# heart of illinois
## Down Syndrome Association
# Newsletter

**September 2016**

*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.*


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



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

NATIONAL DOWN SYNDROME SOCIETY
BUDDY WALK®

## Calendar of Events

| | |
|---|---|
| **Tues. Sept. 20th** | **Education Conference Registration Ends**<br>**Register NOW at www.hoidsa.org!** |
| **Fri. Sept. 23rd** | **Fall Education Conference**<br>Embassy Suites, East Peoria—See pages 4-5 |
| **Sat. Oct. 1st** | **BUDDY WALK** - Details on pages 6-9<br>8:00 a.m. EastSide Centre, East Peoria |
| **Mon. Oct. 3rd** | **Board Meeting—6:00pm**<br>Location TBA |
| **Tues. Oct. 4th** | **Texas Roadhouse Fundraiser—4:00-10:00pm**<br>Bring the flyer on page 7 to donate 10% of your food purchases to HOIDSA |
| **Sun. Oct. 9th** | **Young Athletes—3:00-4:00pm** See pages 10-11<br>St. Philomena School, 3216 N Emery, Peoria |
| **Tues. Oct. 18th** | **Young Adult Cooking Class—7:00-8:30pm**<br>Bethel Lutheran Church, 325 E Queenwood Rd. |


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.

## Inside this Issue


| Content | Page |
|---|---|
| Calendar of Events | 1 |
| Board of Directors Vacancies | 2 |
| Young Adult Cooking Class | 3 |
| Education Conference | 4-5 |
| Buddy Walk | 6-9 |
| Young Athletes | 10-11 |
| Family Stipends | Back Cover |
| Editor's Remarks | Back Cover |


# 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, and 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 5th, at which time vacancies will be filled by voting at the December Annual Meeting/ Social. 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.

## Birthdays Next Month

**October**

Matthew Schultz
10/3

Daniel Van Buskirk
10/3

Jonah Johnson
10/5

Zoey Melton
10/5

Allie Cowden
10/9

Juan Quintero-Vargas
10/13

Katie Swenson
10/15

Autumn Botkin
10/24

Joe Willoughby
10/25

*Just by shopping at smile.amazon.com, the AmazonSmile Foundation will donate 0.5% of your purchases to the Heart of Illinois Down Syndrome Association, at no cost to you!*

**Support Heart Of Illinois Down Syndrome Association Inc.**

When you shop at **smile.amazon.com,** Amazon donates.

Go to smile.amazon.com

amazonsmile

## HOIDSA's 9th Annual Buddy Walk Events

**Come and enjoy a morning of fun and a one mile walk to raise Down syndrome awareness and to support families and friends of individuals with Down syndrome.**

- ⇒ **8:00 am** T-shirt pickup, same day registration, RAFFLE sales and entertainment all begin
- ⇒ A continental style breakfast, fruit and water will be available for all participants
- ⇒ **9:30 am** - Walk begins
- ⇒ **RAFFLE** drawing immediately following the walk
- ⇒ **Entertainment** - face painters, craft activities, balloon artists, bouncy houses

BUDDY WALK VOLUNTEERS NEEDED
for Friday night (9/30) and
Saturday morning (10/1)
SET-UP

If you are interested in being a volunteer, contact Laurie Mattheessen.

laurie.mattheessen@gmail.com
309.645.8370

***Great opportunity to earn service hours for high school community service volunteers***

*Free entertainment for the kids!*

Face Painters

Craft Activities

Balloon Artists

NEW THIS YEAR:
Bouncy Houses

## Young Adult Cooking Class

Attention Young Adults!!!!

HOIDSA has a cooking class for its young adults with Bethel Lutheran Church's youth group as mentors.

The class is open to any member **16 years old and older** with our mentors being high school aged.

**The class will usually be held the 3rd Tuesday of the month at Bethel Lutheran Church (325 W. Queenwood Rd, Morton, IL). Start time will be 7:00 pm unless otherwise stated and finish at 8:30 pm.**

**Class dates:**

- **October 18**
- **November 15**
- **December 20**

We will use the "Let's Cook!" cook book ISBN 978-1-1891022-08-5, authors Elizabeth Riesz, Ph.D and Anne Kissack, M.P.H.,R.D. It can be ordered through any book selling outlet.

There is no fee for the class. We have several participants registered and are accepting more on a first come/ first served basis. This is a wonderful opportunity for our young adults to make friends and influence their non-disabled peers.

We will have ample supervision but any parent is welcome to stay. Bethel's kitchen is on the first floor with restrooms around the corner.

Fall Conference for Educators, Parents, School Administrators, College Students, anyone who works with people with disabilities!

Friday, September 23rd, 8:30am-3:30pm

Embassy Suites & Conference Center, East Peoria IL

# Keep Calm and Presume Competence

featuring
Dr. Cheryl Jorgenson
and Family Matters
presented by
Heart of Illinois
Down Syndrome Association

## Join us Friday, Sept. 23
## 8:30 AM to 3:30 PM

*(registration & sign-in from 7:50 to 8:30 AM)*

*Light breakfast and complete lunch included*

at the Embassy Suites & Conference Center in East Peoria, IL

REGISTER at www.hoidsa.org

Administrators and students attend for FREE

*(more detail in the brochure)*

## The Least Dangerous Assumption is to Presume All Students' Competence!

When students with Down syndrome or other disabilities have difficulty communicating they are often assumed to have an intellectual disability.

Dr. Jorgensen will present an argument for presuming all students' competence to learn academics in an inclusive general education classroom, communicate about age-appropriate academic and social topics, make and sustain reciprocal social relationships, and go on to post-secondary education and life in the community.

She'll challenge our assumptions about intelligence, inclusion, and communicative competence and ask us to adopt new assumptions that will promote a high quality educational experience and rich quality of life.

## *What will our day look like?*

7:50 to 8:30 Registration & light breakfast items

8:30 to 10:00 ALL attend

The Least Dangersous Assumption is to Presume All Students' Competence!

- Cheryl Jorgenson

10:00 to 10:15 Break

10:15 to 11:45 Choose one

- Inclusion is more that just being "In"
- Problem Solving 101

11:45 to 12:45 Lunch

12:45 to 1:45 ALL attend

"Trying to Get It Right"

1:45 to 2:00 Break

2:00 to 3:30 Choose one

- How to Effectively Participate in an IEP Meeting
- Instructional Adaptation and Apps that Promote Inclusion

Conference Fee $50

FREE for school administrators, college students, and HOIDSA families!

**Extra school benefits:**

- ◊ Professional development credit available for teachers who provide IEIN number
- ◊ Substitute reimbursement of $85 per certified teacher, up to 3 per school. Must request at registration table.

Register at www.hoidsa.org

**by next Tuesday, Sept. 20th**

Questions? Email info@hoidsa.org

### *Instructional Adaptations and Apps that Promote Inclusion*

Students with Down syndrome and other intensive support needs sometimes need individualized supports that enable them to fully participate in general instruction and learning of general education content. This breakout session will describe resources for adapted informational and literary text, a process for creating adapted books from scratch, and many apps or technology tools in the areas of reading, writing, speaking, organizing, and presenting work. Most are free or low cost and can benefit other students.

### *Inclusion is More Than Just Being "In:" A Team Planning Process for Full Participation and Learning of General Education Academics in the General Education Classroom*

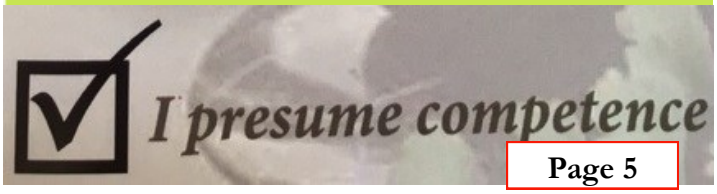
When students with Down syndrom or other disabilities are physically present in a general education classroom but off the side being taught by a paraprofessional, they miss valuable opportunities to learn the essentials of the general education curriculum. This breakout will describe a team planning process that promotes full participation.

### *Problem Solving 101*

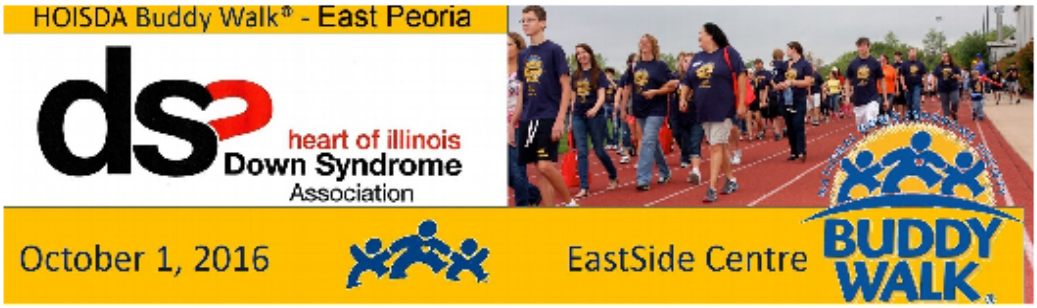
Participants in this session will be able to identify the difference between positions and interests when conflicts arise, will learn how to focus on interests to develop new solutions to conflicting viewpoints, how to use data to illustrate their concerns, how to use parent rights as strategies for making requests and otaining justification for decisions, and will learn the procedural safeguards for conflict resolution.

### *How to Effectively Participate in an IEP Meeting*

Gain an understanding of parent rights during the processof developing an Individual Education Program for their children, develop some strategies for addressing the barriers to effective parental participation in the IEP meeting, learn how to share their knowledge and expertise about their children's abilities, identify the appropriate IEP team members, and how to work collaboratively to develop the program.



## BUDDY WALK® NEWS




**8:00 am** - T-shirt pickup, Same day registration, RAFFLE sales and all activities begin
**9:30 am** - Walk starts
**RAFFLE** drawings immediately following the walk

HOIDSA's 9th Annual Buddy Walk® is right around the corner. I am looking forward to a fun filled morning to honor our loved ones and seeing the outcome of everyone's hard work.

This year's entertainment will be SpaceWalk of E Peoria, Unique Twist balloon artists along with the face painters and a craft activity.

### REGISTRATION and FUNDRAISING

If you missed the September 10th deadline to order a T-shirt, there is still time to register without a T-shirt, create or join a team and fundraise. Online registration is open through September 29th and all individuals have the opportunity to earn Buddy Walk® branded incentives for specific levels of fundraising. Visit *http://hoidsa.donordrive.com/event/2016* for full details. Under the "How Do I?" tab are complete instructions for registering, creating or joining a team, making a donation and great fundraising tips. When registering you are strongly urged to use a valid email address in order to receive your specific fundraising incentive info and the certificate you earn for your prize electronically. Once your personal fundraising page has been set up, you can send emails to your friends and family through your Fundraising Portal. The emails will provide a direct link to your personal page where your friends and family can make a donation on your behalf. There are even written samples to help get you started! You can also connect to social media by selecting "Settings" midway down on your page.

Pledge money you have collected can be mailed to HOIDSA's 9th Annual Buddy Walk® c/o Bethel Lutheran Church, 325 E Queenwood Rd., Morton IL 61550. Be sure to include the name of the person with Down syndrome who is being recognized. If you prefer to turn in money in person, call 309-415-0540 and arrangements will be made for pick up. If possible, we would like any fundraising money to be turned in before the walk, but will gladly accept the day of walk.

### SPONSORS and DONATIONS

Please continue fundraising and securing sponsors. Although the deadline to have logos and names printed on T-shirts ended September 10th, we will make every effort to recognize all levels of sponsorship by listing their name on the appreciation board displayed the day of the walk, in our newsletter and on our Facebook page.

### RAFFLE

We will be selling raffle tickets the day of the walk. The cost will be $1 each or 6/$5. Be sure to stop by and purchase yours! You could become the winner of one of the gift cards or one of the many other prizes that will be available.

### VOLUNTEERS

Laurie Mattheessen is organizing volunteers for this year's walk. There will be spots for setup on Friday evening, September 30th and Saturday morning, October 1st. If you are interested in being involved in this rewarding event, please contact her at laurie.mattheessen@gmail.com or 309-645-8370.

## DOWN SYNDROME AWARENESS MONTH

October is Down Syndrome Awareness Month and everyone is encouraged to take the opportunity to show the public what you would like them to know about your loved one with Down syndrome. Please consider bringing a poster with information and pictures showing their personality, what they like doing, their accomplishments or something that might surprise others. The posters will be displayed the day of the walk and left through the following week to share our message with many who many not have had the opportunity to know someone with Down syndrome.

Call or email with any questions you may have or to request additional information about fundraising or soliciting sponsors. We are looking forward to another fantastic event. Thank you to everyone for promoting and supporting this important event and for your efforts to raise necessary funding to support our mission! We couldn't have a successful event without you!

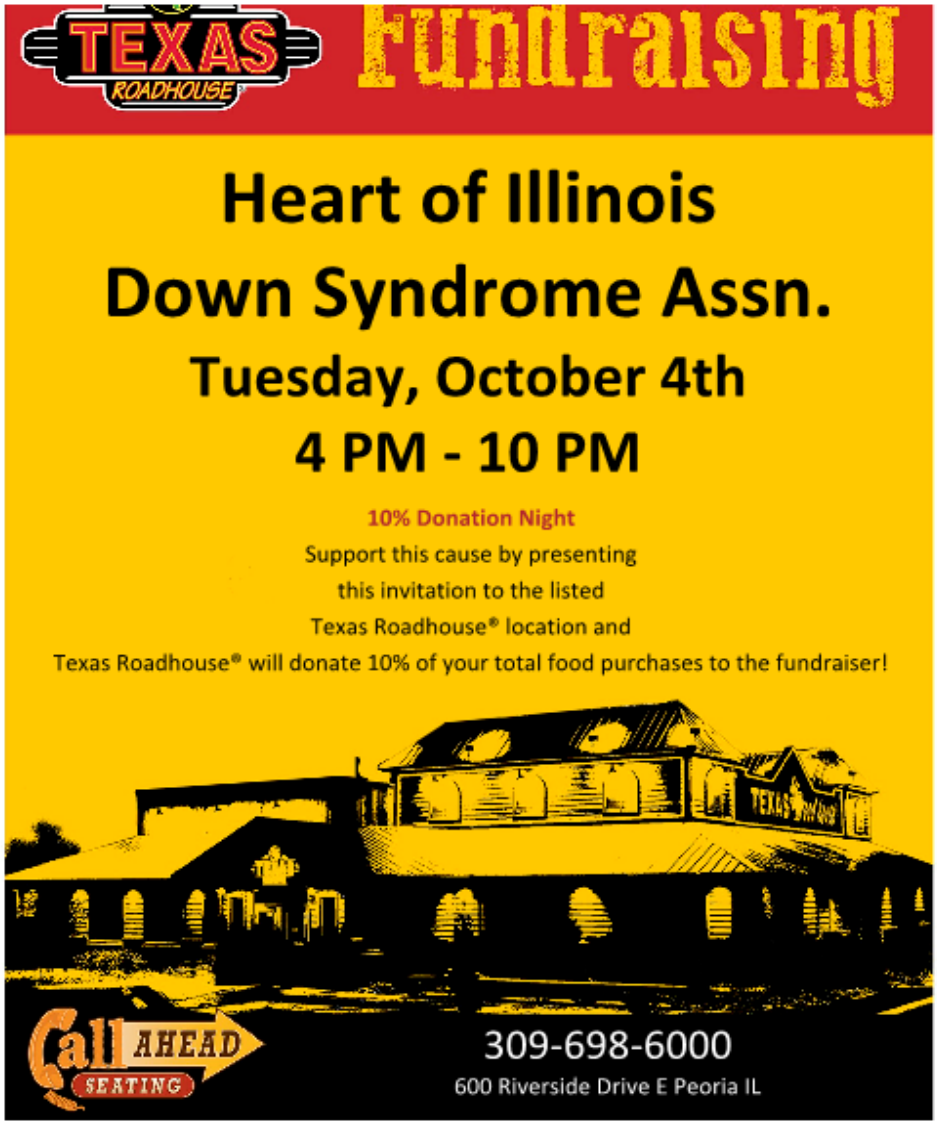
Marcy Ray
309-415-0540
*buddywalk@hoidsa.org*

**Bring the family for dinner and raise money for HOIDSA's 9th Annual Buddy Walk®**

Present either a paper copy or an electronic copy of the invitation listed to your server and Texas Roadhouse will donate 10% of your total food purchase as a general donation to this year's Buddy Walk®.

Download a copy to save or print by holding Ctrl and clicking this link: Link to "Fundraiser_crop_773_434_crop_558_558.jpg"

Coupons or discounts cannot be redeemed in conjunction with a fundraiser event.



# National Down Syndrome Society
# 2016 Buddy Walk®
# Incentive Program

**$250**
Sport Duffle Bag or
Sandwich Bill hat*

**$500**
64" Umbrella or
Full Zip Hoodie

**$750**
Fleece Jacket* or
Folding Chair

**$1,000**
Islander Wheeled Cooler
or Quilted Vest*

**$1500**
Cooler/Backpack Stadium Seat or
Eddie Bauer Weather Resistant
Soft Shell Jacket*

**$2500**
Music Vacation Chair
or Eddie Bauer Soft Shell Parka*

**$5000**
Bluetooth Speakers w/ 2 Speaker and Subwoofer or
54 Quart Steel Cooler

**$7500**
Beats by Dr. Dre Pill Bluetooth Speaker or
Ogio Kickstart Travel Bag

National Down Syndrome Society Buddy Walk recognition gifts are based on the money turned in by participants (cash, checks, credit card donations) by the deadline (6 weeks post-event). Teams or non-participating donors do not qualify for recognition gifts. National Down Syndrome Society Buddy Walk recognition gifts are not cumulative. National Down Syndrome Society reserves the right to substitute a prize of equal or greater value or to change the recognition gift at any time. Gift certificates must be redeemed within four weeks of receipt.

# HOIDSA's 9th ANNUAL BUDDY WALK®

## Saturday October 1st

**EastSide Centre, East Peoria**

**Register and fundraise online at**
***http://hoidsa.donordrive.com/event/2016***

**Register by September 10th to be guaranteed a T-shirt**

**8:00 am**
**T-shirt Pickup, Same Day Registration, Raffle, Face Painting and all other activities begin**

**9:30 am**
**Walk starts**

**Questions? Call 309-415-0540 or email buddywalk@hoidsa.org**

www.hoidsa.org

heart of illinois Down Syndrome Association

NATIONAL DOWN SYNDROME SOCIETY
BUDDY WALK®
TOGETHER FOR DOWN SYNDROME

# Special Olympics Young Athletes™

**Come join us for the 11th year of Special Olympics Young Athletes Program at St. Philomena School gymnasium - 3216 N Emery, Peoria - 3:00 pm – 4:00 pm**
**September 11 - October 9 - November 6 - December 11, 2016**
**January 8 - February 12 - March 12 - April 9 - May 7, 2017**

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.***

Email youngathletespeoria@yahoo.com if interested in participating or volunteering.

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

**All athletes MUST register.**
Please complete the registration form and bring it to the next session.

Special Olympics Young Athletes™

# Young Athletes™ Registration Form

**Special Olympics Illinois**
605 E. Willow St. Normal, IL 61761-2682
309-888-2551

SO ILL Rev 8-1-2014

**Athlete's Name** _____ **Parent/Guardian Name:** _____
(Last/Family) (First/Given) (Last/Family) (First/Given)

**Address:**_____ **City:**_____

**State:**_____ **Zip Code**_____ **Birth Date:** Month_____ Day_____ Year_____ **Gender:** ❒Male ❒Female

**Home Phone:** _____ **Cell Phone:** _____ **Email:** _____

**Secondary Contact Name:** _____ **Phone:** _____

**Athlete T- Shirt Size:** ❒ Child Small ❒ Child Medium ❒ Child Large ❒ Adult Small ❒ Adult Medium

**Basic Health Information:**

| | | | | | |
|---|---|---|---|---|---|
| Heart Problems | ❒ Yes | ❒ No | Blind | ❒ Yes | ❒ No |
| Diabetic | ❒ Yes | ❒ No | Deaf | ❒ Yes | ❒ No |
| Epileptic / Seizure | ❒ Yes | ❒ No | Hepatitis | ❒ Yes | ❒ No |
| Down Syndrome | ❒ Yes | ❒ No If Yes ---------→ | Clear AAI | ❒ Yes | ❒ No |

Other: _____ Allergies: _____

**Ethnicity:** ❒ White ❒ Black/African American ❒ Asian ❒ Hispanic/Latino ❒ Other_____

**Young Athlete is being registered as a:** ❒ Traditional Young Athlete (with Intellectual Disability)
❒ Peer Partner (without Intellectual Disability)

## Young Athletes Release Form

I am the parent/guardian of the minor participant, on whose behalf I have submitted the attached application for participation in Special Olympics. The participant has my permission to participate in Special Olympics activities. I further represent and warrant that to the best of my knowledge and belief, the participant is physically and mentally able to participate in Special Olympics.

In permitting the participant to participate, I am specifically granting my permission to Special Olympics to use the participant's likeness, voice and words in television, radio, film, newspapers, magazines and other media, and in any form, for the purpose of publicizing, promoting or communicating the purposes and activities of Special Olympics and/or applying for funds to support those purposes and activities. I also understand that group data collected from the Young Athletes Program will be used to plan, evaluate, and improve the program.

If a medical emergency should arise during the participant's participation in any Special Olympics activities, at a time when I am not personally present so as to be consulted regarding the participant's care, I hereby authorize Special Olympics, on my behalf, to take whatever measures are necessary to ensure that the participant is provided with any emergency medical treatment, including hospitalization, which Special Olympics deems advisable in order to protect the participant's health and well-being. **(IF YOU HAVE RELIGIOUS OBJECTIONS TO RECEIVING SUCH MEDICAL TREATMENT, PLEASE CONTACT SPECIAL OLYMPICS ILLINOIS - MANAGER OF YOUNG ATHLETES)**

I am the parent (guardian) of the participant named in this application. I have read and fully understand the provisions of the above release, and have explained these provisions to the participant. Through my signature on this release form, I am agreeing to the above provisions on my own behalf and on the behalf of the participant named above. I hereby give my permission for the participant named above to participate in Special Olympics games, recreation programs, and physical activity programs.

_____ _____
**Signature of Parent/Guardian** **Print Name** **Date**

**Original parent/guardian signature is required by the office of Special Olympics Illinois.**
FORM VALID UNTIL INDIVIDUALS NINETH BIRTHDAY WITH CONTINUED PARTICIPATION

**Program Information (To Be Completed By Site Coordinator)**

**A program may have multiple sites. Site is defined as the specific location of the Young Athletes Activities. The Young Athlete site this child will attend is (Select one of the following.)**

❒ A group site - Special Olympics Illinois Agency ❒ At home (implemented by you or a family member at home)

Agency Name _____

School Name_____ Teacher Name_____

Class Time: ❒AM ❒PM ❒ALL DAY Agency SOAD/Site Coordinator _____

heart of illinois Down Syndrome Association
c/o Bethel Lutheran Church
325 E Queenwood Rd Morton IL 61550

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# EDITOR'S REMARKS

Hello Everyone!
I hope you got your teams registered for the Buddy Walk.® Please continue to solicit donations and you can earn great rewards from the National Down Syndrome Society. See page 8 for more information about their Incentive Program.

HOIDSA donates 7% of our net Buddy Walk proceeds to NDSS to use at the national level, and the other 93% stays here locally to support new parents, provide educational workshops and conferences, such as the Keep Calm and Presume Competence conference, coordinate social events for our members, offer programs like the Young Adult Cooking Class, and promote acceptance of people with Down syndrome. Thank you for your support!

*Carol Nepolello*
c.nepolello@comcast.net

# FAMILY STIPENDS

This is a reminder that HOIDSA offers family reimbursement stipends of up to $100 for summer activities.

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**

**Contact IRVSRA at 309-699-3923 for information or visit www.fondulacpark.com/specrec.htm**

**Contact IRVSRA-Pekin Park District at 309-347-7275 or visit http://www.pekinparkdistrict.org/specialrecreation.html**