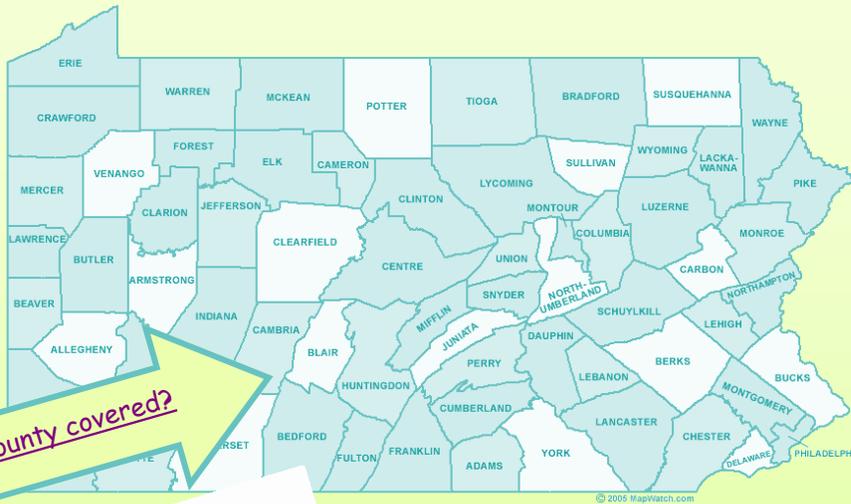




PA-TSA 4 KIDS

Wear Blue for TS Awareness Day is October 7th



PA-TSA 4 Kids

Volume 3, Issue 2

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Special points of interest:

- ☺ Wear Blue for TS
- ☺ Famous Tickers
- ☺ Scholarships
- ☺ Tell it Like it Is
- ☺ Shout Out
- ☺ Meet Magnus
- ☺ Jr. Youth Mentors



Go to our website at www.patsainc.org

**Dress for Acceptance
BLUE IT OUT for TOURETTES**

Date: **October 7, 2016**

Wear **BLUE** to show your acceptance of **Tourette Syndrome**—causes a person to move and make sounds that are out of their control. These symptoms make them appear different...you can show them that in blue we are all the same!

Contact person:
Sara Woolf

Support the TS Acceptance Campaign

Offering information, education and advocacy to those with TS in Pennsylvania. Check us out at www.patsainc.org

PO Box 148
McKeesport, PA 15134
1-800-999-3300

To honor Tourette's name-sake, Georges Gilles de la Tourette, during his birth month, we have designated Friday, October 7th as "Wear Blue for TS" awareness day. We want to have as many Pennsylvania residents as possible "Wear Blue" to help promote TS education and awareness.

We are seeking representatives from every county in PA. Email Sara before September 23 at saraw@patsainc.org to sign up. She will send you a FREE kit to help you set up your Wear Blue for TS day in your school or with a community group!

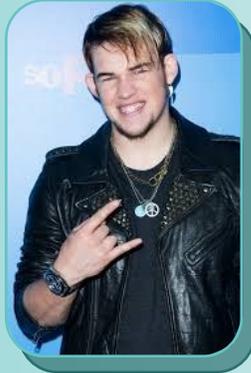
Let's spread the Blue Streak!

This newsletter was made possible through a grant provided by the Pennsylvania Department of Health.

Some Famous Ticcers

James Durbin

Rock Singer & Guitarist
TS & Aspergers



Anthony Ervin

Olympic gold medal Swimmer
TS

Jamie Grace

Musician, Speaker & Actress
TS, OCD & ADHD



Dash Mihok

Actor
TS

Tim Howard

Soccer player- Goal keeper for the US
National Team
TS & OCD



Who
do you
know?

Scholarships for those with TS!



For years parents and students have been searching for college scholarships for those with TS. Over the last few years, several new organizations are helping to fill that need! Here are a few of them:

- **Kenny's Dream Foundation** located at: <http://kennysdreamfoundation.org/>
- **Dollars for Tic Scholars** located at: <http://www.dollars4ticscholars.org/about-the-foundation/ts-scholarships/>
- And for any disability under the American's with Disabilities Act, **The Springboard Foundation** located at: <http://www.springboardfoundation.org/about/>

Tell It Like It IS!



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

Lindsay Glass

Bio : Lindsay is 28 years old. She works as a Career Coach at a local disability agency titled the Lehigh



Valley Center for Independent Living or LVCIL. This job is a dream come true. It's in her field of study from college, which was rehabilitative services. She graduated from East Stroudsburg in 2011. She is in a steady, healthy relationship, which she is proud of. She volunteers regularly with PATSA and loves every minute of it!

1. What is the hardest part of having TS?

It's an ongoing battle to accept it and be comfortable in my own skin. I've gotten better at accepting it but when I was younger I didn't want the diagnosis and what came along with it. My tics are very mild but my anxiety and depression are difficult to deal with. I've also always worried about what people think of me. So, the related diagnosis's are the most difficult for me to deal with. My self-esteem is very low so there are many times I wish I didn't have T.S and what comes with it.

However, as I've gotten older I realize its made me who I am.

2. When during your life were the tics most severe?

When I was un-diagnosed, before I had any treatment. I remember that night so well. Coming into my living room exhausted and trying to explain this phenomenon to my parents. I remember explaining it as: "My body hurts and I cant stop moving around because something in my head is telling me to make these movements." Later on it turned into that "voice in my head" telling me I couldn't stop making movements or sounds till I did them correct or enough times. This may sound crazy- but this is the only way I knew how to explain something I didn't know which I later found out was TS

3. Do you still experience tics?

Yes, in mild form.

4. What time of your life was the most difficult, was it because of your TS?

It's a close call between K-12 school or one of my really bad relationships. K-12 school still affects me whereas my poor relationship with an ex-boyfriend is over and done with. So, I'll pick K-12 school. These school years were difficult because of my TS and everything that came along with it: the OCD, anxiety, and depression. I maintained good/average grades but I had problems with teachers and peers. Teachers wrote bad comments on my report card like "I talk too much" and peers didn't like me. I had few friends, felt like a loser and got bullied. I was a great target for bullies because I wear my emotions on my sleeve. So, when I was upset someone knew. Bullies thrive off watching victims get upset. People made fun of me and played tricks on me, I don't

remember anything specific, because I believe I blocked it all from my memory. I have no desire to remember K-12 which means I do not want to go to any high school reunions. I'm still very bitter about how I was treated; it's been hard getting over that.

5. If you could tell your younger self something, what would it be?

Quality is better than quantity!! When I was younger, I wanted a lot of friends because I thought I would fit in if I had more friends. After I graduated high school I realized that the "popular kids" who had several "friends" really were not happy because none of them were close friends, more like acquaintances. They could not rely on any of them in an emergency. I realized that the quality of your friendships is more important than how many you have. This is still something I struggle with because as I get older it is hard to make new friends and maintain past friendships as people go their separate ways.

6. What is something good about having TS?

Having TS has helped me be a compassionate and caring individual. I work with people with disabilities and I think because of my TS, I find it easier to relate to my consumers.

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.

A BIG shout out to Adam Fishbein for using his Senior Project to do an internship with PA-TSA! Adam helped to secure volunteers for Camp and update our Physician's Referral List, in addition to helping at camp and doing a training in his community! Most of which he was able to do from the comfort of his own home! Adam used his own computer to access Salsa, our online database and to email through SignUpGenius, our online volunteer tool!

Remember PA-TSA for your Senior Project or Community Volunteering!



Meet Magnus



We are excited to introduce you to our NEW Youth Representative for the PA-TSA Board of Directors!

Magnus Lewis was diagnosed with Tourette Syndrome in the third grade at the age of 8. He is now a 16 year old student entering the 11th grade at Belle Vernon Area High School, just southeast of the City of Pittsburgh. He is also entering his second year at Central Westmoreland Career and Technology Center in the Protective Services program. He is working towards his goal of becoming a professional Firefighter and EMT for the Pittsburgh Bureau of Fire.

In his spare time, Magnus is also a Junior Firefighter at his local Volunteer Fire Department, following in the footsteps of his dad and uncle.

Magnus has assisted his mom with various PA-TSA events. He has participated in a variety of education and peer trainings throughout Western Pennsylvania. This includes conducting his own youth advocacy trainings for his teachers, nurses, guidance counselors and principals for the last 6 years. Through his own self-advocating he has grown and gained

passion for helping others. With a support group beginning in the Pittsburgh area, Magnus plans to get involved and help other kids, teens and families. Magnus looks forward to using those skills to represent his fellow ticcors on the PA-TSA Board of Directors.

When not at home he is usually with his family and friends at car shows or drag races either locally or throughout the country.

Keep an eye out for Magnus at upcoming PA-TSA events! If you would like to contact him to express concerns and share ideas for the youth of PA-TSA, you may email him at magnuslewis1990@outlook.com.

Congratulations: 2016 Jr. Youth Mentors!

Two more Junior Youth Mentors were selected to help out at TS Family Camp this year! Congratulations to Steven Hill who is in his second year as a Jr. youth Mentor and David Blon, helping out for the first time! They both did an amazing job with the children in our two Fishing Groups!

If you are interested in helping out next year, you can apply in the spring for these limited positions. Offered to teens and young adults ages 17-20, up to five junior youth mentors will be selected to assist our adult youth mentors at camp each year. Our junior mentors gain leadership skills to help them transition into full youth mentors at future camps. In addition, this will be a wonderful opportunity to gain experience that will look great on resumes and college applications. Members are selected based on their qualifications and a personal interview.

Congratulations to our 2016
Jr. Youth Mentors!!



Steven Hill(17)

David Blon(19)