



PA-TSA 4 KIDS



ALL THE COLORS OF T.S.

Making Friends!

PA-TSA 4 Kids

Volume 7, Issue 1

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Fun at TS Family Retreat!



See you at Camp June 5-7!

- In this Issue:**
- Making Friends
 - Sudoku
 - Be Prepared
 - Tell It Like It Is
 - Volunteer



Sudoku for Fun!

7	2	3					4	
		9	1					
1			9	4				
	3				4	7		
6	1			3			9	4
		7	8				2	
				7	9			5
					1	9		
	5					6	7	1

The Rules of Sudoku:

Fill a number in to every cell in the grid, using the numbers 1 to 9

You can only use each number once in each row, each column, and in each of the 3x3 boxes

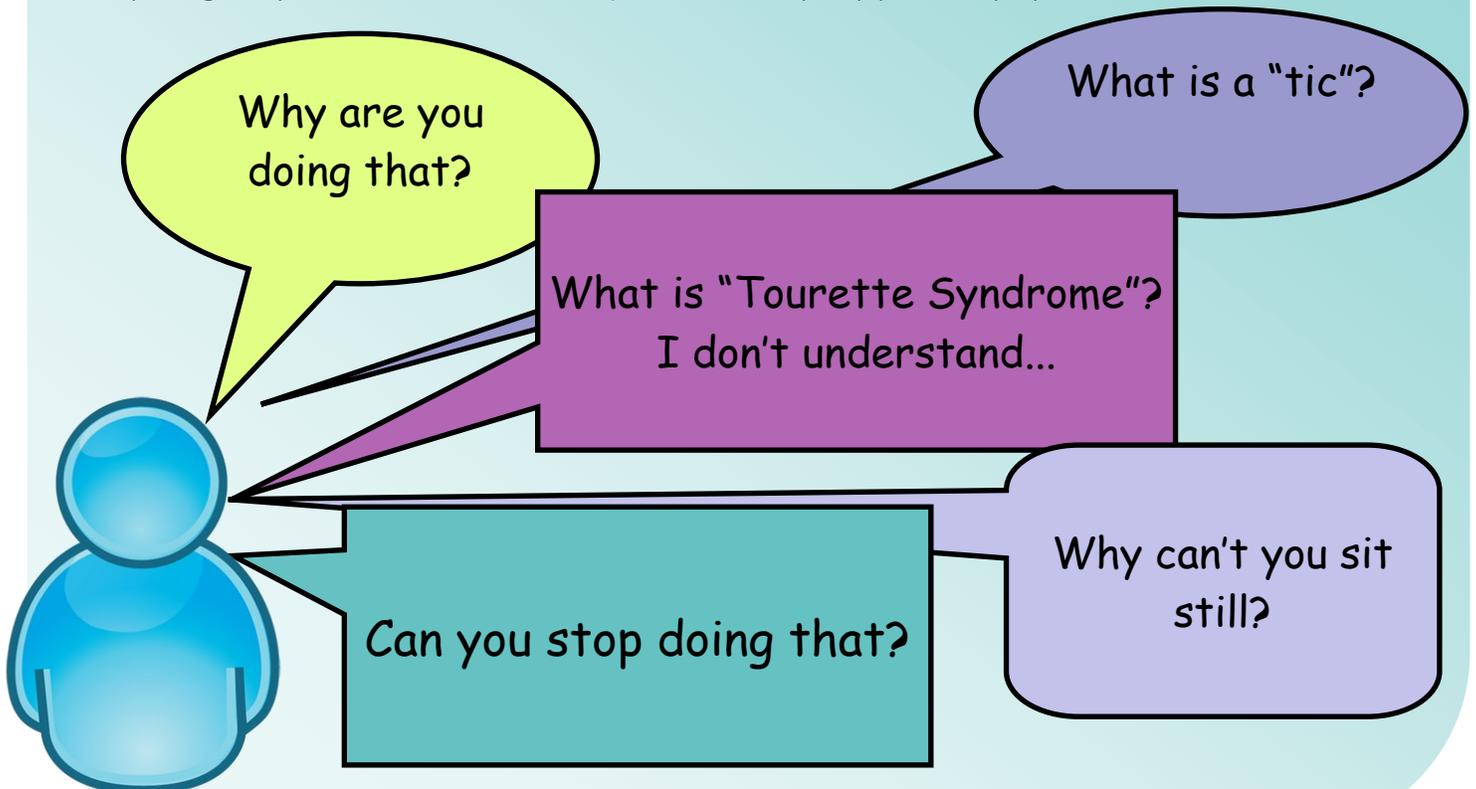
Sudoku puzzles are provided by www.sudokuoftheday.com - visit them and get a new Sudoku every day!

Solution:

1	7	9	2	8	3	4	7	6
9	5	4	3	8	2	6	7	1
3	7	6	4	5	1	9	8	2
2	8	1	6	7	9	4	3	5
4	9	7	8	1	6	5	2	3
6	1	2	7	3	5	8	9	4
8	3	5	2	9	4	7	1	6
1	6	8	9	4	3	2	5	7
5	4	9	1	2	7	3	6	8
7	2	3	5	6	8	1	4	9

Be Prepared!

People with Tourette's and other conditions get questions all the time that might be hard to answer. Why not think of what you might say when asked some common questions? It may help you to be prepared.



Tell It Like It IS!

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



Carole Ann Bollinger

Age: 27

Job: Walmart Cap 2 Associate

- 1. What is the hardest part of having TS?** Basically, trying to cope with and accept the tics.
- 2. If you could tell your younger self something, what would it be?** You are still a better person and no matter what medical condition, you have you can overcome it and be who you are!
- 3. What is something good about having TS?** It makes you special and there are other people out there, even famous people who have Tourette's as well.
- 4. Can you name some of your tics?** I have the F-bomb where I have to say it over and over again, facial grimaces—even though I don't mean to make faces, and hand gestures, and even a middle finger tic too, especially if I am nervous.
- 5. How do you tell people about your TS?** If I have to tell someone new because they notice my tics, I say: these are my tics or I am having a tic attack so they know I don't mean to be mean.
- 6. Have PA-TSA programs and services helped you or your family?** My mom learned a lot at the Camps from the speakers. I loved the activities of camp.
- 7. How are you involved in volunteering?** I was a Junior Youth Mentor at PA-TSA camp one year and I am very involved in Special Olympics where I am learning to be a Global Messenger from their training.
- 8. What else would you like to say about TS, your school/employment or anything?** Find a program to volunteer in. It will help you feel great about yourself and a group of friends who share your interests. Special Olympics is one way to get involved with a group of people whether you qualify as an athlete or just want to volunteer, you will meet lots of people who you can impact.

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 interviewees alone.



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.

VoLuNtEeR!

Help us "Make the Capital Tic" on Monday, May 4, 2020!

Picture
You
HERE!



Join us to fill the Main Rotunda of the Capital in Harrisburg with people affected by Tourette syndrome!

Help us promote awareness and share how TS affects individuals and their family members.

Whether you have mild or severe tics, we want to have you join us!

Register at: <https://www.trailblz.info/patourettealliance/eventcomplete.aspx?eventid=28>

