



PA-TSA 4 KIDS

2016 Events



⇒ TS Day at the Capital — May 3



⇒ Highmark Walk for a Healthy Community

Pittsburgh- May 14

Harrisburg- May 21



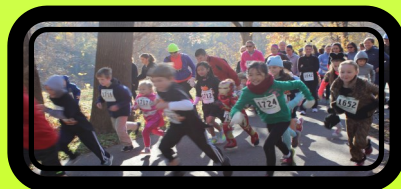
⇒ Tourette Syndrome Awareness Month -May 15-June 15

⇒ TS Family Camp — June 10-12



⇒ TS Family Retreat- Oct. 2016

⇒ Pumpkin Run- (Oaks, PA) Oct. 2016



PA-TSA 4 Kids

Volume 3, Issue 1

February 2016

Special points of interest:

- ☺ TS Awareness Month
- ☺ Games & More!
- ☺ Tell It Like It Is
- ☺ Youth Stepping Up
- ☺ YAP...What's That!



Go to our website at
www.patsainc.org

GAMES

Word Search



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

ACCEPT	ADD	ADHD	BLINK	CHIRP	COUGH
OCD	SHOUT	STRESS	STRONG	TIC	

Riddles for FUN!

- 1: What goes up a chimney down but can't come down a chimney up?
- 2: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower- everything was pink!
What color were the stairs?
- 3: Mr. Blue lives in the blue house, Mr. Pink lives in the pink house, and Mr. Brown lives in the brown house. Who lives in the white house?
- 4: What goes up but never comes down?

Answer Key

1. An Umbrella
2. There weren't any stairs, it was a one story house!
3. The President
4. Your age!

Tell It Like It IS!

This is where we ask teens and young adults about their experience with TS!

Adam Fishbein

Adam is a senior at the Woodlynde School and plans on attending American University starting in Fall

2016. Adam is an active member of the TS community, serving as the Youth Representative on the PATSA Board of Directors, training to be an Advanced Youth Ambassador for the Tourette Association of America, and being a Youth Mentor at PATSA Family Camp and Retreats. He also enjoys musical theater and will be performing in two musical productions in early Spring.



What is the hardest part of having TS?

The hardest part of having TS is when people do not understand that I cannot help it when I tic.

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

I would tell my younger self to persevere through hard times.

What is something good about having TS?

I like that, because of my TS, I am more accepting of others with disabilities and different quirks.

Do you still experience tics?

I still experience a lot of verbal tics. The biggest challenge is that they are very spontaneous which makes it hard to tell what is or isn't a tic.

When during your life were the tics most severe?

My tics have been relatively steady in terms of severity. There was a time during my junior year when they were really bad.

What was the most difficult time of your life with your TS?

The most difficult time of my life with my TS was from 6th-8th grade when I started having Tourette RAGEs and other behavioral problems. I went to boarding school to learn coping strategies and now I am a successful senior in high school who plans on going to American University next year.

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

**Do you have a story to share?
We want to hear about it!!
Submit your picture and/or story
to Sabrina Bosse at
Sabrina@patsainc.org.**



Youth Taking the Lead!

We are excited to announce the opening of the Camp Junior Youth Mentor positions. These volunteer positions will be offered at our 2016 TS Family Camp. It will be an honor to hold one of these limited positions. The positions are offered to teens and young adults ages 17-20. Up to five junior youth mentors will be selected to assist our adult youth mentors at camp each year. Our junior mentors will gain leadership skills to help them successfully transition into helping at future camps as youth mentors, as well as other aspects of their lives. In addition, this will be a wonderful opportunity to gain experience that will look great on resumes and college applications. Those interested are asked to submit an application. Applications will be accepted from March 15, 2016 through April 1, 2016 before the deadline each year. Members are selected based on their qualifications and a personal interview.

Congratulations to our 2015
Jr. Youth Mentors!!



Adam Fishbein(17) Steven Hill(17)

What is YAP?

Our YAP program grew out of a hope to promote acceptance and empower youth at our yearly TS Family Camp. Since 2011, this training program provides young people with the information to create a bulletin board, an information board and give a brief training on Tourette Syndrome. The training includes a short PowerPoint so that a young person can train his or her classmates, scout troop, sports team or other peer group to learn the basics of Tourette Syndrome. In 2012, information was added to help children "tell a friend" that they have TS -- which can be scary to do!

If you are a youth ages 12-25 and would like to join our YAP program you no longer need to attend camp! We have recorded a webinar to provide the same training to anyone in Pennsylvania!

Want to join? Have questions? Contact Sara at saraw@patsainc.org.



Xandra Corso, a member of YAP, provided a Tourette Syndrome information session at Youngsville Elementary School in Warren County. 38 fellow students attended along with 6 teachers.



What are they up to?

Now that is spreading the word!



Jake Hudgeons, a new member of YAP, hosted an info booth at the Philadelphia Flyers' TS Awareness Night on December 22, 2015! Looking great Jake!