

VOLUME 11 • ISSUE 2 SUMMER 2024

PATSA 4 KIDS

BI-ANNUAL NEWSLETTER



TAKE A PEEK!

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ART CONTEST

PATSA is seeking original art submissions to help our next newsletter announcement post card **stand out!**

- Submission must be **your original artwork**, either hand drawn or graphic design.
- Artwork **must not infringe** on any copyright (You may not copy someone's art or idea).
- Submit your artwork either through **email or mail**. **Please include your full name, your age, and a phone number or email address where we can reach you or your parents for further questions.**
- Submit a picture by **email** to sherrie@patsainc.org.
- Submit by **mail** on paper no larger than 8.5"x11", do not fold the artwork. Mail to: PATSA at 18 High St. #68, Hanover, PA 17331 Attn: Art Submission

Deadline for submission: Feb 1, 2025

Winner will be notified by Feb 15, 2025 and the artwork will be used to advertise the winter 2025 newsletters on the mailed post card & social media.

TELL IT LIKE IT IS

INTERVIEW WITH LATICIA MARTINEZ

1. If you could tell your younger self something, what would it be? Be a leader not a follower. You don't have to fit into anyone else's mold.

2. Can you name some of your tics? Yes, throat clearing, rapid inhale, throat clicking, blinking, scrunching, popping out my shoulder and shoulder blade.

3. Have PATSA programs and services helped you or your family? My older brother, who also has TS, had PATSA come into his school during his 504 meeting. When he was in 8th grade, they helped him do a presentation for the class about TS. Patsa helped my family to understand TS and to help with any issue that the family faced. I was diagnosed years later so the information my family received for my brother was carried over to help me. My mom learned how to be an advocate for my brother which in turn helped her to advocate for me.

4. Has TS helped you in your education, employment or anything in your life? I feel that I am less judgmental and more caring towards others than I would've been if I did not have TS.

5. Anything else you want to share with young people about TS or your experiences? My TS is not as severe as others. I see all these TikTok videos of people with TS and I feel that some people do not realize that not everyone's TS is as severe. I feel strongly about helping people understand that not everyone's TS is the same. Not everyone yells. Not everyone has noticeable tics. My brother and I have very different tics. Most people say "I had no idea you have TS also" just goes to show how different TS is in everyone.

Additionally, I know they say there is a strong possibility that your kids may have TS. I know a lot of people with TS are afraid to have kids because they don't want to pass it on to their children. I have 5 kids and none of them have shown any tics so far. I would say "Don't let that concern stop you from living a wonderful life and raising a beautiful family!"

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.



I am 37, a homeschool mom of 5 children and an uber driver. I am based in York County but we spend all our time traveling in our camper to see the east coast!

TS CAN'T HOLD US BACK



IN MARCH 2024, NOLIN PLAYED NIKKO, THE FLYING MONKEY, IN HIS MIDDLE SCHOOL PRODUCTION OF THE WIZARD OF OZ!

Submit your stories and accomplishments for our next newsletter!
Send pic and info to sherrie@patsainc.org

WE CAN'T WAIT TO SEE ALL THAT YOU HAVE ACCOMPLISHED!

YOUR HIGHLIGHT COULD BE RIGHT HERE



ONLINE LEARNING GAMES

HERE ARE SOME ONLINE LEARNING WEBSITES WITH FUN GAMES FOR KIDS,
CATEGORIZED BY EDUCATIONAL LEVEL:

ELEMENTARY LEVEL

- PBS KIDS
- ABCMOUSE
- STARFALL
- NATIONAL GEOGRAPHIC KIDS
- FUNBRAIN

HIGH SCHOOL LEVEL

- KHAN ACADEMY
- QUIZLET
- EDX
- COURSERA
- CODE.ORG

MIDDLE SCHOOL LEVEL

- COOLMATH GAMES
- KHAN ACADEMY
- BRAINPOP
- SCRATCH

THESE WEBSITES OFFER A
VARIETY OF EDUCATIONAL
GAMES AND ACTIVITIES
SUITABLE FOR DIFFERENT
AGE GROUPS AND
LEARNING LEVELS.

CAMP FUN:

all pics at <https://eu.zonerama.com/TSFamilyCamp2022/Album/11485447>





TIPS FOR COPING WITH CHANGE

Change is a natural part of life. Whether it's starting a new school year, moving to a different neighborhood, or even getting a new pet, change can bring about many different feelings. Sometimes, change is exciting and fun, but other times it can feel a bit scary or overwhelming. Here are some tips on how to deal with change in a positive way:

1. Talk About It

One of the best ways to handle change is to talk about it. Share your thoughts and feelings with someone you trust, like a parent, teacher, or friend. Talking helps you understand your feelings better and can make the change seem less scary.

2. Stay Positive

Try to focus on the good things that might come from the change. Maybe you'll make new friends, learn something new, or discover a new favorite hobby. Keeping a positive attitude can make a big difference in how you experience change.

3. Be Flexible

Sometimes, change doesn't go exactly as planned. Being flexible and open-minded helps you adapt to new situations more easily. If something doesn't work out the way you expected, try to see it as an opportunity to learn and grow.

4. Take Care of Yourself

Taking care of your physical and emotional health is important, especially during times of change. Make sure to get plenty of sleep, eat healthy foods, and stay active. Doing things you enjoy, like playing sports, reading, or drawing, can also help you feel better.

5. Stay Connected

Keep in touch with friends and family, even if the change makes it harder to see them in person. You can write letters, send messages, or have video calls. Staying connected with people who care about you can provide comfort and support.

6. Give It Time

Adjusting to change can take time. It's okay to feel a bit unsettled at first. Be patient with yourself and give yourself time to get used to the new situation. Remember, it's normal to take a while to feel comfortable with change.

7. Ask for Help if You Need It

If you're finding it really hard to deal with change, don't be afraid to ask for help. Parents, teachers, or school counselors are there to support you. Sometimes, just knowing that someone is there to help can make a big difference.

Conclusion

Change is a part of life, and learning how to deal with it is an important skill. By talking about your feelings, staying positive, being flexible, taking care of yourself, staying connected, giving it time, and asking for help when needed, you can handle change in a healthy and positive way. Remember, every change is a new opportunity to grow and learn!

