

Central Illinois Down
Syndrome Organization
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CIDSO NEWS

September 2014

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Redbird Readers presenting to CIDSO Board

Redbird Readers: Adult Literacy Group

By Kelli Appel

We are excited to begin our 8th year of this wonderful opportunity for both adults with Down syndrome and ISU students. Our program meets both semesters at ISU Milner Library on Monday nights from 6:15-7:30. We have 16 participants (participants are 18 years or older) and 32 tutors. Our tutors are ISU students that volunteer weekly- and many times for multiple semesters. Most of the tutors are special education or speech therapy majors. Each participant is paired with 2 tutors for the semester; tutors choose activities to complete each week. I am extremely impressed with the commitment from these tutors and the interest they have in the program. As the coordinator, I communicate with the participants, recruit the tutors, schedule with the facility, conduct a tutor orientation each semester, oversee materials and activities, and provide support during sessions as needed. I also spend time learning about each participant's interests and goals and communicate those to the assigned tutors.

The Redbird Readers program provides participants a variety of opportunities to maintain and increase literacy skills. Each participant spends time deciding what he/she wants to learn about, and what goals he/she might have for the semester. Many participants want to focus on technology use, and other participants have chosen areas of interest for further study. The tutors' support have focused on various activities such as: learning to use Facebook, creating a Pinterest site, researching historical time periods, learning about different cultures or

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vacation spots, and reading about current events. In addition, most of the participants have expanded their skills and opportunities for writing. For example, participants submitted stories for the National Down Syndrome Society www.ndss.org/My-Great-Story/, and some participants have written articles for newsletters or other venues. Finally, some participants have completed service projects with their tutors, and others have provided presentations to groups or other advocacy opportunities. In April, a small group of tutors and participants made a presentation to the CIDSO board.

Our program also includes some group fun as we usually have an end-of-the-semester celebration and occasional other social events such as dinners and participating in the annual Buddy Walk. The participants love to be a part of the ISU community, and the tutors often say in addition to learning a great deal from the participants, it is the most enjoyable evening of their week! I couldn't agree more, and look forward to a new school year together!

Sensory Friendly Movie

Join us for "The Lego Movie" on Saturday, September 13, 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.



10th Annual Buddy Walk

CIDSO's 10th Annual Buddy Walk will be held Saturday, September 27, 2014 at Carden Park and Prairieland Elementary School located at 1300 Raab Road in Normal. Registration will begin at 9:00 with the walk kicking off at 10:30.

The Buddy Walk was developed by the National Down Syndrome Society in 1995 to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. The Buddy Walk has grown from 17 walks in 1995 to over 300 walks planned for 2014 worldwide. In 2013, more than \$12.2 million was raised nationwide to benefit local programs and services, as well as the national advocacy and public awareness initiatives of NDSS that benefit all individuals with Down syndrome.

People with Down syndrome and their families are encouraged to invite "buddies" to join them in the one mile walk at Carden Park. Food, games, entertainment, and a raffle drawing will be part of the fun! Put together a team to walk with you and ask your family, friends, neighbors, and co-workers to sponsor you by pledging a donation to help support CIDSO programs. Over ninety percent of the funds raised will remain in the local area while the remaining money will be used by the NDSS for national programs and awareness.

Registration is \$5 per person; children 5 and under are free. Shirts are also available for \$5 and can be ordered while completing online registration before September 2nd or purchased at the event. Online registration is at: www.firstgiving.com/cidso/2014BW. This site can also be used to coordinate teams and gather donations.

The walk will again feature a \$! Raffle. If you would like to donate a basket or basket items for the raffle please contact Brenda Harms at jekkel1@msn.com. Donations are greatly appreciated!

Join the close to 800 participants that turn out for our local event. By participating in the Buddy Walk you help us take steps to a brighter tomorrow.



Thank You

CIDSO received a generous, donation through Network for Good from an anonymous donor.



If you have a contact who is involved with the Bloomington/Normal JayCees club please email us at info@cidso.org

Coming Soon!

Sensory Friendly Movie
September 13th

Buddy Walk
September 27th

CIDSO Board Meeting
October 6th

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.

