

# The CIDSO News

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"A Brighter  
Tomorrow"

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## *Buddy Walk 2008*

*Grand Marshals The Boo Crew*

As the mist parts early September 27, there exists a sense of excitement in the atmosphere. Extremely contagious in nature, this excitement spreads to friends and family arriving at Carden Park. What could cause such a feeling this beautiful morning? Is it a cold or maybe the flu? No! It's the celebration of the 4th annual CIDSO Buddy Walk.

This year's numbers reflect the ever growing awareness of individuals and families who've had Down syndrome enter their lives. The National Down Syndrome Society has recorded fantastic increases in attendance. Since the Buddy Walk's inception in 1995, the number of walks has increased from 17 to over 256. CIDSO's numbers have also increased. There were 716 walkers this year, up from 598 last year. The largest team was the Boo Crew, and they were the Grand Marshalls for this years walk. A blog has been set up at [www.cidso.blogspot.com](http://www.cidso.blogspot.com) highlighting many of the wonderful pictures taken during this years event.



Team work is important. Let's give a big shout out to the teams that participated this year. Best Buy, Phi Sigma Sigma, Mindie Grid iron Gang, Boo Crew, Christy's Caribbean Cruisers, Jason's the Man, Kates Kick'n Posse, Kelsey Bell's Ringers, Kristin's Buddies, Lovin Life, Lucky 6, Mitchells Many Smiles, Pop corn Pals, Team Crugers, Victory Academy, Gunners Gang, Kathy's Royal Family. Also thank you for your support ISU Football players, we appreciate that you've been here every year.

We continue to appreciate the support of our sponsors. They were Hamilton Family Foundation, State Farm, Progressive Farm Equipment, Chuck's Harley Davidson, Illinois Farm Bureau, GROWMARK, Prenzler Outdoor Advertising, Lamar Outdoor Advertising, Best Buy, AFNI, Carlyle Foundation, Upper Limits, and All About Fun Inflatables.

### *A Big Thank You to Our Newsletter Ladies!*

I would just like to give a big thank you to Dawn Mattia and Kris Dunlap for keeping our newsletter up and going. All of our families benefit from the pertinent information, dates and articles that are shared in our monthly newsletter. Our newsletter is an important link for our families to stay connected with our organization, other families and organizations around the country. We would be sadly detached without the newsletter. Our organization is very fortunate to have two individuals that are willing to take on the dedication and commitment to keeping that communication track open. A big Thank you first goes out to Dawn Mattia who began our newsletter in 2005 and has done an exceptional job of keeping us informed and updated on numerous things through the years. And secondly, I would like to give a big Thank you to Kris Dunlap who stepped up to take over the newsletter when Dawn was needing a break. We greatly appreciate both of these ladies and their contribution to our organization. ~ Jean

## ***The View from My Shoes*** *Continued from the August Newsletter*

This rolling over stuff is getting to me. I have been working at it, but Mom says I have low muscle tone, whatever that means. There are advantages to this because I can reach my toes, bend and flex without a problem. Grandpa says I will make a great rock climber with this flexibility. I still have to figure out a better name for that old guy.

I don't know why crawling is such a big deal, but my Wednesday therapy sessions are all about the hand eye knee coordination. Now that I have this rolling thing down, why all the fuss over crawling? Dad is on all fours and we are having a blast as we race. I did not really mind all the work learning to crawl, but now I need some more competition. Word is I can just about fly now. In fact, I like learning things that seem to come naturally to others. I appreciate the little accomplishments so much more that way. I am "right on schedule" whatever that means. I may make my own schedule, who knows.

Yesterday I crawled to the chair, pulled up, and snuggled in to that special place on Grandma I was telling you about. I am trying to decide if yelling for her to pick me up was better or not. I think the rolling, crawling, pulling thing is better because the pleased look on Mom's face makes it worth the extra effort. After all, she teaches me and is so patient.

Keep in touch, I have more to tell.

### ***Book Review***

Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality  
*A Guide for Parents and Professionals*

Parents of children with Down syndrome and other intellectual disabilities are accustomed to paying close attention to their child's physical, cognitive, and emotional development. This proactive approach should also include their child's sexual development, which for many parents may not seem as obvious or urgent, especially to those with young children.

Drawing on her unique background as both a sexual educator and mother of a child with Down syndrome, the author blends factual information and practical ideas for teaching children with Down syndrome about their bodies, puberty, and sexuality. This book gives parents the confidence to speak comfortably about these sometimes difficult subjects.

In an easy-to-read, non-clinical style, the book covers relevant issues and concerns for children of all ages. Each chapter highlights important points with key messages, teaching activities, parental pauses, and anecdotes, all of which prompt readers to stop and consider concepts or values associated with a particular topic. The final chapter covers the special concerns of parents who are now teaching teenaged or adult children about sexuality for the first time. It concludes with extensive appendices containing invaluable teaching materials and illustrations of body parts and functions.

### ***Introductions Please***

Greetings! My name is Kris Dunlap, and as you've just read I will be taking over the duties of the CIDSO News. To tell a little bit about myself, I live in Normal with my husband Dennis and our three children Katelyn, Kelsey, and Riley. As fate would have it, our middle daughter Kelsey was born with Down syndrome in April of 1997. When we moved here and discovered that there was actually an organization for friends and families of individuals with Down syndrome, we were thrilled. We've enjoyed the many social and educational opportunities that CIDSO continues to provide. I welcome any and all suggestions that you would like to see added to the newsletter. You may reach me by phone at 309-540-9688 or by my email address coachdunlap@yahoo.com. I look forward to being of service.

#### **Mark the Date:**

##### **October 13:**

CIDSO Board Meeting

##### **October 14:**

\*CEC Bowling at ISU  
7-8:30 pm

##### **October 28:**

\*CEC Bowling at ISU  
7-8:30 pm

##### **November 8:**

NADS Conference in  
Rosemont, IL  
8:00 am to 4:30 pm

(Please RSVP to Brenda or Jean to reserve your spot. There will be no snacks, but CIDSO will cover the costs of bowling.)

#### **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.