



PA-TSA 4 KIDS



ALL THE COLORS OF T.S.

PA-TSA 4 Kids

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Making Friends!



Day at the Capital



Camp



Pumpkin Run



Retreat

Highmark Walk



- In this Issue:**
- Make School Fun
 - Tell Me a Story
 - Tell It Like It Is
 - Volunteer Ideas



Make Back to School Fun with Learning Games!

Math: <https://www.mathsisfun.com/>

Spelling: https://www.learninggamesforkids.com/spelling_games.html

Keyboarding: <https://www.typinggames.zone/games/browse?order=liked&search=>

Writing: <http://www.funenglishgames.com/writinggames.html>

Homework & Study Apps: <https://www.additudemag.com/slideshows/best-homework-apps-for-your-student-with-adhd/>

Tell Me a Story...

Use your creativity and the story starters below to tell someone a story or make a video!

What can you imagine?

It was a dark and stormy night when...

I took a look out the window and just then I discovered...

The animal was something I had never seen...it looked like...

JOHN WASN'T SURE WHAT HAPPENED TO HIM OR WHERE HE WAS...

That dream was so real, you have got to hear what happened...

This is what happened the first time I was on a spaceship...

I am telling you, it was the most amazing house I had ever seen! It was...

Tell It Like It IS!

This is where we ask teens and adults about their experience with TS!



Name: Magnus Lewis

Age: 19

Job: EMT

- 1. What is the hardest part of having TS?** I think trying to calm myself whenever my tics “flare up”, sometimes I start ticcing so much that my eyes start to hurt and then it affects my driving, which is a key component of my job, being able to drive safely and effectively.
- 2. If you could tell your younger self something, what would it be?** I would probably say to always keep your head up and even though some days might seem like your worst they will turn around and become some of your best. Enjoy your teenage years, get out in the world and explore, the experiences you have and the people you meet will stick with you forever and they’ll be some of the best times of your life. I’d also throw in there to never stop following your dream, I’ve never lost sight of mine and I don’t think I ever will.
- 3. What is something good about having TS?** Like I said above, the experiences you have and the people you meet along the way and just being able to stand out from the rest. The world today is full of

basic norms, how to dress, walk, talk, and to be able to break those and do your own thing is fun sometimes, I’ve never been one to follow a standard. I was lucky enough to have friends and teachers throughout school that, for the most part, completely understood what I had and tried their best to help me in any way, it was a learning experience for them as well, and those are teachers that still check up on me to see how I’m doing. So having relationships with people who look past the diagnosis is something that is going to be good for anybody with Tourette’s.

- 4. Can you name some of your tics?** I have a slew of tics, everything from grunting, whistling, humming and eye blinking. Then it gets into more physical tics where I “roll” my shoulder and wrist and stretch my legs, neck and back. If you ever see me sitting down, it always looks like I can’t get comfortable because I always have to move while I’m sitting.
- 5. How do you tell people about your TS?** I really don’t tell people about it unless there’s a situation where it needs to be brought up. I very rarely see a need to talk about it.
- 6. Have PA-TSA programs and services helped you or your family?** Yes, tremendously, going all the way back to when I was first diagnosed helping my parents with meetings in school and setting up a 504, all the way up through high school. And not even just formal in school help, but also special events like camp and retreat, introducing me to people and friends that I’ll have with me for a lifetime, Tourette’s is something that will keep us connected.
- 7. How are you involved with PA-TSA and why do you think others should get involved?** I’ve been involved with PA-TSA for probably 10 or 11 years now, I was diagnosed when I was 8 and I was 9 when we found out about PATSA and we reached out to them. Currently I’m involved with camp and retreat mostly as a Youth Mentor and counselor, along with helping my

mom travel to schools in SW PA to do peer and educator trainings, I’m not able to tag along with her often but if I’m ever around I try to help out.

- 8. What else would you like to say about TS, your school/employment or anything?** I currently work as an EMT with Penn Township Ambulance in Westmoreland County where I’m also a member of our Technical Rescue Division with specialization in water rescue, rope rescue, structural collapse rescue and any other possible rescues a person may need. I’m also a firefighter with the Gallatin-Sunnyside Fire Department in Allegheny County. I work a job which is very intense at times, where every second counts and one mistake can be the difference between life and death, either in your patient or yourself. I’ve been asked a few times about how I control my Tourette’s during a call, and to be honest I always say I have more important things to worry about on that scene than myself and my tics. Most of the time I’m so involved with a task that that I probably do tic but I don’t even notice. My dream has always been to become a career firefighter and I hope that within the next 2 years I can finally achieve my dream, I enjoy my job now but I want to go further as a first responder.

The views of the interviewee do not reflect the views of the PA-TSA.

Every individual experiences different tics, severity and co-morbid conditions.

The above article represents the views and experiences of the interviewee alone.

VoLuNtEeR!

So many ways you can get involved!



HeLp OtHeRs!



MaKe FrIeNdS!

PrOmOtE aWaReNeSs!



Connect with us on Facebook, Instagram, Snapchat and Twitter!

Please direct any questions to Sara Woolf at saraw@patsainc.org or info@patsainc.org.



Share, Educate, Inspire!

Do you have a story to share?

Submit your picture or story to info@patsainc.org
and put "newsletter submission" in the subject line.