

The CIDSO News

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"A Brighter Tomorrow"

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26th CIDSO OPEN

by Star Jorgensen

*Another huge success—
the heavens do shine
upon CIDSO.*

Kicking off the OPEN was the tournament's "gala" on Friday evening, June 1, at the Brown Ballroom of the ISU Bone Student Center. The evening of socializing between CIDSO Families, the OPEN's golfers and sponsors, and members of the community fulfills the primary mission of the OPEN—public awareness of Down syndrome. This year's decorating theme of "Survivor Island" was aptly chosen, as those whose lives are touched by Down syndrome show their courage and perseverance to "survive" every moment of every day, yet secure in the knowledge that their next day will be "brighter" because of the programs offered by CIDSO—programs made possible by the organization's fund-raisers.

Jean Bates, as president of CIDSO, and Bill Crutcher, as chairman of the OPEN, did their usual outstanding job with their presentations explaining the programs offered by CIDSO and their success. However, it was Kristi Newbold with her welcoming speech, standing up front, microphone in hand, addressing the crowd

with no fear, who truly brought "it" home. The OPEN bestows two Community Service Awards each year—one to a business in Bloomington and one to a business in Normal—in recognition of their sponsorship by either underwriting overhead expenses or providing their services at greatly discounted prices. This year, the OPEN was very pleased to recognize The Copy Shop and Parkway Auto Laundry. That's not to say that only these two businesses sponsored the tournament, the OPEN is fortunate to have the support and sponsorship of many.

OPEN Committee member Thom Jones received the *Matthew Ryan Turnis Award*. For those who are not aware of this award, it is CIDSO's highest award and is named in memory of the son of Linn and Dave Turnis who was born with Down syndrome in 1977 and passed away the next year. In honor of Linn and Dave and their continuing pursuit of improving opportunities for all children with Down syndrome, in Matthew's memory, and in gratitude from the CIDSO Families, the *MRT Award* was

created to acknowledge and thank individuals outside the CIDSO membership, such as Thom, who support the organization in an on-going fashion. Thom is a well-deserved *MRT* recipient.

Concerned that night that the obvious smaller attendance (primarily as the result of high school graduations) compared to past years would negatively impact the silent auction, the OPEN Committee was pleasantly surprised to discover, upon tallying the winning bids, that this year's auction was the best ever—making the fundraiser a huge success. Thanks to everyone who attended.

Though severe weather was forecasted, the sun shone on the OPEN the following morning, with only a few tolerable raindrops, for the tournament at the ISU Golf Course. Again, another success as 161 golfers took to the course with a shotgun start at 8:30, including several members of CIDSO Families.

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Golf Tournament Continued

With games on several of the holes (run by a host of volunteers), the opportunity to support CIDSO and win prizes in return, it would be hard-pressed to find one golfer who did not have fun. Following tournament play, the awards luncheon (a steak fry catered by Time's Past Inn and sponsored by Darin Shrader of Parkway Auto Laundry), was held under the "big top" west of the Pro Shop.

With Laura Provost and her staff of the ISU Golf Course as mentors, the help of volunteers, and the organization and work of the CIDSO OPEN Committee, the 26th Annual CIDSO OPEN was—once again—a HUGE SUCCESS! Thanks to everyone who participated.

New Parent Coffee

Feel free to join us for a new parent coffee on July 14 from 9:00-11:00 am. This will be a informal, relaxed time for newer parents to meet other families. Coffee, juice and a light breakfast will be served. The coffee will be held at The Marc Center, 1606 Hunt Drive, Normal, Park in the rear, on the lower level and use the SPICE entrance.

Book Review

Mental Wellness in Adults with Down Syndrome; A Guide to Emotional and Behavioral Strengths and Challenges by Dennis McGuire, Ph.D and Brian Chicoine M.D.

In this ground breaking book, the founding directors of the Adult Down Syndrome Center in Park Ridge, IL share nearly 30 years of combined experience treating more than 3000 adolescent and adult patients with Down syndrome. This authoritative easy to read guide clarifies behavioral characteristics often seen in people with Down syndrome and it discusses some of the mental health issues adults with Down syndrome sometimes experience. Through detailed observations and case studies, Drs. McGuire and Chicoine explain how parents, caregivers and adults with Down syndrome can work together to foster mental wellness. In addition, the authors discuss the importance of regular assessment and how environmental conditions, social opportunities, and physical health can affect behavior and mental well being. Thanks to this book readers all over the world can pay a visual visit to the Adult Down Syndrome Center and benefit from the insights and expertise of Drs. McGuire and Chicoine. Anyone who knows or cares for someone with Down syndrome will undoubtedly understand him or her better after reading this helpful guide. Even those involved with younger folks, like pre-teens and teens, will benefit from this practical and optimistic resource.

Available though Woodbine House, 1-800-843-7323 or www.woodbinehouse.com

Bowled Over!

We were thrilled, and a bit surprised, by the overwhelming response we had to bowling at Pheasant Lanes. Close to 40 individuals joined us for an afternoon of strikes and spares. Everyone had such a wonderful time that we are thinking about doing it again in the winter. Special thanks to Pheasant Lanes who worked to find us the best deal possible.



Buddy Walk Teams Wanted

Now is the time to start thinking about your Buddy Walk teams. Come up with a list of team members, maybe a theme, and be sure to get your team name to Dawn Mattia at 750-9164 or dawnmattia@yahoo.com. If teams names are received by August 1, they will be included on the shirts. Wanna take it a step further? Contact your employeer, social group, church, school or even favorite store or restaurant to put together a team.

Mark the Date:

June 16:

CIDSO Board Meeting

July 14:

New Parent Coffee

August 1:

Buddy Walk Team Names Due

August 3-5:

*NDSC Conference
Kansas City, MO*

August 25:

*CIDSO Picnic @
Fairview Park*

September 4:

*Buddy Walk Pre-
registration Due*

September 29:

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.

Presidential Address

I cannot say enough good things about the benefits of our connections with the newly formed Affiliates in Action Network including our sister organization, HOISDA. These 32 or so Down syndrome organizations from around the country have been phenomenal in the sharing of information and support of one another.

From the connection with the Down Syndrome Association of Minnesota we have obtained Grandparent packets and Teacher Resource packets.

From the Louisville Kentucky and Orange County California Down syndrome groups we have learned of progressive literacy programs serving children and adults. The outcome has inspired us to begin exploration of bringing a similar program into our area. This past month has been spent perusing some of their printed handbooks on the programs and conducting several lengthy conversations with both groups.

From the Heart of Illinois Down syndrome Association we have learned more about how they orchestrate their New Parent Breakfasts. As a result we have connected with SPICE and Easter Seals. Both have agreed to host New Parent Breakfasts with us and to help promote them to their families as well. I am pleased to announce the very first one will take place on July 14 at SPICE.

In return we have shared information on our March conference, grant program, and by-laws with new Down syndrome groups in Pennsylvania and New Mexico.

Aside from our networking this past month, we have also seen the completion of a project, a program and one major event. We completed four informational/educational display panels for future use at schools, conferences, workshops etc. I hope you had a chance to view them at the Gala. We also saw the completion of our 2007 grant program with the awarding of funds to three separate recipients. One grant went to Prairieland Elementary School for the purchase of a Smartboard. The second went to Olympia High school for SOLO Skill Building software. The third grant recipient was Victory Academy for cheerleading opportunities for individuals with Down syndrome.

Last but not least we owe a big "Thank You" to the Golf Tournament Committee who carried out another successful CIDSO Open and Gala.

On a final note we have been continually updating our web site with new pictures and information. A special "Thank You" goes out to our web master Jim Presley and all he does for us.

As always we welcome your input as we move forward to better serve families touched by Down syndrome.

CIDSO Annual Picnic

What: Picnic in the Park

When: August 25 from 5:00 pm to 8:00 pm

Where: Fairview Park Shelter

What to bring: A side dish or dessert to share

What will be provided: The main course, drinks, table setting and WATER BALLOONS!

What do you need to do: RSVP to Judy Bates at 726-1145 or mudbug1939@netzero.com