

The CIDSO News

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"A Brighter Tomorrow"

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State of CIDSO: Presidential Address

By Jean Bates

CIDSO began 2008 with launching a new Literacy Program in collaboration with ISU. This highly anticipated program kicked off with a lot of enthusiasm on the part of the students and the tutors alike. Kelli Apple, director of the program will be giving us a follow up report at the end of the 13 weeks. Some of you may wish to attend and hear what she has to say.

The board has just recently completed work on the 2008 budget. Emphasis has been placed on an increase in social opportunities, and providing more programs as we continue our efforts in educating and raising awareness. Grant applications have been sent out. For those that are interested applications for both the Enrichment/Participation Fund and Grant Program can be downloaded from our web site.

Renewals have also marked the beginning of a new year. We recently renewed our not for profit status with the State of Illinois and renewed our contract with the Bloomington Library. Please note the books that were purchased last year. A new list of suggested books to be purchased this year has already been submitted. We are also continuing our commitment to the ISU Speech and hearing clinic providing free speech therapy and hearing screenings for individuals with Down syndrome. This program has been in place for close to 15 years.

Two ISU organizations continue to be actively involved with CIDSO. The SSIDS Organization (Students Serving Individuals with Disabilities) has recently taken our Christmas Wish List and is going to be taking active steps in helping us fulfill some of our wishes. The CEC (Council for Exceptional Children) has also offered to help us in any way they can. We are very lucky to have this wonderful support from these two exceptional groups. Look for some up and coming ISU student sponsored events.

Recently the CIDSO board has taken a hard look at its membership and came to the realization that we are missing some very important members on our board...Self Advocates. We realize that as we plan and work for the improved quality of live of those with Down syndrome we really need to know what those individuals think and what they want out of life. We very much encourage any Self Advocate who might be interested in serving a one year term on the board to fill out an application. There will be responsibilities expected and a support person will be required at home. We will be opening up two spots on the board per year. Each Self Advocate on the board will be teamed with a board member who will go over information with them in advance of the meetings.

Lastly, I would just like to thank everyone that has worked so hard to help us get to where we are today. Without your help we would not be able to offer all the programs and opportunities that we are able to offer to families today. CIDSO is a small group that has accomplished a great deal over the years but we can only do so much with limited man power. It takes combine effort to accomplish all that we do. If you have not yet become actively involved with CIDSO we welcome you. The rewards will surprise you and together we can accomplish so much more. As always we welcome your input as we work to bring about a brighter tomorrow to those born with Down syndrome.

Books to Bloomington's Library

Each year CIDSO gives a grant to the Bloomington Public Library to purchase books which contain accurate and positive information concerning Down syndrome and related topics. In 2007 the library added the following titles with the money we provided:

Natural Harmony: Jade's Story by Albrechtson

He Has Up Syndrome not Down Syndrome By Brandt

Understanding Down Syndrome: An Introduction for Parents By Cunningham

More Than a Mom: Living a Full and Balanced Life When Your Child has Special Needs By Fawcett and Baskin

Changed by a Child: Companion Notes for Parents of a Child with a Disability By Gill

Eating Gluten-Free with Emily: A Story for Children with Celiac Disease By Kruszka and Cihlar

The GF Kid: A Celiac Disease Survival Guide By London and Glickman

Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges By McGuire and Chicoine

Teaching Reading to Children with Down Syndrome: A Guide to Parents and Teachers By Oelwein

I Can, Can You? By Pitzer

A Parent's Guide to Down Syndrome: Towards a Brighter Future By Pueschel

Adults with Down Syndrome By Pueschel

Russ and the Firehouse By Rickert and McGahan

Down Syndrome: Birth to Adulthood – Giving Families the Edge By Rynders

Down Syndrome: The Facts By Selikowitz

Enhancing Everyday Communication for Children with Disabilities By Sigafoos, Authur-Kelly, and Butterfield

The Best Worst Brother By Stuve-Bodeen and Fremaux

Bowling Party

We are bowling again! Plan on joining us on Feb. 23 from 2-4 p.m. at Pheasant Lanes on Hershey. CIDSO will pick up the bowling, shoe rental, and drinks. RSVP to Dawn at 750-9164 so we can have the correct number of lanes reserved.



Inching Along: Celebrating at the Mattia House

7 year old Becca has gone from screaming at animals and running from them to actually petting her brother's hamster, Rusty. She has also begun to zip her own coat and put her shoes on in the morning. Our trick to getting them on the right feet...her teacher noticed she always puts the shoe on her left foot first so we tied a small ribbon on all of her left shoes. I think her teacher is brilliant and Becca loves the success she has putting on her shoes.

It is such a great feeling when you can see progress, no matter how small. It is helpful to know that no matter how long the road may be, we are all moving forward at our own pace. If you have an "Inching Along" story to share please send it to dawnmattia@yahoo.com and I will include it in the newsletter. We would love to celebrate the successes that are happening in your home.

Mark the Date:

February 23:

Bowling at Pheasant Lanes

RSVP to Dawn @
750-9164

March 15:

Grant Applications Due

April 5:

CIDSO Board Meeting

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.