

July 2013

Volume 9, Issue 4

# CIDSO NEWS

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## Celiac Disease & Depression

Individuals who have Down syndrome are at increased risk for celiac disease. For those with celiac disease, consuming gluten, a protein found in wheat, barley and rye, triggers a reaction in the intestines that decreases the body's ability to absorb certain nutrients. Celiac disease can cause diarrhea, bloating, weight loss, anemia and vitamin deficiencies. Several studies have linked celiac disease with depression. A larger Swedish study compared more than 13,000 people with celiac disease to the general population and concluded that those with celiac disease were 80 percent more likely to experience depression.

Several factors may contribute to depression if you have celiac disease. First is an inability to sufficiently absorb certain critical nutrients. The amino acid tryptophan, for example, is often deficient in people with celiac disease. Tryptophan is converted by the body into serotonin, a neurotransmitter believed to regulate mood and anxiety, including depression. In addition, deficiencies in folate and vitamin B6, also found in celiac disease patients, are associated with neurological problems, such as tingling and numbness, lack of coordination and seizures. Depression could be yet another neurological problem tied to these deficiencies. It's also possible that the gluten sensitivity of celiac disease may affect the nervous system directly.

To diagnose celiac disease, doctors will test blood for high levels of anti-tissue transglutaminase antibodies (tTGA) or anti-endomysium antibodies (EMA). If test results are negative but celiac disease is still suspected, additional blood tests may be needed. If blood tests and symptoms suggest celiac disease, a biopsy of the small intestine is performed to confirm the diagnosis.

Celiac disease can develop over time so if a test has come back negative but symptoms develop later, have the tests repeated.



## Sensory Friendly Movie

Join us for **“Monster University”** on Saturday, July 13, 2013 at 10:00 AM. This “sound down/lights up” movie is hosted by the Starplex Theater in Normal. Starplex offers free child admission with one \$6 adult ticket purchase.

## State Employment Webinar

Video from the State Employment Webinar for People with Disabilities conducted on February 27, 2013 is posted on the Department of Central Management Services’ website. [work.illinois.gov/disabpgm.htm](http://work.illinois.gov/disabpgm.htm)



Seth Bauersfield, HALO Student, and fellow Heartland Hawks team members

## Heartland Community College & HALO Program Awarded Grant

Heartland’s Disability Support Services and the HALO program were awarded a Post-Secondary Education for Students with Intellectual Disabilities Grant through the Illinois Council on Developmental Disabilities. The \$148,000 award is to develop a peer mentoring program for students with intellectual disabilities. HALO students would be paired with student mentors, who would have access to specialized training through the grant. The student mentors would provide guidance for HALO students in the classroom.

Additionally, the grant will fund training in universal design methods for faculty and staff, providing them with the resources necessary to design and deliver curriculum that would be inclusive of students with intellectual disabilities in their classrooms. The grant would also provide marketing and training materials for use by faculty and staff.



## Playgroup @ The Park

Let’s get together for some fun in the sun!  
Plan to come hot and leave soaking wet!  
We will meet at McGraw Park at 10:00 am on July 27<sup>th</sup>  
Snacks and drinks will be provided  
Please contact Kim Cox with questions 888-9729 or 261-689



Mrs. Statton & Becca Mattia

## Thank You!

Special thanks to the staff of Prairieland Elementary School for their generous donation to CIDSO on behalf of Susan Statton. Mrs. Statton has touched the lives of many families who have children with special needs. She will be missed and we wish her a happy retirement.

## Coming Soon!

Sensory Friendly Movie  
Starplex Theater  
July 13<sup>th</sup> @ 10:00 am

Playgroup at the Park  
July 27<sup>th</sup>

CIDSO Picnic  
August 25<sup>th</sup>

CIDSO Buddy Walk  
September 28<sup>th</sup>

CIDSO Board Meeting  
October 7<sup>th</sup> @ 6:30pm

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## We're on the Web!

See us at:

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

Facebook Fan? Like Us!  
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.

