



heart of illinois

Down Syndrome Association

Newsletter

November 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.



Calendar of Events

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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Christy Sanchez
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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.

Fri. Dec. 1st

Deadline to mail checks for Holiday Social
See page 4 for more details.

Mon. Dec. 4th

Deadline to make nominations for Board of Directors vacancies
See page 3 for more details.

Mon. Dec. 4th

Annual Holiday Social / Board Meeting
Jonah's Seafood House - Bluepoint Room
2601 N. Main Street, East Peoria

Sun. Dec. 10th

Young Athletes—3:00-4:00pm
St. Philomena School, 3216 N Emery, Peoria

Sun. Dec. 10th

Deadline for Student Support Grant
See pages 5-6 for more details

Tues. Dec. 19th

Young Adult Cooking Class—7:00-8:30pm
Bethel Lutheran Church, 325 E Queenwood Rd.

Fri. Dec. 22nd

Stipends for 2017 due
See back cover for more details.

Mon. Jan. 8th

Board Meeting—6:00pm-8:00pm
Fondulac Library, 400 Richland St., East Peoria

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

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I cannot believe November is here and in the next 6 weeks we will have carved the turkey, sang some carols and made (and for some of us broken) our New Year's Resolutions! Such a busy time!



For the past several years I have run full speed through the holidays, concerned with cards and cookies and stocking stuffers and Elf on the Shelf antics. I've put more energy into the festivities than family, and focused more on the wrapped presents than being present. Each year my picture-perfect holiday is hijacked by one of my kids and their runny nose, another's sugar filled energy rush and subsequent tearful meltdown. There is certain to be arguing, stomping, pouting, spilled egg nog, and a handful of broken ornaments

The difference is that this year I am determined to not let these things shrink my heart, my shoes and unleash my Grinchy spirit. I have vowed that this holiday season will be different and that I will focus deeper on people and groups that are important to me and not be distracted by the tinsel and trimmings. To help me accomplish this goal, I did some internet research and am sharing my 5 favorite suggestions for a "stress free" holiday. Perhaps these steps will help you too!

1. To keep yourself in the spirit of the season, wear a Christmas Sweater or Elf Ears everywhere you go. And I mean EVERYWHERE.
2. Avoid arguing about politics with family and friends by breaking in to Holiday song whenever the topic is mentioned. Twerk if you must.
3. Keep yourself healthy by eating lots of chocolate – which is filled with antioxidants.
4. Take time to relax and do nothing – To maximize this step I suggest you plan your do-nothing time when people need you the most.
5. Remember introducing new Holiday traditions can be fun! Why not spare yourself the effort of cooking the traditional meal by trying something different for a change, such as cereal for dinner?

Ok, so maybe these aren't the BEST suggestions but they remind me of what I need to do to enjoy this season. I need to remember to relax a bit and laugh, to find joy in all I am doing. That is my wish for you too this holiday. That you have clothes to keep you warm, friends to bring your joy, health through the year, time to relax and courage to try something new in 2018.

Season's greetings from my family to yours!

Anne



**Birthdays
Next
Month**

December

Dan Schwenk
12/4
Evan Loring
12/6
Jobee Artis
12/7
Justin McCunn
12/9
Victoria Williams
12/15
Christopher Moore
12/19
Annie Perkins
12/23
Kaitlin Moore
12/25
Brett Campbell
12/27
Elinn Hooker
12/30
Cameron Booth



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.



*HOIDSA gives thanks for all our wonderful
families, volunteers, sponsors, donors,
friends, and associates.*

You are what makes us great!

Memorial/Recognition Donations

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

- Usborne Cards Fundraiser by Maggie Getz generated \$303**
- Donation of \$1,907 from the Eureka High School Girls Volleyball Team, including \$475 from Piercy Auto Body in Carlock**
- Donation of \$100 from Country Companies**

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.



Photos from the Friends of HOIDSA Walk for Down Syndrome
are now available from TEISHA SCHINDLER PHOTOGRAPHY

Download your photos for FREE at

<http://teishaschindlerphotography.pass.us/dsawalk2017/>



Parents—Please share this with your child's teacher. The application form may also be downloaded on our website at

<http://www.hoidsa.org/resources/educators/profile/student-support-grant-2017>



STUDENT SUPPORT GRANT PK-12

Name of Grant: HOIDSA Student Support Grant

Purpose and Eligibility: The purpose of the grant is to purchase classroom supplies that will enhance the educational experience of a PK-12 student with Down syndrome. An educator may apply for funds to purchase materials and supplies that will directly benefit the student with Down syndrome. Educator must have at least one student with Down syndrome on their classroom roster. *Grants are limited to schools that serve families that reside within HOIDSA's service area in Central Illinois.*

Donor: Heart of Illinois Down Syndrome Association (HOIDSA)

Amount: Up to \$250 per student with Down syndrome - limited to ONE grant per school for each student with Down syndrome

Background: The Heart of Illinois Down Syndrome Association, Inc. (HOIDSA) is a local support group of parent volunteers funded through donations and fundraising activities. We formed in the 1980's and were established as a 501(c)(3) organization in 2003. We operate under the oversight of a Board of Directors consisting of 8-13 members.

HOIDSA Goals:

- To offer support and information to help families adjust to the special needs of a child with Down syndrome
- To promote public awareness and increased understanding of Down syndrome
- To help improve the quality of life of individuals with Down syndrome
- To integrate persons with Down syndrome into all aspects of educational and community life
- To serve as advocates for ALL

Application Packet:

1. Complete entry form
2. A letter written by the applicant that addresses the following topics:
 - Describe your teaching experience including grade level, subject area(s), and number of years teaching.
 - Describe how you plan to use the grant funds. Discuss how the materials/supplies will be used in the classroom and how they will directly benefit your student with Down syndrome.
3. A list of materials you are requesting.
 - If you are mailing your application to HOIDSA, please include the vendor name, item name, item number, quantity desired, and price for each item.
 - Alternatively, for faster processing please provide: product name, price, and an online link to each product and then submit your application packet by email to the email address listed below.
 - We will be using our tax exempt number, so please list the prices without adding tax. **The total price of all items requested may not exceed \$250.**

Additional Information: If you are awarded a Student Support grant, HOIDSA will order the materials submitted on your application and have them shipped directly to your school. Please be sure you include the correct mailing address for your school.

Deadline: Submit completed application packet to HOIDSA's mailing address. If you wish to make your submission by email, please send your completed application packet to christys0328@gmail.com. Incomplete applications will not be considered. *Grant applications will be reviewed and awarded in the order they are received until the grant budget is exhausted.* All submissions must be received no later than December 10, 2017.

Mission: 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.

Vision: Impacting the community by empowering members, expanding partnerships and promoting awareness through focused and responsive growth.



***STUDENT SUPPORT GRANT
ENTRY FORM PK-12***

Applicant's Name: _____

Job Title: _____

School and District: _____

Principal's Name and Email: _____

School Mailing Address: _____

School Phone: _____

Applicant's Email Address: _____

Number of Years Teaching: _____ Grade Level: _____

Please list the name and address of the student with Down syndrome (must be in your class)

Student Name: _____

Parent(s): _____

Address: _____

Mission: 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.

Vision: Impacting the community by empowering members, expanding partnerships and promoting awareness through focused and responsive growth.



Everyone had a freakishly good time showing off their dance moves and hanging out with friends!

Costume Winners:

Boys... Austin Ray/Beetlejuice and

David Campbell/ZZ Top

Girls...Kaelie Morgan/Jeanie and

Kathleen/Elvis

IRVSRA Halloween Dance Party



Make a Charitable Contribution to HOIDSA, Just by Shopping Online with AmazonSmile

*Tell Your Friends and
Family to shop at
smile.amazon.com*

The holiday shopping season officially kicks off next week. If you shop at Amazon.com, please consider making your purchases using their AmazonSmile program, which supports charitable organizations. 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!

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. **Please choose: Heart of Illinois Down Syndrome Association.** We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Housing and Funding Options for People with Down Syndrome

Thursday January 25, 2018

at the Advocates for Access Office

4450 N. Prospect Road, Suite C8, Peoria Heights

6:00pm-8:00pm

Lower level conference room



**Presenters: Lisa Evans from Central Illinois Service Access and
Greg Cassidy from Tazewell County Resource Center**

Come hear what you need to know to prepare for your child's independent living options as an adult. Mark your calendar for this informative and useful seminar.

You will learn how PUNS funding works, its delivery system and more. New and existing housing options will be presented and discussed along with new government directives.

Please RSVP: Meri Tucker 309-694-2984 or endroad@comcast.net

Seating is limited

A Tisket, A Tasket, Make a Spaghetti Dinner Basket...

Our 29th Annual Spaghetti Dinner is right around the corner! During your holiday shopping, please consider purchasing items to create a basket to donate for the silent auction. We accept individual items as well, and will put items together to create baskets or use them in the raffles.

Thanks for your support!!

Americana Basket
Art Basket
Automotive Basket
Baby Basket
Baseball Basket
Basketball Basket
BBQ/Grilling Basket
Beach Basket
Book Basket
Bradley Basket
Chocolate Lover's Basket
Coffee Basket
Cold Weather Basket
Cookie Baker's Basket
Date Night Basket
Entertaining Basket
Exercise Basket

Father's Day Basket
Fishing Basket
Football Basket
Game Night Basket
Gardener Basket
Golf Basket
Graduation/Off to College Basket
Greeting Card Basket
Hair-Do Basket
Handyman Basket
Hunter's Basket
Ice Cream Basket
Italian Basket
Kitchen Basket
Little Boy's Basket
Little Girl's Basket
Longaberger Basket

Love your Cat Basket
Love Your Dog Basket
Meat Lover's Basket
Mexican Basket
Mother's Day Basket
Movie Basket
Murder Mystery Game Night Basket
Pamper Yourself Basket
Picnic Basket
Poker Basket
Quilt/Sewing Basket
Redbird Basket
Soccer Basket
Sports Basket
Swimming Basket
Technology Basket

HOIDSA Volunteer Opportunities

2018 Friends of HOIDSA Walk Chairperson

The chairperson coordinates our Walk fundraiser that takes place in September/October.

This position requires several hours per month from January to October to oversee all aspects of the event including:

- ◆ Coordinating the event with the venue
- ◆ Contacting previous donors/sponsors
- ◆ Setting up the Firstgiving registration website
 - ◆ Ordering & distributing t-shirts
 - ◆ Creating promotional materials

There is a checklist and timeline to complete the various jobs, as well as the previous years' files and documentation to follow.

If you are interested, please contact Anne Hollis at anne.mc.hollis@gmail.com or call 309.219.5899 for more information.

Education Committee Members

We are looking for new members to join the Education committee. It is almost time to start planning our Spring conference.

This position requires approximately 5 hours per month from February through May to attend meetings and execute delegated tasks

Looking for someone with:

- ◆ Great ideas that would help teachers & parents
- ◆ Excellent communication & follow up skills
 - ◆ Organization skills & attention to detail
 - ◆ Completes tasks in a timely manner

If you are interested, please contact Christy Sanchez at christys0328@gmail.com or call 309.339.8823



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

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EDITOR'S REMARKS



Hello Everyone!
In the spirit of Thanksgiving, I
would like to express how thankful

I am for HOIDSA and all the great things that this
organization does for the Down syndrome
community.

HOIDSA is a 100% volunteer-driven organization and
could not operate without the dedicated volunteers we
have. Please consider serving on the Board of
Directors, or as the Walk Chairperson, or as a member
of the Education Committee. We need talented
individuals who share our passion for improving the
lives of people with Down syndrome. You can make
a difference!

I hope everyone has a **Happy Thanksgiving!**

Carol Nepolello

c.nepolello@comcast.net

DEADLINE FOR 2017 STIPENDS

HOIDSA offers each person with Down syndrome a \$100
yearly stipend for a recreational activity. Please turn in
proof of payment for these activities from 2017 to Milly
Howeler by December 22nd. If you have any questions or
concerns, please contact Milly at 309-692-3688 or
millyhoweler@gmail.com.

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>