

TVDSA Newsletter

Treasure Valley Down Syndrome Association

March 2011

Newsletter Editor: Celena Auger



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

In This Issue

[Spread the Word to End the Word Campaign](#)

[World DS Day in the Treasure Valley](#)

[Myths about Down Syndrome](#)

March issue: Celebrating World Down Syndrome Day

The March newsletter is focused on the unlimited possibilities for individuals with Down syndrome. Times have changed, research has improved and individuals with Down syndrome are succeeding in school, work and the community every day.

In addition to the many pictures and stories submitted by a few of our TVDSA families, you will find an article on Busting the Myths of Down syndrome.

We hope you spend March 21st celebrating your child, sibling, grandchild, friend, co-worker and neighbor with a little something "extra." They bring an extra something to everyone they know.

Please make sure to check out the upcoming events and activities throughout the newsletter and in the calendar of events.



Please join us in welcoming Angela Bowman, our newest TVDSA board member!



Angela grew up in Filer, Idaho and graduated from Idaho State University in 1994 with a Bachelor's degree in Business Administration. She and her husband Bryan live in Meridian, and have two kids: Chandler (11) and Chloe (4).

Angela has a close bond with her older cousin Justin, who has Down syndrome.

Angela says of Justin: *"Justin teaches love without even trying. He experiences every moment to the fullest. He doesn't waste any time with worry or self-doubt. When he says 'Hi, how are you doing?' he's not asking just for the heck of it - he really wants to know how you are doing. I feel blessed to have Justin in my life, he's the most authentic and genuine person I know!"*

Angela has worked in the Revenue Cycle department at the St. Luke's Health System for over ten years. She has substantial experience in process improvement, financial analysis, policy/procedure development, group facilitation, and online content editing. Angela is particularly interested in using social technologies to meet strategic business objectives, as well as online management/organization tools. Angela looks forward to utilizing her experience to help the TVDSA further develop its strategic plan and online presence, with the overall goal to help spread awareness of Down syndrome.



Angela enjoys social media, organization/planning, sewing, reading, dancing, helping people, and spending time with her family. Her favorite quote: *"The true measure of a man is how he treats someone who can do him absolutely no good,"* by Ann Landers.

Mark your Calendars for the March TVDSA Meeting

Date: March 8th

Time: 7:00pm-9:00pm

Location: A New Leaf Campus
2456 N. Stokesberry Place
in Meridian

**TOPIC: "Lifetime
Transitions; Infant to Adult"**

Parent Panels will present information on Infant Toddler, Elementary, Teen and Adult categories.

Come with lots of questions for all age developments and come with your own advice to share with others. We are all experts at the past and inexperienced for the future. Come for a night of learning from other parents.

Do you have a suggestion for a topic or speaker for a TVDSA meeting? Please contact either [Kelly Zimmerman](#), [Karleen Lemon](#) or [Erin Rosenkoetter](#).

Calendar of Events

March 2nd:

Spread the Word to End the Word

March 3rd:

IPUL Workshop: Positive Behavioral Interventions & Supports - Twin Falls
Contact: [Angela Lindig](#)

March 8th:

TVDSA Meeting
Topic: Children's Redesign
7:00pm-9:00pm
at A New Leaf

March 9th:

IPUL Parent Group Meeting
Topic: Youth in Transition - The Journey to Adulthood - Sexuality - What Parents Need to Know.
Contact: [Angela Lindig](#)

Spread the Word to End the Word National Campaign



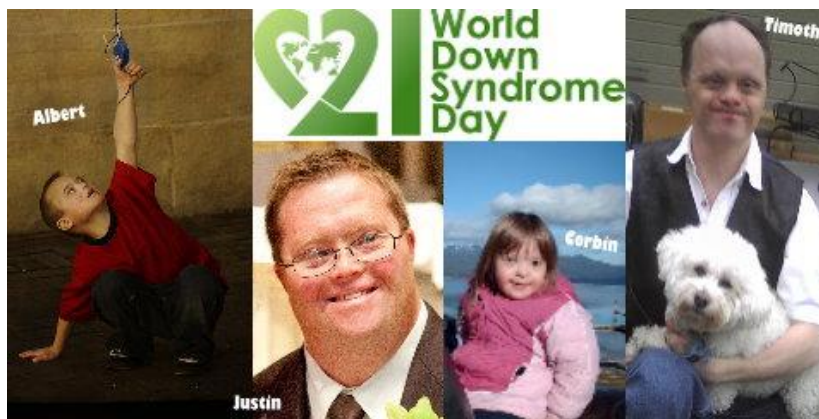
Spread the Word to End the Word is an ongoing effort by Special Olympics, Best Buddies International and our supporters to raise the consciousness of society about the dehumanizing and hurtful effects of the word "retard(ed)" and encourage people to pledge to stop using the R-word.

The campaign, created by youth, is intended to engage schools, organizations and communities to rally and pledge their support at www.r-word.org in order to promote the inclusion and acceptance of people with intellectual disabilities. Download a Spread the Word toolkit [here](#).

It starts with you. Check out the official [website](#), watch this [video](#), change can happen.

**In observance of
World Down Syndrome Day,
March 21st, 2011
TVDSA wanted to celebrate
ALL of our families and their special gifts.**

It was shared by TVDSA member, Kelly Zimmerman, "The thing about Down syndrome that amazes me the most is that while they all share that common 47th chromosome, each person is SO different and has different strengths to celebrate."



Justin turned 40 in February. We found out just how many fans he has when we started a Facebook page trying to help make his dream come true of meeting the rock band, Bon Jovi. In under a month, the band contacted us and said they wanted to meet Justin at a concert in March. The Facebook page has over 1050 people who "like" it. Furthermore, over 200 people attended Justin's surprise birthday party. He has impacted the small community we grew up in, has made hundreds of friends in his 40 years and has taught us all that when you call someone friend, brother, nephew, co-worker, neighbor, or son, all the differences or judgments disappear! Happy Birthday Justin! We're so thankful for you and can't wait to see you meet your idols this month!

Albert is 10 years old and he is amazing! He loves to sing, swim, read, watch movies, play outside and throw snowballs.

Timothy just turned 46. He grew up in Green Bay, Wisconsin, and came to Boise, Idaho, in May 2005. He is filled with surprises, love, and stubbornness! But most of all, he gives our family much joy! I grew up being his second mother, as I was 10 years old when he was born. We have a total of 6 siblings in the family...3 girls, 3 boys. Tim was the last of all of us, but not the least!

Sydney is 9 years old and loves to swim. The picture was taken at Indian Springs in American Falls. We live in Pocatello and come to the Buddy Walk in Boise every year.

March 10th:

Community Commitment to Excellence Nominations due for World DS Day Celebration

March 10th:

PEAK Free Webinar: Dispute Resolution and Communication that Really Works 6:30pm-7:30pm

March 11th:

Cool Club
5:30pm
Pizza & Ice Cream Sundaes
Contact: [Molly Benton](#)

March 12th:

Lil' Buddies Playgroup
3:00pm-5:00pm
at Davis' house in Kuna
Contact: [Kristie Yerger](#)

March 19th:

Adults in Motion (AIM)
1:00pm-3:00pm
Celebrating the World
Contact: [Freddie Gallas](#)

March 21st:

World Down Syndrome Day
TVDSA Celebration from
5:00pm-8:00pm at My
Personal Ponies Party Barn
in Nampa

March 28th:

Lil' Buddies Playgroup
10:00am-12:00pm
at Colin's house in Meridian
Contact: [Kristie Yerger](#)

April 23rd:

TVDSA Easter Egg Hunt

April 29-30th:

[r.i.s.e. Conference](#) (Respect, Inspire, Support & Educate)
Spirit Mountain Casino
Grand Ronde, OR

August 5-7th:

Annual [NDSC Conference](#)
San Antonio, TX

Teacher Born with Down Syndrome Breaks Stereotypes

Click [here](#) to watch a news clip of Bryanne Burgess in South Carolina. She is proving there are NO limits on what any of us can do.

Legislative Update with Deborah Waters

It is no secret that the Idaho State legislature is currently discussing how to cut Medicaid's budget. House bill 701 states, "It is the intent of the Legislature to maintain a viable but reduced Medicaid program for as many vulnerable Idaho citizens and as similar in design as the current program as possible within the fiscal climate." Governor Otter originally proposed a \$25.2 million or 5.5% cut in Medicaid funding, which equated to \$84 million with the FMAP (federal matching funds). It has now been raised to \$35 to \$50 million which equates to \$137 million with the FMAP. It has yet to be decided or proposed exactly where the cuts will be made. However, should the State Senate pass the nullification of the Federal Health Care Reform Bill, Idaho will lose all of its federal funding for Medicaid.

The Joint Finance and Appropriations Committee (JFAC) will begin setting budgets on February 22nd.



Seth is the son of Billie Paetel who was the founder of TVDSA in 1982. Seth and **Colleen** have been friends since Colleen was four and Seth was 8! They love to dance together. Friendship is not only our kids becoming friends, but understanding the value of a true friend. I treasure my friendships with everyone in the Treasure Valley Down Syndrome group. Through the years many have helped make our journey easier.

Alayna is almost a year old. We live in Wilder. Alayna has brought such amazing growth to us, both as parents and as a family. She has this way of smiling and touching your cheek that makes you feel like you are the center of her world. She finds happiness in seeing you smile. We are so blessed to have such an amazing addition to our family and we look forward to celebrating not only her first birthday, but many more to come.

Jacob is 18 and truly an answer to our prayers. He came to live with me when he was three and a half weeks old. He has been on football, basketball and softball teams over the last four years and will graduate high school this year. He is a very happy person, although stubborn and has been since he was a baby.

Adults In Motion Reminder & Updates

March 19th
from 1:00pm-3:00pm

Activity: In celebration of World DS Day, we will be making a poster of the past year's AIM activities.

In addition to any pictures, or other scrapbooking materials you may have to share, please bring an appetizer that represents another country. (For example: Mexico - quesadillas, or chips and salsa; Italy - mini pizzas; China - egg rolls; Germany - sausages; or Russia - Black bread with cheeses) Use your imagination - and come "celebrate the world!"

For further information or to **RSVP** contact [Freddie Gallas](#), 409.718.0417

Cool Club

Friday, March 11th
5:30pm

Activity:
PIZZA AND ICE CREAM
SUNDAES

Where: The Gallas' home
11368 Greenhurst Road,
Nampa

What to Bring: Each family bring a frozen or fresh pizza that can be baked and shared. We also need someone to bring drinks. Karen Conlon will provide the ice cream sundaes and service ware.

We will have dinner, play games and dance.

Questions or RSVP to [Molly Benton](#). We hope to see you all there. You can contact Molly at 468.0335 if you have any questions.



Logan is 6 1/2 years old. He attends Andrus Elementary with his brother Colby and younger sister, Layla. Logan also has another sibling on the way. Logan is a beautiful gift and we are so lucky to have been blessed with his spirited soul.

Matt is 17 and attends Vallivue High School in Caldwell. At school, Matt sings in the choir and enjoys drama class. Matt's fellow choir members voted him their "most inspirational" member last year. He helps out in the cafeteria and the coffee shop. Matthew has a very good work ethic. Matt is very social and has lots of friends. He attends Gem State Developmental after school and participates in the AFI summer program. Matt enjoys swimming at the Y and he has won a gold medal for swimming in the Idaho Special Olympics State Games. He also participates in Special Olympic track and bowling. Matt has a great sense of humor. He loves animals, any kind of music and playing video games with his brothers. Matt is a wonderful, caring big brother, little brother and son. I am so proud to be Matt's mom, and so blessed to have him in my life.

Lil' Buddies

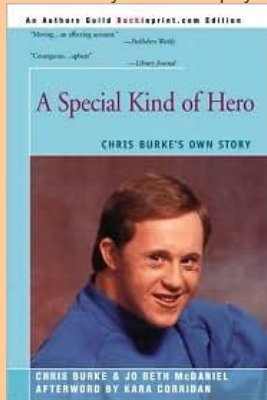
March Playgroups:

Saturday, March 12th from 3:00pm-5:00pm at Davis' house in Kuna (address: 273 E. Striped Owl Drive)

Monday, March 28th from 10:00am-12:00pm at Colin's house in Meridian (address: 680 E. Cougar Dr.)

For more information, contact [Kristie Yerger](#) or call 938.5812

From the
TVDSA Library
with: Mary Anne Murphy



Celebrate Down syndrome this month by reading **A Special Kind of Hero** by Chris Burke and Jo Beth McDaniel. Chris Burke played Corky in the hit ABC television series, *Life Goes On*. His story and that of his family can re-inspire any of us to celebrate that we, too, are blessed to have a relationship with someone with Down syndrome.

This book is available from the TVDSA library and can be reserved by contacting the [library](#).

Faith is 10 years old and such a gift from God. I know everyone says that, maybe that is because it is so true. Not a day goes by that I don't see something amazing and inspiring from her. Whether it is a new talent, reading or math conquest, or an insight she has come up with that stops me in my tracks. She has become such an inspiration to everyone she meets. She attracts friends and fun everywhere she goes. She is such a good girl and we love her so much. Faith is not afraid to stand up for herself or for those she loves. She is very strong in her outlook and opinions. She loves to sing, dance, ride horses, play soccer, read, play video/computer games, dress-up, swim and so much more. Faith is home schooled with her big sister and little brother and she continues to race them daily as to who can finish first! I can't say enough about this little girl and the blessing she is to our lives.



They say a child is a mixture of their parents. **Baylee** is just that. She got the best, and in some cases the worst traits from both of us. Baylee is thoughtful, stubborn, opinionated, caring, social, loving, educated, independent, individualistic, and a world-class drama queen. Some may view her bad traits as problematic, but not us. We realize Baylee can make these seemingly bad traits positive for her and enrich the lives of those around her.

Parents, Seeking More Knowledge?

Area Conferences:

r.i.s.e. Conference: [website](#)

22nd Annual Parent Conference
April 29th - 30th, 2011
Grand Ronde, OR
(Scholarship applications close April 15th)

PEAK Free Evening Webinars

from 6:30pm-7:30pm:

March 10th: Dispute Resolution and Communication that Really Works

April 7th: Transition: Grade to Grade

May 12th: Creating Circles of support

Sign up [online!](#)

Spring Challenger Baseball

Spring is just around the corner, and that means it is time to register for Challenger Baseball again.

Check out the Challenger [website](#) for information on how to register. Registration forms are due **March 20th!**

For more information, please contact Tammy Cluff, Challenger A.D.A. 362.3072

That is what makes her unique and the wonderful and beautiful young lady she is today. We are proud of her growth in education, social interaction and overall maturity. We believe that children select their parents at birth. We are so happy we were the lucky ones she picked for this adventure.

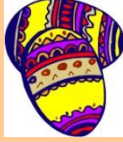
Debbie is 28 and a blessed gift to me. She came to us through a children's home we volunteer at and she adopted ME when she was nine. She graduated high school in 2003 and now attends a developmental center. She's funny and helpful and loves everyone.

Cody is 17 and a lively young man. He loves God, people, food, sports, and so much more. God has used Cody in many blessed ways. He is a gift of life.



Allison came into our family in a hurry. She is our miracle baby, the doctor who delivered her told my husband that if we had waited a few more hours before going into the hospital, we would not have come home with a baby. She was due to arrive

Easter Egg Hunt



The Lil' Buddies and Elementary groups will be joining forces for an **Easter Egg Hunt** on **April 23rd** (time & location TBA)

We will need: Volunteers to help make this event a success.

Please contact [Kristi Yerger](#) or [Celena Auger](#) if you are interested in helping.

on Thanksgiving, but showed up the night before Halloween. She weighed only 4 pounds 4 ounces. She spent 9 days in the NICU, always staying one step ahead of the doctors. There were a long list of concerns, but she has avoided serious treatments. Our concern now is the holes in her heart. She may not yet be "sprinting to the finish line" but she now weighs close to 7 lbs after 3 months of life. She has changed our family, we get excited over all she does and there is hardly a time when she is awake, that someone isn't holding her. She has a beautiful smile and we love the cooing noises. We are definitely celebrating Allison's addition to our family.

March IPUL Events

Thursday March 3rd
6:00 pm-8:00 pm

Positive Behavioral Interventions and Supports

Understand more about children's behaviors, functional behavior assessments and behavior interventions.

Meeting in: **Twin Falls**
at Hop-2-It
2042 4th Ave E

Wednesday, March 9th
6:00pm-8:00pm
IPUL Parent Support Group Meeting

Topic: Youth in Transition - the Journey to Adulthood - Sexuality - What Parents Need to Know

New Location! 500 South 8th Street, Boise

For additional information or to register for either of these events, call: 342.5884 or email: [Angela Lindig](#)

TVDSA World DS Day Celebration

March 21, 2011

5:00pm-8:00pm

Location: My Personal Ponies Party Barn
4090 S. McDermont, Nampa



Please bring an appetizer or side dish to share with others and beverages for your family. We will also need volunteers to help set up before and take down after the celebration, if you are available.

Celebrate World Down Syndrome Day by Nominating a Professional

TVDSA is celebrating World Down Syndrome Day on 3/21 by recognizing community members who exhibit excellence in supporting our members.

Do you know of an educator, physician, employer, therapist or other service provider that is going above and beyond?

If so, we hope you will remit a [Commitment to Excellence nomination](#) so TVDSA can recognize this person or organization.

We have fun prizes planned and will be making special deliveries on 3/21 to celebrate our award winners.

Please complete your nomination form and **remit by March 10, 2011** for consideration.

Check out the TVDSA [Facebook page](#) during the month of March - post your favorite picture, spread the word to friends and family and vote. Prizes will be awarded to the winner, with the most "likes" during March.

Idaho Special Olympic Winter Events

[March 2nd - Spread the Word to End the Word](#) National Campaign

[March 11th-13th - State Winter Games](#) in McCall/ Cascade ID (159 ways to participate!)

SPECIAL CAMPS FOUNDATION

Coming Soon to Idaho

Idaho Special Camps Foundation is dedicated to give our special-needs community the opportunity of summer camp, while enhancing the lives of our normal-needs volunteers through their interaction with us.

The Special Camp Foundation wishes not to let another kid or adult with special needs slip through the cracks into a non-life of isolation, self-doubt or despair. They do not wish to let another kid become a well-loved, but invisible family heirloom. So, they are building a camp!

For more information:
idahospecialcamps.org or call 409.718.0417

TVDSA Board of Directors

[Sara Mitton Cox](#), President
[Joyce Page](#), Vice President
[Kate Lukkari](#), Secretary
[Lynda Wells](#), Treasurer
[Leslie Bryant](#), VP of Marketing
[Dianna Brown](#), VP of Membership
[Rebecca Page](#), Self Advocate
[Melody Witte](#), Buddy Walk Chair
[Mary Anne Murphy](#), Librarian
[Paul Auger](#), Programs Chair
[Angela Bowman](#), Board Member

Myths about Down Syndrome Published by: Northshore Families Helping Families

Individuals with Down syndrome are living more and more included lives in communities all around the country. They are participating in all aspects of life - education, recreation, and socialization. They are working, paying taxes and getting married. Accurate information and high expectations are critical to anyone's success, particularly for someone with Down syndrome. Here are some of the myths and truths about Down syndrome.

Myth: Down syndrome is a rare genetic disorder.

Truth: Down syndrome is common. One in every 691 live births is a child with Down syndrome, representing approximately 6,000 births per year in the United States.*

Myth: Most children with Down syndrome are born to older parents.

Truth : 80% of children with Down syndrome are born to women younger than 35 years old.

Myth: People with Down syndrome have severe cognitive delays.

Truth: Most people with Down syndrome have IQs that fall in the mild to moderate range of delay.

Myth: Most people with Down syndrome are institutionalized.

Truth: People with Down syndrome live at home and are active participants in the educational, vocational, social and recreational activities in the community.

Myth: Children with Down syndrome must be placed in segregated special education programs.

Truth: Children with Down syndrome have been included in regular academic classrooms in schools across the country. Sometimes in specific courses, other times, they are fully included. The degree of inclusion depends on the individual; but the trend is for full inclusion.

Myth: People with Down syndrome are always happy.

Truth: People with Down syndrome have feelings just like everyone else in the population. They respond to positive expressions of friendship and they are hurt and upset by inconsiderate behavior.

Myth: Adults with Down syndrome are unable to form close interpersonal relationships leading to marriage.

Truth: People with Down syndrome date, socialize and form ongoing relationships. Some are beginning to marry. Women with Down syndrome can and do have children, but there is a 50 percent chance that their child will have Down syndrome. Men with Down syndrome are believed to be sterile, with only one documented instance of a male with Down syndrome who has fathered a child.

**Updated birth statistic based on The Center for Disease Control and Prevention (CDC) and the National Birth Defects Prevention Network*

national statistics regarding the prevalence of Down Syndrome in the US.

About Treasure Valley Down Syndrome Association

For more information, articles, past newsletters and pictures, please visit our website at <http://idahodownsyndrome.org/>

Treasure Valley Down Syndrome Association

Mailing:
PO Box 1404
Meridian, Idaho 83680

Check us out on [Facebook](#), [Google Group](#) and [Twitter](#)!



TREASURE VALLEY
DOWN SYNDROME
ASSOCIATION

