



heart of illinois

Down Syndrome Association

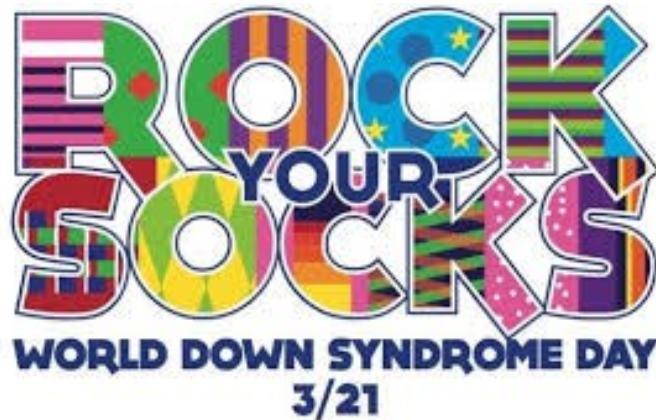
Newsletter

February 2019

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.



2019 Board of Directors

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endroad@comcast.net

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

Calendar of Events

- | | |
|--------------------------|---|
| Sun. March 3rd | 30th Annual Spaghetti Dinner
11:00am - 6:00pm,
ITOO Hall, 4909 W. Farmington Road, Peoria |
| Mon. March. 4th | Board Meeting - 6:00pm
Hy-Vee, Sheridan Rd., Peoria |
| Tues. March 12th | Special Needs Information Fair/
ACCESS March Madness Experience
FREE Event - see page 7 for details |
| Tues. March 19th | Young Adults Cooking Class - 7:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton |
| Thurs. March 21st | World Down Syndrome Day |
| Sun. March 24th | Young Athletes Practice - 3:00pm
St. Philomena School, 3216 N Emery, 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



February 2019



In 1978, a small group of mothers believed more could be done for their children with Down syndrome. That group eventually grew into a more formal group in the 1980's, who called themselves the Down Syndrome Parents Association. Before the end of that decade, the Heart of Illinois Down Syndrome Association was born. It became a 501(c)(3) non-profit organization in 2003. HOIDSA continues to thrive because it has dedicated volunteers. Thank you to all who believe in advocating and supporting people with Down syndrome and work towards creating more understanding communities.

March is a special month for those of us who know and love someone with Down syndrome. We begin by celebrating 30 years of the Heart of Illinois Down Syndrome Association's longest running fundraiser..... our Spaghetti Dinner on March 3rd. All the food has been donated by La Gondola Spaghetti House in Decatur since the beginning. The Board and members and friends donate many of the raffles, baked items, their time and talents. HOIDSA is fortunate because so many people believe in its mission. Please consider showing your support by selling raffle and dinner tickets. Also, help with advertising. Colorful posters are available for you to hang and share. All proceeds sustain our educational, mentoring and advocacy efforts.

March 21st is World Down Syndrome Day. It is a global awareness initiative that has been backed by the United Nations since 2012. National charities across the world develop activities and events to raise awareness and support for those living with Down syndrome. It also highlights the facts of what it's like to have Down syndrome, and how those with Down syndrome have, and continue to play, a vital role in our communities.

The date itself has been selected for very clever reasons; it is held on the 21st day of the 3rd month, which is a hat-tip to the uniqueness of the triplication of the 21st chromosome which leads to Down syndrome. Celebrate by wearing brightly colored socks, long socks, printed socks, 1 sock... even 3 socks for 3 chromosomes. The more eye-catching the better so you will be asked about it. You can even do it as a fundraiser at school or work. Be creative and share pictures with us so your activities can be posted on our website.

See you at Spaghetti Dinner!
Meri

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March

Janelle Begner
3/1

Chris Bigelow
3/1

Maggie Getz
3/6

Jax Gander
3/11

Dakota Herold
3/11

Benit Roth
3/13

Jared Hicks
3/14

Jessica Pribble
3/15

Willis Leighty
3/17

Nicholas Stuber
3/18

Jack Robison
3/20

Joseph Zimmerman
3/21

Jamie Martin
3/23

Mercy Thacker
3/24

Ashley Wertz
3/26

Trevor Colby
3/27

Lisa Pattelli
3/30

Several spots to fill at
3:45-6:15

SPAGHETTI DINNER VOLUNTEERS NEEDED

Dish washers
needed

HOIDSA is a 100% volunteer-based organization. We could not do what we do without the volunteers who serve on our Board of Directors and those who volunteer to organize and coordinate our social events, educational workshops, and fundraisers.

Our 30th annual Spaghetti Dinner is right around the corner on **March 3rd**, and we need your help! Volunteers are needed to help set up, serve dinners, clear tables, and clean up. We are using SignUp.com (formerly VolunteerSpot) so people can choose the job they want in the 2-1/2 hour time slot they prefer.

To pick your job, the easiest way is to go to our HOIDSA website at www.hoidsa.org and click on the volunteer link or go to our Facebook page at www.facebook.com/HOIDSA/ and find the post for volunteer sign up.

If you have any questions, contact Anne Hollis at 309.219.5899



On the day of the dinner, volunteers are asked to park across the street at Midwest Implement or at least on the far end of the parking lot and leave the close spots for our guests.



**MARCH 21: WDSD
SEE THE ABILITY!**



World Down Syndrome Day is annually observed on March 21 to raise public awareness and understanding of Down syndrome. Down Syndrome International encourages our friends all over the world to choose your own activities and events to help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.



Everybody had a great time at the dance party on January 26th. We appreciate Julie Heim and her crew for organizing this event, supplying the snacks and goodies, and keeping the pizza coming! Many thanks to Judy and Dennis Triggs & Lori and Ken Harding for all their help at the dance party. As always a huge thank you to our DJ Chuck Tucker! He did a great job blasting the tunes and keeping the dance floor rocking.



Heart of Illinois Down Syndrome Association, Inc.

30th Annual **SPAGHETTI DINNER**

Sunday, March 3, 2019 • 11:00 a.m. - 6:00 p.m.



\$8.00/Adult
(13 & up)

\$5.50/Child

Under 3 yrs.
FREE

ITOO Hall

4909 W. Farmington Rd., Peoria, IL

Take out orders available

Raffle
Silent Auction
Entertainment
Bake Sale



FUN for the
entire family!

Dinner provided by LaGONDOLA SPAGHETTI HOUSE of Decatur

PLEASE HELP MAKE OUR 30TH SPAGHETTI DINNER FUNDRAISER A SUCCESS!!!

1. VOLUNTEER

Volunteers are needed to help set up, serve dinners, clear tables, and clean up. We are using SignUp.com (formerly VolunteerSpot) so people can choose the job they want in the 2-1/2 hour time slot they prefer. If you have any questions, contact Anne Hollis at (309) 219-5899.

To pick your job, the easiest way is to go to our facebook page at www.facebook.com/HOIDSa/ and find the post for volunteer sign up. If you receive our e-newsletter, click on the link below:

<https://signup.com/client/invitation2/secure/2644134/false#/invitation>

SET-UP FOR THE DINNER will be Saturday, March 2nd. Contact Meri Tucker at 309-694-2984 if you can help out.

On the day of the dinner, volunteers are asked to park across the street at Midwest Implement or at least on the far end of the parking lot and leave the close spots for our guests.

2. DONATE ITEMS FOR THE RAFFLE & SILENT AUCTION

Raffle items are needed for the main raffle and kids raffle. We would also love for you to donate a basket for the silent auction, but we welcome single items and will create baskets for them. Please direct all donations through Amanda Nauman at (309) 360-1133 or anauman@mtco.com to prevent duplication.

We welcome your help soliciting items from businesses and small business owners. This is also a great way for them to advertise their products and make a contribution to a 501(C)(3) nonprofit organization. Tax-deductible receipts are available.

Contact Amanda Nauman or Christy Getz at (309)635-7309 or jcgetz94@yahoo.com for more information.

3. DONATE BAKE SALE ITEMS

Bake sale items will be accepted throughout the day. We will be happy to package and price the items for you. Please indicate what flavor the item is if it is not evident. **Gluten free items and goodies for diabetics are greatly appreciated.**

If you cannot attend the dinner but wish to donate to the bake sale, you can arrange to have your items picked up. Please contact Teri Ehrenhardt at (309) 645-5690 to arrange for pick up.

4. HELP US ADVERTISE

Download fliers from our website and share with others. Fliers can be found at www.hoidsa.org. Post them at work or on Facebook. Tell everyone you know to come out & have a great meal for a good cause!

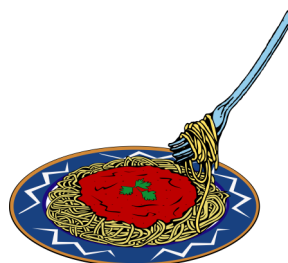
The meal includes ALL-YOU-CAN-EAT LaGondola spaghetti, salad, garlic bread, and a drink.

5. SELL RAFFLE AND DINNER TICKETS

Please sell raffle tickets and advance dinner tickets to your family, friends, and co-workers. Tickets are available from Milly Howeler (309) 692-3688.

6. MAKE A POSTER TO SHOW OFF YOUR KID

Don't forget to make a poster using a half-size poster board (either horizontal or vertical) with lots of pictures of your child and family for display! Please include your name and contact information on the back if you want your poster returned.



Memorial/Recognition Donations

In Memory of Francis Pierce

Janet Compton
Judy Szabados
Jesus and Graciela Serna
Susie and John Long
Peoria Bell Credit Union
Sandi and Mike Price
Jim Smith
Tom and Jackie Bowers
William and Donna Baldocks
Tom and Lynn Akers

Annette Gury
William and Sally Robertson
Carter and Donna Jones
Jose Jonen
Dee Mularoni
Jody Tockes
Dwight Pierce
Bob Proctor and Hector Martinez
Frank Akers and Ellen

US Bankruptcy Court

Accenture

Jessica Nauman

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.

Young Adult Cooking Class

For any member

16 years old & older

3rd Tuesday of the Month

Bethel Lutheran Church

Contact Meri at 309.264.4900



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.

The program is now managed by HISRA, which charges \$5 per session, but that can be reimbursed by HOIDSA by submitting a copy of your receipt to Milly Howeler.

Registration information available at
<https://hisra.org/wp-content/uploads/2018/09/2018-Fall-HisraHub.pdf>

Dates: 3/24, 4/14, 5/5

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

**All sessions held 3:00 pm – 4:00 pm at
St. Philomena School gymnasium
3216 N Emery, Peoria**

**Questions? Contact Sioban Stahl, HISRA
sstahl@peoriaparks.org 309.691.1929**



HEART OF ILLINOIS SPECIAL RECREATION ASSOCIATION



Special Needs Information Fair!



The Dunlap & Central Illinois Special Needs Parent Group in conjunction with the IHSA March Madness Access The Experience Family Fun Night and HISRA invites all parents/ caregivers/families/educators of individuals with special needs to a community information fair. Organizations in the state of Illinois and many from Central Illinois will be providing information on their services.



Date: Tuesday, March 12, 2019
Time: 5:00 p.m. to 8:00 p.m.
Place: Peoria Civic Center



For more information on the Special Needs Information Fair:
Please call Libby Raab @ 309-693-0514 or HISRA @309-691-1929
or find us on Facebook at Special Needs Information Fair at Access the Experience
For more information on IHSA March Madness Access The Experience visit:
<http://www.ihsa.org/SportsActivities/MarchMadnessExperience/MarchMadnessAccess.aspx>

HOIDSA Friendship Walk for Down Syndrome is back!

Saturday, October 5, 2019
EastSide Centre, East Peoria

Committee Chairperson, Nick Detrempe, is looking for passionate people to join the Walk committee and make this one the best yet!!

Contact Nick at 309-868-5810
or ndetrempe@gmail.com

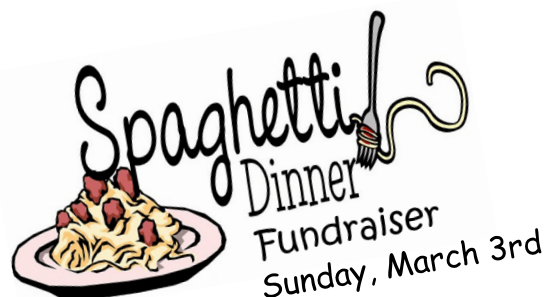
Stop by the HOIDSA
booth at the Special
Needs Information Fair





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

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EDITOR'S REMARKS

Hello Everyone!

It was nice to see everyone having a fun time at this year's family dance party. If you took pictures that you'd like to share on our website, please email them to me.

Who's ready for spaghetti?? Please take some time to review the information on pages 4 and 5. We need lots of help to make this spaghetti dinner another successful fundraising event. There are many ways you can help contribute to the success of the spaghetti dinner: volunteer your time the day of the dinner, solicit donations for the raffle, bake goodies for the bake sale, help advertise by hanging up fliers, or sell dinner and raffle tickets to your friends and family.

Carol Nepolello

c.nepolello@comcast.net

THINGS TO DO

Special Recreation Activities:
Check Out the Upcoming Activities

HISRA • IRVSRA

Contact HISRA at 309-691-1929
or visit hisra.org/programs/

Contact IRVSRA at 309-201-4005 or visit
<http://www.irvsra.org/>