

April 2013  
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# CIDSO NEWS

**President:**  
Steve Newbold  
309-826-1658

**Vice President:**  
Dawn Mattia  
309-750-9164

**Secretary:**  
Brenda Harms  
309-378-2388

**Treasurer:**  
Randy Mattia  
309-750-9164

**Newsletter Editor:**  
Open Position

**CIDSO Open Chair:**  
Darin Shrader

**Gala Chair:**  
Deb Cochran

**Buddy Walk:**  
To Be Announced

**Social Chair:**  
Judy Bates  
309-726-1145

**Event Coordinator:**  
Open Position

**Advocacy &  
Resources:**  
Sandy Ginther  
309-829-0968

**Self Advocate:**  
Abbey Heins

PO Box 595, Normal, IL 61761  
309/452-3264  
WWW.CIDSO.org

## Wanted: New Board Members

There is an immediate opening on the CIDSO Board for an **Event Coordinator**. While this position has traditionally been filled by one person, it could be broken up by event. This position is what brings us:

- Play Groups for young children
- Mom's Night Out
- Social Activities
  - Annual Christmas Party and Meeting
  - Baseball outings
  - Bowling
  - Summer Picnic

The CIDSO Board believes these events enrich lives. However, if these activities are no longer vital and useful to our families, perhaps it is time to discontinue them. If you want these events to continue, volunteers are needed to make this happen.

There is also an immediate opening for the **CIDSO News Editor**. Perhaps our email distributions and facebook page is sufficient for communicating with our members but if you feel the newsletter still has value, please let us know.

Please give your CIDSO Board your input about your wishes for the future of the above listed social events and newsletter, as well as any problem solving ideas.

Direct email responses to [info@cidso.org](mailto:info@cidso.org), call CIDSO line 309-452-3264 or write CIDSO, PO Box 595, Normal, IL 61761

## Did You Like Us?

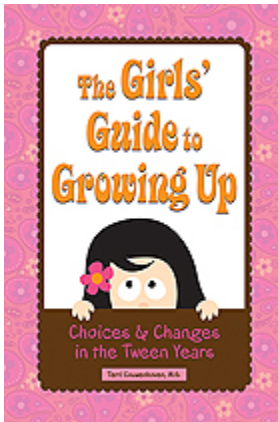


Did you know CIDSO has a FaceBook page? Become a friend of *Central Illinois Down Syndrome Organization* and find out what is going on with our organization. Encourage your friends and family to "like" us too!

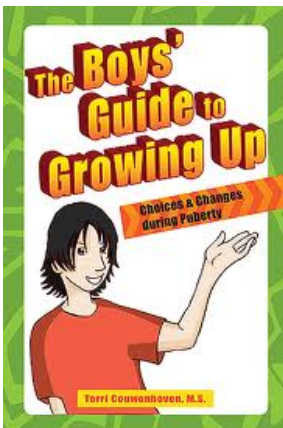
## CIDSO Resource Library is Growing

The CIDSO Resource Library is housed at the Bloomington Public Library. The following titles have been ordered and will be available for check out soon:

- *Bebes con Sindrome de Down* (Spanish), 3<sup>rd</sup> edition, 2009
- *Early Communication Skills for Children with Down Syndrome* (3<sup>rd</sup> edition), 2012
- *When Down Syndrome and Autism Intersect*, 2012
- *The Room of Golden Shells: 100 Works by Artists and Writers with Down Syndrome*, 2013
- *Managing My Money: Banking and Budgeting Basics*, 2010
- *Special Needs Trusts: Protect Your Child's Financial Future*, 2013
- *Body Talk: Teaching Students with Disabilities about Body Language*, 2013
- *Loving Andrew: A 52 Year Story of Down Syndrome*, 2012



You may also be interested in "Teaching Children with Down Syndrome About Their Bodies, Boundaries & Sexuality."



## Puberty: You Can Run, But You Can't Hide

While some of you have already lived through puberty, for others the thought of it still send chills down your spine. "The Girls' Guide to Growing Up" and "The Boys' Guide to Growing Up" may be just what you need to help you navigate this uncharted territory with your pre-teen.

These are easy to follow guides written for people with intellectual disabilities. They are an introduction to the physical and emotional changes they'll encounter during puberty. Written on a third-grade reading level for preteens or young teenagers to read by themselves or with a parent, they are filled with age-appropriate facts, realistic illustrations and photos, icons, and a Q&A. They address such issues as changing bodies and privacy issues, including:

- What is puberty?
- Body Changes
- Emotional Changes
- Hygiene
- Privacy, Safety & Social Appropriateness

Both books are written by an experienced sex educator who specializes in working with people with intellectual disabilities.

Warning: The photos are not for the faint of heart, but neither is puberty!

## Take Me Out to the Ball Game!

Watch our local CornBelters take on the Windy City Thunderbolt on opening day, May 21, at 7:00 pm. CIDSO has block seat tickets available for \$5 each. If you would like tickets, please contact Roby Wenzel by May 15<sup>th</sup> so she can mail you the tickets. Robyn can be reached at [robynwenzel@hotmail.com](mailto:robynwenzel@hotmail.com) or 309-242-1839.

## Coming Soon!

Sensory Friendly Movie  
April 13 @ 10:00 am  
Starplex Theater  
"The Croods"

CIDSO Board Meeting  
April 22 @ 6:30pm

CornBelters Game  
May

CIDSO Board Meeting  
July 1 @ 6:30pm

CIDSO Board Meeting  
October 7 @ 6:30pm

CIDSO Picnic  
August 25

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## We're on the Web!

See us at:  
[www.cidso.org](http://www.cidso.org)

## About Our Organization

The Central Illinois Down Syndrome Organization (CIDSO) is a not-for-profit organization of families and interested persons working to increase public awareness, support families, and improve opportunities for those touched by Down syndrome. Established in 1974 to act as a support service, we serve Bloomington, Normal, and the McLean County area. Our organization is the oldest Down syndrome parent group in Illinois and the second oldest in the nation.

## New Parent Outreach

The process of acceptance begins as soon as Down syndrome is suspected. To support parents and extended family during this time, a parent outreach member will gladly make hospital or home visits. Informational packets are also available to new parents. Parent Outreach Members, *Brenda & Kevin Harms*, (309) 378-2388 and *Rick & Jennifer Bauersfeld*, (309) 874-2038, can be contacted any time.

## Enrichment/Participation Fund

This fund is designed to enrich the lives of those born with Down syndrome and promote community involvement/participation. It is available to any person with Down syndrome regardless of involvement/participation in CIDSO. Applications are reviewed at the quarterly board meetings and must be received by CIDSO at least 10 days prior to the board meeting. Additional details and applications can be found in the "Resource" section of the CIDSO website. <http://cidso.org/resources.asp>

## Disclaimer Policy

The editor of this newsletter writes as a non-professional. CIDSO does not promote any therapy, treatment, institution or professional system. Please discuss specific concerns with a professional.

