



The New York Hudson Valley Chapter of the Tourette Association of America provides support to individuals and families through support groups, advocacy, workshops and conferences



PO Box 517  
Ardley, NY 10502  
914-378-5025  
info@tsa-nyhv.org  
www.tsa-nyhv.org

Tourette Association of America  
42-40 Bell Blvd,  
Bayside, NY 11361-2820  
Tel: (718) 224-2999  
www.tourette.org

### **Serving**

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When you join the TOURETTE ASSOCIATION, you automatically become a member of the NY Hudson Valley Chapter.  
\$60 \_\_\_\_\_ Individual membership \$100 \_\_\_\_\_ Family membership  
Scholarships are available for those who cannot afford membership  
Please send your check to Tourette Association of America 42-40 Bell Blvd, Bayside, NY 11361-2820

Regardless of your membership level, less than \$15 of your national membership goes to the NYHV Chapter. Therefore, we invite you to help our local chapter fund its education and outreach programs to support people in our local area.

Please help support our local chapter by making an additional contribution to our NYHV chapter

\$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$150 \_\_\_\_\_ \$250 \_\_\_\_\_ \$500 \_\_\_\_\_ \$1000 \_\_\_\_\_ \$2500 \_\_\_\_\_ \$5000 \_\_\_\_\_  
My company matches charitable giving, and I will inquire about a matching contribution.

Check payable to Tourette Association-NYHV for \$ \_\_\_\_\_ is enclosed. *Mail to Tourette Association of America-NYHV Chapter, PO Box 517, Ardsley, NY 10502*

## WHAT IS TOURETTE SYNDROME?

Tourette Syndrome (TS) is a neurological disorder characterized by involuntary movements and vocalizations referred to as tics.

- Examples of motor tics include eye blinking, shoulder shrugging, facial twitching and grimacing.
- Vocal tics include throat clearing, sniffing, barking, as well as repeating words and sounds.
- While no definite cause has been established, genetic studies indicate that TS is an inherited disorder.
- Diagnosis is made by observing symptoms and evaluating their onset.
- Although there are medical treatments that can help alleviate some TS symptoms there is, as yet, no cure

TS is often but not always, associated with other disorders.

- Obsessive Compulsive Disorder (OCD): A disorder involving persistent images, thoughts, ideas or feelings and/or repetitive ritualistic behavior that can interfere with daily life.
- Attention Deficit Hyperactivity Disorder (ADHD): This disorder begins early in life and is characterized by inattention, distractibility, impulsivity and disorganization. ADD is ADHD without the hyperactivity.
- Learning and Other Disabilities: A person may have difficulties in reading, writing, processing, sensory and/or other perceptual areas.

## CHAPTER SERVICES

**Chapter Helpline** - Call and speak with a volunteer who can answer questions and offer guidance to help those with TS and other TS-related issues.

**Chapter Meetings** - Expert speakers are invited to present on topics such as medical updates, advocacy, school-related issues, behavioral concerns and other important areas.

**Support Groups** - These meetings provide the opportunity to connect with other families, to share ideas, resources and strategies, and to give and receive support. Support Group Meetings are held at various locations around our chapter area.

### **Education/Advocacy** -

- In-service workshops for school staff and teachers are provided by trained volunteers to educate them on the symptoms of TS and associated disorders, as well as suggest possible accommodations, modifications and teaching strategies.
- Youth Ambassadors (teens with TS) are trained to speak about TS to their peers at schools, health fairs and other venues. They serve as mentors to other children with TS.

**Chapter Newsletter** - Our newsletter keeps you updated about current information, articles about TS, and events happening in your area.

### **Other Services** -

- Community Awareness and Outreach
- Resource Guide of local providers
- Family Events
- TS Literature

## WHAT CAN YOU DO?

The Tourette Association of America is a national, non-profit, voluntary organization dedicated to making life better for all people affected by Tourette and Tic Disorders. Research programs, professional and public education, and individual and family services are made possible through the generosity of donors.

This chapter is run by volunteers and depends on the generous donations of individuals and organizations to provide valuable services for its local members.

You can

- Learn as much as you can about the disorder by coming to meetings
- Advocate for your loved one with TS
- Get involved
- Join the Tourette Association to become a member of the NY Hudson Valley Chapter

**ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE**

## **TOURETTE ASSOCIATION NY HUDSON VALLEY CHAPTER MISSION**

To provide service, information and support to people with TS and their families

To educate medical and education professionals in order to increase their understanding of TS.

To promote a greater understanding of TS in the community at large.