

The CIDSO News

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"A Brighter Tomorrow"

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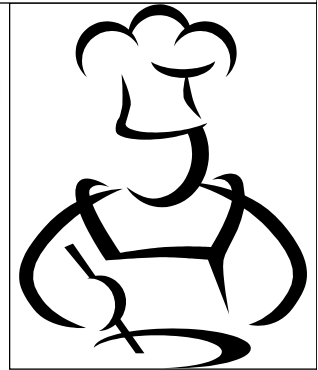
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Cooking by Color: Recipes for Independence

The dog days of summer are here and children are begging for a new activity. Just saying "go out side and play" isn't cutting it the way it use to. So what's a parent to do? One suggestion is to try this new cookbook called "Cooking by Color: Recipes for Independence" by Joan Guthrie Medlen, RD, LD.



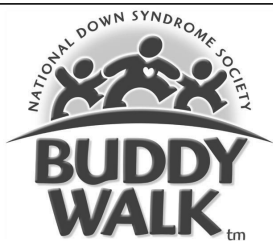
Joan states " A key component to living healthfully is having recipes that fit your lifestyle. The Cooking by Color recipe series uses photos and color-coding to make the job of cooking easier. The format for these recipes was originally designed for people with developmental disabilities preparing to live away from home in a post-secondary program. We found they are useful to anyone - with or without a disability - who is cooking for two or one or making an after-school snack!

In fact, the Cooking by Color recipe series is a good tool for empty nesters and grandparents who have trouble reading the small numbers on measuring tools.

These everyday recipes are developed with portion-control in mind and are quick, easy and healthy too. Every recipe is designed to serve 1-2 people, which builds in portion control and reduces leftovers. Every recipe includes suggestions for simple side dishes that will create a balanced menu and cooking tips to make cooking or clean up easier. The recipe directions are presented in a checklist format to be sure no important step is missed. These recipes are designed for success!"

Copies can be ordered at www.downsyndromenutrition.com/store.

Buddy Walk Bulletin Board



Are you a little computer nervous? Do your fingers seem to find all the wrong keys? Have you been wanting to create a Buddy Walk page on the Firstgiving site, but to afraid to do so? Never fear!!! It's a lot easier than you think. It is a fabulous tool to help promote and support our walk.

The Firstgiving page will take you step by step through both the personalizing page and registering. The directions are easy to understand, and will have you up and running in no time.

For those of you who are computer savvy, the personalization opportunities are a blast! As a bonus, the Firstgiving site now makes it easier to connect to your Facebook, Twitter, MySpace and many other social networks. If you have any questions, please feel free to contact any CIDSO board member.

Where Do We Rank?

Everyone has heard of inclusion. Schools and states have been stating their policies for inclusion for years. Have you ever wondered where Illinois ranks compared to other states? The United Cerebral Palsy (UCP) annual **Case for Inclusion** is so important for benchmarking states' actual performance in improving lives for individuals with intellectual and developmental disabilities. More than how much or how little is being spent, the **Case for Inclusion** shows what is being achieved. You can find this report at...

http://medicaid.ucp.org/pdf/Case_For_Inclusion_Report_2009.pdf

CIDSO Picnic



Just a friendly reminder that the CIDSO Picnic is coming up. For fun, food and games, join us a Fairview Park on August 28th from 12:00pm to 3:00pm. Please remember to bring a dish to share. Chicken, drinks and table service will be provided. What a wonderful way to wrap up your summer fun! Please RSVP by August 25th to Judy Bates or Brenda Harms.

Mark the Date

July 12th: Board Meeting

July 13th: Buddy Walk Meeting

August 28th: CIDSO picnic at Fairview.

October 2nd: 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.