

PATSA

# NEWSLETTER

WINTER 2021



## ADJUSTING

BY SHERRIE M. WIVELL

Give yourself a pat on the back! You have adjusted to so many changes in the last year. Although it can be exhausting and overwhelming, you have done it! Virtual meetings, virtual school, online events, online shopping, you name it, we have done it!

Here at PATSA, we are also trying to remember our successes in this virtual world! We have offered our Educator Training through Zoom and attended meetings for schools that way as well. We have ventured into Zoom for Peer Trainings and

found they work best if all the students are online as well. That way we can see and involve each attendee.

In November we held our TS Family Retreat Virtually and it was a great success. From that we have held monthly Family Trivia Nights and have started Zoom support groups for both Eastern and Western PA.

In January, we held a Live Stream Gaming Fundraiser with GeeKay Crew and raised 4 times the original goal! In February, we are offering Educator Trainings that individual teachers can attend and many are registering to attend! At this rate, we can't wait to see what else happens this spring!

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# INTERVIEW WITH VOLUNTEER: JOHN MCLOUGHLIN

John is an engineer with Lockheed Martin and a member of the PATSA board. Amanda, his wife of almost 20 years(!), and he have a thirteen year old son, Jack. When not working or volunteering, John enjoys playing and recording music and playing soccer. He and his son are fans of all things Star Wars.



“

- 1. How long have you been volunteering for PATSA?** I've been involved with PATSA one way or another for about five years now, I think. I've probably been actively volunteering for the last four.
- 2. In what capacity do you volunteer & how did you get started?** I started volunteering during the annual camp event, as a mentor/ chaperone for the younger kids as they made their way to and from all of their planned activities. I've also helped with the advertising, fundraising, planning, and conduct of the Pumpkin Run as well as participating in the last few PATSA "Day at the Capitol" events. Most recently, I've been helping develop some new fundraising events related to e-games. Oh, and I'm on the board. 😊
- 3. What inspired you to volunteer for PA-TSA?** Prior to my son's diagnosis, I knew almost nothing about Tourette Syndrome. Receiving that diagnosis was confusing and scary. As a parent, we all want what's best for our kids, but in this case we didn't know what to expect, what (if anything) we could do, or even where to turn for help. My wife, Amanda, found out about and initially connected us with PA-TSA...and through PA-TSA we became informed, we learned about support options and pathways, we connected with an awesome and welcoming community, and we made some great friends. What's more, we saw first hand what the struggle is like for others and became aware of the greater societal need for education, understanding, and support for those with TS—particularly children and those who either don't have a voice or whose voice is too often ignored. I volunteer for PA-TSA because I believe that the work PA-TSA does is making a meaningful difference in the lives of those with TS and their families, and I want to help amplify that impact. As I've gotten to know the PA-TSA organization—the board, the staff, the volunteers—I've gotten to see firsthand how passionate and caring the people are and it is beyond inspiring. I've also gotten to see how every little bit matters—every donation, every hour of given time, every talent, every individual voice. PA-TSA is a great example of a community coming together and pulling in a common direction. It is a privilege to be a part of something like that.
- 4. What is your favorite PA-TSA activity or event?** The Pumpkin Run is probably my favorite annual PA-TSA event. There are a bunch of things to like about it: the exercise, the fact that it often gets entire families involved, the Halloween costumes, the four-inch-deep puddles on the path...but perhaps the coolest thing about it is the fact that it attracts people from beyond the PA-TSA community, gives them an opportunity to learn about TS, and gives everybody a chance to unify for a common purpose.
- 5. Do you encourage others to volunteer, if so, why?** Of course! As I said already, every little bit makes a difference. The potential to really help is significant and it feels good to know that what you're doing matters.
- 6. What successes have you seen with PA-TSA since you started volunteering?** Probably too many to list individually. 😊 What stands out the most to me are the kids I've seen—kids who are bullied in school, treated unfairly by teachers and authority figures, isolated—making connections with people like them, people who understand them, and most importantly people who accept them.
- 7. What are your aspirations for PA-TSA moving forward?** I want to see PA-TSA continue doing the great work it is doing and find ways to expand its service to more individuals and more communities. We know the need is great.



# UPCOMING EVENTS!

## TS Family Camp

Our 2021 Annual TS Family Camp is going VIRTUAL!

Join us on June 11-12 for this virtual event. Our Keynote Address will be by Jaylen Arnold!

Just like our regular camp, we will have workshops for parents, group fun for kids and family activities. It's a dedicated time for you to meet others, gain support and have fun together.

Every attendee will receive materials, giveaways and t-shirts to commemorate the fun. Scholarship funds and our grant from the PA Department of Health will help pay for your attendance. Donations to help offset the cost will be accepted. For more information and to register go to:

<https://patsainc.org/events/ts-family-camp/>

## Most Epic Minecraft Challenge

Get digitally creative for a chance at fame and glory! (And a pretty sweet prize, too!) We want YOU to create your own version of the PATSA Mascot in Minecraft! Be as creative as you want! You can make a mural...you can make a full 3-D statue...you can even go crazy and make it move. Be true to the source material or let your imagination run wild.

Only \$10.00 to enter and you have until March 29th to register and submit an image or video of your creation. (Multiple submissions are welcome, but must register separately for each one.) Teaming up is just fine with us...parents & kids, siblings, friends...the most important rule is to HAVE FUN!

Our panel of judges from the PATSA board will review all entries and select a winner based on creativity, artistry, and embodiment of the PATSA spirit. The winner will be announced on April 6th, 2021 and will receive ULTIMATE BRAGGING RIGHTS as well as an Amazon gift card! Look for emails/posts for signup.

## Highmark Walk

Walk with us in the 2021 Virtual Highmark Walk for a Healthy Community to raise funds and support services for those with Tourette syndrome.

Highmark gives us all the tools to make this a success. Register as an individual or form a team to raise funds and awareness for Tourette syndrome. Explaining your "why" will raise awareness!

Every walker that raises or donates \$30 will receive a Highmark T-shirt by mail following walk day. Because this is virtual, you get to pick the date and time of your own walk. Walk in your community or at your favorite park.

Register for Harrisburg or Lehigh Valley at:  
<http://hcf.convio.net/patsaharr>

[http://hcf.convio.net/patsa\\_lehigh](http://hcf.convio.net/patsa_lehigh)

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**LET THE ENTHUSIASM  
AND ENERGY OF THE  
GROUP BE YOUR FUEL.**

- Susan Trainor

# MOST POPULAR NATURE SOUNDS FOR STRESS RELIEF

by Sammy King

Published November 14, 2019 on [articlebiz.com](http://articlebiz.com)

Nature sounds can be a great way to relax after having a tough day, either at work, school or in your personal life. They also make a calming atmosphere if you play them in the background, while working, studying or meditating. Before the wonderful world of the internet, people had to go out into the wild to experience the nature noises, but now you can do it from the comfort of your own home, either by listening on YouTube, sites like Spotify and SoundCloud, or Nature Sounds TV. In this article, we take a look at the 10 most searched for nature sounds, according to Google.

1: Animals. On top of the list, we find the sound of animals. Surprising as it may seem, nothing soothes people more than the sounds that animals make, like the calling of whales and dolphins, the roar of lions, meowing of cats, and so on.

2: Ocean. The second most popular nature sound on Google is the sound of the ocean. Be it large waves crashing against the shore, on a stormy day, or tiny waves gently washing up on the beach. Either way, ocean sounds is a very popular nature sound used to calm down.

3: Birds, on third place we find bird sounds. Not so surprising, as the calming sound of birds chirping can be quite relaxing, for both the body and the mind. You probably have experienced this, if you have been out hiking in the forest.

4: Rain, at the 4th place, we find my own favorite nature sound for sleep and relaxation. The soothing sound of rain falling, another natural sound that we enjoy listening to while being indoors. This is also a great background sound to help you focus on work and studies.

5: Thunderstorms, the majestic sounds of strong wind, with thunder and lightning, and maybe heavy rain as well. People might not enjoy being out in thunderstorms, but they sure like to listen to them at home.

6: Wind, the soothing sound of the gentle wind blowing and rustling the leaves on the trees, or the strong wind howling in the snowy mountains. These cozy sounds are nice to listen to while you focus on your work in front of the computer, for example.



7: Waterfalls, the sound of waterfalls only are more popular than the rain forest sounds. Waterfall sounds can be great to block out other distracting noises from your surroundings, since it acts as a natural white noise, with no sudden interruptions.

8: Rain forest, the sound of birds chirping and waterfalls falling off cliffs in the jungle, people looking for relaxing natural sounds tend to search for rain forest sounds, landing it on the 8th place of most searched for nature sounds.

9: Fire, quite the opposite of the spot below, people are more interested in listening to the crackling sound of fire burning, in fireplaces, campfires or bonfires. Fire sounds are quite relaxing actually.

10: Rivers, the last place on this top 10 list of the most searched for nature sounds goes to the sound of rivers. Calming sounds are great to listen to while trying to fall asleep.

Have you ever tried to listen to nature sounds when you are feeling stressed out? If you have, you might already have found out that nature sounds are a great way to calm down and make your body and mind feel more relaxed. If you haven't yet, why not try putting on some relaxing nature sounds and see how it goes? It's free and it will only take you 15 minutes to try out, clear your mind of negative thoughts, focus on the sounds you are hearing and let your imagination take you to the perfect place in nature.



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Lisa Fritzinger, and Amy Beaver



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When you give to the PATSA to honor or memorialize a friend or loved one, you receive the following:

- Thank you/tax receipt letter for you
- Acknowledgement letter for the honoree or family member for memorial gifts.
- Gift listed in our newsletter, which is printed and posted on our website.



A wonderful gift for Mother's Day, Father's Day, birthdays and anniversaries!

Please make your contribution to: PATSA, Inc. 18 High St. #68, Hanover, PA 17331

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The logo for PATSA (Pennsylvania Association of Therapeutic Support Staff) is a blue oval with a sunburst pattern inside. The word "PATSA" is written in white, uppercase, sans-serif letters across the center of the oval.

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