



heart of illinois Down Syndrome Association Newsletter

March 2017

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.



2017 Board of Directors

Anne Hollis, *President*
309-219-5899
anne.mc.hollis@gmail.com

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

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

Renee Hayes

Anita Hohimer

Laurie Mattheessen

Sarah Pepino

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

- | | |
|-------------------------|--|
| Mon. April 3rd | Board Meeting - 6:00pm
Fondulac Library, East Peoria |
| Sun. April 9th | Young Athletes Practice - 3:00pm
St. Philomena School, 3216 N Emery, Peoria |
| Tues. April 18th | Young Adults Cooking Class - 7:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton |
| Tues. April 25th | Grandparent's Group Meeting - 6:00pm
Avanti's, 2320 E Washington St, East Peoria |
| Sat. April 29th | Illinois Family Leaders Annual Conference
9:00am-3:00pm Spalding Pastoral Center, Peoria
See page 7 for details |
| May 4th-5th | Illinois Includes Conference (2-Day Event)
8:00am-4:00pm Double Tree Hotel, Oak Brook IL |
| Fri. May 12th | Deadline to submit Illinois Includes
Teacher Stipend Application
See page 6 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.

Greetings From The President

Birthdays
Next
Month



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March 2017

Hello Everyone!

My name is Anne Hollis and I am honored to be serving as the current HOIDSA President. For those I have not had the opportunity to meet, I have been part of the board for several years and active with HOIDSA since our daughter, Meg, was born in 2006. I work at Bradley University and live in Elmwood with my husband Todd, and our kids Noah, Caleb, Meg and Alina. Both girls have Down Syndrome and HOISDA has provided amazing support since day one. I am continually thankful for the education gained, networks built and friendships made through the people of this group as I know my family's life is certainly better because of this organization.



HOIDSA does many things well. The education offered to our families, community educators, service providers and resources is fantastic. The Young Adults are learning to cook through the cooking class and our young ones stay active through Young Athletes! We raise a great deal of awareness (and money) through Buddy Walk and Spaghetti Dinner. There are social events like the Family Dance Party and the Holiday Social which allow us to connect with friends. These are just a few of the great things happening right now. However there is more to be done!

To grow our mission and strengthen our organization we need people to give time and effort to our group. Over the next few months we will be sharing ways you could become more involved. I know each person reading this has talents and abilities that would help HOIDSA to grow and prosper. Please consider these opportunities.

In the meantime, if you have ideas or suggestions about ways HOIDSA could grow or improve please let me know via email at anne.mc.hollis@gmail.com. Wishing you the best as winter comes to an end and the flowers begin to bloom!



April

Benaiah Schoenbein
4/2

Kenedi Boucher
4/6

Garrett Geier
4/12

Derek DeBolt
4/15

Bailey Fifer
4/15

Aries Rush
4/16

Natalie Ballor
4/18

Mackenzie Brunson
4/20

Holly Randall
4/21

Bridget Buscemi
4/23

Kaelie Morgan
4/24

Jazmine German
4/25

Chris Kezele
4/26

Charlie Grahek
4/27

Jeremiah Larson
4/28

Adam Masso
4/28

Jason Phillips
4/30

Jordan Phillips
4/30

Ryan Miller





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

Sunday, April 9, 2017

Closing Ceremony: Sunday, May 7, 2017

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

John & Christy Getz
Curt & Amanda Nauman

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

April 25th - Avanti's
2320 E Washington St., East Peoria
July 25th - Kouri's
2929 Court St., Pekin
All meetings start at 6:00 pm

an informal evening with casual conversation

Questions?
phone 309-241-8195 or
email hohimer_home@comcast.net

Young Adult Cooking Class

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

Next class: April 18th 7:00-8:30pm
Bethel Lutheran Church
Contact Meri at 309-264-4900

Memorial/Recognition Donations

Our sincerest appreciation to all the family and friends who contributed to the following memorial donations:

- **Memorial donations in honor of Phil Rice, Elizabeth Rice's uncle**
- **Special thanks to Pekin Fire Department Local 524 for making t-shirts for Down syndrome awareness. The fire fighters purchased the shirts and donated the proceeds to the HOIDSA spaghetti dinner.**

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.



Special Thanks • 28 Years •

Tony & Mary Beth Couri
LaGondola Spaghetti House
of Decatur, Illinois
Dick LaHood
ITOO Club
Leonard A. Unes Printing Co.
Pepsi - Michael Higgins



**Thank you to everyone who helped make
our Spaghetti Dinner a huge success!!**

*1,059 Spaghetti
Dinners Served*



FACE • PAINTING





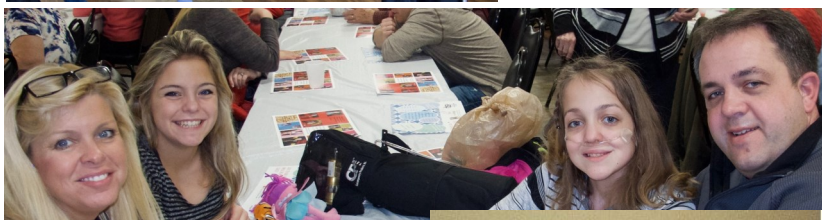
Thank you to everyone who baked and donated goodies to the Bake Sale. We had another amazing year, raising \$2,595 for HOIDSA! I appreciate everyone's generosity, and the great helpers who manned our booth throughout the day. Thank you Deb Fornoff, Christy Sanchez, Joan Rice, Kay Palmer, Sophia Stalter, Bradley ESA volunteers, and my family. See you next year!
~Teri Ehrenhardt, Committee Chair



Winner of \$500
Visa Gift Card:
Meri Tucker



Congratulations



**Teacher Conference Stipend Application Form
Heart of Illinois Down Syndrome Association - HOIDSA
Illinois Includes Conference Stipend Fund - May 4-5, 2017**

A limited number of teacher stipends are available from the Heart of Illinois Down Syndrome Association. Stipends are available on a first-come, first-served basis until the balance of the fund is depleted. ***Stipends are strictly limited to schools that serve children of HOIDSA member families.*** Stipends are strictly limited to:

- ***Teachers that have a child with Down syndrome assigned to their general education, special education, or resource classroom for the 2017-18 school year.***
- ***Educational Aides that are assigned to work directly with a child with Down syndrome for the 2017-18 school year.***
- ***Administrators that have a child with Down syndrome in their building and/or on their caseload for the 2017-18 school year.***

Conference Registration - Stipends will be awarded to reimburse conference registration for one day (\$150) or both days (\$270), per educational professional. The registration fee includes continental breakfast and lunch.

Substitute Teacher Reimbursement - Stipends will be awarded to reimburse schools their district's standard substitute pay rate up to \$100 per person, per day of attendance to the 2017 Illinois Includes Conference. A maximum of \$200 substitute reimbursement will be awarded per educational staff member.

- ***HOIDSA members that attend the 2017 Illinois Includes Conference may apply separately for registration reimbursement through the HOIDSA Family Stipend fund. Administrators may also apply for substitute pay reimbursement for employed HOIDSA members that attend the conference.***

School Administrators

As a requirement of receiving a stipend, school administrators need to complete the conference stipend application form and submit a registration receipt for staff members listed on the 2017 Illinois Includes conference stipend application. The school administrator must also complete the substitute pay reimbursement section of the stipend application.

All Stipend Recipients

Each stipend recipient is required to complete the attached Post Conference Evaluation form and submit it to HOIDSA no later than May 12, 2017. Failure to comply with this requirement may result in your school being ineligible to receive future stipend funds from HOIDSA.

Please return your completed application to:

HOIDSA – conference stipend
c/o Bethel Lutheran Church
325 E. Queenwood Road

The complete Teacher Conference Stipend Application form (3 pages) and Post Conference Evaluation Form (4 pages) can be downloaded at <http://www.hoidsa.org/resources/educators>

Illinois Family Leaders Collaboration presents the

11th Annual Family Conference

Saturday, April 29th, 2017
Spalding Pastoral Center
419 NE Madison Ave, Peoria, Illinois

Registration: 8:30am to 9:00am

Conference: 9:00am to 3:00pm

Featuring Barbara T. Doyle, M.S.

Healthy Minds, Healthy Lives: Promoting and Protecting the Mental Health of Children with Disabilities or other Special Needs

Mental Health is essential for successful life outcomes. The World Health Organization defines mental health in this way: "Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." Mental health is our goal for every child with disabilities!

This workshop is designed to help participants learn how to protect and promote the mental health of children with autism, intellectual/developmental disabilities, or other special needs. Topics in the workshop will include identification of qualities that lead to mental health; how to promote mental health during everyday life activities; strategies to avoid harming the mental health of children with disabilities; recognizing the impact of trauma; using Positive Affirmations for mentally healthy thinking; and the role of Self-Knowledge, Self-Awareness, and Self Advocacy in lifelong mental health.

The information in this workshop will be provided for educational and informational purposes only.

The materials and strategies presented in this workshop will not be a substitute for the services of a mental health professional such as a physician or therapist.

Barbara T. Doyle, MS is an internationally known author, presenter, and special education professional with expertise in developmental disabilities, autism, and mental health. She provides consultation and training services to schools, families, universities, professional organizations, early childhood programs, the child welfare system, mental health programs, and adult services agencies. She is an engaging trainer, noted for her practical, life-span information delivered with humor and humanity. Her website is www.barbaradoyle.com

WHO SHOULD ATTEND

The Conference is for adult family members & caregivers of children (birth-22) who have developmental delays or disabilities. Service providers & educators are also welcome.

CONFERENCE COLLABORATORS

Early CHOICES • Family Matters Parent Training Information Center • Heart of Illinois Down Syndrome Association, Inc. • Project Reach: Illinois Deaf Blind Services • STARnet Region I & III • The Arc of Illinois Family to Family Health Information Center / Family Voices • Parents of individuals with disabilities

REGISTRATION

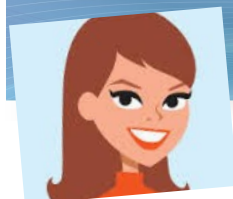
There is a **\$15 per person (nonrefundable) registration fee for family members** and a **\$25 (non-refundable) registration fee for professionals**. Breakfast and lunch are included. **Checks should be payable to "Family Matters," but mailed with the registration form to Starnet Regions I & III (address on form) by April 15, 2017.** Registration is limited. **CHILDREN CANNOT BE ACCOMMODATED AT THE CONFERENCE.** HOIDSA members will be reimbursed their registration fee at the conference.

Register by April 15, 2017. Registration form available at
<http://hostd.verticalresponse.com/1719035/9d48fdc1a8/573428293/561d06e0bf/>



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

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EDITOR'S REMARKS

Hello Everyone!

Thank you to everyone who helped make our 28th annual spaghetti dinner fundraiser another successful event. I hope you enjoy the pictures on pages 4 & 5. We could not have done this without our generous donors, volunteers, friends, and family members. Thank you so much to all who bought dinners, after-dinner treats, raffle tickets, and auction items; donated gifts and baked goods; and volunteered their time. Thank you to the various entertainment acts for their engaging performances. We also extend a special thank you to Tony and Mary Beth Couri of La Gondola in Decatur, who have been providing the spaghetti for 28 years.

Please consider attending the Illinois Family Leaders 11th Annual Family Conference on April 29th. Barbara Doyle is an engaging speaker, and the workshop is free for HOIDSAs families..

Carol Nepolello

c.nepolello@comcast.net

THINGS TO DO

Special Recreation Activities:

**Check Out the Upcoming Activities
HISRA • IRVSRA • Pekin Park District**

Contact HISRA at 309-691-1929

or visit hisra.org/programs/

Contact IRVSRA at 309-699-3923 or visit

www.fondulacpark.com/recreation-programs/

Contact IRVSRA-Pekin Park District

at 309-347-7275 or visit

www.pekinparkdistrict.org/irvsra/index.html