

# The CIDSO News

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*"A Brighter Tomorrow"*

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## 4th Annual Buddy Walk

The Buddy Walk Committee is already hard at work planning our 4th Annual Buddy Walk. This year's walk will take place on September 27, 2008 at Carden Park and Prairieland Elementary School, located at 1300 E. Raab Road in Normal. The one-mile walk will take place on the newly repaired trail behind the school.

### *Forms and Flyers*

A registration form has been included with this newsletter. An electronic version of this year's flyer and registration forms can be downloaded at [www.cidso.org](http://www.cidso.org). If you are willing to help post larger flyers, please request them from Dawn Mattia, 750-9164 or [dawnmattia@yahoo.com](mailto:dawnmattia@yahoo.com).

### *Advance Registration & Shirt Orders*

Pre-registration is September 12th and shirt orders will need to be placed by this date. This year we will offer additional shirts for sale at the walk, however, we cannot guarantee all sizes will be available on site.

### *Arrive Early*

Registration starts at 8:00 a.m. and the walk will begin at 9:30 a.m. Plan to come early to put your \$1 chances in for the raffle and enjoy the free food and beverages. The climbing wall from Upper Limits will be back, along with some new entertainment options.

### *Go Team!*

Put together a team to show your support. Come up with a team theme, team color, or just plan on walking together at the event. Plan on showing "a sign of support" by creating a sign featuring your team's name to carry as you walk. You can make one in advance or take advantage of the supplies available during pre-registration and make one before the walk.

The team with the most walkers at the event will act as the Grand Marshall for the walk and have their team photograph featured on next year's Buddy Walk brochure. There will be a photographer available to take team photos at the event, so be sure to arrange a place for all your team members to gather.

### *We're on the Web*

We have created an online fundraising page for the Buddy Walk, [www.firstgiving.com/cidso](http://www.firstgiving.com/cidso), for anybody that would like to help raise funds for CIDSO. This website can also be used to make a donation or search for fundraising pages of people you would like to sponsor. To create a fundraising page, simply click the "Get Started" button on the web site and follow the step-by-step instructions. You have the option of setting up the site as an individual or as a team. If you would like some assistance setting up your site, please contact Buddy Walk committee member, Robyn Wenzel at [cidsobuddywalk@live.com](mailto:cidsobuddywalk@live.com) or 452-9178. You can "find a fundraiser" at

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## *Buddy Walk*

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the top of the page and see the personal web pages of other CIDSO members. An email will be sent out to participants from the 2007 Buddy Walk, notifying them of this new fundraising page. If you know of anybody else that may want to participate, please forward the website information to them.

### *Corporate Sponsors*

You could make a big impact on this year's walk by helping us gather corporate sponsors. We need CIDSO members to speak to their employers and community contacts regarding corporate sponsorship. Companies are more willing to donate to a non-profit organization if there is a personal connection. If you are willing to contact someone regarding sponsorship, please contact Dawn Mattia, Buddy Walk Chair, at 750-9164 or [dawnmattia@yahoo.com](mailto:dawnmattia@yahoo.com). Dawn will provide you with a prewritten corporate sponsorship letter that you can sign and send to your contact.

## *CEC and Bowling Update*

Thank you to ISU's CEC (Council for Exceptional Children) for their continued commitment to CIDSO. We appreciate their recent donation of \$100 to CIDSO. We also appreciate their willingness to begin bowling with our adults on a regular basis. They are planning on joining our adults for bowling at ISU's Bowling and Billards Center. If you have someone in your family who is interested in bowling, they will meet every Tuesday from 7:00-8:30 p.m., beginning in mid-September. Additional details will be provided closer to the date.

## *Association on Aging with Developmental Disabilities*

The Association on Aging with Developmental Disabilities (AADD) was initially formed in 1989 as a special interest group and became incorporated in 1994. The organization was created to support the increasing needs of older adults with developmental disabilities. People, including those with developmental disabilities, are living longer than ever before, and with increased life expectancy comes increased challenges in addressing age-related issues. AADD recognizes the growing need for services designed to meet the unique needs of individuals as they are aging and provides individualized supports, depending on the person's circumstances and desires.

This group is based out of St. Louis, MO and hosts yearly conferences. If you would like more information check out [www.agingwithdd.org](http://www.agingwithdd.org).

## *Picnic Plans*

Plan on joining in on the CIDSO Picnic fun, September 7th. We will meet at Fairfield Park from noon to 3:00 p.m. CIDSO will provide place settings, drinks and the main course. Please bring a pot-luck item to share. Contact Judy Bates at 726-1145 to RSVP so she can be sure to have enough food.



## *Mark the Date:*

### *July 28:*

*CIDSO Board Meeting*

### *September 7:*

*CIDSO Picnic*

### *September 12*

*Buddy Walk Pre-Registration Due*

### *September 27:*

*Buddy Walk*

### **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.