



heart of illinois Down Syndrome Association Newsletter

December 2015

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.

Please note our new address!!

Hoidsa's office has relocated to Bethel Lutheran Church's
new location at 325 E. Queenwood Rd. in Morton, approximately
1/2 mile east of Field Shopping Center



*Merry Christmas
and Happy New Year!*

2015 Board of Directors

Carol Nepolello, *President*
309-243-8414
c.nepolello@comcast.net

Meri Tucker, *Vice President*
309-694-2984
endroad@comcast.net

Milly Howeler, *Treasurer*
309-692-3688
millyhoweler@gmail.com

Jamie Czesak
Laurie Mattheessen
Becky McDaniels
Kim Sarff
Shelli Willoughby
Todd Willoughby

Editor: VACANCY
See Help Wanted Ad
on the back cover!

Send items to
c.nepolello@comcast.net

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

Calendar of Events

- | | |
|-------------------------|--|
| Mon. Jan. 4th | Board Meeting - 6:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton |
| Sun. Jan. 10th | Young Athletes Practice - 3:00pm
St. Philomena School, 3216 N Emery, Peoria |
| Sat. Jan. 30th | Annual Family Dance Party
6:00pm - 9:30pm
Morton Knights of Columbus Hall
616 David St, Morton |
| Tues. Feb. 9th | Grandparent's Group Meeting - 6:00pm
Cracker Barrel, 150 E Ashland St., Morton |
| Sun. March 6th | 27th Annual Spaghetti Dinner
11:00am - 6:00pm,
ITOO Hall, 4909 W. Farmington Road, Peoria |
| Tues. March 15th | ACCESS March Madness Experience
FREE Event - see page 4 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.



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Greetings From The President

December 2015

I have been on the board of directors for 10 years, serving as president for the last 6 years. Being part of HOIDSA's leadership team has been such an honor, that it is with much bittersweet feeling that I announce my term as president officially ends at the end of this year. I have decided to step down from the board and focus on pursuing my master's degree. I will continue to serve on the education and data committees, though, and attend as many events that I can.



Board service terms are also ending this year for Todd Willoughby, Becky McDaniels, and Jamie Czesak. Todd has been on the board for 15 years, making many contributions to our organization. He has also been a wonderful host of our holiday socials, summer socials, and My Two Cents outings. Becky has served on the board for 10 years, acting as a liaison with hospitals and doctor's offices and answering calls to HOIDSA's phone number. Jamie joined our board just a few years ago, and jumped right in to serve on the Buddy Walk committee and be editor of the newsletter. She decided to resign when she and her husband needed to relocate to the Springfield area. I would like to thank Todd, Becky, and Jamie for their many years of service!

HOIDSA is blessed with so many people that volunteer their time to our organization. Thank you to everyone who has given their time to us this year!

From our family to yours, we wish you and those you love, good health, good fortune, happiness and peace throughout the coming New Year.

Carol Nepolello



Birthdays
Next
Month



January

Libby Heger
1/4
Christopher Garza
1/6
Adrianna Austin
1/9
Caitlyn Shirley
1/10
Joel Wynkoop
1/11
Terry Cowley
1/15
Dylan Lundy
1/15
Austin Ray
1/15
Joseph Clore
1/16
Bianca Feazel
1/16
Melissa Heiman
1/16
Nathan Parks
1/18
Danny Moreland
1/22
Nick Butler
1/23
Brett Pezold
1/27
Jesslyn Jo Schultz
1/30
Melissa Zuercher
1/30



9th Annual

HOIDSA Family Dance Party

Saturday, January 30th, 2016
at the Knights of Columbus Hall
616 David Street, Morton, IL
6:00 - 9:30 p.m.

Refreshments
provided!



The Jukebox

(Chuck Tucker will DJ)

Bring your favorite CD's

FREE ADMISSION

Donate non-perishable food items for the local food pantry!

INCLUSIVE - Casual - Fun for families, teens, kids of all ages!



Add these dates to your 2016 calendar!!

27th Annual Spaghetti Dinner Sunday, March 6th, 2016

11:00 a.m.—6:00 p.m.

ITOO Hall

**4909 W. Farmington Rd.
Peoria**



The next **GRANDPARENT'S GROUP** meeting

Tuesday, February 9, 2016 @ 6pm
Cracker Barrel
150 E Ashland St
Morton IL

an informal evening with casual conversation

Contact Anita with any questions
309-241-8195
hohimer_home@comcast.net



Special Olympics
Young Athletes™

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.

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

Sunday, January 10, 2016

Sunday, February 14, 2016

Sunday, March 13, 2016

If interested in participating or volunteering,
e-mail:

youngathletespeoria@yahoo.com

John & Christy Getz

Curt & Amanda Nauman



**HEART OF ILLINOIS
SPECIAL RECREATION
ASSOCIATION**



ACCESS the March Madness EXPERIENCE

Come enjoy a special day at the March Madness Experience at the Peoria Civic Center!
HISRA staff and hundreds of volunteers will adapt all of the games and activities in the
March Madness Experience and make them accessible to people with disabilities!

Field Trip Day

Tuesday, March 15, 2016

9:30 am - 2:00 pm

Peoria Civic Center, Peoria, IL

All students with disabilities, group homes residents and members of Special Recreation Associations from around the state of Illinois are invited to join the HISRA staff and volunteers for a day of fun at the March Madness Experience. Doors will open at 9:30 am; come for a few hours or stay and enjoy all of the activities until 2:00 pm. Don't forget to bring sack lunches or money for the concession stand. There are accessible restrooms and a changing area will be set up for your convenience.

Family Night and Special Needs Information Fair

Tuesday, March 15, 2016

5:00 pm - 8:00 pm

Peoria Civic Center, Peoria, IL

Calling all families with children and adult with disabilities from around the state of Illinois! You are invited to join the HISRA staff and volunteers for an evening of fun at the March Madness Experience along with a variety of vendors and support providers who work with people with disabilities! The Special Needs Information Fair is sponsored by the Dunlap and Central Illinois Special Needs Parent Group. The March Madness Experience will be open for this special event from 5:00- 8:00 pm. The concession stand will be open, there are accessible restrooms and a changing area will be set up for your convenience.

Request your FREE TICKETS and FREE PARKING PASSES via e-mail : jwahl@peoriaparks.org

RESOURCE LIBRARY

NOW MORE ACCESSIBLE

The following list of books have been moved from HOIDSA's resource library into circulation at the Pekin Library. Anyone with a library card can check them out through their local library branch. Libraries in this area are members of the Resource Sharing Alliance (or RSA). RSA is a consortium of libraries in Central Illinois that share a common library automation system. RSA facilitates sharing of materials among its member libraries, providing you with access to materials from up to 193 different libraries. To use RSA to find a book, visit <https://www.railslibraries.info/catalogs/rsa>

Including People with Disabilities in Faith Communities by Erik Carter

Shut up About Your Perfect Kid: A Survival Guide for Ordinary Parents of Special Children by Gina Gallagher and Patricia Konjoian

The Inclusion Facilitators Guide by Cheryl Jorgensen

The Power to Spring UP Postsecondary Education Opportunities for Students with Significant Disabilities by Diana Katovitch

Teaching Reading to Children with Down Syndrome by Patricia Logan Oelwein

I Can, Can You? by Marjorie W. Pitzer

My Up & Down & All Around Book by Marjorie W. Pitzer

Veronica's First Year by Jean Rheingrover

Kids Like Me...Learn ABC's by Laura Ronay

The Language of Toys Teaching Communication Skills to Special Needs Children by Sue Schwartz

From Disability to Possibility: The Power of Inclusive Classrooms by Patrick Schwarz

From Possibility to Success: Achieving Positive Student Outcomes in Inclusive Classrooms by Patrick Schwarz

The Down Syndrome Transition Handbook: Charting Your Child's Course to Adulthood by Jo Ann Simons

Gifts: Mothers Reflect on How children With Down Syndrome Enrich Their Lives Edited by Kathryn Lynard Soper

Gifts 2: How People with Down Syndrome Enrich the World Edited by Kathryn Lynard Soper

The Best Worst Brother by Stephanie Stuve-Bodeen

We'll Paint the Octopus Red by Stephanie Stuve-Bodeen

Restructuring for Caring and Effective Education Piecing the Puzzle Together by Richard Villa

Gross Motor Skills in Children with Down Syndrome A Guide for Parents and Professionals by Patricia C. Winders, PT

WrightsLaw From Emotions to Advocacy 2nd ed. By Pam Wright and Pete Wright

WrightsLaw Special Education Law 2nd ed. By Peter Wright and Pamela Wright

The Young Adult Cooking Class has been very busy!

A couple weeks ago the group got together to make and decorate Christmas cookies. Everyone had a lot of fun! After sending some cookies home, they donated the rest of the cookies for a bake sale benefitting a church in Panama.



*Giving and
Sharing
Is
Loving and
Caring*

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.

*Our sincere
appreciation.*

Apostolic Christian Services
2125 Veterans Road
Morton, IL 61550
Phone: 309.266.9781
Fax: 309.266.9468
Website: www.achh.org

Dear Teri and the HOIDS Association:

We received the Christmas gifts for our residents that your organization bought, and delivered today. How can we thank you for buying those wonderful gifts? The individuals that will receive these gifts do not often have family contacts. This certainly will make their holidays more special.

Please tell everyone in your group that we really do appreciate the support. We are thankful for what your organization represents and does.

We want to wish you all a Merry Christmas and a blessed New Year.

Randy Mogler
Resident Services Director
Apostolic Christian Timber Ridge



The Heart of Illinois Down Syndrome Association
would like to welcome

The Abu Hanna Family

Wisam, Sarah & Christian Abu Hanna of Peoria



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

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EDITOR'S REMARKS

Help Wanted: Newsletter Editor

We are still looking for a Newsletter Editor.

This is a volunteer position that requires:

- ♦ Approximately 8 hours 1 week per month
 - ♦ Attention to detail
- ♦ Excellent communication & follow up skills
 - ♦ Collaboration with people who provide information for the newsletter
- ♦ Knowledge of Microsoft Publisher helpful, but there are other programs that could be used
 - ♦ File sharing through Dropbox

If you are interested, please contact us at info@hoidsa.org or call Carol Nepolello at 309.453.9221 for more information.

NEW PARENT OPEN HOUSE

*The monthly
"New Parent Open House"
will not take place in
January 2016*