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# PATSA 4 KIDS

BI-ANNUAL NEWSLETTER



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## JUST DIFFERENT

BY SHERRIE M. WIVELL

Yes, school might be different this year, but different isn't always bad. Try to focus on the positives. Do you have more free time? Do you have new friends? What do you like about school this year?

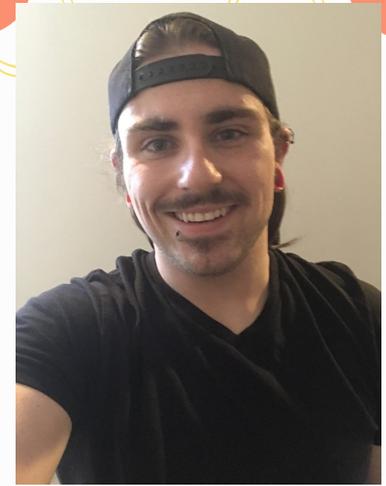
The more we focus on the things we like, the less we will think about the things we don't like. I know this can be hard to do sometimes and many of us need reminders to focus on the positive.

One great way to remember the positives is to post something in your room, in your locker or just in your notebook. A little list or pictures of the things that make you happy, so you know where to look when you feel stressed!

I know this won't always help, but it's just a little idea to help when things are different!

# TELL IT LIKE IT IS

## AN INTERVIEW WITH ANTHONY ZEMA



Anthony is 22 and works as a delivery driver

### 1. What is the hardest part of having TS?

When I was younger I felt like I was different from the other kids because I had impulses and tics that others didn't understand. Even I didn't understand my tics at times. Now, my tics aren't as bad but it often impacts my energy level. Having tics can be very tiring, but not every day. Some days are definitely better than others

2. **If you could tell your younger self something, what would it be?** Don't let it bother you because in the future you will realize that Tourette's makes you different in a good way!

3. **What is something good about having TS?** It's a great conversation starter! People are sometimes curious and I don't mind answering their questions. Without it I wouldn't have had something to overcome and make me stronger. It is something that I have accepted as part of me.

4. **Can you name some of your tics?** In the past, I had a clicking in my jaw that I had to do, then it progressed into sticking my tongue out. I had a chicken wing movement with both arms, a double-step when I walked and a neck click to the right which made me sore for days at times. I also had a vocal tic of uttering the word "no" under my breath before speaking and between sentences. Now, the ones that have stayed with me are clenching my hands tightly into fists and gritting my teeth—that one bothers me a lot. Another one that comes and goes is a hard blink and I have to do it hard enough or I have to keep doing it.

5. **How do you tell people about your TS?** I tell people straight out that I have TS and I explain what my tics are. When I was in school or anytime I changed schools, PATSA came to do a presentation about TS before I started. Because of this a lot of the kids would be excited to meet me.

6. **Have PA-TSA programs and services helped you or your family?** Yes, PATSA did a lot of presentations to help the other kids understand me. I don't remember ever being teased or bullied and I think it was because of the trainings.

7. **What else would you like to say about TS, your school/employment or anything?** TS never held me back and I made sure to not allow it to impact me in any way. I am currently a delivery driver and I have moved up the ranks in my company. I drive 100's of miles a day and I have a lot of independent duties. Recently, I have started training for a supervisory position in our logistics department.

Tomus



Likes!

The views of the interviewee do not reflect the views of the PATSA. Every individual experiences different tics, severity and co-morbid conditions. The above article represents the views and experiences of the interviewee alone.



## TS AWARENESS

### YOU CAN HELP

Unless you are vocal about Tourette syndrome, many of your friends and even family members will not have a lot of information about the condition. You can help them understand better and promote awareness of TS through your own social media or your parents'.

Connect with PATSA's pages and groups and share the posts with your friends/family!

#### Facebook

[Tourette Awareness Rocks on Facebook](#)

#### Twitter

#### Instagram

#### YouTube

#### Pinterest

If you are very active on any of these sites and want to help with creating content for PATSA, reach out to Sara Woolf at saraw@patsainc.org to volunteer!

**"When youth  
volunteer,  
they learn  
they can  
change the  
world."**

UNKNOWN

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