



heart of illinois Down Syndrome Association Newsletter

Summer 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.

FRIENDS^o of HOIDSA Walk for Down Syndrome

Calendar of Events

2017 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.

- | | |
|-------------------------|---|
| Tues. July 25th | Grandparent's Group Meeting - 6:00pm
Kouri's Pub, 2929 Court St, Pekin |
| Mon. Aug. 7th | Ice Cream Social 6:00pm-8:00pm
Highview Christian Church, 403 James Pkwy, Wash.
See page 3 for details |
| Mon. Aug. 7th | Deadline to get Evening at Ballpark Tickets
See page 4 for details |
| Sat. Aug. 19th | HOIDSA Evening at the Ballpark- 6:30pm
Dozer Park in Downtown Peoria
See page 4 for details |
| Thurs. Aug. 31st | Walk T-Shirt Order Deadline!
Register online by 8/31 to be guaranteed a t-shirt
See page 5 for details |
| Mon. Sept. 11th | Board Meeting—6:00pm
Location TBD |
| Fri. Sept. 22nd | Walk Online Registration Ends
See page 5 for details |
| Sun. Sept. 24th | FRIENDS of HOIDSA
Walk for Down Syndrome
Dozer Park in Downtown Peoria
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

Inside this Issue

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If I had a magic wand, I might consider adding "Nextday" to the week. "Nextday" is that magical day between today and sometime in the future... the day that NEVER seems to arrive.

"Next Monday" I will start exercising and eating right.

"Next week" I will clean out that closet.

"Next month" I will work on getting Meg to sleep in her own bed.

"Next year" I will get involved with HOIDSA and attend some events.



Therefore, I am inventing "Nextday" so that day finally arrives when I get to do all the things I've been meaning to do but putting off. When I get to organize those areas of my house that need a good cleaning but are hidden by a closet door, or bed skirt, or cabinet drawer, open anything at your own risk in my home! Or when my daughter sleeps all night in their own bed. Or when I start to take care of myself to the degree that I take care of the younger folks who share my address and call me "mom".

I've yet to find a magic wand to do this ... the closest thing I have is a Magic Eraser which seems to remove everything but the guilt I feel about never getting to these "Nextday" tasks.

The good news is I don't have to wait for "Nextday" to arrive to start working on these things. "Nextday" is today, and tomorrow and every day that I decide to take a step closer to my goals.

What are your "Nextday" tasks? Where can HOIDSA help you to reach some of your goals?

HOIDSA has offered incredible learning seminars, workshops and opportunities. This group taught me to advocate for my daughters' education plans. HOIDSA has offered shown me the importance of connecting with other families who share a similar journey. HOIDSA has given me a strong network that some days helps celebrate victories and other days is a safety net when I need a safe place to fall.

HOIDSA is here to serve you too! If you want to build your network and meet others, join us for the Chiefs Game on August 19th or the Ice Cream Social on Monday, August 7th. If there are educational topics or ideas that would be of help to you, please let us know as we plan the workshops and conferences for the year. Let us help get those "Nextday" topics on the calendar.

I know HOIDSA can't take care of all my "Nextday" tasks. HOIDSA can't drive me to the gym and reprimand me for eating my second (ok seventh) cookie of the day. HOIDSA cannot be all things to all people, but it can be something to all people.

What can it be to you? What are you willing to give to help our group continue to grow and evolve? Would love to hear your thoughts at anne.mc.hollis@gmail.com!

Yours in friendship,

Anne

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

July 25, 2017
Kouri's Pub
2929 Court Street, Pekin
6:00 pm

An informal evening with casual conversation
Questions?
309-241-8195 or
hohimer_home@comcast.net

Young Adult Cooking Class

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

Classes resume in October
Bethel Lutheran Church
Contact Meri at 309-264-4900

You're invited to an

ICE CREAM
Meet & Mingle
SOCIAL!



Monday, August 7th

6:00pm-8:00pm

Highview Christian Church

403 James Pkwy, Washington IL

Questions? Contact Anne at 309-219-5899



Today's Menu

*Garlic and Herb Chicken
with Sweet Potatoes*



**Heart of Illinois
Down Syndrome
Association
Evening
at the
Ballpark**

**Saturday, August 19th, 2017
at Dozer Park in downtown Peoria**

Peoria Chiefs vs. Clinton LumberKings

Harry Potter Night: Free Homer Wizard Gnome to first 1,000 fans

**Individuals with Down Syndrome will get to go on the field and
interact with the players before the game.**

Fundraising proceeds benefit HOIDSA.

Game Time: 6:30pm

Ticket includes a fireworks show after the game

**\$10 per ticket—Prime Seating
HOIDSA has 100 tickets—first come, first served!**

Questions? Contact Anita Hohimer at (309)241-8195 or fundraising@hoidsa.org

Please include this slip with your payment. Tickets will be mailed to you once payment is received.

Name: _____

Address: _____

Phone: _____ Email: _____

Number of Tickets Requested: _____ Total Amount Enclosed: _____

Remit payment (to HOIDSA) by August 7th to:
HOIDSA, c/o Bethel Lutheran Church, 325 E. Queenwood Rd., Morton, IL 61550

FRIENDS² of HOISDA

Walk for Down Syndrome

NEWS

Sponsors - We are excited to announce Children's Hospital of Central IL at OSF St. Francis Medical Center is sponsoring our walk for the 10th year. We are also excited to have Uftring Automall and Par-A-Dice Hotel & Casino as sponsors again this year along with our new sponsors, Tanners Orchard, Accenture, Inc., HaulPak Employees Community Service Assn, and Eastland Suites . A heartfelt thank you to each and everyone for your support of our walk!

Please give a personal thank you to these businesses if you have the opportunity.

A special thank you to Bob Hohimer for designing this year's walk brochure.

Walk Flyer - Feel free to copy and share the Walk Flyer (on back side) with your family and friends, your co-workers and businesses you may frequent. Also feel free to post and share on Facebook.

REGISTRATION

Online registration is open. Two ways to register yourself and others, create a team and a fundraising page all in one place. You can login at www.firstgiving.com/hoidsa or new this year, click the link at www.hoidsa.org/home by clicking on 10th Anniversary Walk for Down Syndrome or FRIENDS of HOISDA Walk for Down Syndrome and scrolling down .

Registration and T-shirts are FREE for Down syndrome individuals this year. Registration is \$5 for all other participants and T-shirts are \$10 per participant. **The deadline to be guaranteed a T-shirt is August 31st.** Online registration will end September 22nd; however registration will be available the day of the walk.

SOLICITING SPONSORS

Our walk wouldn't be a success without the help of our families, friends and co-workers soliciting potential sponsors. Feel free to copy the sponsor letter and form that is included. Be sure to sign your name on the sponsor letter before mailing. You can also download and print both forms at www.hoidsa.org/get-involved.

Sponsors at the \$500 and above level must submit their logo information by August 31st to fundraising@hoidsa.org to be included on the back of the T-shirts.

GET INVOLVED

Please consider getting involved in this inspiring and rewarding opportunity to make a difference in the lives of individuals with Down syndrome.

Full details about the walk are available online at www.firstgiving.com/hoidsa or www.hoidsa.org/get-involved.

Thank you in advance for your support to celebrate our loved ones and ensuring our 10th Anniversary Walk will be a success!

Co-chairs:

Anita Hohimer/Jamie Czesak
309-241-8195/309-303-8475
fundraising@hoidsa.org



FRIENDS² of HOIDS **Walk for Down Syndrome**

Heart of Illinois Down Syndrome Association

10th Anniversary Walk

Sunday, September 24th

Dozer Park, Peoria IL

1:00pm

T-Shirt pick up, same day registration, raffle,
face painting, and all other activities

2:30pm

One Mile Walk Starts

Walk will take place rain or shine!

Register and fundraise online at

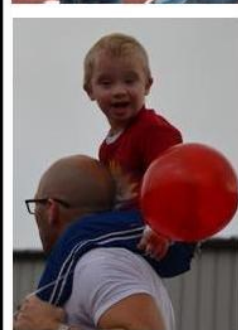
www.firstgiving.com/hoidsa

Register by August 31st to be guaranteed a t-shirt.

Questions? Call (309)241-8195 or

email fundraising@hoidsa.org

Site is ADA Accessible.





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

FRIENDS[®] of HOIDSA **Walk for Down Syndrome**

Dear Friend:

The Heart of Illinois Down Syndrome Association is proud to announce the 10th Anniversary FRIENDS of HOIDSA Walk for Down Syndrome will be held on Sunday, September 24, 2017 at Dozer Park in Peoria, IL.

Families and friends whose lives have been touched by Down syndrome will join others from our communities to celebrate the many abilities and accomplishments of people with Down syndrome.

We would like to invite you to consider sponsoring our 10th Anniversary FRIENDS of HOIDSA Walk for Down Syndrome. As a local business within our community, we are hopeful you want to offer us your support and invest in this worthy cause. 100% of the funds raised will be used locally to support families and the professionals who work with them. Your investment in this event will help support our conferences which feature renowned speakers on disability issues, recreational scholarships, conference stipends, collaboration with service agencies, young adult cooking class, new parent breakfast, grandparent's group, young athletes program and many other opportunities for networking and to advocate and educate throughout the year.

Please feel free to call 309-241-8195 or email fundraising@hoidsa.org if you have any questions or need any further information. Your support is greatly appreciated.

Thank you for your time and consideration.

The Heart of Illinois Down Syndrome Association, Inc. is incorporated in the state of Illinois as a non-profit corporation operating under the Internal Revenue Code 501(c)(3). No goods or services are exchanged for donations.

Our mission is to improve the quality of life of persons with Down syndrome by providing support, advocacy, and educational opportunities to those individuals, their families, and community advocates.

FRIENDS[♥] of HOIDSA

Walk for Down Syndrome

Sponsorship & Donation Form

Contact Name: _____

Company: _____

Address: _____

Phone: _____

E-mail: _____

Option #1: We are pleased to sponsor the Walk for Down Syndrome at the following level:

Sponsor Level		Incentive
		Each level includes incentives from all previous levels unless otherwise noted.
<input type="checkbox"/> Ally	\$100	Thank you Facebook post which will include your name AND name on appreciation board at the walk AND name printed in HOIDSA's newsletter
<input type="checkbox"/> Buddy	\$250	Name printed on t-shirts AND you may set up a table at the walk (you may hand out promotional material at your table)
<input type="checkbox"/> Friend	\$500	Logo printed on t-shirts (instead of name printed on shirts from "Buddy" level) AND logo will be displayed on the jumbotron at the walk
<input type="checkbox"/> Best Friend	\$1,000	Verbal thank you over the loud speaker before the walk AND you will receive a framed thank you certificate
<input type="checkbox"/> Best Friend Forever	\$2,500	HOIDSA self advocates will bring cookies or donuts to your business and present you with a thank you plaque. A photo of the plaque presentation will be posted on our Facebook page along with a second thank you post.

Option #2: We are pleased to donate the following snack items/drinks:

Please list total fair market value of items donated. _____

Option #3: We are pleased to donate the following item(s) for the raffle:

Please list fair market value of each donated item. _____

August 31, 2017 is the deadline for submitting your sponsor information to be included in print on the back of the t-shirts. Please list your company name above as you wish it to appear in print. For sponsors at the \$500 level and above, please email your company logo to fundraising@hoidsa.org.

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Summer Birthdays

<u>May</u>	<u>June</u>	<u>July</u>	<u>August</u>
Stephanie Brant 5/3	Chad Applen 6/2	Meg Hollis 7/5	Payton Mills 8/2
Elizabeth Rice 5/7	Jacob Urban 6/4	Timmy Wynkoop 7/6	Maggie Scherder 8/2
Addy Duensing 5/9	Hannah Capitelli 6/7	Stuart Booker 7/7	Colin Avril 8/4
Shea Gale 5/11	Jacob Monrad 6/7	Kristin Koch 7/7	Payten Presley 8/6
Madison Haynes 5/12	Kaden Barnewolt 6/12	James Piper 7/7	Robert Bettenhausen 8/10
Claire Schwarting 5/13	Francis Couri 6/19	Scott Willock 7/7	Morgan Brandstatter 8/10
Rebecca Nickerson 5/14	Trecker Ralph 6/20	John Meyer 7/10	Mandy Shrader 8/10
Brad Fornoff 5/20	Bridget Bielenberg 6/21	Trevor Vincent 7/10	Jerry Harlan 8/11
Oliver Smith 5/22	William Harston-Meagher 6/23	Ian Massey 7/14	Quincy Hinthal 8/12
Wyatt Lauber 5/28	Anthony West 6/23	Emma Cramer 7/16	Seth Bauersfeld 8/14
Tom Weiss 5/30	Jesse Hatfill 6/24	Sean Harris 7/17	Jared Janovetz 8/14
Nicholas Mueller Triston Walbright	Jeremy Quintiliani 6/24	Sam Heim 7/18	Nicholas Woodin 8/17
	Kellen Ehrenhardt 6/26	TJ Davis 7/24	Holly Stephenson 8/20
	Rory O'Hanlon 6/27	Charlotte Nauman 7/28	Jacee Lowery 8/22
	Adam Nepolello 6/28	Janae Sutton	Max Pepino 8/23
	Gregory DeBoer		Adam West 8/25
			Rachel Rice 8/26
			Cody Rieves 8/26
			Jared Fossum





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

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EDITOR'S REMARKS

Hello Everyone,

I hope you are enjoying your summer! I look forward to seeing you all at the Ice Cream Social in August and the Friends of HOIDSA Walk for Down Syndrome in September. Now is the time to get your teams registered! Our event has grown every year, and it is very exciting to see the vast number of people who turn out to show their support.

This is also a major fundraising campaign that raises funds so we can support new parents, provide educational workshops and conferences, coordinate social events for our members, organize programs like the Young Adult Cooking Class, offer family & educator stipends, and promote acceptance of people with Down syndrome.

Carol Nepolello

c.nepolello@comcast.net
www.hoidsa.org

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>