

Central Illinois Down
Syndrome Organization
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CIDSO NEWS

October 2014

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The National Down Syndrome Congress Youth and Adult Conference

By Payten Presley

This summer I went to Indianapolis for the National Down Syndrome Congress Annual Convention. I was part of the Youth and Adult conference. I attended three workshops: 1. Down for Photography, 2. The Sweet Taste of Success, and 3. Anyone Can Dance. My favorite workshop was the Sweet Taste of Success. In this workshop I learned about owning a business. I would like to own a business in the future. At the conference we learned a dance to the song "Roar." There were about 500 people doing the dance together. I had lots of fun. During the open mic session I gave a speech. My speech was about the Penguin Project. I told them about being an actor. On the last day there was a talent show. Christy Bates and I performed our dance together. The people there liked the dance. At the end of the Conference we went to a baseball game. The Indianapolis Indians played against the Columbus Clippers. Columbus won. I liked going to the conference and I hope to go again.



Sensory Friendly Movie

Join us for **"The Boxtrolls"** on Saturday, October 11, 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.

Thank You

Thank you to the friends and family of Alice Budz who gave so generously in her memory.



NDSC National Convention Recap

By Deb Presley, Aug, 2014

Life as a parent is always an adventure. And life as a parent of a young adult with Down syndrome is no different. This month our family was fortunate to share experiences with other parents and learn from leading experts in all aspects of raising a child with Down syndrome

The National Down Syndrome Congress held its annual convention in Indianapolis July 11-13. This was our first time attending a national conference, and I highly recommend the experience to all families. It was an amazing opportunity to hear about groundbreaking research on cognition, genetics, and Alzheimer's disease; national advocacy efforts on education and jobs; and the latest on medical issues surrounding Down syndrome. But more importantly for me, it was a time to celebrate the many achievements of individuals with Down syndrome. Watching the hundreds of babies, children, teens, and adults with Down syndrome throughout the convention space was a breathtaking moment. It brought me back to the days when Payten was young and I was so intent on when he would walk and talk; through the middle years and the angst of inclusionary school opportunities; and into the new world of job opportunities and adult life. I even broached the future and attended a workshop on how to transition "caregiving" to the next generation after a parent is no longer able to take care of their child. If this is a concern for your family, the NDSC has produced an "Adult Sibling Toolkit" with resources to help plan for the transition. An "Aging Families Workbook" is also available from workshop presenter Michael S Gibbons at <https://mga.academia.edu/MichaelGibbons>

Thankfully, national organizations like NDSC are working for our kids every day – raising awareness, providing research monies, and advocating at a national and world level. But even more important to our family is our local organization CIDSO, because it provides us the friendships, strength, and resources that we use every day as we continue the adventure of being a parent.

Editor Note: The next convention will be June 25-28, 2015 in Phoenix, AZ. Registration begins in March, 2015.

Coming Soon!

CIDSO Board Meeting
October 6th

Sensory Friendly Movie
October 11th

Christmas Party/
Annual Meeting
December 7th

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 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.

