

VOLUME 8 • ISSUE 1 WINTER 2021

PATSA 4 KIDS

BI-ANNUAL NEWSLETTER



TAKE A PEEK!

GET MOVING
PAGE 1

TELL IT LIKE IT IS
PAGE 2

GAMES
PAGE 3

GET INVOLVED
PAGE 4

GET MOVING

BY SHERRIE M. WIVELL

Whether you like to stay inside or bundle up for a venture in the cold and snow, you can still get some activity during winter. Movement will help you manage stress which can help you manage your tics and other symptoms of Tourette syndrome..

The trick is finding a variety of activities that you like, so you won't get bored. You can do something simple like dancing to a song you like or you can do something that takes more time like making an obstacle course in your house. (Step over the chair, under the table, around the coffee table, jump over a stuffed animal you put on the floor--you get the idea).

You can even include movement when you are doing your homework. You can walk around while you practice your spelling words. Do 3 jumping jacks after you finish 5 math problems. Use your imagination and get moving!

TELL IT LIKE IT IS

AN INTERVIEW WITH SAMMI COOPER



Sammi is 16,
in 11th grade from
Allegheny County.

1. What is the hardest part of having TS?

Not having others understand what you are going through. That be really difficult, and the frustration that it causes can be hard to deal with. The pain that comes from too much ticing is a big thing as well.

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

I can get through it. That kind of sounds cheesy but it's true. There are a lot of things I have dealt with but I've got through them, haven't I?

3. What is something good about having TS?

I have got to meet so many people and made life long memories through my TS. Whether those people be from support groups or online, TS can really create strong connections between people.

4. Can you name some of your tics?

I have a milder version of Tourette's than some, and most of my tics are motor. I blink, scrunch up my face, and stretch out my thumb. When I'm around others with Tourette's I tic more, and I have motor tics where I swear.

5. How do you tell people about your TS?

Honestly, I don't. Sometimes when there's random people staring at the grocery store it just doesn't seem worth it. But when I do talk to it about people, I try to explain exactly what the condition is. I think it's important to let people understand something if they are interacting with you often.

6. Have PATSA programs and services helped you or your family?

Yeah, definitely. The various camps and support groups have really helped establish a community that I know understands.

7. How are you involved with PATSA and why do you think others should get involved?

Well, my mom works for PATSA, but we were involved before that. Other people could really benefit from what PATSA provides. I love to see new people grow more comfortable as they participate in different events.

8. What else would you like to say about TS, your school/employment, or anything?

I want people to see me the same way they would see any other person, my TS does not define me. I think that's the most important thing for people to remember.

Tomus
Likes!

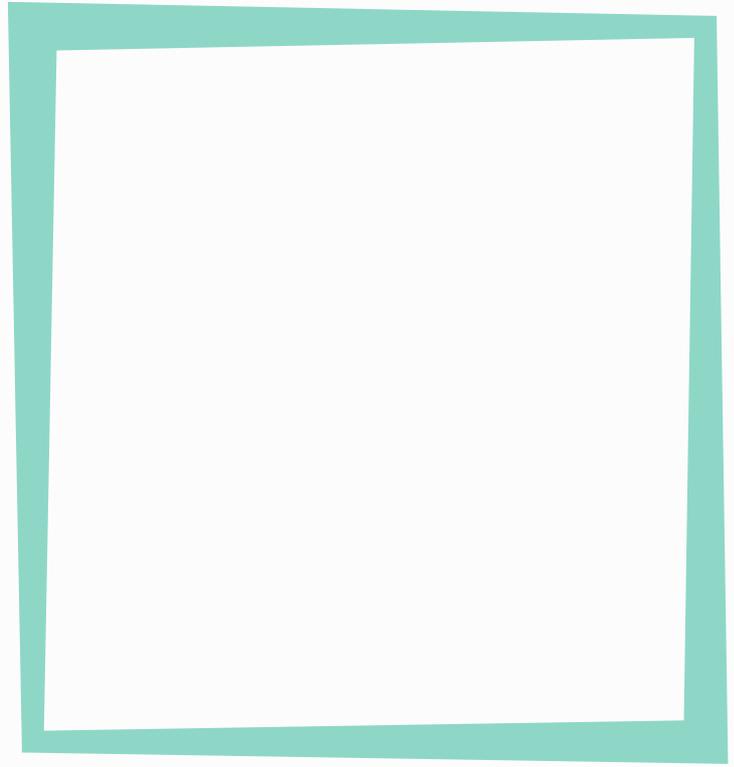


The views of the interviewee do not reflect the views of the PATSA.
Every individual experiences different tics, severity and co-morbid conditions.
The above article represents the views and experiences of the interviewee alone.

GAMES

Unscramble these words, then draw a picture about them. (answers at bottom of page)

1. Birryla _____
2. Ecniecs _____
3. Desrga _____
4. Homcrunol _____
5. Smyigaumn _____
6. Enobotok _____
7. Lneipc _____
8. Lercko _____
9. Lselb _____
10. Kdsse _____



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.

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



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

solution

1. LIBRARY
2. SCIENCE
3. GRADES
4. LUNCHROOM
5. GYMNASIUM
6. NOTEBOOK
7. PENCIL
8. LOCKER
9. BELLS
10. DESKS

SUDOKU PUZZLES ARE PROVIDED BY WWW.SUDOKUOFTHEMAY.COM -
VISIT THEM AND GET A NEW SUDOKU EVERY DAY!



OPPORTUNITIES

Teen Leadership Opportunity

Be a voice and make change for your generation by joining our Board of Directors as a Youth Representative. We have one rep per school year. The Representative attends occasional board meetings and committee meetings. They have flexibility to work with staff and volunteers to implement any ideas that help increase teen support and spread TS awareness. Get more info here: https://patsainc.org/wp-content/uploads/2020/06/boardrepguidelines_1.pdf

Be on the lookout for the application for our 2021-2022 school year rep position this spring. The application will be shared via PATSA social media platforms, email, and on our website.

One of the greatest gifts you can give is your time.

Youth Advocate Program (YAP)

When you sign up for this program you will receive information to create a bulletin board, provide an information board for a community event, and/or give a brief training on Tourette syndrome.

The training provided includes a short powerpoint so the member can train their classmates, scout troop, sports team or other peer group to understand the basics about Tourette syndrome. Also included, is information to help learn how to "tell a friend" that they have TS. Find out more and apply today here: <https://patsainc.org/get-involved/volunteer/youth-advocate-program/>