



# NJCTS NEWS

May  
2016

NJ CENTER FOR TOURETTE SYNDROME AND ASSOCIATED DISORDERS, Inc.

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

-STAND WITH THE-  
**GREATS**

THE GREATS HAVE ARRIVED

VISIT SITE



**Change the world. Stand With The GreaTS!** Join the global community to break down social stigmas, create awareness, and provide support resources around Tourette Syndrome. This is your chance to make a difference. Get involved today at [standwiththegreats.org](http://standwiththegreats.org). Share your message of support using #standwiththegreats.



## Join us for the NJCTS Family Retreat Weekend, June 10-12

Families are invited to join in the fun at the 12th Annual NJCTS Family Retreat Weekend at YMCA Camp Bernie in Hunterdon County. Children and families will have the opportunity to meet others with Tourette Syndrome (TS), learn more about their diagnosis, and engage with peer mentors in a fun and safe environment. You won't want to miss the events we have scheduled this year! Register [here](#) before May 18, 2016.

## First NJ Walks for TS event of 2016 in the books!

Thank you to the more than 150 walkers and volunteers who joined us for the 2016 NJ Walks for TS at Princeton in support of the Tourette Syndrome community! NJCTS wishes to thank Horizon Services, Advanced Dental Arts, Ipsos, Salt Creek Grille, NJ 101.5 FM, The Corner Bakery at Princeton Marketfair, Wegmans, Ruth's Chris Steakhouse, Rocky Hill Inn, McCarter Theatre, The State Theatre, and Pinnacle Parkour for their generous support. We also thank Senator Linda Greenstein and Assemblyman Daniel Benson for joining us in kicking off the walk, the Kowalski family for bringing NJ Walks for TS to Princeton for the 3rd year in a row, and of course a huge thank you to our amazing volunteers! Take a peek at our [photo album](#).

Do you have a memory or a photo from the walk to share? Follow us on Facebook, Twitter, and Instagram and tag your post with #NJWalksforTS.



## Girl Scout Troop 60808 continues to raise TS awareness in support of kids everywhere

Girl Scout Troop #60808 recently stopped by the NJCTS offices to update Executive Director Faith Rice on everything they have accomplished. Jaclyn, Ilina, and NJCTS Youth Advocate Cami met with Superintendent Dr. Daniel Silvia and asked to have June 4th recognized as Tourette

Syndrome Awareness Day in the Bridgewater-Raritan school district. They also met with Mayor Daniel J. Hayes and asked him to recognize June 4th as TS awareness day in Bridgewater. They were then interviewed for Magic 98.3FM and spoke with host Maggie Glynn about their Silver Award project and their efforts to raise awareness of Tourette Syndrome. Way to go, girls!

[Click here to listen to the Magic 98.3FM interview with the Girl Scouts and NJCTS Executive Director Faith Rice.](#)

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Barbara Chabner, Psy.D., NJCTS  
Family Outreach and Volunteer  
Coordinator

## Meet the newest member of the NJCTS Family

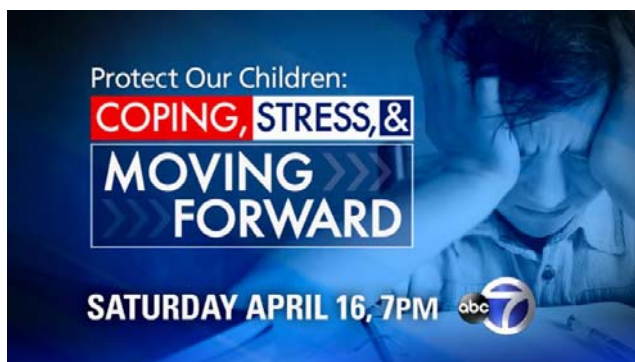
Barbara Chabner, Psy.D. is a Clinical Psychologist and before coming to NJCTS she had a private psychotherapy practice working with teens and adults. She has also taught at Rutgers University and Raritan Valley Community College. Before becoming a psychologist, Barbara worked in several non-profit organizations where she gained experience in program planning and volunteer management. Working with NJCTS brings her back to the non-profit world where she can make a positive impact in the lives of others. Outside the office, she loves to run, swim, bike, and spend time with her family.

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## NJCTS Youth Advocate featured on ABC's "Protect Our Children" special

On April 16th, ABC aired the, "Protect Our Children: Coping, Stress, & Moving Forward" special hosted by Eyewitness News Anchor, Diana Williams. This special describes what experts are referring to as an

epidemic of stress-related problems plaguing our children. It's not easy being a kid these days and the American Psychological Association says one in three teens is stressed. Doctors report they are treating kids as young as six for migraines and ulcers. NJCTS Youth Advocate Tom Licato of South Plainfield, NJ, was featured in the program along with other young people dealing with physical, mental, and economic stress-related problems.



"Meeting a 17 year old High School Junior on a mission to educate others about Tourette Syndrome, he's clearly a leader and a powerful advocate," said the special's producer, Jeelu Billimoria. "Finally being diagnosed in 6th grade was a relief for him and he continues to be treated at Overlook Medical Center's Neuroscience Institute." [Click here to watch one of NJCTS's finest advocates on ABC!](#)

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Cynthia Liang with Donna Tischfield and Dr. Gary Heiman at NJCTS Family Retreat Weekend

## High school student takes first place in regional science fair for her TS project

Cynthia Liang, a junior at North Brunswick Township High School, won first place at the North Jersey Regional Science Fair in the Bioinformatics category for her project entitled "Identifying Genes Causing Tourette Syndrome Using Whole Exome Sequencing," as well as second place in the Human Genetics category for the same project. She also received second place for "Outstanding Projects with Relevance to the

Study of Genetics" from the Human Genetics Institute of New Jersey. Her research was completed while she was a research volunteer for seven weeks last summer at Rutgers University and mentored by the Professor of Computational Biology, Dr. Jinchuan Xing.

Cynthia was introduced to NJCTS through Dr. Gary Heiman, Professor in the Department of Genetics at Rutgers. Since then, she has worked hard to make a difference by raising awareness about TS in her community. For the past several years, Cynthia has attended the NJCTS Family Retreat Weekend and has written about it in the nationally published Chinese newspaper *USChinaPress*. Cynthia wants to continue to offer her assistance in conducting research for identifying the cause of Tourette Syndrome.

Congratulations, Cynthia. You are definitely One of The GreaTS!

## Princeton Friends School recognizes NJCTS Youth Advocate Hallie Hoffman's advocacy efforts



We were so delighted to receive the following letter from the Jane Fremon, the Head of School at Princeton Friends School in recognition of a former student. We thank you, Jane, and the entire Princeton Friends School community!

"It was with a surge of pride that I read the article about tomorrow's NJ Walk for TS at Princeton in this week's [Town Topics](#). Featured in the article was Hallie Hoffman, a recent alumna of Princeton Friends School now attending Princeton Day School. The contribution that I have just authorized should be attributed to Princeton Friends School, and we give it in recognition of Hallie's work for NJTCS. I wish you all the best for this event!"



*June 4th is*  
**TOURETTE SYNDROME  
AWARENESS DAY  
IN NEW JERSEY!**

Ask your town to recognize  
TS Awareness Day and  
share a picture with your proclamation  
using the hashtag

**#TouretteAwarenessDayNJ**



NJ Center for Tourette Syndrome  
AND ASSOCIATED DISORDERS, INC.  
*Collaborative Partnerships for the Tourette Syndrome Community*

**Join the effort to  
recognize June 4 as TS  
Awareness Day across  
New Jersey**

We want to see proclamations  
from every corner of New Jersey--  
from High Point to Cape May and  
every town in between.

**Requesting a proclamation is as  
easy as bringing this sample to  
your mayor right away.** Ask your  
town to proclaim June 4, 2016 as  
TS Awareness Day. This is a great  
opportunity for kids and families to  
advocate and become part of the  
NJCTS effort to stamp out stigma  
and gain understanding and  
acceptance for all people living  
with Tourette Syndrome.

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**Skier races toward Tourette awareness**

Kyla Butler, a sixth grade student from Oak Ridge, represented the state of New Jersey in Gilford, New Hampshire at the Pice Invitational Ski Race this March for the second year in a row. Kyla was invited to participate in this race because she placed in the top 10 ski racers in her age in the tri-state area--in fact, she placed third in NJ this year! Kyla was diagnosed with Tourette Syndrome in third grade and never let it hold her back. Today, she is working to receive a proclamation from Jefferson Township recognizing June 4 as Tourette Syndrome Awareness Day in the township. She is certainly One of The GreaTS!

Join Kyla and NJCTS in getting towns all across New Jersey to recognize June 4th as TS Awareness Day!



**Click here for a Proclamation template.**



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**Volunteer DJ Wanted**

We are looking for an experienced DJ with music that gets feet moving to power the Saturday evening talent show at the NJCTS Family Retreat Weekend on Saturday June 11 from 7-10pm. If that sounds like you or a DJ you know please contact Kelley Teabo at 908-575-7350 or [kteabo@njcts.org](mailto:kteabo@njcts.org). Come party with us!

## 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!

**May 12-13: NJCTS Genetics Sharing Program at Rutgers University**



**May 25: Wednesday Webinar: "Mindfulness and Self-Compassion: How Grounding in the Present Can Help Enrich the Future"**

**June 1: Wednesday Webinar: "Play Therapy: What is it and how does it help my child?"**

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

**June 22: Wednesday Webinar: "Charter Schools--Understanding Your Child's Rights"**

**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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