



July 2020 Edition

In this newsletter, I highlight Juvenile Arthritis Awareness Month. Juvenile arthritis is an umbrella term to describe the inflammatory and rheumatic diseases that develop in children under age 16. July 29th is National Lasagna Day, so I encourage you to eat lasagna and catch up on some Garfield comics.

Let me know who or what inspires you! Drop me a line at jenni@jennibasch.com. If you aren't already receiving this newsletter in your email, please join my list at jennibasch.com.

Have you heard of Treasure House?



I love this place. Treasure House is a supportive living community for young adults who have intellectual and developmental disabilities. Started by Kurt Warner (former NFL quarterback) and his wife, Brenda, Treasure House is designed to help adults with cognitive disabilities reach their full potential. Kurt and Brenda created Treasure House for their son, Zack, who has cognitive disabilities, but has risen above all expectations.

Treasure House is based on three core principles:

- Safety and Wellbeing
- Independence
- Community

Check out **Treasure House's** website for more information.

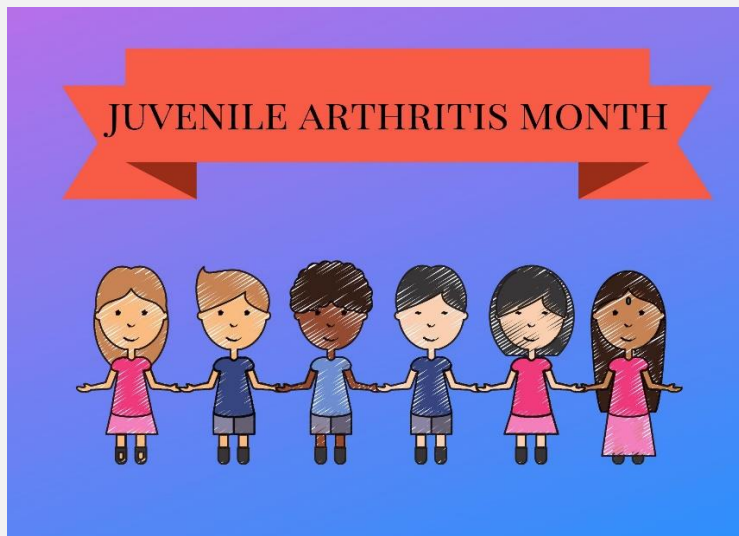
<https://www.treasurehouse.org/>

July is Juvenile Arthritis Awareness Month!



Did You Know?

- According to the Arthritis Foundation, juvenile arthritis affects nearly 300,000 children and teens in the United States.
- The most common symptoms of juvenile arthritis are joint swelling, pain, and stiffness that doesn't go away.
- Juvenile arthritis is almost always an autoimmune disorder with no definitive cause.
- Although there is no cure for juvenile arthritis, early diagnosis and aggressive treatment can result in remission.



For more information about Juvenile Arthritis, check out these websites for resources and useful information:

<https://www.arthritis.org/diseases/juvenile-arthritis>

<https://www.niams.nih.gov/health-topics/juvenile-arthritis#tab-overview>

Awesome Product Alert!

So here's a fun activity for home or travel: **Aqua Magic Doodle Mat!** Kids fill a magic pen with water and doodle on the large drawing mat. After a few minutes, the drawing disappears and can be used again and again. Non-toxic and no mess with a water-proof backing. Folds up and stores in a compact case. Let me know if you try it!

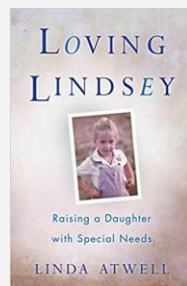
You can find it [here](#)



Book of the Month

Loving Lindsey: Raising a Daughter with Special Needs is the story of Lindsey, a high functioning adult with an intellectual disability. Lindsey's mother, Linda, struggles from afar to help keep her strong-willed daughter safe and protected. Lindsey craves independence, but her mother fears Lindsey's poor decision-making skills will lead to disaster. Atwell shares her anxieties, anger, and fears about raising a daughter with complex emotional issues.

Linda Atwell's Book:



Get it here:

<https://www.amazon.com/Loving-Lindsey-Raising-Daughter-Special/dp/1631522809>

Inspiring Stuff!

Meet **Shaquem Griffin**. Shaquem is the first player with one hand to play professionally in the NFL. Even though his left hand was amputated at age 4, Shaquem worked tirelessly to perfect his football skills. He and his identical twin brother both play for the Seattle Seahawks! Shaquem inspires others to work hard and never give up on their dreams. He supports the charity Uplifting Athletes, Inc. which is a nonprofit that inspires the rare disease community through sport. This guy is my hero!



Check him out on his NFL page:

<https://www.nfl.com/players/shaquem-griffin/>

Check out an interview with him explaining his amazing story:

<https://www.youtube.com/watch?v=3hywuXiDipg>

I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments for me.

Until next time,
Jenni Basch