



heart of illinois

Down Syndrome Association

Newsletter

April 2016

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.



2016 Board of Directors

Shelli Willoughby, *President*
309-251-7102
shellwilloughby@gmail.com

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

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

Anita Hohimer

Anne Hollis

Laurie Mattheessen

Christy Sanchez

Kim Sarff

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

- | | |
|------------------------|--|
| April 29th-30th | Mother's Day Craft Show (2-Day Event)
Avanti's Dome, 3401 Griffin Ave, Pekin
See page 2 for more details. |
| Sun. May 1st | Young Athletes Closing Ceremony - 3:00pm
St. Philomena School, 3216 N Emery, Peoria |
| Mon. May 2nd | Board Meeting—6:00pm
Fondulac Library, East Peoria |
| Tues. May 10th | Grandparent's Group Meeting - 6:00pm
Jack's Cafe, 130 Lake Street, Tremont |
| Tues. May 17th | Young Adult Cooking Class - 7:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton |

***The newsletter will be bi-monthly through the summer.
The May/June newsletter will arrive in mid-June and the
July/August newsletter will arrive in mid-August.**

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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Mother's Day Craft Show

Enjoy this craft show while spending some quality time shopping with your mother or by finding something special for her, all while supporting a good cause.

This event will help raise money for the Heart of Illinois Down Syndrome Association, Inc. (HOIDSA). HOIDSA provides support and resources to individuals with Down syndrome, their families, caregivers, and educators in the Tri-Country Area (Peoria, Tazewell, and Woodford counties).

Located Inside the Avanti's Dome
3401 Griffin Ave. Pekin, IL
Friday, April 29th 4:00pm-8:00pm
Sat., April 30th 10:00am-3:00pm

Contact/More Information:
 Marcy Ray (309) 415-0540
 Sheri Verardo (309) 346-3663

Facebook: Avanti's Dome
Website: www.avantisdome.com



Birthdays Next Month



May

Stephanie Brant
5/3

Elizabeth Rice
5/7

Addy Duensing
5/9

Shea Gale
5/11

Madison Haynes
5/12

Claire Schwarting
5/13

Rebecca Nickerson
5/14

Brad Fornoff
5/20

Oliver Smith
5/22

Wyatt Lauber
5/28

Tom Weiss
5/30

Nicholas Mueller

Triston Walbright



Young Adult Cooking Class

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

Next class: May 17th 7:00-8:30pm
Bethel Lutheran Church
Contact Meri at 309-264-4900

The next

GRANDPARENT'S GROUP *meeting*

Tuesday, May 10th
Jack's Cafe
130 Lake Street
Tremont 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 2-9 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

Closing Ceremony
Sunday, May 1, 2016

If interested in participating or volunteering,
e-mail:
youngathletespeoria@yahoo.com

John & Christy Getz
Curt & Amanda Nauman

Spotlight on...

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, 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 c.nepolello@comcast.net with 1 or 2 pictures.

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

SAVE THE DATE

HOIDSA's 9th Annual Buddy Walk®

Saturday October 1st | EastSide Centre | East Peoria IL

- **Mark your calendars** to come and enjoy a morning of fun and a one mile walk to raise Down syndrome awareness and support families and friends of individuals with Down syndrome
- **Details:** complete details will be available online at www.hoidsa.org/get-involved beginning in late May; online registration and fundraising will open mid-June with brochures being mailed late June
- **Activities:** T-shirt pickup, same day registration, entertainment, games, face painting and raffle all begin at 8am, walk at 9:30am
- **Questions?** Call 309-415-0540 or email buddywalk@hoidsa.org



Walk will take place rain or shine | Site is ADA accessible



Buddy Walk® News

Work has begun on this year's walk. Full details will be available online in May and in the May/June newsletter.

Please consider getting involved in this inspiring and rewarding opportunity to make a difference in the lives of individuals with Down syndrome. Raising awareness in our communities is the main focus of the walk, but fundraising is also important for HOIDSA to continue to promote the value, acceptance and inclusion of individuals with Down syndrome.

Even though registration has not officially opened, it is not too early to start thinking about fundraising. I am asking for our HOIDSA members to invite their families, friends and neighbors to take the opportunity to volunteer, fundraise and contact potential sponsors to support our event. Feel free to copy the sponsor letter and sponsor form from this newsletter for soliciting potential sponsors. Please send both forms and be sure to sign your name and include a contact phone number on the sponsor letter.

Thank you in advance for your support to celebrate our loved ones and helping make this walk a huge success!

Marcy Ray
Buddy Walk® Chair
Ph# 309-415-0540 or email buddywalk@hoidsa.org



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



Contact Name: _____

Company: _____

Address: _____

Phone: _____

Option #1: We are pleased to sponsor the BUDDY WALK® at the following level:

- ☐ _____ ALLY SPONSOR \$100 - \$249
- ☐ _____ PAL SPONSOR..... \$250 - \$499
- ☐ _____ BUDDY SPONSOR..... \$500 - \$999
- ☐ _____ BEST FRIEND SPONSOR..... \$1,000 - \$2,499
- ☐ _____ FRIEND FOR LIFE SPONSOR..... \$2,500 - \$4,999
- ☐ _____ BEST FRIEND FOR LIFE SPONSOR..... \$5,000 OR MORE

Option #2: We are pleased to donate the following item(s) for the continental breakfast portion of the event: _____

Option #3: We are pleased to donate the following item(s) for the raffle: _____

Estimated fair market value of each donated item: _____

All sponsors please list your company name above as you wish it to appear in print. For sponsors at the \$500 level and above, please email your company logo to buddywalk@hoidsa.org by September 10, 2016. Please return this form with check enclosed for sponsorship, or any gift certificates and brochures, etc. to the address listed above. Call 309-415-0540 or email buddywalk@hoidsa.org if you prefer to have the donation picked up at your convenience.

September 10, 2016 is the deadline for submitting your sponsor information to be included in print on the back of the t-shirts.

We make every effort to include all of the above levels of sponsorship in our newsletter, on Facebook and on the appreciation board at the walk.

The Heart of Illinois Down Syndrome Association, Inc. is incorporated in the state of Illinois as a non-profit corporation operating under the Internal Revenue Code 501 (c) (3). No goods or services were exchanged for this.

Our mission is to improve the quality of life of persons with Down syndrome by providing support, advocacy, and educational opportunities to those individuals, their families, and community advocates.



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



Dear Friend:

The Heart of Illinois Down Syndrome Association will be sponsoring HOIDSA's 9th Annual Buddy Walk® on Saturday, October 1, 2016 at EastSide Centre in East Peoria, IL. Families and friends whose lives have been touched by Down syndrome will join others from our communities to celebrate the many abilities and accomplishments of people with Down syndrome in our communities.

We are asking for your support to help us make this year's Buddy Walk® the best yet. We would like to invite you to consider sponsoring our 9th Annual Buddy Walk®. As a local business within our community, we are hopeful you want to offer us your support and invest in this worthy cause. 93% of the funds raised will be used locally to support families and the professionals who work with them. Your investment in this event will help support our Resource Library, conference stipends, recreational scholarships, collaboration with service agencies, Young Adult Cooking Class, New Parent Breakfast, Grandparents Group and many other opportunities for networking and to advocate and educate throughout the year.

History: The Buddy Walk® was developed by the National Down Syndrome Society in 1995 to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. The Buddy Walk® has grown from 17 walks in 1995 to nearly 300 Walks planned for 2016 worldwide. In 2015, nearly \$14 million was raised nationwide to benefit local programs and services, as well as the national advocacy and public awareness initiatives of NDSS that benefit all individuals with Down syndrome.

Please feel free to call 309-415-0540 or email buddywalk@hoidsa.org if you have any questions or need any further information. Your support is greatly appreciated.

Thank you for your time and consideration in this matter.

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Wide Open Experiences



7th Annual Camp Big Sky Fishing Tournament



May 21st 2016
Giant Goose
Ranch
Canton, IL



General
Public
Welcome

Several free, family friendly activities such as bank fishing, horse rides face painting, lawn games, kite flying, arts and crafts and pontoon boat rides will be available to everyone who attends. The fishing tournament kicks off at 8am and the parade of boats and weigh-in ceremony begin at 11:30am. Reasonably priced lunches are available on site.

Giant Goose Ranch is located 4 miles west of Canton, Illinois on Route 9.

<http://www.campbigsky.org/>

About The Event

The Camp Big Sky Fishing Tournament pairs campers with disabilities with experienced tournament fisherman in a Bass Masters style competition that provides a memorable experience for all and raises significant portion of our annual operating budget.

Selected campers get an opportunity to fish with a professional and be recognized in our Parade of Boats and Weigh-in Ceremony. Every participant receives a t-shirt and trophy while helping to raise funds to operate the camp at no cost to our guests.

Potential participants must be able to use a spin casting rod and reel (training & equipment provided), be able to fish for three hours in a boat, attend one of the two on-water trainings, love to fish and participate for the full day. The tournament fisherman volunteer their time, expertise and boats for the day, so it is important that participants commit and participate for the whole day, arriving by 7:30 am and departing by 2 pm.

Interested Participants Contact:

Doris Hayes (dhayes@epicpeoria.org)
309-689-3662 or 309-472-7572

Don Rulis (drulis@cwtc.org)
309-686-3300 or 309-648-3754

Find us on Facebook!

www.facebook.com/CampBigSkyIL

Saturday, May 21st, 2016 at Giant Goose Ranch in Canton Illinois





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

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NEW PARENT OPEN HOUSE



EDITOR'S REMARKS

Hello Everyone!

Just a reminder that the newsletter is bi-monthly during the summer months. The May/June newsletter will be mailed in mid-June and the July/August newsletter will come out in mid-August. To make sure you stay as up-to-date as possible on all of HOIDSA's news and events, make sure to visit our website at www.hoidsa.org and our facebook page at <https://www.facebook.com/HOIDSa>.

As you prepare your summer plans, keep in mind that HOIDSA offers family reimbursement stipends of up to \$100 for summer activities. We'd like to see our kids continue to be involved in community activities with their peers. Don't forget to utilize special recreation associations like HISRA and IRVSRA, who provide support to children with special needs, free of charge, so they can be included in typical activities and programs.

Start getting your Buddy Walk teams together. October 1st will be here before we know it!!

Carol Nepolello c.nepolello@comcast.net

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