



# NJCTS NEWS

March  
2016

NJ CENTER FOR TOURETTE SYNDROME AND ASSOCIATED DISORDERS, Inc.

*Established in 2004 as the nation's first  
Center of Excellence for Tourette Syndrome*



## NJ Walks for TS @ Princeton is just around the corner!

Join us on Sunday, April 3 at Mercer County Park - Fun & friends for the whole family!

NJ Walks for TS was created by kids, for kids, to help kids with TS. Since 2010, all proceeds from the the walk and family fun run program benefit the NJCTS Education Outreach Program, providing in-service

trainings, Youth Advocate presentations to schools and hospitals across the state, and awarding scholarships to New Jersey high school seniors with Tourette Syndrome. These 5K walks/family fun runs are a chance to stand up and step out to break the stigma attached to TS and show support for friends, family, and neighbors living with this misunderstood neurological disorder.

**Register, start a team, donate, or sponsor NJ Walks for TS at 3 locations across the state!**

## Apply for your spot at the 2016 NJCTS Tim Howard Leadership Academy

**Applications due March 15, 2016.**

The Academy is a unique learning experience for teens with Tourette Syndrome from across the U.S. and beyond. Participants will stay overnight at Rutgers University, attend engaging workshops that provide a deeper understanding of their diagnoses and will develop their sense of self-leadership, self-empowerment, and resilience. There is **no cost** for participants to attend but donations are very much appreciated. Interested applicants should request an application by contacting Academy Director, Melissa Fowler, via email at [mfowler@njcts.org](mailto:mfowler@njcts.org) or at 908-575-7350. Dates for the Academy are August 4-7, 2016, and applications are due March 15, 2016.



**Join us for our 12th Annual  
Family Retreat Weekend!**



**Register by May 18, 2016 to reserve your family's spot.**

NJCTS welcomes families to the Family Retreat Weekend at YMCA Camp Bernie in Hunterdon County. The "best weekend of the year" allows children and their families to meet others with TS, learn more about their diagnosis, and engage with peer mentors in a fun, safe environment. [Click here to register.](#)

## Participate in TS genetic research



Would you like to see more people working on a cure for Tourette Syndrome? How about research on medications specifically for TS?

Be an important part of TS genetics research on **March 31st and**

**April 1!** Dr. Robert King, professor of child psychiatry at the Yale University Medical School will be at the NJCTS Cell and DNA Sharing Repository at Rutgers University to interview individuals and families interested in participating in the National Institute of Mental Health NJCTS Genetics Sharing Program. For more information and to schedule an appointment, email [familystudy@biology.rutgers.edu](mailto:familystudy@biology.rutgers.edu).



## Youth Advocates Tess and Paige Kowalski and Cami Jimenez educate students about TS

NJCTS Youth Advocates Tess and Paige Kowalski were joined by Youth Advocate-in-training Cami Jimenez to present to the third graders at Hamilton Primary School in Bridgewater, NJ. More than 115 students learned about Tourette Syndrome, acceptance, and treating others with respect. After school that same day, Education Outreach

Coordinator Gina Maria Jones presented to 50 faculty and staff members. Now, the Hamilton School community has the tools to help kids with TS thrive. Way to go, ladies! Since January, we have reached almost 300 teachers and 200 students throughout our state.



## South Jersey Youth Advocate Training & Support Event

On February 27, 11 new and veteran NJCTS Youth Advocates and their parents gathered in South Jersey for a training and social event at Virtua Voorhees. We unveiled a brand new presentation for our Youth Advocates when speaking about Tourette Syndrome to students and teachers at schools across the state. They were also trained to be patient educators, working with NJCTS partner doctors to provide Grand Rounds presentations at hospitals and educate doctors about TS. This event was a huge success thanks to our amazing Leadership Academy coaches who assisted Education Outreach Coordinator Gina Maria Jones with the training. Their guidance and support encouraged our Advocates to add a personal touch to their presentations. We can't wait to share all the good news of our Youth Advocates, spreading awareness and promoting understanding of TS!

NJCTS Youth Advocate training workshops, part of the NJCTS Youth Development continuum of services, are made possible by Susan and Patrick Vitek through the establishment of the Jeff Vitek Memorial Fund for Youth Development.

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## The Jeff Vitek Memorial Fund for Youth Development

In the fall of 2015, Susan and Patrick Vitek established the Jeff Vitek Memorial Fund for Youth Development at NJCTS in honor of the cherished son they loved and lost. "When you lose a child you want to do something meaningful and giving other kids the help that Jeff didn't have was the best thing we could think of," the Viteks recalled. "All of the things NJCTS is doing are the things that we missed, our son missed, and that we feel passionate about. We are grateful that NJCTS will help others in Jeff's name." Sue and Pat encourage others to support the NJCTS Youth Development programs. Please consider making a donation in honor or in memory of someone you love to help sustain the fund. [Click here to learn more.](#)

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## Scholarships for Graduating High School Seniors with TS

**Applications due April 22, 2016.**

Each year since 2004, NJCTS has awarded scholarships to graduating New Jersey high school seniors in public or private school





who have been diagnosed with Tourette Syndrome and will be attending a college, university, or trade school in the fall after their graduation from high school. [Click here to apply!](#)

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## Now accepting nominations for Educator of the Year and Healthcare Professional of the Year

**Nominations due April 22, 2016.**

NJCTS seeks nominations from the membership for the NJCTS Educator of the Year Award AND the NJCTS Healthcare Professional of the Year Award. The awards will go to an educator and healthcare professional in New Jersey who have made a significant difference in the life of a child with Tourette Syndrome. [Nominate a professional who has made a difference in your life.](#)

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## Girl Scout Troop 60808 raises TS awareness in support of NJCTS

We have a great group of volunteers in Girl Scout Troop 60808! Recently, they represented NJCTS at a community table in the Bridgewater Commons Mall, distributing flyers and raising awareness for Tourette Syndrome and associated disorders. They chose NJCTS as the beneficiary of their service project, helping out with mailings and serving as our

very talented face-painters at NJ Walks for TS @ Mendham. The Girl Scouts, including NJCTS Youth Advocate Cami Jimenez, will continue to spread TS awareness by helping out at [NJ Walks for TS @ Princeton](#) on 4/3 and at a table in the Bridgewater Library in May. Thank you for all that you do, Troop 60808!

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## Corporate Volunteer Opportunities

A growing number of corporations actively encourage volunteerism among their employees. NJCTS has many opportunities for corporate individuals and groups to donate their time and talents to help support our events and programs throughout the year. For more information and to organize an NJCTS corporate volunteer partnership with your company or business, contact Leanne Loewenthal at 908-575-7350 or [lloewenthal@njcts.org](mailto:lloewenthal@njcts.org).

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## No-cost Ways to Support NJCTS

**Investors Bank** When you bank at Investors, you can enroll any personal checking or savings account in NJCTS's Care2Share program. NJCTS will receive .25% on the average monthly balance of your checking account or .15% of the average monthly balance of your savings account. Stop by your local branch to enroll or enroll [here](#). NJCTS does not receive any of your personal account information.

**Donate your vehicle** VDAC is a free, convenient service for turning that old car, RV, or boat into

a tax deductible donation benefiting NJCTS. Free pick-up is available and vehicles do not need to be running. Call 877-999-8322 or visit [www.v-dac.com](http://www.v-dac.com) to make your donation.

**AmazonSmile** When you do any shopping at AmazonSmile, Amazon's non-profit foundation, Amazon will donate 0.5% of the purchase price to NJCTS. Just click [here](#), bookmark it for future use, and support us every time you shop!

**Matching donations** Many companies will match gifts to a charity. [Is your company one of them?](#) Check with your human resources department about their policy on this and double your support for NJCTS.

## Save the date for these upcoming events!



**March 15: NJCTS Tim Howard Leadership Academy applications due.**

**March 29: Call-in Support Group for Parents of TS kids age 4-11, 7:30 pm.**

**March 31: Call-in Support Group for Parents of TS kids age 12 and up, 7:30 pm.**

**April 3: NJ Walks for TS at Princeton**

**April 13: Wednesday Webinar "Charter Schools - Understanding Your Child's Rights" 7:30-8:30 pm EST.**

**April 22: Deadline for NJCTS Youth Scholarship Application and Educator/Healthcare Professional of the Year Award Nomination.**

**April 26: Call-in Support Group for Parents of TS kids age 4-11, 7:30 pm.**

**April 28: Call-in Support Group for Parents of TS kids age 12 and up, 7:30 pm.**

**June 10-12: 12th Annual NJCTS Family Retreat Weekend**

**August 4-7: 3rd Annual NJCTS Tim Howard Leadership Academy**

[Check out our calendar for more events in your area!](#)



# NJ Center for Tourette Syndrome

AND ASSOCIATED DISORDERS, INC.

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