

October 2013
Volume 9, Issue 7

CIDSO NEWS

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Transition Workshop

Transition is helping students with disabilities and their families think about their life after high school and identify long-range goals. Transition planning is working to design the high school experience to ensure that students gain the skills and connections they need to achieve these goals.

Come learn about transition planning for your middle or high school student and your role in this process on October 29th at 6:00 pm. This workshop will be held at Uptown Station in Normal.

Nicole Uphold, assistant professor at Illinois State University, will be speaking about:

- The law related to transition
- Compliance issues (Indicator 13)
- Components of a transition plan
- Summary of Performance (SOP)
- Your role in transition planning
- Your child's role in transition planning

A question and answer session will follow the presentation. The workshop is free of charge but seating is limited. Please RSVP to info@cidso.org.



Playgroup Fall into Fun!

When: Sunday, October 20th
Time: 1:45 - 4:00 pm
Where: Rader Family Farm
1238 Ropp Road Normal, IL

Join us for pumpkin patch fun, complete with face painting and a pumpkin for each child. This event is free for CIDSO families but you will need to RSVP as CIDSO will need to pay in advance for this event. RSVP to info@cidso.org

Thanks to Amanda Martin and Kim Nicholuson of ISU's Redbird Readers for coordinating this event.



Sensory Friendly Movie

Join us for **“Cloudy with a Chance of Meatballs II”** on Saturday, October 12, 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.

Thank You!

CIDSO is grateful for the generous donation we received from Norman & Colleen Weir. Their giving spirit will help us to take steps towards a brighter future for those touched by Down syndrome.



Understanding our Human Rights

By Kathy Peden, Self Advocate

I would like to introduce myself. My name is Kathleen Marie Peden. I am an individual with a learning disability. Unlike many individuals with disabilities, I was lucky enough to receive an excellent education and life-long healthcare. “The United Nation estimates that there are 500 million people with disabilities in the world today” (www.un.org). Unfortunately not everyone with a disability has access to education and healthcare. I have an opportunity to discuss why everyone is entitled to the basic human rights of education and healthcare.

All public schools should provide appropriate education for all students with disabilities. Individuals with disabilities have the right to a free, appropriate, public education according to article twenty six of the Universal Declaration of Human Rights. I believe everyone is capable of setting new goals and putting them into perspective. It is very important to challenge yourself to achieve excellent grades in order to be successful. There is a lot to education. Education involves no discrimination and also participation from families and the community (NESRI.org).

I believe that the government and the people should be capable of working together to create a healthcare system with benefits for everyone who has a disability. Article 25 of the Universal Declaration of Human Rights grants everyone the right to an adequate health care plan. No one should be discriminated against no matter where you live, your ethnicity, age, sexuality, or disability. We have the right to the best possible healthcare. The government should provide healthcare services that help individuals with different special needs (NESRI.org).

In conclusion, I know it is complicated to put my life on hold and focus my education. I have reached out for my potentials and have learned to be successful from my education. I am really proud of my life, my education, and my health care. It is nice to have health care in serious situations. Because of my previous experiences I know how important it is for everyone to have these rights.



Mom’s Coffee & Conversation

When: Saturday, October 12th @ 9:00 am
 Where: Mattia Manor (aka Dawn’s house)
 1706 Blue Spruce Court in Normal

Coming Soon!

CIDSO Board Meeting
October 9th @ 6:30pm

Sensory Friendly Movie
October 12th @ 10:00 am

Coffee & Conversation
October 12th @ 9:00 am

Playgroup Fall into Fun
October 20th @ 1:45 pm

Transition Workshop
October 29th @ 6:00 pm

Christmas Party
December 3rd

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 CIDSO 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.

