

# The CIDSO News

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*"A Brighter Tomorrow"*

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## Heins Sigh

By Abbey Heins

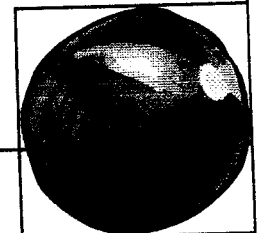


## Do you know about Celiac Disease?

I did not know much about it until my stomach started hurting. I was sick for 5 months. Now I am going to the best doctor at Mayo Clinic to do more testing for celiac. I am doing just fine with eating now. But it was hard to eat good things for a while. You miss what you used to like for a while.

When someone was celiac, you can't have wheat. If you keep eating wheat – they call it gluten- can make you end up with cancer. It is too bad to have to have celiac for your life time.

Please ask me if you want to know more about Celiac.



## CIDSO Play Group

CIDSO is hosting a preschool play group on March 7th from 3-5 at Grace Church, located at 1113 W Hovey in Normal. The play group is geared towards preschool aged kids, but all family members are welcome. CIDSO will provide a snack. Save the date!

## Gifts and Memorials

CIDSO would like to thank the following organizations and individuals for their generous contributions.

\*Illinois Agricultural Auditing Association \*State Farm \*Erna Harms

\*John Hinrichs \*The Center for Orthopedic Medicine

## CIDSO Workshops

### *Mark the Date*

Our Treasurer, Steve Newbold, is a licensed attorney with a law practice that concentrates in "special needs law". He also recently passed the exams to obtain his Certified Financial Planner (CFP®) designation. This designation identifies people who are committed to competent and ethical behavior when providing financial planning. Individuals certified by CFP® Board have taken the extra step to demonstrate their professionalism by voluntarily submitting to the rigorous CFP® certification process that includes demanding education, examination, experience and ethical requirements.

*February 14th and 28th: CEC Bowling at ISU Bowling and Billiards Center.*

*March 15th: Deadline for grant requests.*

He is willing to schedule a series of 4 workshops for CIDSO families and their friends based upon a book titled The Special Needs Planning Guide by John W. Nadworny and Cynthia R. Haddad-two CFP®s. You can google this excellent book to get a good idea of the content. CIDSO will provide a copy of the book for all those that attend. The workshops will track this material in combination with Steve's legal knowledge to provide each family with the peace of mind of knowing you have taken the financial and legal planning steps to help secure your child's future. The material in the workshops will cover issues for families with children of all ages.

If you have an interest in attending these free workshops, please email Steve at [snewbold@newboldlaw.com](mailto:snewbold@newboldlaw.com) by March 30. Once he has a more firm idea of interest he can work on scheduling at the most convenient time for everyone.

Steve will also be writing a monthly column for our newsletter on issues critical to all of us.

## State of Illinois Offers New Emergency Contact Registry

The State of Illinois is now offering an Emergency Contact Registry connected to an individual's driver's license. Two emergency contacts can be added to your license data and retrieved in the event of an emergency. This service can also provide extra peace of mind for parents of individuals with disabilities. Anyone who has a state ID or a driver's license can participate in the registry. To add the contact information, go to [www.cyberdriveillinois.com](http://www.cyberdriveillinois.com) or your local Secretary of State facility.

### **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.