

VOLUME 9 • ISSUE 2 SUMMER 2022

PATSA 4 KIDS

BI-ANNUAL NEWSLETTER



TAKE A PEEK!

TEACHERS
PAGE 1

TELL IT LIKE IT IS
PAGE 2

GAMES
PAGE 3

TEN QUESTIONS
PAGE 4

TEACHERS

BY SHERRIE M. WIVELL

Would you be surprised if I told you that teachers don't learn about Tourette syndrome when they are in college? In fact, many of them don't really understand someone with TS until they are lucky enough to have them as a student. And even then, it depends on the teacher.

We have heard from many students that some of their teachers just don't understand. Sometimes they ask you to stop your tics or they look at you a lot or even send you to the principal because they think you are doing it on purpose!

If this has happened to you, we want to help! We have information for teachers, can help by coming to meet with them or even give them a training! It's one of the most important things that we do.

We are doing our best to make sure teachers get the training they need for free. Understanding will go a long way to help you have a better school day!

Ask your school to call us or have your parents reach out for you! (1-800-990-3300)

TELL IT LIKE IT IS

AN INTERVIEW WITH JORDAN GALING

1. What is the hardest part of having TS?

I think the hardest part of having Tourette's is people not understanding. Dealing with TS every day is a challenge and no one knows how it truly is unless you have it.

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

I would tell my younger self to show off your superpower. Having Tourette's is a part of you, so embrace it!

3. What is something good about having Tourette's?

I am so grateful for the friendships I have made with others who have Tourette's. I enjoy meeting new people and hearing their story.

4. Can you name some of your tics?

Some of my tics are eye blinking, throat clearing, repeating my own words, and touching objects.

5. How do you tell people about your TS?

I usually only tell someone I have TS if they ask me why am I doing a certain thing or if I feel like we could be friends.

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

The PATSA programs and services have helped me a lot. I never knew anyone with TS and now I have great friends and support. I get so excited when the events come up.



Jordan is 21 years old, works at Executive Improvement Group, and lives in Bucks County.

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

I am involved with PATSA by being part of the camp staff. I get to work with kids and do fun activities with them.

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

Even though I have Tourette's, I have a full time job working as an office manager doing fingerprinting, background checks, drug testing and human resources. I have two dogs who are my whole world and I love to travel to experience other cultures.



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

NATURE SCAVENGER HUNT

Get outside and see how many you can find:

dandelion _____

clover _____

onion grass _____

a gray rock _____

a white rock _____

moss _____

green leaf _____

brown leaf _____

seeds _____

spider _____

2 different birds _____

butterfly _____

fly _____

ant _____

pinecone _____

fish _____

frog _____

acorn _____

feather _____

stick _____

bark _____

white flower _____

squirrel _____

bunny _____

firefly _____

ladybug _____

dragon fly _____

moth _____

bat _____

toad _____

lizard _____

stump _____

bud _____

animal track _____

animal home _____

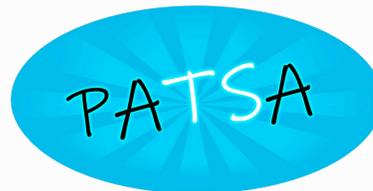
something cool _____

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.

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



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

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

TEN QUESTIONS

Common questions about Tourette and some answers...

1. **What is Tourette Syndrome?** TS is a neurological disorder that causes a person to have repetitive movements and sounds called tics.
2. **Is Tourette syndrome contagious?** No, it is not.
3. **What is a tic?** A tic is a movement or sound that is involuntary. This can be as simple as eye blinking, sniffing, & throat clearing or as complex as repetitive cursing, large movements & whole sentences.
4. **Does TS only make a person curse?** No, but cursing can be a rare symptom. This type of TS is called coprolalia. This makes up only 5-15% of individuals diagnosed with TS.
5. **Is there a cure for TS?** Not yet, but there are some medications that help some people. Some individuals can learn to help their tics with relaxation and exercise. For most individuals the symptoms of TS get better as a person reaches adulthood.
6. **Can you just stop "ticing"?** No. An individual can sometimes suppress tics for a little while, but eventually the stress builds up and they have to let them out.
7. **Does TS keep you from doing things?** No, there are many famous musicians and athletes who have TS. There are also many professionals in other fields that have overcome TS in their own way and live very fulfilling lives.
8. **Is TS the same for everyone?** No, it is different for everyone. Everyone has different tics and some are easier to notice than others.
9. **What causes tics?** Research is still being done, but it is believed that an imbalance of brain chemicals causes tics and TS.
10. **Are there times when tics get worse?** Yes, tics can be worse at times of stress and excitement.



"Knowledge is Power"