

The CIDSO News

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"A Brighter Tomorrow"

President:

Jean Bates
452-2555

Vice President:

Dawn Mattia
874-2038

Secretary:

Brenda Harms
378-2388

Treasurer:

Steve Newbold
668-0928

Buddy Walk:

Dawn Mattia
750-9164

Gala & Open:

Bill Crutcher
452-5556

Social Chair:

Judy Bates
726-1145

Newsletter:

Kris Dunlap
540-9688

Education Coordinator:

Cindy Spain
826-5775

Advocacy and Resources:

Sandy Ginther
829-0968

Youth Advocates

Abbey Heins
Christy Bates

"Christy's Corner"

A 5k Race by Christy Bates

I really like to exercise a lot. I work out 4 times a week at the Workout Company. It is part of my day to day life. Exercise makes me feel good.

When I exercise I feel stronger and happier. One of my favorite ways to exercise is to go on long walks with my mom. We walk fast and sometimes we jog a little.

This past summer I participated in the 5K (3.1 mile) "Race for the Cure" in Memphis with my mom and sister and we finished in 50 minutes. It was really cool. I wore a sign to show my support for people fighting cancer. I felt so proud of myself when I crossed the finish line. It was a big accomplishment.

Then in November my mom and I signed up for the 5K Jingle Bell Race in Bloomington. This race day was really, really cold and so we had to dress warmly. My mom and I wore bells on our shoes for fun since it was a Jingle Bell race. We raced to the finish line in 50 minutes.

I like 5K races because they are a lot of fun. Everyone gets very excited about the race and everyone tries to do their best. People watch the race and cheer for the walkers.

I hope to sign up for another 5K in the spring. If you like to walk or run and support a good cause consider a 5K event.



Don't Forget....Parent Informational Workshop

Would you rather discuss questions regarding financial planning with someone you can see face to face? If so, plan on attending CIDSO's parent informational workshop on April 17th. This workshop will be held at Jean Bates' home at 6:30pm. As an added bonus, child care will be provided at Dawn Mattia's home at no cost to attendees. RSVP's are encouraged to help plan the number of sitters needed. Please RSVP to Brenda Harms.

Up Side of Down Syndrome Bridging the Gaps 2009 Midwest Conference Saturday, April 18th

This conference will be held at the Isle of Capri Conference Center, located in Bettendorf, IA. It's an all day session with some of the Midwest region's top professionals. The conference runs from 8:30 a.m. - 3:30 p.m. with a special concert performance by the Chris Burke Band at 7:00 p.m. The key note speaker is Chris Burke. Other speakers include Attorney Dan Ellard, Dr. Diane McBrien and "Happy" Joe Whitty. Events include a sibling workshop and children's activity area. Breakfast, lunch and child care is provided. Registrations are limited to the first 500, so if you are interested you can call (563) 271-3524 or look on line at www.dsfamilygroupqc.org.

Free Workshop!

Family Matters the Parent Training and Information Center is holding three FREE workshops in Bloomington over the next three months.

- **March 12** - Effective Participation in the Development of Individualized Education Programs
- **April 7** - Supporting Students during Transition from School to Adult life
- **May 14** - Interventions and Environments that Leave No child Behind

All Trainings will be held from 6:00 - 9:00pm at:
Life Center for Independent Living
2201 Eastland Dr. Ste.1
Bloomington, Ill

Register by phone by calling Family Matters at 866-436-7842, ext.107 toll-free or register online at fmptic.org.



SPECS4US

Superior Precision Eyewear for Children who are Special, introduces a new concept in eyewear for children with Down Syndrome that eliminates the problems regular eyeglasses never could. The frame-line entitled *Erin's World* provides frames that are custom designed to fit the unique facial features of your children with shortened temples (arms), extra wide frame fronts and a lowered bridge. The frames are made from titanium and memory flex that creates a flexible bridge and temples that can spring out 180 degrees to keep up with your children's active lifestyles. Created and founded by an optician and fellow DS mother, Maria Dellapina, To order frames directly or request more information visit SPECS4US.com.

Mark the Date

March 10th & 24th: CEC bowling from 7:00-8:30pm at ISU.

March 12: Life Center for Independent Living Workshop.

March 14th: Family bowling at Pheasant Lanes 1:00 - 3:00pm.

March 15th: Deadline for grants to be submitted.

April 7: Life Center for Independent Living Workshop.

April 14th & 28th: CEC bowling from 7:00-8:30pm at ISU.

April 17th: Parent Workshop 6:30pm

April 18th: Midwest Conference 8:00am-3:30pm.

April 20th: Board Meeting at 5:30pm at the Bates home.

April 26th: Volunteer Appreciation Party

May 14: Life Center for Independent Living Workshop.

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.