

The CIDSO News

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DECEMBER 15, 2008

"A Brighter Tomorrow"

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452-2555

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874-2038

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378-2388

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829-0968

Merry Christmas!

On December 7, 2008, friends and family joined together at Calvary United Methodist Church to celebrate the season. The environment was festive with more than forty people present, and there were all kinds of activities to keep busy. Children were occupied with video games, pool, crafts and basketball. While that was going on, there was a bit of business to address. That business would be the election of officers.



Officers for the 2009 year are as follows. Jean Bates, President. Dawn Mattia, Vice President. Brenda Harms, Secretary. Steve Newbold, Treasurer. A huge thank you goes out to Rick Bauersfeld for his service as Vice President. We know he will continue to be involved in CIDSO activities, and appreciate his efforts that have made CIDSO so successful. Also announced was the addition to the board of two youth advocates. Christy Bates and Abby Heins will step up and assist in 2009. Following business it was back to play!

Children continued playing and singing while waiting for a visit from special someone. Yes, Santa Clause arrived to collect toys for donation, and to distribute small gifts to all of the good boys and girls. When Santa left (following many pictures) we feasted! Happy Holidays!

Visual Aides...More Than Meets the Eye

Everyone loves an opportunity to visit new and interesting web sites with up to date information and products. A recommended web site that came from attending the NADS Conference was an organization called Little Friends, Inc. You can find this organization at www.littlefriendsinc.org.

Upon reaching the organization's home page, click on the Shop-Home page, then Visual Training Systems. There you will find numerous visual aides that teach a variety of tasks; personal grooming, grocery store shopping assistance and a visual social manager to assist with social cues. According to the Visual Teaching Alliance, approximately 65% of the nation's population are visual learners, the brain processes visual information 60,000 times faster than text, and visual aides in the classroom improve learning by up to 400%. With that said, go take a peak yourself!

The View from My Shoes

Continued from the November Newsletter

I met a new friend yesterday, and older woman. She is really cute, but maybe too old for me. We have a lot in common and she even wears glasses like me. She played with dolls Willie and Jean, while I played cars. We both like to watch TV, but she is learning to read on her own. I can't wait to be her age and go to school. I think she had trouble getting her heart to work properly when she was little, but you would never know it now. I'm not acting like there are no issues, just letting you know most of the time I have the same fun and problems as other kids my age.

UpPaw says some people have things tougher than we do, so I never take anything for granted. By the way, I call him UpPaw and he loves it. Now to work on a short version of Grandma; maybe I'll just call her Gee.

I go to school now, but it's more like daycare. Mom works full time so she needs a place where I can go and be with kids my age. I keep trying to think of ways I am different than the other kids and there are not many, our similarities, however, are numerous.



NADS Conference Review

On November 8th, several CIDSO members trekked 2 hours north to Rosemont to attend The 2008 NADS Conference on Down Syndrome entitled "Imagine the Possibilities." The conference offered many various workshops through out the course of the day. Jean Bates shares the following information on the workshop she attended.

I attended the workshop "Health and Social Issues in Teens and Adults with Down Syndrome", which was presented by Dennis McGuire Ph.D and Brian Chicoine, MD authors of Mental Wellness in Adults with Down Syndrome and directors of the Adult Down Syndrome Center of Lutheran General Hospital in Park Ridge, Illinois. They have been over seeing the medical and psychosocial care of adults with Down syndrome for 15 years. One of the areas touched on in the workshops were "Grooves".

Grooves, like the pace of individuals with Down syndrome are an intricate part of who they are. As Dr. McGuire stated "it is part of their equipment and should not be messed with. The best way to deal with grooves is to find ways to go around them and be accommodating." Dr. McGuire also addressed Self Talk as something that is normal and should not attempt to stop but be directed to appropriate places.

Dr. Chicoine informed us that adults with Down syndrome do not develop heart disease or high cholesterol. The tendency is more toward Diabetes and Osteoporosis. New life expectancy is an average of 56. The incidence of Alzheimer disease is similar to that of the general population but is being seen on an average of 20 years earlier. Of the cases of adult dementia that the doctors have seen 2/3 of the cases are reversible through changes in the life style while 1/3 of the cases of dementia are not reversible. Thus, it remains critical that we continue to stimulate the cognitive thinking as much as we can in adult life.

Mark the Date:

January 19:

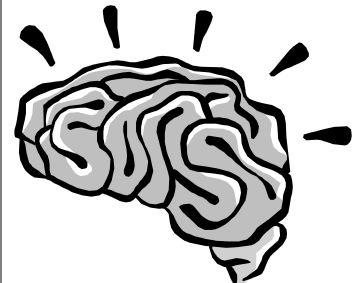
CIDSO Board Meeting
5:30 pm at Jean's house.

February:

CEC will begin more
bowling opportunities.
Dates coming soon.

March 15:

Deadline for grants to
be submitted.



Perseverance Pays Off!

For almost three years, the Down syndrome community has worked with members of congress to help pass a bill which would require that accurate, up-to-date information be provided to parents who received a positive prenatal test result or postnatal diagnosis. The Down syndrome community has long felt the need for physicians and other health care professionals to provide more balanced information about Down syndrome to parents and to make sure they are connected to support services. Senators Edward Kennedy (D-MA) and Sam Brownback (R-KS) cosponsored the Prenatally and Postnatally Diagnosis Conditions Awareness Act to ensure just that. On September 23, 2008, the Senate passed the bill by unanimous consent, and it passed the house on September 25th.

The bill will make it more likely that parents will receive current information about life expectancy, development, and treatment options at the time they learn of their child's diagnosis and will therefore have a more accurate picture of the possibilities for their child. The bill also recommends referrals to support services, information resources, parent support networks, and programs specific to Down syndrome or other conditions diagnosed before birth. The passage of this bill marks an important step forward. All parents have the right to balanced, accurate information, and this bill will help them receive it.

Easter Seals

Easter Seals has so many different programs that it's nearly impossible to fit them into just one newsletter. That's why every month a service offered by Easter Seals will be featured. With many of us running around trying to finish our Christmas shopping it seemed fitting to discuss Parent's Night Out in Bloomington.



Parent's Night Out is an opportunity for parents to get a couple of hours to themselves without having to worry about finding a sitter. Children are supervised by staff, therapists and volunteers, all of which are trained and experienced in working with children both with and without disabilities. Children have an opportunity to play at the Bloomington Center, outside of therapy, and siblings can have fun at Easter Seals too! A donation of \$5.00 per child goes to the Easter Seals Family Assistance Fund as part of the Easter Seals VIP Campaign. With parents able to take some time off, children are able to have fun in a safe environment, and money being raised to help families get the services that they desperately need, Parent's Night Out is an answer for everyone!

For more information, please contact Kathleen Bautista at 309-663-8275, ext 206.

Thinking About Grants?

As this year comes to a close, it's time to think about the grants, enrichment fund and conference fund that CIDSO offers. More to come in January, but for now feel free to check out the CIDSO website for details.

New Pediatric Down Syndrome Clinic

Alexian Pediatric Specialty Group

1555 N. Barrington Road Hoffman Estates, IL 60169

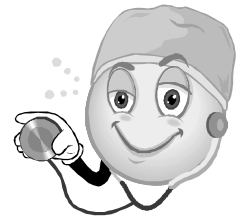
Services are provided for infants, pre-school-age and school-age children by a multi-disciplinary team headed by:

Nancy Keck, MD
Developmental Behavioral Pediatrician

and

Cesar Ochoa, MD
Developmental Behavioral Pediatrician

Complete medical, developmental, behavioral and psycho-educational evaluations are provided. For and appointment call 847-490-4222.



Disclaimer Policy

The editor of this newsletter writes as a non-professional. CIDSO does not promote any therapy, treatment, institution or professional system, etc. Please discuss specific concerns with your health care professional.



Oh my it has been a wonderful year! Below are some pictures from this past 2008 year. Enjoy!

