



PA-TSA 4 KIDS



ALL THE COLORS OF T.S.

TS Awareness

For many this is a daily struggle! Explaining their tics to people who have NO idea what TS is or because they think it only has to do with swearing! We need more people to understand and accept this condition. We do what we can here at PA-TSA and in schools and communities across the state but we need your help!

What can you do to help promote awareness?? LOTS!

Here are just a few fun ideas:

Connect with us on Facebook, InstaGram and other social media and then share our posts!



Walk with us in the Highmark Walk for a Healthy Community to spread awareness and raise funds while you reach out to your friends and family. Three locations this year, Pittsburgh May 12, Harrisburg May 19 and Lehigh Valley June 2.



Come to Harrisburg with us on TS Awareness Day and talk to Legislators about your experience!



Join us at TS Family Camp—get a t-shirt and wear it often!

Wear Blue in October for TS Awareness and get your school involved!

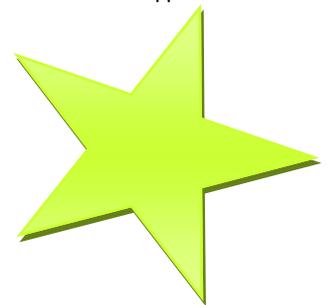
PA-TSA 4 Kids

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Special points of interest:

- ☺ TS Awareness
- ☺ Sudoku
- ☺ My Story
- ☺ Tell It Like It Is
- ☺ Member Accomplishments
- ☺ Volunteer Opportunities



Let's spread the Blue Streak!

Sudoku

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

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes.

Visit www.sudokuoftheday.com for further tips and help about how to play - and good luck!

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

Solution:

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



My Story

Hello, my name is Jack Morgan, I am 14 years old, and was diagnosed with Tourette's Syndrome (TS) 9 years ago. I go to Newtown Middle School, and am in eighth grade. I am here to tell you my story.

Fist off, for this to make sense, you really have to know what TS is. Tourette's Syndrome is basically the urge to do things such as make noises, sudden twitches, and more, without the control to stop it. Tourette's is often on and off. For me, it's usually more on than off. Also some other diseases that can be developed are OCD (Obsessive Compulsive Disorder) and ADHD. These can be annoying, but I always remind myself, "Well, what are you going to do". Now that we have that down, let me share my story with you.

When I was 5 years old, I was diagnosed with Tourette's Syndrome. I can't remember much of what happened when I was young, so this is the best I got. Anyways, as I got older, people started to notice. Back in elementary school, I didn't feel comfortable telling people about having TS. It was hard to tell them, so I tried to control my tics, but that made it worse. I was in 2nd grade when my Mom had a guest speaker from PATSA come to speak at my school to inform everyone about TS. It helped everyone understand more about TS. People now knew. As I grew older, new tics arose. They were the least of my concerns at that point since all my teachers and friends already knew about my TS. But as I entered Middle School, I had a whole other group that had no clue about my TS. I figured as I went by if people asked, I might as well inform them, so I did. Anytime someone asked, I made him/her aware. Basically, that is my story. Always try to turn a negative into a positive. Don't let people judge you. They don't have the right to until they meet you. Always be confident, it will help down the road. And never, EVER, be afraid to speak up about what you may have or your beliefs. Never be afraid.

As I wrap up here, I hope this helps Tourette's Syndrome gain worldwide acceptance. If the best I can do is gain the Pennsylvania areas acceptance, then I feel I have down my job as a young adult with TS. Don't forget, don't be afraid and never judge, because no one is perfect and everyone is unique, in a good way.

Tell It Like It IS!

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

James Brower



35 years old, a pro Cross Country Mountain Bike and Cyclocross racer, level 1 Surf and Rescue Technician, coach, mentor, photographer, and the Program Coordinator for the Bicycle Coalition of Philadelphia. Find him on Instagram @JBrower4g63

1. What is the hardest part of having TS? My favorite analogy is a race car. Your brain is the race car, you are its driver, and people without TS are regular cars. A race car requires a professional driver for control. It also needs constant attention and maintenance, unlike a regular car which can be driven for weeks without attention. Now take this race car off the track and put it on a regular street, where it has to commute in traffic, hit potholes, and deal with a system of roads designed for commuter cars. This is

very problematic for the race car and its driver. Yet its what society expects someone with TS to do. Getting from A to B the same exact same way isn't an option.

2. If you could tell your younger-self something, what would it be? Take advantage of the programs, resources, and people who want to help you!

3. What is something good about having TS? (or the best part of having TS) Your emotional intelligence is better than average. Society rejects people who are born different. Race, sex, and social class are all things you are born with that you don't get to choose. TS is no different. People will now identify and judge you forever, based on something you cannot control. What is really amazing is the entire family goes through this. Parents rethink their own prejudices and judgments they may have never realized they had. These experiences create an empathy and understanding many people wont ever have because they never have to experience this unfairness. You develop an amazing ability to connect, heal, and support, and those things leave the word a much better place.

4. Can you name some of your tics? The majority of my tics are facial expressions. Extra blinking of the eyes, nose twitching, and talking to myself!

5. How do you tell people about your TS? I have no shame or worry. I have fully embraced TS and the power it gives me and I am

upfront about it. I have ZERO problems telling people.

6. Have PA-TSA programs and services helped you or your family? Absolutely. My family found out at the end of 4th grade I had TS, and my mother went on a tireless campaign to make sure local schools accommodated any student that was gifted or required special needs. She could not have done that without the support of PATSA. Today PATSA provides me with a community of people and resources I can use to connect with anyone else who has TS.

7. Why do you think others should be involved with PA-TSA? Power in numbers! Being around people like yourself helps build confidence and provides comfort. People involved who do not have TS develop a deeper understanding and perspective of what people with TS have are dealing with. This also means they have a greater appreciation for what someone with TS is capable of achieving.

8. What else would you like to say about TS, your school/ employment experience or anything? Don't worry about what society says about you, and don't listen to what society tells you to do. You are not average and that's awesome! Learn about yourself, figure out what you love, and go get it!

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.



Recent Member Accomplishments



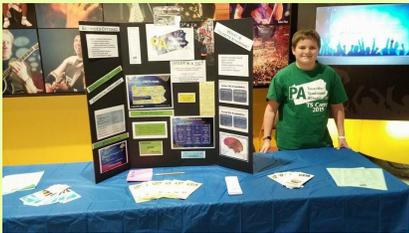
On December 13, 2017, Magnus Lewis, a third-year student in the Protective Services Program at Central Westmoreland Career and Technology Center with TS, was named the 2017-2018 Distinguished Student of the Year.

This annual award was presented to him during the monthly Joint Operating Committee gathering attended by superintendents and school board members of participating sending schools, and is symbolic of his exemplary work ethic, performance, commitment and dedication to excellence. He was anonymously nominated and then selected from a total of 10 students based on attendance, grades, school activities and community service.

Magnus is also a Senior at Belle Vernon Area High School (Westmoreland County) and is a member of the National Honor Society and National Technical Honor Society. In April, he will travel to Hershey to compete in the Skills USA State level competition for Firefighting where last year he placed 3rd. He is a Volunteer Firefighter, a nationally registered Emergency Medical Responder and is currently pursuing his EMT certification. After graduation he will then go on to be a Paramedic and Career Firefighter in either Maryland or North Carolina.

Magnus has volunteered with PA-TSA as a YAP member, Jr. Youth Mentor and served as a Youth Representative to our Board of Directors! Congratulations Magnus on these wonderful accomplishments and good luck in Hershey!

Get Involved!



Do you know of a health fair or disability fair in your community? We will send you supplies to create an info board and handouts for your table. Just contact Sara at saraw@patsainc.org with the date and your contact information and she will get you started! (Please let us know at least 2 weeks in advance!)

PA-TSA is also seeking youth volunteers for the following positions:

1. **Jr. Youth Mentor** for Camp June 8-10. Work alongside our seasoned Camp Youth Mentors offering assistance and gaining leadership skills. Limited positions are available for teens and young adults between the ages of 17-20. Up to 5 Junior Youth Mentors will be selected each year. Application submission begins in March 2018. Please be on the look-out for the application directions via email, the PATSA website, and Facebook.
2. **Youth Representative to the Board of Directors** (serves June-June for one year) Have an impact on the decisions made for PATSA by our Board of Directors. One Youth Board Representative is appointed each year. 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. Our Youth Board Rep helps to bring the ideas of our youth who are served by our programs to the Board of Directors. By attending monthly committee meetings by phone, phone board meetings and special events, including at least one fundraiser, you can have an impact. Be on the lookout for the application and directions in March. It will be advertised via email, Facebook and on the PATSA webpage.

Please direct any questions to Sara Woolf at saraw@patsainc.org and she will answer your questions or get you in touch with those who have previously held the positions.