

November 2013
Volume 9, Issue 7

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:
Dawn Mattia
309-750-9164

CIDSO Open/Gala:
Darin Shrader
lpa4u@aol.com
Deb Cochran
dlc-15454
@comcast.com

Buddy Walk:
Cheryl Cumrine
309-824-1559
Jean Bates
309-452-2555

Social Chair:
Judy Bates
309-726-1145

Event Coordinator:
Open Position

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

Self Advocates:
Abbey Heins
Kathy Peden

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



CIDSO Christmas Party & Annual Meeting

Join us December 1st from 3:00-5:30 pm for our Christmas party and annual meeting. We will gather at Calvary United Methodist Church, at the corner of Raab & Towanda in Normal. The agenda includes annual meeting, election of officers, crafts, singing, dinner, and a visit from Santa.

Since Santa has agreed to take time out of his busy season to join our party, we like to do what we can to make his job a little easier by presenting him with toys. We ask each family to bring an unwrapped gift that Santa will give to Toys for Tots.

Please RSVP to judybates1943@yahoo.com or call Judy at 309-261-0770.



Inclusive Schools Week

In honor of National Inclusive Schools Week, December 2-6, CIDSO will be recognizing local teachers who promote inclusion at their school. This recognition is for school staff who work to be sure students with special needs are included with their typical peer in the classroom and other school activities. This involves modification of regular education curriculum and modifying activities so special needs students can be included with their peers throughout the school day. It also involves staff being willing to learn, listen, and act on suggestions to make school more inclusive.

If you work with school staff that deserves recognition for their inclusion efforts, please submit their name and the name of the school to dawnmattia@yahoo.com. Nominations must be received by November 22, 2013.

Teachers recognized will receive a certificate and small token of appreciation from CIDSO. Certificates will be available for pick up at the Christmas party. Those making nominations will be responsible for picking up and delivering the certificates.



Sensory Friendly Movie

Join us for **“Free Birds”** on Saturday, November 9, 2013 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.

We’re All Kids, Get To Know Me

This program by NDSS is designed to promote acceptance and inclusion of children with Down syndrome. It includes posters and lesson plans for grades K-2 and 3-5. If you would like some for your child’s school please let us know at info@cidso.org

From the blog Sipping Lemonade by Lauren Warner

Dear mom who just received a prenatal Down syndrome diagnosis, I know how you feel. Except — unlike you, I was holding my new baby, Kate, in my arms when I found out. She was wrapped in a blanket, looking up at me as I cried, listening to the Neonatologist on staff tell me — only minutes after she was born — that she had Down syndrome. And what that meant.

He said that it meant she had an extra chromosome. And that she would have learning delays. He said that it meant she was significantly predisposed to certain medical conditions; including congenital heart defects — and that we should get her heart tested right away. He said that it meant she had low muscle tone and may not be able to breastfeed. He said that it meant she would do things on a different schedule than other kids.

And in those first few days, after hearing those statistics, talking to doctors and researching online, I thought I knew what it “meant” to have a child with Down syndrome. And quite frankly, I was devastated.

And so it is with you.

But let me tell you — from one mother to another — those facts are not what it means to have a child with Down syndrome.

Many of those facts may not even apply to you. Some might, but many might not. I’ve learned this with all of my children. And I never allow generalizations to set my expectations. (For the record, Kate breastfed like a champ and continues to break stereotypes.)

What those facts didn’t tell me about Kate is that — along with almond eyes and slightly lower muscle tone — she would also have my thick, blond hair and full lips. That she’s a Daddy’s girl. That she loves peanut butter waffles and rocking her baby doll to sleep. They didn’t tell me that she’s a nurturing big sister, a doting little sister — and the star in the room wherever we go.

Those facts didn’t tell me that she would make funny faces and dance like crazy to Fresh Beat Band. That she loves to sing. And swim. And go to gymnastics. And unload all of my kitchen cabinets.

What those facts didn’t tell me in all that they “meant” is what she would mean — to me, to our family, to our friends.

I look back on those first days and I remember the feeling of craving normality. I didn’t want to hear how life would be forever altered in some big way and that I would just learn to accept it. I just wanted life to be the way it was before — routine, “normal.”

Will things ever be normal again? I thought.

And then one day — soon — they were. Except they weren’t like before. They were better.

Coming Soon!

Sensory Friendly Movie
November 9th @ 10:00 am

Christmas Party
December 1st @ 3:00 pm

We're on the Web!

See us at:

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 CIDOS website. <http://cidso.org/resources.asp>

Disclaimer Policy

The editor of this newsletter concerns with a professional 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.

