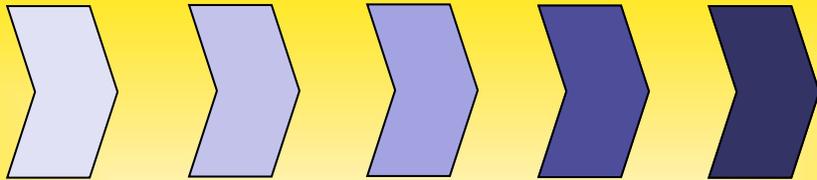




PA-TSA 4 KIDS



Enter our MASCOT Contest!

Winner's original artwork will be featured in our Youth Advocate Program (YAP) materials for 2017 TS Awareness Month and beyond!

How to Enter:

- ⇒ Design a Mascot with your original artwork
- ⇒ Send in your design along with a submission form by April 17, 2017

*[see our website, www.patsainc.org](http://www.patsainc.org), for instructions and links to enter the contest

Submissions accepted between February 16th—April 17th 2017, winner will be selected in honor of TS awareness month

PA-TSA 4 Kids

Volume 4, Issue 1

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Special points of interest:

- ☺ Mascot Contest
- ☺ YAP
- ☺ My Passions helped TS
- ☺ No You Don't
- ☺ Tell It Like It Is
- ☺ Youth Opportunities



Call for Youth Advocates

Are YOU 12-25 years of age? Are YOU interested in promoting acceptance and awareness of Tourette Syndrome to community and student groups? If your answer was yes, PA-TSA's Youth Advocate Program (YAP) wants YOU!

The YAP program gives youth a voice, empowering them through presentation training. The training allows YAP members to confidently inform their peers about TS and how it affects them and so many others.

You can join the YAP program by following these steps on our website at

<http://bit.ly/2jwipmi>

- Download & watch our online training
- Fill out your Application so we know you want to join!
- Send, fax or email your completed application to Sara Woolf at saraw@patsainc.org.



How My Passions Have Helped My TS

by Ilene Applebaum

As a child my mom knew dancing was in me. So I started at 4 years of age taking ballet, tap, and jazz. A few years later, I began developing tics which got progressively worse. At the age of 8, my mom took me to my pediatrician who diagnosed me with Tourette's syndrome.

My dancing became more important over the years because I never had a tic while dancing. My dance teacher always put me in front, because I always remembered my combinations and danced so well. Having TS, I needed to have something positive in my life. This was it! I continued until I was 16 years old, danced on stage and felt on top of the world. Unfortunately, my dream of going to the Pennsylvania Ballet was dashed because my father would not allow me to go. That broke my heart but luckily I had another activity, running.

At the age of 11 years old, I began to run with my father. We ran a mile every morning before school and I felt great. No tics! Another outlet for my TS. So, I had dancing and running. I had both to help me through. Exercise became my passion and my outlet for my tics. This really boosted my self-esteem and helped my weight issues, since I was bullied with both in elementary school.

In all my years with TS, I had a fond love for dogs, however I was not allowed to have one. As an adult, I met the breed of a lifetime, the Akita!! I had never seen such a beautiful animal in my life and did my homework on this breed before my ex-husband and I decided to get one. My first was a puppy, so beautiful, so sweet, however I had no clue as to what a puppy needed. I was busy dancing and running and had no time. After a week, I knew we needed to give her back. I was devastated, but knew I did the right thing.

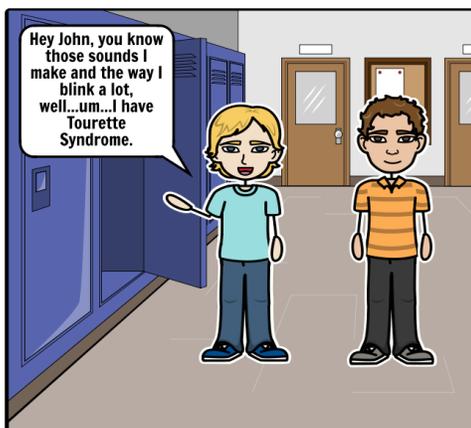
We waited until we bought our first home and rescued our first Akita. I never knew what unconditional love was

until Sol. Pure love, devotion, no judging. Never did I know that this existed. He was my pal, my love, my walking buddy, my heart. From that day on I never looked back. Five Akitas later from 1994-2017, they are still my heart and soul.

Loving dogs so much, I left my teaching job and opened up a dog walking/pet sitting business. That was back in 2006. It's a smaller company with 4 pet sitters/dog walkers. I've had my business for over 10 years and don't think I'm giving it up just yet. The work keeps me focused as I need and caring for my clients being me such joy. Amazingly, my TS probably helped me succeed at starting my own business and continuing even though there can be issues. I don't think I'll ever not have a dog in my life. They bring me such joy, happiness, unconditional love, peace and comfort.

And BTW, my Akita, Edge, is my emotional support dog. He flies with me, stays in all the hotels I stay in and just loves everyone he meets. He is a constant in my life!

No You Don't!



Create your own at Storyboard That

Wow, has this ever happened to you? You finally tell a friend that you have Tourette Syndrome and they don't believe you. This would be frustrating and upsetting. Why would anyone lie about having Tourette Syndrome?

Here are some ways to continue the conversation if someone doesn't believe you at first:

- "Some people do swear, but ANY sound or movement can be a tic."
- "Only 10-15% of all those with TS swear as one of their tics."
- "Although movies and TV show people with TS swearing, that is not the way it is for most people with Tourette."

and then go on to say "My tics are like this... (and describe some of your tics)"

Tell It Like It IS!

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

Jake Hudgeons

Jake is in 9th grade from Bucks County. He is a member of YAP and volunteers at info booths and by asking for silent auction donations for camp.

What is the hardest part about having TS?

The hardest part is being teased by other kids, because of my tics. I try to control them because it embarrasses me but the anxiety just makes it worse. No one seems to understand what TS is all about, all they know is the cursing. One of the toughest parts about my conditions is that I don't have many friends and I get lonely too.

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

Don't be so sensitive. Let things others say roll off your back and use humor to respond, the more you react, the more they come back.

What is something good about TS?

This is a hard question. At first I



wanted to say absolutely nothing! But after thinking about it, I'd have to say that it has made me more eager to help and be a friend to others who are much worse off than me.

Can you name some of your tics?

My tics can change mostly. Sometimes neck jolting, (whipping my head back, and sometimes arching my back at the same time), sometimes stuttering, shaking my arms and legs, and cracking my ankles constantly even though it really hurts. I also blink a lot too.

How do you tell people about your TS?

I tell them by explaining that it's a neurological condition where your brain miscommunicates with your body, resulting in a variation of tics, like my neck tic. If I am focused, my tics are not so bad, if I am not focused, and feeling really stressed, mad, happy, etc., I will start to tic a lot. Also, at the beginning of the school year I have gotten up in front of each class and talked to the kids about it so they know what to expect. They seem to appreciate my honesty and guts.

How have PATSA programs helped you and your family?

PATSA is the best. They came in to my school and talked to the teachers, and explained the effects of Tourette's and how it will affect me in school. Mrs. Sherrie and Mrs. Sabrina are the ones who drive all the way to my school, even if it's three hours away!

They are truly life savers, because without them, the teachers would not understand my condition and wouldn't understand why I do the things I do, and why I need special help. Also, at the camps, they give my mother seminars on how to help me. It also is great to meet other kids and families who are dealing with the same issues.

Why do you think others should be involved in PATSA?

I think everyone who has Tourette's should get involved. Patsa helps so many individuals who need a person to stand up for them and educate teachers and other kids about the condition, help parents find the resources they need to help their children and bring all of us together at camp and retreat to allow us to feel "normal". I have made so many friends ever since I have joined the summer and fall camps, and I get to talk to kids who are going through the same stuff as me! It's amazing!

Everyone at PATSA has always been there to help my mom figure out what she can do to help me. They are like family. Every family who has someone with TS should become a member!

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.

Do you have a story to share?
We want to hear about it!!
Submit your picture and/or story
to info@patsainc.org and put "newsletter
submission" in the subject line.



Youth Opportunities:

Seeking Junior Youth Mentors for Camp 2017

For the past two years we have recruited, selected and trained Junior Youth Mentors for Camp. Junior Youth Mentors work alongside our seasoned Camp Youth Mentors offering assistance and gaining leadership skills. The skills and experience acquired not only helps you successfully transition into helping at future camps as Youth Mentors, but also helps you develop responsibility and confidence in other aspects of your life. We are beginning the search for our 2017 picks.

Limited positions are available:

- The positions are offered to teens and young adults between the ages of 17-20.
- Up to 5 Junior Youth Mentors will be selected to assist our Adult Youth Mentors at camp.
- Application submission begins on March 15, 2017. Please be on the look-out for the application directions via email, the PATSA website, and Facebook.
- The deadline to submit your application is April 1, 2017. You will hear if you have been selected by the end of April.

Looks great on resumes and college applications. Members are selected based on their qualifications and a personal interview. We are looking forward to reviewing your application soon!



Be our next Youth Board Representative

Would you like to have an impact on the decisions made for PATSA by our Board of Directors? Our Youth Board Representative is appointed to fill this role. Here's what they do:

- Be an active member in at least one committee; make every effort to attend phone committee meetings, phone board meetings and special events.
- Actively participate in one or more fund-raising activities. For example, the Highmark Walk.
- Maintain open communication with other youth members of PATSA and bring their concerns and ideas to the BOD.
- Stay informed about what's going on in the organization by, asking questions and requesting information. You will offer ideas or recommendations on behalf of our youth membership to the BOD to assist in decisions on issues, policies and other Board matters.

If you are between the ages of 16-18 (must be 16 by June 1st of this year) and will be a high school student during the term of June 2017 - June 2018, then you may submit an application. Also, you must be a member of YAP or willing to become one. Be on the lookout for the application and directions in March. It will be advertised via email, Facebook and on the PATSA webpage.



Do you have questions about this position? Don't hesitate to ask our current Representative, Magnus Lewis, or our previous representative, Adam Fishbein, about their experience.

Our Board of Directors is looking forward to hearing from you!