



heart of illinois

Down Syndrome Association

Newsletter

October 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
millyhoweler@gmail.com

Renee Hayes
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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.

- | | |
|------------------------|--|
| Mon. Oct. 23rd | Registration deadline for Halloween Party
See page 8 for details |
| Tues. Oct. 24th | Grandparent's Group Meeting - 6:00pm
Gil's Supper Club, Hanna City |
| Sat. Oct. 28th | IRVSRA Halloween Dance Party
5:00pm-8:00pm, Pekin Park Pavilion |
| Oct. 28-29th | Down Syndrome Innovations Conference
Houston, TX—See page 7 for details |
| Mon. Nov. 6th | Board Meeting—6:00pm-8:00pm
Fondulac Library, 400 Richland St., East Peoria |
| Sun. Nov. 12th | Moms' Night Out—6:00pm
Good Tequila's, Peoria—See page 3 for details |
| Tues. Nov. 14th | Young Adult Cooking Class—7:00-8:30pm
Bethel Lutheran Church, 325 E Queenwood Rd. |
| Sun. Nov. 19th | Young Athletes—3:00-4:00pm
St. Philomena School, 3216 N Emery, Peoria |
| Mon. Dec. 4th | Deadline to make nominations for Board of Directors vacancies
See page 2 for more details. |
| Mon. Dec. 4th | Annual Holiday Social - See page 6
Jonah's Seafood House - Bluepoint Room |

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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Board of Directors Vacancies

The Heart of Illinois Down Syndrome Association would like to add 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 4th. Vacancies will be filled at a later board meeting after all candidates have been considered. 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.

Support Heart Of Illinois Down Syndrome Association Inc.

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

[Go to smile.amazon.com](https://smile.amazon.com)

amazonsmile

Birthdays

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
Joshua DeWitt
10/15
Katie Swenson
10/15
Autumn Botkin
10/24
Joseph Willoughby
10/25
Quinn Hayes

November

Steven Knaack
11/3
Courion Williams
11/10
Reagan Dunaway
11/15
Alex Tucker
11/15
Uriah Tierra
11/16
Logan Serrano
11/18
Blade Glover



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 3:00 pm – 4:00 pm at

St. Philomena School gymnasium

3216 N Emery, Peoria

Sunday, November 19, 2017

Sunday, December 10, 2017

Sunday, January 7, 2018

Sunday, February 18, 2018

Sunday, March 11, 2018

Sunday, April 8, 2018

Sunday, May 6, 2018

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

E-mail youngathletespeoria@yahoo.com
if interested in participating or volunteering,

Amanda Nauman

Coordinator, Peoria Independent Families

*You are invited
to the next*
**GRANDPARENT'S
GROUP meeting**

October 24, 2017

Gil's Supper Club

12703 W Farmington Rd., Hanna City

6:00 pm

An informal evening with casual conversation

Questions?

309-241-8195 or

hohimer_home@comcast.net



*Join HOIDSA
moms for a fun
night out!*

*Sunday, November
12th at 6:00 pm*

*Good Tequila's Mexican Grill
5025 W. American Prairie Drive, Peoria
(behind Grand Prairie Mall)*

*RSVP to Christy Sanchez at 309.339.8823
or christys0328@gmail.com*



Memorial/Recognition Donations

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

- Robert & Villeta Keeffer in memory of Patrick Shelton**

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.

FRIENDS² of HOIDSA

Walk for Down Syndrome

Who would have thought it would be 95 degrees at the end of September?!

More than 350 participants still enjoyed the time spent at Dozer Park, whether they were getting their faces painted, jumping in the bouncy houses, interacting with the Star Wars characters, watching the slide show highlighting the last nine years or catching up with friends while enjoying pizza and something cold to drink.

A heartfelt thank you to each and everyone for your support of the walk!

If you have the opportunity, please thank our sponsors who helped make the walk a success!

THANK YOU!



Peoria Chiefs Community Baseball Club, LLC
Teisha Schindler Photography LLC
Uftring Auto Group
WestPoint Financial
Accenture, Inc.
Eastland Suites
Jonah's Seafood House
Par-A-Dice Hotel & Casino
Brewers Distributing Co.
The View Pointe Store

Great Clips
McDonald's Restaurant-Clark Management, LLC
OtterBox
CVS Pharmacy
Tanners Orchard, LTD
New Vision Theatres
Avanti's of Peoria
Sunset Lanes
Getz Family
Texas Roadhouse

to all our SPONSORS, VOLUNTEERS, FAMILIES and FRIENDS

CONGRATULATIONS!

Top Teams with most Participants

Jax Pack, followed by Payton's Posse, The Getz Family and Caitlyn's Crew

Top Fundraising Teams

C's Team, followed by Payton's Posse and Team Max

Top Fundraising Individuals

Joy Schwarting, followed by Angie Mills and Amber Anderson

Visit www.hoidsa.org/gallery to view pictures of the walk.

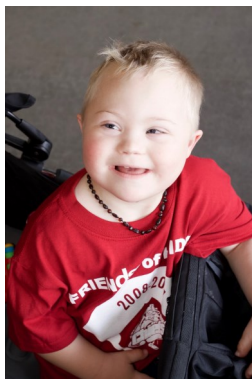
If you would like prints, visit

https://photo.walgreens.com/store/share?via=link&token=mjWxYN_iiqZaHYKxv7yBuw/SFO/1000999092060/WALGREENS.

Co-chair

Anita Hohimer

fundraising@hoidsa.org



Eureka High School Volleyball Team Celebrates Down Syndrome Awareness Month with a Special Event

The Eureka volleyball team helped raise awareness for Down Syndrome when the Hornets hosted Deer Creek-Mackinaw on October 3rd. After participating in previous charitable matches, coach Tracy Heffren wanted to do something different — something that had an impact on her team and



© Lisa Wilson

community. “I thought (about) what in our community and on our team is something that affects us in our everyday lives,” Heffren said. “And with Maddie (McCunn’s) brother, Justin (who has Down Syndrome), I thought about it a couple years ago. I thought, ‘what about her senior year.’”

Eureka wore the Down Syndrome colors of royal blue and yellow. There was a bake sale and donations were accepted for the Heart of Illinois Down Syndrome Association.

*Reported by Aaron Ferguson, prep sports reporter on pjstar.com

Heart of Illinois Down Syndrome Association's

TACKY HOLIDAY SWEATER PARTY

December 4 @ 5:30

Jonah's, East Peoria

\$10/person

Hors d'Oeuvres, cash bar

RSVP by December 1 ~ Send checks payable to HO/DSA

Mail to Milly Howeler: 5624 Graceland Dr. Peoria, IL 61614

Questions: Anne Hollis 309.219.5899



Oct. 28-29th Down Syndrome Innovations Conference

Registration is Open!

What?

Seize this opportunity to have translational medical and innovative developmental work explained in a way that you can use to truly benefit your loved one, clients or patients.

A one-of-a-kind experience to hear dynamic researchers, physicians and therapists present cutting edge translational medical research and interventions to improve the health, cognition, behavior and development of individuals with Down syndrome.

Make new friends and connections! Network with other attendees who share a common goal. Speak face to face with expert vendors, check out quality service providers and try innovative products for yourself.



Thank you sponsors:



ICAN

International Christian Association
of Neurodevelopmentalists



Where?

Norris Conference Center/CityCentre
816 Town and Country Blvd #210
Houston, TX 77024



When? October 28-29, 2017

Full 2-day conference - \$170/person

*Registration includes **full breakfast**, mid morning beverage service, **plated lunch**, mid afternoon beverage service, access to online conference program and free access to the **2017 conference videos**.*

Register at
www.downsyndromeinnovations.com

HOIDSA Young Adult Group Outing to the TrVSrA Halloween Dance Party & Games

Day: Saturday

Date: October 28th

Time: 5:00pm-8:00 pm

Location: Pekin Park Pavilion

Fee: \$5

Registration Deadline: Oct 23rd

Mail the \$5 fee along with the signed waiver to:
HOIDSA Young Adult Group Outing
1208 S 10th St Pekin IL 61554



Smash an egg on Shawna!

As a fundraiser there will be eggs available for \$1 each to crack over Shawna's head. Most will be hard boiled, but many will be raw.
(Shawna is with the Sunshine Camp)

Registration fee includes pizza, soda, snacks, games, prizes, transportation and staff

Shuttle Availability:
Fondulac Admin

Pick Up
4:30pm

Drop Off
9:00pm



Event Details

5pm-6pm: Fun & Games (bring a bag for candy and cash for eggs)

6pm: costume contest: 1st, 2nd & 3rd place winners for each Female and Male categories

6:30pm-8pm: Dance Party

Questions? Call Marcy @ 309-415-0540

Young Adult Cooking Class

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 17**

• **November 14**

• **December 19**

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.

Meri Tucker is your contact person and will be leading the classes. To register or ask any questions, contact Meri at [309-694-2984](tel:309-694-2984) (home) or [309-264-4900](tel:309-264-4900) (cell).

IRVSRA Office Hours:

Mon.—Fri.
10am—4pm

Located inside the Pekin Park Administration
Building at 1701 Court St. Pekin, IL 61554

STAMP: (office use only)



Illinois River Valley Special Recreation Association OFFLINE REGISTRATION FORM

Parent/Guardian waiver information:

Please fill out the participant's information on back of this form.

Main Phone: ()

Emergency Phone: ()

Parent/Guardian Name:

E-Mail:

Address: City: State: Zip:

Shuttle Transportation: If using the shuttle, please indicate where you would like your pickup and drop-off locations to be.

Leaving them blank indicates that you will NOT be using the shuttle and will be meeting us at the event time and location.

F for **Fon du Lac Administration Center**. Shuttle times are listed in the brochure write up and indicate the time the shuttle leaves the location. Please don't be late as the shuttle will not wait, leaving on time, in order to keep the program/event on schedule.

Participant's First & Last Name	Birthdate	Gen	Dist. # and School	Program Code	Program Date	Shuttle	Fee
Example: Jane Doe	6/14/75	F	#108 / Wilson	17SRA123	7/7/17	F	\$x.xx

Method of Payment: (circle one)

All registration fees must be paid before the program's deadline to ensure participation.

Cash

Check # (Payable to IRVSRA)

Card [] Call me to pay over the phone

Amount Due \$:

*We do not keep your card information on file, so you will have to provide your card each time you register for a new program or session.

Inclusion Information: If you or a family member would like to enroll in a Park District program and do not need assistance under the Americans with Disabilities act, you will need to contact the parks and request information and/or registration forms from the park recreation office that you wish to participate with. Using an IRVSRA registration form for Non-IRVSRA programs is not sufficient. IRVSRA programs and registration forms are available to people who need physical assistance, adaptations, accommodations, and support necessary to allow for social, mental, and emotional inclusion.

ADA Statement: The Pekin Park and Fon du Lac Park Districts intend to comply with the intent and spirit of the Americans with Disabilities Act through the Illinois River Valley Special Recreation Association. If you need special accommodations beyond what the IRVSRA currently offers, please call the IRVSRA Program Manager at 309.201.4005 so we may make the necessary arrangements for you.

WAIVER AND RELEASE: PLEASE READ OVER CAREFULLY FOR PROGRAM PARTICIPATION

Please read this form carefully and be aware that in signing up and participating in the above program, you will be waiving and releasing all claims for injuries, arising out of this program, that you or the above participant might sustain. The term, "I," "me," and "my" also refer to parents or guardians as well as the participants in the program. In registering for the program, you are agreeing as follows: as a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risks of any injuries, including death, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities connected with or associated with such program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury. I agree to waive and relinquish any and all claims I may have as a result of participating in the program against the Pekin Park District, Fon du Lac Park District, Illinois River Valley Special Recreation Association, Tazewell County Veteran's Memorial Fair association, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants, volunteers, elected officials, and employees of the governmental bodies and independent contractors, any and all other persons and entities, of whatever nature, that might be directly or indirectly liable for any injuries that I might sustain while participating in the programs. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of the agreement.) I do hereby fully release and discharge the Pekin Park District, Fon du Lac Park District, Illinois River Valley Special Recreation Association, and any and all other released parties, from any and all claims resulting from injuries, including death, damages and losses sustained by anyone, and arising out of, connected with or in any way associated with the conduct and the activities of the program. I further understand and agree that the terms such as "participation," "program" and "activities," referred to in this agreement, include all exercises and physical movements of any nature while I am participating in the program, and further include the provision of or failure to provide instructions or supervision, the use and adjustment of any and all machinery, equipment and apparatus, and anything related to my use of the services, facilities or premises involved in the program. I understand the nature of the program for which I am registering and have read and fully understand the Waiver, Release and hold harmless agreement. I further understand that any advisements or warning of the particular risks of this program that I subsequently receive will be incorporated by reference into and become a part of the agreement. I understand and agree that my signature acknowledges that this Pekin Park District, Fon du Lac Park District, and Illinois River Valley Special Recreation Association Waiver & Release Form for Program and activity Participation is applicable for each and every Park District program and activity in which the above named participant is registered. I further understand and agree to waive the right to sign and additional Pekin Park District, Fon du Lac Park District, and Illinois River Valley Special Recreation Association Waiver & Release Form for Program & activity Participation for all future and additional Park District programs & activities regardless of differences and or increased risks of injury from these programs and activities. I hereby consent to the use of photographs and videos in all park district brochures, publications, websites, etc. affiliated with the Illinois River Valley Special Recreation Association.

Signature: X
Parent or legal guardian's signature of participant under guardianship
Participant's signature if 18 years of age or over and has no guardianship

Today's Date: X



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

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EDITOR'S REMARKS



Our Friends of HOIDSA Walk for Down Syndrome co-chairs Anita Hohimer and Jamie Czesak did a fantastic job organizing this year's event! Thank you to all of our volunteers, sponsors, donors, and families and friends who came out to show their support!

As you know, October is Down Syndrome Awareness month. I have enjoyed seeing posts on Facebook that share facts about Down syndrome and increase the public's awareness. However, it's even more special when local organizations get involved. Thank you Eureka Hornets volleyball team for raising money for our group and shining a spotlight on our cause.

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>