## NEW PARENT OPEN HOUSE

**HOIDSA's new parent breakfasts are back!**

*This is a very informal, relaxed social time for newer parents to meet other families and little ones with Down syndrome.*

*Coffee, juice and snacks will be served.*



**Next Open House Date:**

**Friday, March 13th**

**9:00am - 10:30am**



**Location:**

**Bethel Lutheran Church  
425 N. Missouri Ave., Morton**

**Please call Milly for additional information  
at 309-231-3689**