

Central Illinois Down  
Syndrome Organization  
PO Box 595, Normal, IL 61761  
309/452-3264  
www.CIDSO.org

# CIDSO NEWS

August 2014

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**NADS  
Conference**  
Rosemont, IL

The NADS yearly conference is scheduled for September 13, 2014. The day-long conference includes a keynote presentation, three workshops, lunch and the opportunity to pursue displays by numerous vendors.

The theme of the conference focuses on leading a purposeful life through employment and other activities. NADS Conference offers a plethora of workshops pertaining to all ages of persons with Down syndrome, as well as all topics related to Down Syndrome.

Workshops include everything from “Gross Motor Skills Development in Children with Down Syndrome” to “What Siblings Want Parents and Professionals to Know”. There will also be a panel of speakers on the topic of “Planning the Employment Journey”. From looking at the agenda, there is something for everyone at this conference.

The NADS Conference for Teens and Adults offers a wide variety of session topics ranging from the creative—HeartWords, Collective Soul Dance Troupe and Drama Group—to the practical—Navigating Relationships and Workplace Behavior. They anticipate a strong turnout, so be sure to register early!

Check out the full agenda and registration materials at:  
[www.nads.org/conference/Conf-Mailer-2014.pdf](http://www.nads.org/conference/Conf-Mailer-2014.pdf)

*CIDSO Conference Participation Funds may be available to help with the cost of this event. Please see [www.cidso.org/files/ConferenceFundAppl.pdf](http://www.cidso.org/files/ConferenceFundAppl.pdf) for details.*



## Sensory Friendly Movie

Join us for **“Planes Fire & Rescue”** on Saturday, August 9, 2014 at 10:00 AM. This “sound down/lights up” movie is hosted by the Starplex Theater in Normal. The Starplex offers free child admission with one \$6 adult ticket purchase.



## CIDSO Annual Picnic

*When:* August 24<sup>th</sup>, 2014  
*@ Noon*  
*Where:* Fairfiew Park, Normal  
*What's Provided:* Chicken, drinks, and place settings  
*What You Need to Bring:* A Side Dish or dessert to share, outdoor games, and swim stuff if you choose to enjoy the pool.  
*What You Need to Do:* RSVP to Judy Bates at [judybates1943@yahoo.com](mailto:judybates1943@yahoo.com)



## Congratulations to the 2014 CIDSO Grant Recipients

**Lion's Cheer Team:** Funding for the Special Needs Cheer Team which is housed at Gymnastics Etc.

**Stacy's Dance Factory:** Funding for a Special Needs Dance Team which is housed at Stacy's Dance Factory

**Olympia West Elementary School:** Money awarded to purchase equipment that will allow for a more inclusive classroom for a student with Down syndrome

**SOAR:** Money awarded to purchase basketball equipment

**Seedling Theatre:** Funding for equipment used to provide live theater experience for children and adults with special needs

Grant applications for 2015 will be available online in January 2015. Applications are due March 31, 2015. More information can be found at <http://cidso.org/resources.asp>



## Down Syndrome Healthy Lifestyle Workshop

**2-DAY WORKSHOP** for children and adults with Down Syndrome to come and engage in exercise classes, yoga, music and art therapy, fun nutritional and dental education, learn meditation and relaxation techniques, creative expression exercises, and story time. A healthy and balanced lunch provided both days. Parent/caregiver 30-minute classes at drop off and pick-up both days, including topics such as nutrition, exercise, art/music activities for home, and stress relief. Price is \$375 for both days and includes all supplies and class materials. Application for financial assistance is available upon request. Sign up on-line at [www.schedulicity.com](http://www.schedulicity.com) or call to get registered.

Monday, August 25, 2014 & Tuesday, August 26, 2014  
 8:30 AM - 3:30 PM

### Fuller Therapeutic Center for Holistic Health

1100 N Beech Street, Building #11  
 Normal, IL 61761  
 309-750-3932  
[fullertherapeutic@gmail.com](mailto:fullertherapeutic@gmail.com)

*CIDSO Enrichment/Participation Funds may apply, see page 3 of newsletter*

## Coming Soon!

Sensory Friendly Movie  
August 9th

Annual Picnic  
August 24<sup>th</sup>

Buddy Walk  
September 27<sup>th</sup>

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We're on the Web!

See us at:

[www.cidso.org](http://www.cidso.org)

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Central Illinois Down  
Syndrome Organization

## 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 or recommend any therapy, treatment, institution, political affiliation or professional system and any information contained herein shall not imply such. Please discuss specific concerns with a professional.

