

VOLUME 8 • ISSUE 2 SUMMER 2021

PATSA 4 KIDS

BI-ANNUAL NEWSLETTER



TAKE A PEEK!

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SUMMER 2021

BY SHERRIE M. WIVELL

What did you do this summer to make a difference in your own life? Did you make a new friend? Find a new sport or game that you love? Redecorate your bedroom? Learn more about how Tourette affects you? Or did you just relax and have fun?

Whatever you did this summer, hopefully it gave you the strength and confidence to get through another school year! Each of us has our own challenges in school. Sometimes it's a subject that we find difficult. Sometimes it's another student making fun of us. Sometimes it's even a teacher that is hard on us.

Although Tourette syndrome might make some of these things harder for you, remember that everyone is different and lots of your friends struggle too! The way we face our struggles is what makes us stronger! Some of the strongest people I know have Tourette! You can do this!

TELL IT LIKE IT IS

AN INTERVIEW WITH KIERA ACITELLI

1. What is the hardest part of having TS?

The hardest part for me now is not the Tourettes itself, but the co-morbid ocd and sensory processing issues I experience. Back when I was younger, I used to have really bad eye blinking and throat clearing tics, which were both really frustrating..

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

To get involved! I didn't meet another person with TS until I was 19, and it can be very isolating to be the only one you know with tics, so I wish that I had gotten the opportunity to meet and hang out with other kids with Tourettes when I was younger!

3. What is something good about having TS?

I like that it's something unique about me. And sometimes it can be fun to laugh at the more absurd tics. Like I've walked through an aquarium ticcing "it's a fish" before, that was pretty hilarious (and seeing people's reactions to the grown 22 year old who just seems super enthusiastic about the fish).

4. Can you name some of your tics?

I have a lot more motor tics now, such as eye blinking and hand/wrist movements. I also make squeaking noises and say things are fish a lot (i.e. the aforementioned "it's a fish!").

Kiera is 24 years old and works as a software developer at FedEx. She lives in Sewickley with her dog, River, and cat, Hobbes. She enjoys going for long walks with her dog and gaming in her spare time.



5. How do you tell people about your TS?

I usually tell people the second time we meet, or tell them via email after the first time. I can usually hide my tics pretty well the first meeting, and I prefer people to get a chance to meet me first without all the assumptions that come along with telling someone you have Tourettes. But I do tell most people I talk to on a regular basis, because otherwise they can make some really odd assumptions about the cause once they do notice the tics.

6. How are you involved with PA-TSA and why do you think others should get involved? Have PA-TSA programs and services helped you or your family?

I've been intermittently attending PA-TSA Pittsburgh meetings for about 2 years now. I've been hoping to meet more people my age in the area with TS. Young adult attendance is still a little sparse, but I'm hopeful for the future. I didn't get to meet others with Tourettes when I was young, and I wish I had, so I would encourage others to get involved!

Tomus Likes!



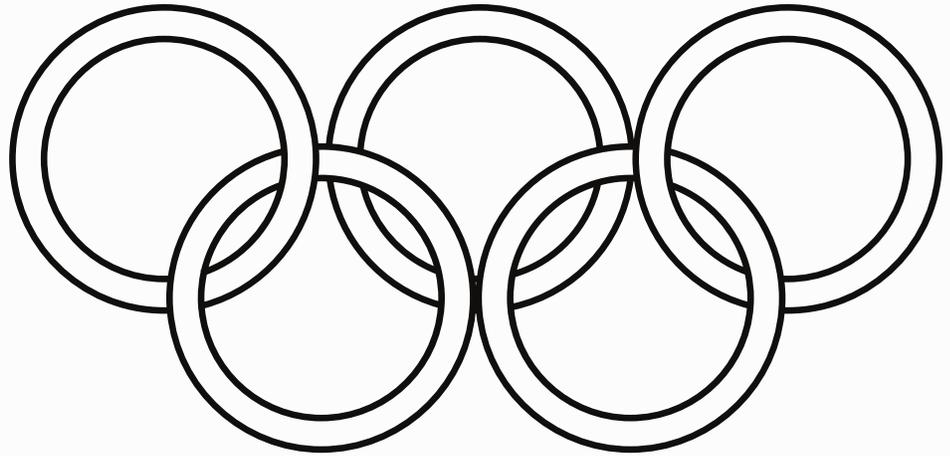
The views of the interviewee do not reflect the views of the PATSA. Every individual experiences different tics, severity and co-morbid conditions. The above article represents the views and experiences of the interviewee alone.

GAMES

How many words can you make from the words: **UNITED STATES OLYMPIC TEAM**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

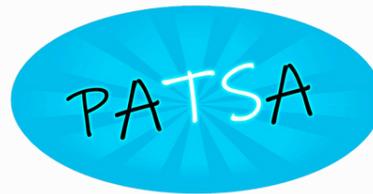
Color the Olympic Rings Your Way!



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.

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	4		2	6	3			
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			6		5			



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

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



OPPORTUNITIES

2021 Pumpkin Run 5K and One Mile Fun Run

A great way to raise awareness and funds to support programs for those with Tourette!

Run at the event, run virtually or form a fundraising team--go to: <https://bit.ly/3yqje6X>

Pumpkin Run 2021
Sunday, October 31st @ 10:00 AM
Lower Perkiomen Valley Park 101 New Mill Road, Oaks, PA

Run for Tourette Syndrome Awareness

\$25 for 5K
(Includes T-shirt & single attraction pass)

\$10 for 1 mile
(no t-shirt or pass)
OR **\$20**
(Includes T-shirt & single attraction pass)

All 5K participants will receive a FREE Single Attraction Pass to your choice of any of the regular attractions at:

PATSA **ShocktoberFest** **PATSA**
Pennsylvania's Premier Haunted Scream Park

"You're never too young to change the world"

Social Media Volunteers

We are looking for additional social media volunteers! Are you active on Twitter, SnapChat, Instagram, Pinterest, Facebook or TikTok? We need more contributors to make each of our pages active and engaging for all ages!

When you sign on as a volunteer, you can choose one or more platforms to assist and we will give you the guidelines and goals for that platform. You will help us promote awareness of Tourette syndrome, the associated disorders, PATSA and our events. This volunteer activity is easy, fits into your own time and can be great for your future goals! It's a Win-Win! To volunteer send an email to saraw@patsainc.org and let her know your interest!

