

VOLUME 13 • ISSUE 1 WINTER 2026

PATSA 4 KIDS

BI-ANNUAL NEWSLETTER

PATSA LOGOS OVER THE YEARS



TAKE A PEEK!

PATSA IS OLD!
PAGE 1

TELL IT LIKE IT IS &
TS CAN'T HOLD US BACK
PAGE 2

GAMES
PAGE 3

TS AWARENESS 2026
PAGE 4

PATSA IS OLD!

Okay... let's just say it out loud: PATSA is 40 years old! 😲 That's basically ancient in nonprofit years. We started way back in 1985 with a teeny-tiny budget, a big dream, and people who really cared. Back then there were no fancy websites, no Zoom meetings, and definitely no smartphones—wild, right?

Over the years, PATSA has grown up a lot. We've helped thousands of kids and families across Pennsylvania, driven tons of miles to schools and meetings, survived snowstorms, budget cuts, office moves, and even a global pandemic. (PATSA is tough!)

And here's another big birthday: TS Family Camp is turning 20! That's 20 years of campfires, laughs, friendships, and a place where kids get to be totally themselves—tics and all. Camp has become one of the best parts of what we do!

So yes, PATSA is old. But we're also experienced, strong, and still growing. Thanks for being part of our story—now let's celebrate!

TELL IT LIKE IT IS

INTERVIEW WITH TYLER KEENER

Tyler is 30 years old and was diagnosed with TS at 9. He works for an E-commerce Company called AMS Fulfillment.



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

Slow down and be patient. This world isn't going anywhere. Spend some time and decide what you truly want from this life because a plan will help ease the trip.

2. Can you name some of your tics?

JESUS! BABY! I LOVE YOU! Profanities etc.

Too many to list here. The top three are just my current tics.

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

Yes. PATSA helped me and my family to further understand TS when I developed it in my adolescence.

4. Has TS helped you in your education, employment or anything in your life?

Tourette's Syndrome has helped me in life through the physical and mental stress I have endured from social interaction. Because of constant anxiety about what others think and see, I have basically perfected communicating my thoughts and feelings very clearly to essentially anyone without fear of judgement. Almost like I'm one step ahead, since I deal with verbal tics that most people have never experienced. I feel that TS has a silver lining as I am a more assertive and compassionate adult than most because of mental endurance that comes from living life with TS. In summary, Tourette's Syndrome has made me stronger from having to digest it into my routine and learning to work around something that most people couldn't handle.

5. Anything else you want to share with other young people about TS or your experiences?

I would recommend to all looking to cut back on tics to avoid high fructose corn syrup as well as other fake sugars. I have found it to only increase tics for the worse. Regular walking and other exercise like pushups, planking and situps can bring relief during tic-flares. Raw garlic and raw ginger can affect tics in a positive way as well. We are unique and that's why people stare at us. Diamonds always have eyes on them. Try not to let it bother you and remember that other people are simply not like us and that is okay. Try not to take life too serious because you're supposed to laugh while you're alive. Everyone has differences and those differences are what make us all the same.

Tourette's Syndrome is part of who I am and I have learned to enjoy life with tics. Everyday isn't easy, but growing is.

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.

TS CAN'T HOLD US BACK

Submit your stories and accomplishments for our next newsletter!

Send pic and info to sherrie@patsainc.org



RIDDLES AND GAMES

RIDDLES--Can you figure them out?

1. I have keys but cannot open locks. What am I?
2. I have hands but cannot clap. What am I?
3. I have a neck but no head, and I wear a cap. What am I?
4. I have four legs, a back, but no head. What am I?
5. I am full of holes but still hold water. What am I?
6. I get wetter as I dry. What am I?
7. I am tall when I am young, and short when I am old. What am I?
8. What animal is best at baseball?
9. What do you call a pig that knows karate?
10. What kind of lion never roars?
11. Why don't elephants use computers?
12. What do you call a lazy kangaroo?

EASY PUZZLE

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

SODOKU FOR FUN

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes. Visit www.sudokuoftheday.com for further tips and help about how to play - and good luck!"

TRICKY PUZZLE

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

RIDDLE ANSWERS

1. A piano.
2. A clock.
3. A bottle.
4. A chair.
5. A sponge.
6. A towel.
7. A candle.
8. A bat.
9. A pork chop.
10. A dandelion.
11. Because they are afraid of the mouse.
12. A pouch potato.

EASY PUZZLE SOLUTION

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

TRICKY PUZZLE SOLUTION

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



TS AWARENESS IDEAS FOR 2026

Every year, Tourette syndrome Awareness Month is May 15 - June 15. So many people STILL don't know what Tourette syndrome is or how it affects those with it! There are many people who are trying to spread the word--like Billie Eilish and Baylen Dupree. But YOU can be just as important in that effort!

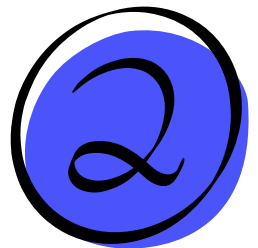
There is so much you can do to help make people aware of Tourette syndrome and here are a few ideas:



1

Share PATSA articles and images on social media--or encourage your parents to do so on their pages. You don't have to share your own story, but you can share images that PATSA makes available to you. You can grab our images that are the right size for each social media (FB, Insta and X) or just "share" when we post.(Click on TS Awareness Ideas for 2026 to head to our webpage.

Share the pictures of buildings and landmarks lighting up Teal during TS Awareness Month. Our main date this year is Tuesday, May 19th--but some buildings choose a different date--so follow us or encourage your parents to do so.



2



3

Create a fundraising team for our "Can't Sit Still Run" that is scheduled for Saturday, May 17 in Carnegie, PA. You don't have to be present for the race to raise funds, just let your donors know that you are supporting our race without being there.

Hold a yard sale, iced tea stand, or other quick fundraiser to support our services and donate the proceeds to PATSA! Let people know why you are raising the money.



4



5

Wear Teal on Tuesdays and ask your friends and family members to do so as well! Some people have even asked their whole school to support this idea! Take pictures and share with your friends!