



New Jersey Center for Tourette Syndrome

AND ASSOCIATED DISORDERS, INC.

Collaborations and Partnerships for the Tourette Syndrome Community

Faith W. Rice
Executive Director

August 2011

NJCTS Family Retreat Weekend is a hit!



Something special happens when NJCTS families gather in the outdoors. This year's gathering at YMCA Camp Bernie was certainly no exception. Thanks to a grant from the Hoop-A-Paluzza Foundation we were able to welcome 140 children and parents June 4-5 to a weekend of workshops and self-esteem building activities. We are grateful to our volunteers Marilyn and Liz LaMarca, Jay Geyer, Steven Lindenbaum and our team of doctoral students from Rutgers TS Clinic.

Of special interest this year was the performance and instruction from Band of Jugglers. This group, which included our own Niranjana Ramanand, wowed the crowd and provided expert instruction on using juggling as a relaxation strategy.

Thanks to all of you who came out and made this year's retreat a memorable event for all our kids and families.



"Mendham Walks for TS" November 19th- Registration now open

Mark your calendar, lace up your sneakers and start forming your team because the 2nd annual *Mendham Walks for TS* 5K walk and family fun run is set for Saturday, November 19th.

Please recruit your family, friends, co-workers and neighbors to join us for this special awareness opportunity. We're taking to the streets to show our support of the people in our lives who live with TS. Won't you join us?

Mark your calendar, lace up your sneakers and start forming your team. If you'd like to help us make this year's walk bigger and better, please call 908-575-7350 or register at <http://www.active.com/donate/MendhamWalksforTS>

If you don't get out and raise awareness of TS, who will? It's time to *walk* the talk. Let's go!

NEW JERSEY



WALKS FOR TS

Mendham Walks for TS: A 5K walk and family fun run to raise awareness of TS will take place on Saturday, November 19th in Morris County. Sponsors and volunteers needed!

NJCTS turns the tables on doctors- gives patients the podium

Through an exciting new collaboration with Dr. Stuart Green of Overlook Medical Center, NJCTS is bringing TS patient-as-educator training to pediatric and family practice residents in hospitals across the state. Dr. Green pioneered this training model with breast cancer patients and he found a measurable increase in physician empathy once they had the opportunity to understand the patient's perspective. We know TS is still misunderstood by many clinicians; and we are changing that, one hospital at a time. Our volunteer families are sharing TS in their own words- training pediatricians to see the whole child and not just the tics. So far, we've been to Overlook Medical Center and St. Peter's Hospital and on August 29 the program continues at Jersey Shore Medical Center in Neptune. Call us today to be part of this innovative program.

Plainsboro family prepares to "Team Up with Tim"



Leslie Kowalski of Plainsboro is going to meet Tim Howard. She held the winning ticket in our "Team Up with Tim Howard" raffle. She is bringing her husband Tim and daughters Tess and Paige- extending the trip to a full family vacation. We wish them a safe and happy trip.

Tri athlete dad honors his son in support of NJCTS

Kevin Staine is bringing some high speed awareness to TS. When he's not at work or spending time with his family, Kevin is a tri athlete. In July, he competed in the Randolph Lake Triathlon and used the opportunity to honor his son Conner and raise funds for NJCTS from friends and family.

The Staine's are one of many families who have committed to help the Center continue to deliver the services and programs TS families have come to rely upon. We are grateful for every contribution and appreciate the energy and follow-through from these special parents and children.

If you are planning to run a marathon or just want to organize something on your own, please make NJCTS the recipient of your fundraising effort.



Conner Staine meets his dad, Kevin, at the finish line.

Volunteers needed for health and education outreach

Delivering information on TS and the services of the Center is an important part of what we do. We need volunteers to sit at our information booth for the following dates this fall:

American Academy of Pediatrics School Health Conference
 Wednesday, October 26 8 - 4 p.m.
 Somerset -Call Marty Butterfield at 908-575-7350 for more information.

NJEA Convention
 Thursday, November 10 - 9 - 5 p.m.
 Friday, November 11- 8:30 - 3 p.m.
 Atlantic City Convention Center - Call Kelley Teabo at 908-575-7350 for more information.

Wednesday Webinar series continues to look at anxiety

Just in time for back-to-school preparations, the next *Wednesday Webinar* on August 17 Dr. Shawn Ewbank will help prepare parents, teachers, clinicians and individuals to create accepting environments for children who are at risk of stigma. He will explain how children with noticeable difference in behaviors or appearance are at risk for anxiety and lower social/emotional functioning. This session will also offer some strategies on how adults can help children to accept and embrace their differences by encouraging open communication within their homes, schools and social settings.

As always, registration is free, but required. [Click here to register.](#)
For a complete list of upcoming Wednesday Webinars, visit www.njcts.org.

Educator Workshops: Prepare for the new school year

Calling all teachers, school nurses, child study team members:

"Understanding Tourette Syndrome and Associated Disorders" offers strategies that enable educators to create a classroom that supports the social, emotional and intellectual development of all students in the classroom. In addition to TS, this training also includes information on ADHD, OCD, anxiety, depression and learning disabilities. Interventions and modifications for behavior management are also addressed. Professional development credits are available for this course.

- 08/23/11 Ocean County College** - 9:00am - 12:00pm
Presenter: Janine Howley, MA, Course SRED 107-01, www.ocean.edu
- 09/27/11 Brookdale Community College** - 3:30 - 6:30pm
Presenter: Janine Howley, MA, www.brookdaleecc.edu
- 10/11/11 Camden County College** - 6:00 - 9:00pm
Presenter: Cheryl Ludwig, CCC-SLP, www.camdencc.edu
- 10/22/11 Bergen Community College** - 10:00am - 1:00pm
Presenter: Ann L. Deutsch, MSN, www.bergen.edu
- 10/24/11 Mercer County** - 6:00 - 9:00pm
Presenter: Cheryl Ludwig, CCC-SLP, www.mccc.edu
- 10/25/11 Richard Stockton** - 10:00am - 1:00pm focus on HS Students
Presenter: Cheryl Ludwig, CCC-SLP
- 11/04/11 Raritan Valley Community College** - 9:00am- 12:00pm
Presenter: Robert Zambrano, Psy.D., Course HPCE HP113-01, www.raritanval.edu/cce
- 11/10/11 NJEA - Atlantic City Convention Center Room 202** - 1:00 - 2:30pm
Presenter: Janine Howley, MA

Support Group meetings return in September

We know it's important for TS parents to get the chance to listen and speak to each other about raising kids with this challenging disorder and that's why Support Groups are a longstanding part of what we offer. Meetings will reconvene in September, so please mark your calendar and consider joining a group in your area. (For more information on each of these meetings, please refer our calendar at NJCTS.org.)

- 9/13 Middlesex County- JFK Neuroscience Institute, Edison
- 9/26 Somerset/Hunterdon Counties- Somerset Medical Center, Somerville
- 10/6 Morris/Sussex Counties- St. Clare's Hospital, Denville
- 10/6 Atlantic/Cape May Counties- AtlantiCare Hospital, Pomona
- 10/25 Burlington County- Virtua Hospital, Marlton **(Note: New Location!)**



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908-575-7350 www.njcts.org

News You Can Use Relating to TS and its Associated Disorders

Deep brain stimulation, a controversial technique for treating Tourette Syndrome, is now being explored to treat severe cases of OCD.

<http://www.npr.org/2011/07/27/138748778/parkinson-s-treatment-could-work-for-ocd-too>

Psychology Today explores how ADHD affects children's health, weight and obesity.

<http://www.psychologytoday.com/blog/the-family-adhd-solution/201108/how-adhd-affects-obesity-weight-and-healthy-eating-habits>

A new study finds children with ADHD-C to be proficient when it comes to knowing the rules of the road, but many fail to actually observe pedestrian safety.

<http://pediatrics.aappublications.org/content/128/2/296.abstract?rss=1>

Attorney makes strides and doesn't shy away from public speaking despite his TS. After years of ridicule he's stepping up to represent lawyers nationwide.

http://www.abajournal.com/news/article/tourettes_doesnt_interfere_with_public_role_for_new_general_counsel_at_acc/