

VOLUME 10 • ISSUE 2 SUMMER 2023

# PATSA 4 KIDS

BI-ANNUAL NEWSLETTER



## TAKE A PEEK!

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## GOALS?

BY SHERRIE M. WIVELL

We often talk about our goals. Some of them may be far in the future and some of them are just around the corner.

Goals can change when you learn more about yourself or have new experiences. You may find that you have new interests which can mean new goals. Sometimes what you like to do when you are 5 is much different than what you like when you are 15.

One thing that may help you with a goal, is to write that goal down! Even if you write in on a piece of paper and never look at it again--somehow the act of writing it down helps to put it in action.

It's great to have a "big goal" but there are so many little things that you need to do in order to get there. Those steps may take years, but each step will help you get where you are going.

So as school starts this year, think about your goals, both large and small. Write them down and understand that they can change too!

Start with small goals. Those small goals can help you make strides toward your big goal. Remember too that you are learning all along the way and enjoy it!

# TELL IT LIKE IT IS

## INTERVIEW WITH GAVIN WESNER

**1. What is the hardest part of having TS?** I would say the hardest part about having TS is when I encounter new people and they don't know or understand what TS is. When they don't understand people tend to stare at you and I don't really like that, but I have learned how to advocate for myself which has made that a little easier.

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

I wish I could tell my younger self; It gets better/easier. Things seem so much harder in the beginning when first diagnosed but once you learn more about TS and you surround yourself with people who understand you and things will get a lot easier.

**3. What is something good about having TS?**

I would say something good is I get to go to a few different retreats and camps only for people who have Tourette. When I am there, I get to surround myself with people just like me.

**4. Can you name some of your tics?**

Sure, I have had a lot of different tics through the years like squeaking, humming, cursing, yelling, blinking, head jerking, punching, neck cracking, jumping on my knees, biting my cheeks, grinding my teeth, throwing things, spitting, putting my middle finger up, there are tons more but there have been so many different tics it can be hard to remember them all because they are always changing.

**5. How do you tell people about your TS?**

I start by introducing myself and saying I have a neurological disorder called Tourette Syndrome and I can't control some of the noises and movements I make. I tell them that I don't want to do those things, but my brain forces me to do those things. If they have more questions about it, I tell them I am really open to talking about it and educating them.

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

Oh yeah, the services have helped me so much. I have had my teachers educated every single year since kindergarten and I have had the Peer trainings almost every year as well. As I have gotten older, I have gotten really good at advocating for myself, so I haven't had the peer trainings done recently. Another thing that has helped me is the camps and the people I have met there. Getting to connect with other kids like me has really been a great experience.

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

Well, my mom works for PATSA so I get to attend all the events she does. One of my favorite things I am involved with is the day at the Captial. I love getting to speak with the important people who help make decisions for our state. I get to speak to them and tell my story about TS and how PATSA has helped me and how important they are to those diagnosed with TS.

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

I would like to say as I have gotten older, I have realized how important it is to accept yourself and your diagnosis. When you accept your diagnose it makes all parts of your life a lot easier. You should never be ashamed of having Tourette Syndrome, I have accepted TS as a part of who I am but understand that I am much more than my diagnosis.



**Gavin is 14 years old, going into 9th grade from Monroe county.**

**Gavin enjoys baseball, basketball and football. He likes to skate, go air softing, ride dirt bikes and spend time with his mom, Nicole, and his brother, Garrett, all pictured above.**

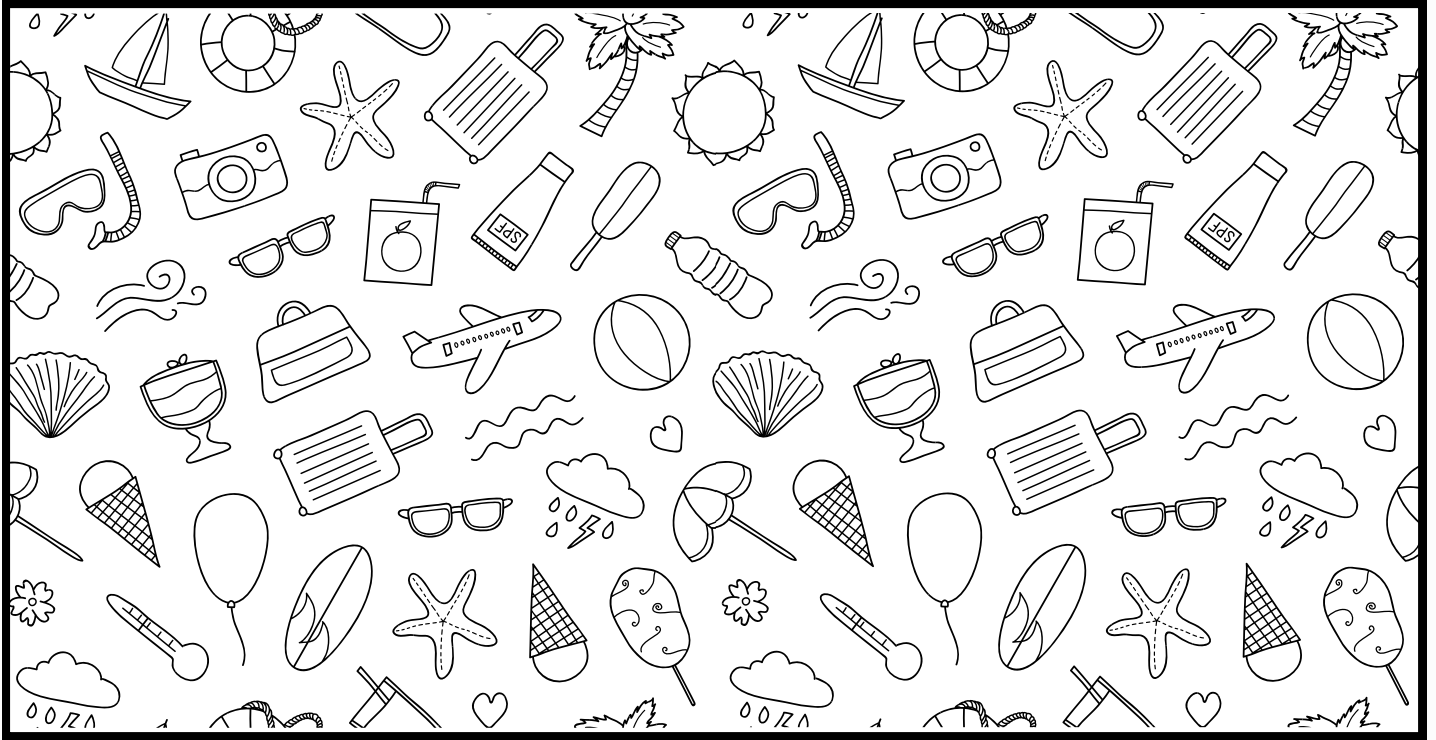


The views of the interviewee do not reflect the views of the PATSA.  
Every individual experiences different tics, severity and co-morbid conditions.  
The above article represents the views and experiences of the interviewee alone.



# GAMES

## COLOR THE SUMMER ITEMS:



## WORD SEARCH

- ART
- BOOKS
- BUS
- CLASSES
- COMPUTER
- FRIENDS
- GYMNASIUM
- HISTORY
- HOMEROOM
- HOMEWORK
- LEARNING
- LOCKER
- LUNCH
- MATH
- MUSIC
- PENCIL
- RECESS
- SCIENCE
- SPELLING
- TEACHER

W W  
 I W  
 L E  
 I S Z B L N U P Q H B  
 Q B P R L Y X E J N F Z Q Y T Y  
 L E C U M R S S K A O C E D Q E A V  
 I D Z L O U L P T I R O H C Q A Y M  
 G J V S N E Z S U E G K N D F N F N R P  
 C L A S S E S A I V L Q O I A T E U E R  
 M I Y M R S R E K C O L Y S N Y T I H X  
 C C H M U U X F J S S R I D M G A G C R  
 Y N Z O V I Q S S X O S C N H H D R A S  
 Y E T V M M S E Y T K O R E G O V P E Z  
 U P B H A E C A S B M R G I P M S U T F  
 I N C F E R I N P O E N R Q E B U S  
 I U A R V H O U M M O T F Y W A O V  
 R G T V B T O B Y R K E D O M D  
 K M P E F W M A G O S D R H  
 Q R V C Z F X B H E E K  
 Y H N U C

# ACHIEVE YOUR GOALS!

**MY GOAL**

**WHO CAN HELP?**

**WHAT MIGHT GET IN THE WAY?**

**STEPS**

Can volunteering help you achieve your goals?



Find volunteer opportunities on our website at [www.patsainc.org](http://www.patsainc.org)

**"A goal is a dream with a deadline." Napoleon Hill**