

TVDSA Newsletter



Newsletter Editor: Celena Auger

December 2011



24 days until Christmas. . .

WOW, 2011 has flown by. Christmas is around the corner. Everything is a bustle for the holidays. Everyone is preparing for travel or for family coming to visit, writing Christmas cards (to hopefully be delivered before Christmas), and wrapping gifts when the kids are in bed. Many will be attending work and school Christmas parties, cooking and making the warm smells of goodies to fill the house. Or maybe you are worrying about what to do with the kids during 2 weeks off from school . . . I am there with ALL of you!

I just couldn't decide a specific "topic" for this month's newsletter. This issue includes some great articles that I read during 2011 that I found interesting, amusing and light. I hope that your last month of 2011 allows you to ENJOY your family, be THANKFUL for your friends and family, and take just one minute to take care of YOURSELF before 2012 is here.

Happy Holidays!

- Celena Auger (TVDSA Newsletter Editor)

TVDSA Holiday Parties

To celebrate the holidays in 2011 and bring the year to a close, TVDSA will be hosting two different holiday parties. No matter the age, we have a party that is for you. We hope to see you at one (or both) of them. We wish everyone a safe and wonderful holiday season!

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- * Has Down Syndrome Hurt Us?
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- * CPR Workshop
- * Advocacy Workshops

Snack'n with Santa

Santa is making an extra stop, just for the TVDSA organization. If you are a kid, or a kid at heart, this event is for you!



When: **Saturday, December 17th**
2:00pm-4:00pm

Where: A New Leaf, 2456 Stokesberry Place,
Meridian

Who: **All Ages**, (especially infants through
elementary)

Cost: **Free**

Come enjoy socializing and snacks, sharing your Christmas wishes with Santa, and taking some memorable pictures. There will be cookies for all the kids to decorate and eat.

We are asking that each family bring a small plate of finger foods or goodies to share at this social. Santa will have a special treat for everyone!

Christmas Party for Teens & Adults

When: **Wednesday, December 14th 6:00pm-9:00pm**

Where: Mager's Party Barn: 4090 S. McDermott Rd, Nampa
South of I-84 off Meridian Rd. Turn right on Victory.
Turn left on McDermott.
Approximately 1/2 mile on the left.

Who: **Jr. High, Sr. High and Adults**

Cost: **Free**

TVDSA will provide meat, drinks, plates, cups and napkins. Guests are asked to bring a side dish and a dessert.

We are inviting our friends from the Amazing Amigos adult social group. Members of both groups who are presently taking the iDream theater class at the College of Western Idaho will perform the play *Charlie Brown's Christmas* as part of the party entertainment.

As usual, there will be **Dancing!**



Did you miss the TVDSA Meeting?

Well here's a recap:

Topic: Building A Strong Foundation for Literacy

Mary Anne Murphy described the steps her family has taken to help their son learn to read.

She highly recommends starting with a unique alphabet book to learn the sounds (not names) of each letter, as well as reading with your child every day. Mary Anne also highlighted the work of Down Syndrome Education International and reviewed *Teaching Reading to Children with Down Syndrome* by Pat Oelwein.

If you would like to get a copy of [Mary Anne Murphy's](#) notes from that evening's presentation, please contact her. She warns that she is not an expert in teaching children to read, but just one positive example how.

If you have future meeting topic suggestions, please send them to: [Kelly Zimmerman](#) or [Erin Rosenkoetter](#)

Calendar of Events

December 3rd:
Disability Advocacy
Day Workshops
Twin Falls

December 10th:
Disability Advocacy
Day Workshops - Boise

December 14th:
Cool Club & AIM
Christmas Party!
6:00pm-9:00pm at the
Mager's Party Barn in
Nampa
Contact: [Molly Benton](#)
and [Freddie Gallas](#)

If People with Down Syndrome Ruled the World

by: **Dennis McGuire, PhD, Adult Down Syndrome Center of Lutheran General Hospital, Park Ridge, Illinois**

If people with Down syndrome ruled the world:

Affection, hugging and caring for others would make a big comeback. I am confident that if people with Down syndrome ran the world, everyone would become very accustomed to the joys of hugging.



All people would be encouraged to develop and use their gifts for helping others. In our world, too often people with Down syndrome are "DONE FOR" by others, when in fact they are great givers. If they ran the world, their ability to minister to others would not be wasted.

People would be refreshingly honest and genuine. People with Down syndrome are nothing if not straightforward and unpretentious. As the expression goes, "what you see is what you get." When you say to people with Down syndrome, "You did a good job," most will answer simply and matter-of-factly, "Yes, I did."

People engaged in self talk would be considered thoughtful and creative. Self talk rooms would be reserved in offices and libraries to encourage this practice. People with Down syndrome have a reputation for "talking to themselves." When conducted in a private space, self talk serves many adaptive purposes. It is a wonderful means to ponder ideas and to think out loud. It allows people to review events that occurred in the course of their day. It allows people to solve problems by talking themselves through tasks. It allows them to plan for future situations. It is also helpful in allowing people to express feelings and frustrations, particularly if they have difficulty expressing their feelings to others. There is even evidence that athletes who do not have Down syndrome use self talk to motivate themselves. Certainly people without Down syndrome talk to their computer (particularly when it crashes), and likewise many people talk out loud when driving in Chicago.

Order and Structure would rule. We have heard that many people with Down syndrome are stubborn and compulsive. What we hear is that quite a few people have nonsensical rituals and routines. They can get stuck on behaviors that can drive family members a little crazy. Despite the irritations, there are also many benefits to these "obsessive compulsive tendencies."

So given what we know about people with Down syndrome and their structure, how would they use this to run the world? Here is how:

- Schedules and calendars would be followed.
- Trains & planes would run on time.
- Lunch would be at 12:00. Dinner at 6:00.
- Work time would be work time.
- Vacation would be vacation
- People would be expected to keep their promises. Last minute changes would be strongly discouraged (if not considered rude and offensive).
- Places would be neat, clean, and organized (not just

December 17th:

Snack'n with Santa
2:00pm-4:00pm at
A New Leaf in Meridian
Contact: [Kristie Yerger](#)

December 20th:

TVDSA Board Meeting
7:00pm-9:00pm at
A New Leaf, Meridian
Contact: [Paul Auger](#)

January 21st, 2012:

TVDSA CPR Workshop at
2:00pm at A New Leaf
in Meridian. Tailored to
teens and adults
with Down syndrome.
\$5.00 for members,
\$10.00 for non-
members. RSVP
needed!
Contact: [Kristie Yerger](#)

February 9-11th, 2012:

PEAK Conference,
Denver Colorado

Lil' Buddies

**Come Snack with Santa
December 17th**
from 2:00pm-4:00pm
at A New Leaf
2456 N. Stokesberry
in Meridian
(more information
elsewhere in this month's
newsletter)

**There will be NO
December
Playgroups**

Happy Birthday to:

Jazlynn, Clair, Mikaela,
Aaden and Harrison!

If your Lil' Buddy has a
December or January
birthday, please email
[Kristie](#) to have your child
individually recognized
and added to our
Birthday list!

Need more information
on Lil' Buddies
Playgroup? Please
contact [Kristie Yerger](#)

- bedrooms, but cities, countries, the whole world).
- Lost and founds would go out of business (even chaotic appearing rooms have their own sense of order).
- The "grunge look" would be out, way out
- "Prep" (but not pretentious) would be very big.

In the world of Down Syndrome, there would be a great deal more tolerance for:

- Repeating the same phrase or question
- Use of the terms "fun" and "cleaning" in the same sentence
- Closing doors or cabinets that are left ajar (even in someone else's house)
- Arranging things until they are "Just so."

Despite their compulsions, people with Down syndrome rarely have the really 'bad habits' that so many of us have. In fact, rarely are individuals with Down syndrome drug addicts, gamblers, or alcoholics and only a very small number of smokers. However, we think that pop may be a common addiction in the world of Down syndrome, and of course some people are incurable savers and hoarders of just about everything, but especially paper products and writing utensils. Because of this, I could see maybe a Betty Ford Center for pop addicts and extreme paper hoarding.

This has only been an excerpt of the original article. To read the article in completion, please click [here](#).

This paper was originally delivered as a plenary address at the conference in Chicago in July of 2005, co-sponsored by the National Down Syndrome Society and the National Association for Down Syndrome. It was well received by the audience, and we have received many requests for a written form of the presentation.

HAS DOWN SYNDROME HURT US?

By Amy Julia Becker

When a car trip gets too long, when they are stalling before bedtime, on a rainy day, my kids ask me to tell them the story "'bout when I was born." They can recount many of the details: that William's head was very big (they giggle every time I explain that the obstetrician had to vacuum him out) and that we had to wait and wait and wait for Marilee and that for all three of them I got medicine to make me feel better when we went to the hospital. They know that their dad and I spent three hours getting Penny's nursery ready before I called the doctor. But for a while, when I told Penny's story, I left out one crucial detail. I didn't tell her what happened two hours after she was born, when a nurse called my husband out of the room and he returned with wet eyes and a sentence I couldn't comprehend: "They think Penny has Down syndrome."

Earlier this year Penny and I were alone as I retold the story again, and I decided it was time to let her know that the day of her birth hadn't been all rejoicing and ecstasy. I got to the end of the familiar

Best Buds (Elementary Group)

Best Buds' first gathering was a lot of fun at Bounce! in Meridian.

Everyone is invited to **Snack with Santa December 17th** from 2:00pm-4:00pm at A New Leaf 2456 N. Stokesberry in Meridian (more information in this month's newsletter)

Need more information on the Elementary Social Group or want to help organize? Please contact [Kristie Yerger](#)

Cool Club & AIM

2011 Christmas Party

Wed., December 14th
from 6:00pm-9:00pm
at
the Mager's Party Barn
4090 S. McDermott Rd.
Nampa, ID

Guests are asked to bring a side dish and a dessert.

Our friends from the Amazing Amigos adult social group will be joining us for a iDream performance of the play *Charlie Brown's Christmas*

And of course there will be DANCING!

For more information, or to RSVP, please contact [Molly Benton](#) or [Freddie Gallos](#)

D.A.D.S. Group

There will be NO December D.A.D.S. gathering.

D.A.D.S. will resume in January.

For more information contact: [Jim Yerger](#)

narrative and I added, "After you were born, I was scared, because the doctors told us you had Down syndrome."

She cocked her head to the side. "Why you were scared, Mom?"

"I was scared because I thought Down syndrome would hurt you," I said. I paused, knowing I had only told part of the truth. "And because I thought it would hurt me."

"Oh." Penny blinked her eyes the way she does when she's thinking hard about something.

My thoughts moved back to the wave of fear and sadness and anger that had engulfed me in the hospital, the darkness that lifted only when Penny was in my arms, when I stopped worrying about the years ahead and instead gazed at her pudgy round cheeks and waited for her deep blue eyes to flicker open and believed for just a moment that everything would be O.K.

And, five years later, everything is O.K. My fears about Penny's condition were largely unfounded. She hasn't suffered major health complications and it has not been difficult to love her. I can even say that I'm grateful to have a child with Down syndrome because through her I have learned to value more of my fellow human beings than I might have if I had given birth only to "typical" children.

But I haven't told Penny that the general cultural perception of Down syndrome continues to hurt us all. The hurt comes in two forms. One, the well-meaning but simplistic pronouncement that people with Down syndrome are "sweet and loving angels." This attitude dehumanizes individuals with Down syndrome by assuming they can't and don't experience the full range of human emotions and needs. A similar hurt comes in the statement I heard all too often when Penny was first born, "God only gives very special parents such special children." Down syndrome became a litmus test for my parenting skills, but I was well aware that I didn't know anything more or have any greater capacity to love my child than the woman who gave birth in the room next to mine.

The other way that cultural attitudes toward Down syndrome hurt us is through the assumption that individuals with Down syndrome and their families would be better off not living at all. At this moment, most women who give birth to a child with Down syndrome do not know about their child's extra chromosome until he or she is born. Only 2 percent of all women seek a definitive diagnosis of Down syndrome or other chromosomal abnormalities through amniocentesis or chorionic villi sampling during pregnancy. But of the women who receive that definitive diagnosis, the vast majority (90 percent) choose to terminate their pregnancies.

Recent advances in prenatal testing include a non-invasive blood test for all pregnant women with 98 percent accuracy in diagnosing Down syndrome in the ninth week of pregnancy. It's not the test that bothers me, nor the desire to prepare well for the birth of babies. What bothers me, and what hurts our family, is the perception, often reinforced by doctors, that a life with Down syndrome is not a life worth living, or that the burden such a child places upon a family and society is simply too great.

Spotlight

Meet Kylie Isaacson



Halfway through my second pregnancy we got the news... "It's a girl, and we think she has Down syndrome." We were shocked and scared of the unknown. When our sweet Kylie was born a few months later, all the fear was replaced with love and plans for the future. Kylie didn't walk until 18 months, but she was running like crazy by 21 months and has been a tornado ever since. She has always had the talent to get through any child proof lock and thought it would be fun to climb out of her crib 28 times on the night we brought her baby sister, Becca, home from the hospital. (Kylie was 2 years old and about 18 pounds.) Kylie is a typical, pesky, little sister and a bossy, big sister. Her speech has always been her biggest delay, but her communication with Becca has been an endless source of entertainment in our home. Wherever we go Kylie can make a new friend in just under 2 minutes. She is in first grade this year (which was very scary for me), but has made new friends and is blessed with a wonderful teacher who holds her to a high standard. Kylie loves swimming, ice cream cones, books, *Tangled*, baking with mom, and playing with her sisters. Whatever we thought we knew about Down syndrome has been completely redefined by Kylie. God certainly knew what He was doing when He gave her to us.

- shared by Jorliena Isaacson

Penny starts kindergarten this fall. She will be learning to read and play and paint and use the computer and express her feelings alongside her typically developing peers. She will help me out around the house by "folding" laundry, by setting the table, by making her little sister giggle as I prepare a meal. She'll frustrate me when she refuses to go to the potty by herself or when she yells at William or when she whines about not getting her way. We'll snuggle on the couch and she'll sound out words on flashcards, with a flush of excitement rising to her cheeks when she figures one out and says, "I can do this, Mom!"

In that moment a few months back, when I finally added Down syndrome to Penny's birth story, I took her chin in my hand so I could look into her eyes, now a sparkling green with a dark blue outline. I said, "But Down syndrome didn't hurt you. And it didn't hurt us. So we didn't need to be scared anymore."



"So then you were happy?"

I reached out my arms and gave her a big hug. "I couldn't be more happy that you are my daughter."

Copyright Motherlode, Adventures in Parenting. October 7, 2011

Of the growing genre of eloquent parents describing what it takes to raise a child with a disability, Amy Julia Becker is one of the best. She has written often for Motherlode, about how Down Syndrome means life for Penny is different, and exactly the same. She recently published a memoir of her family's tale, called "A Good and Perfect Gift: Faith, Expectations, and a Little Girl Named Penny."

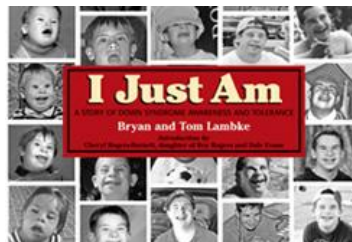
From the TVDSA Lending Library

by Mary Anne Murphy

I Just Am

by Bryan and Tom Lambke

Bryan Lambke, who has Down syndrome, writes about his own life. Each page features a photograph from Bryan's life along with his own words which reflect on his life. This book is for anyone who wonders how to define "normal". Who knew that a book that seems so simple on the surface could be so poignant and thought-provoking?



This book is available in from the TVDSA library. You may reserve it by contacting the [Librarian](#). For a complete list of the books/DVDs available through TVDSA, check out our [Lending Library](#).

Glee' Star Tapped for President's Disability Committee

Lauren Potter, who plays cheerleader Becky Jackson on Fox's "Glee," has been appointed to serve on the President Obama's Committee for People with Intellectual Disabilities. The committee Potter will join is made up of 21 citizens and 13 federal representatives who are tasked with advising the president and the secretary of health and human services on issues pertaining to Americans with intellectual disabilities.

Potter rose to fame in disability circles in 2009 when she first appeared on "Glee." The actress had recently graduated from high school when she impressed the show's creators who decided to bring her back for additional episodes. The notoriety from "Glee" led Potter to become involved nationally as a self-advocate, speaking out against use of the word "retard" and bullying of people with disabilities.

In addition to Potter, Obama also appointed Julie Petty to the President's Committee for People with Intellectual Disabilities. A self-advocate from Fayetteville, Ark., Petty is a past president of Self Advocates Becoming Empowered who recently testified before Congress on disability employment issues.

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Down Syndrome Study and the New Prenatal Test Launch

Three studies have just been published in the American Journal of Medical Genetics regarding attitudes of family members and individuals with Down syndrome. Brian Skotko, Sue Levine and Rick Goldstein reported feedback from 2,044 parents/guardians, 822 brothers/sisters, and 284 people with Down syndrome around the country reported that Down syndrome is far more positive than many healthcare professionals describe. Here is a short list of the results:

- **99% of parent/guardians** said they loved their child with Down syndrome
- **94% of brothers/sisters** expressed feeling of pride about their sibling
- **99% of people with Down syndrome** said they were happy with their lives

On October 17, a new prenatal screening test, MaterniT21, was made available by the company Sequenom. Click [here](#) for more information on this and other prenatal tests.

This new prenatal test for Down syndrome hit the market in 20 cities nationwide, which promises to deliver the most accurate and earliest probability assessment of a positive diagnosis for Down syndrome in a pregnancy. NDSS has updated its information for families and experts based on this new development to include criteria to evaluate companies with non-invasive prenatal diagnostic tests for Down syndrome. NDSS appreciates that these tests are likely to be safer for pregnant women than the current invasive options of chorionic villus sampling and amniocentesis. However, before these new tests are made commercially available, companies should first meet certain criteria to ensure that all doctors and expectant parents receive up to date and accurate information about the test and its results. Click [here](#) to read more about these criteria.



Information gathered from NDSS and DSAIA

Having a Child With Down Syndrome: What Nobody Tells You

by: Michelle Helferich, Mother to Kayla
blog: [Big Blueberry Eyes](#)

October was National Down Syndrome Awareness Month. Eight years ago I wouldn't have known this, nor would I probably have cared. Down syndrome wasn't part of my life and honestly, I just never heard much of anything about it. My only point of reference to Down syndrome was from when I was younger and watched that

Michael Phelps and Special Olympics Join Forces

Swim champion Michael Phelps is teaming up with Special Olympics to help people with intellectual disabilities become more comfortable in the water.

Through a partnership with the Michael Phelps Foundation, Special Olympics will launch a pilot program to promote swimming, water safety and overall wellness among people with disabilities in China, Australia, India, Brazil, Great Britain, South Africa and the United States.

Phelps, a 14-time Olympic gold medalist, will also lend his star-power to foster acceptance of people with intellectual disabilities as a Special Olympics global ambassador, the organization said.

"I am extremely honored," Phelps said in a statement announcing the new partnership. "I have had the pleasure of working with Special Olympics athletes over the last few years and believe that together we can help grow the sport of swimming while also encouraging active and healthy lifestyles for people of all ages and abilities."

High Valley Special Olympics Team Seeks Athletes

A former TVDSA board member, Joyce Page, formed the High Valley Special Olympic Team a few years ago. The team had been active in the alpine Winter games. Since Joyce's departure to Texas, the team has been reassigned to Deborah Merritt who is the LPC and head coach.

TV series [Life Goes On](#) which featured Corky, who had Down syndrome. Sometimes I would notice someone and think to myself that they had the tell-tale facial features that indicated Down syndrome, but I don't recall ever having any interactions, or communication, with anyone with Down syndrome.

Then I became pregnant. I started reading pregnancy magazines which led me to articles and discussion about prenatal testing. I remember thinking I wouldn't end my pregnancy for Down syndrome, I could handle that diagnosis - although not ever believing that I would really get such a diagnosis. That sort of thing happens to other people, right? Besides, I was 29, doesn't it happen to older women?

When Kayla was born and they placed her on my lap and I took that first look at her eyes, I just knew she had Down syndrome.

Even though I could tell by looking at my baby that she had Down syndrome, I really didn't know what that *meant*. I didn't know what that meant for her, for us as her parents, for her future, or how we were supposed to raise her. I didn't know what to think. My mind went blank as the doctor talked to us about the characteristics she had that indicated Down syndrome. When I called my dad to tell him the news he responded with, "So? What does that mean?" I didn't have an answer for him. I mumbled something about it was like "Corky, you know, from the TV show *Life Goes On* that we used to watch."

I learned that Down syndrome was caused by an extra chromosome on the 21st pair. I learned it happens at conception; a little extra material doesn't split right and there ends up being 3 copies of the 21st chromosome (which is known in medical terms as Trisomy 21, or T21). I learned there is nothing I, or my husband, did to make it happen. I learned there is nothing to prevent it from happening. I learned it is not related to race, religion, nationality, or socio-economic status. I learned about all the potential medical problems that we might have to deal with as a result of this diagnosis. I learned that developmental milestones will take longer to reach. Everything I read seemed to be a negative.

No one told me I was going to take my baby home and love her and raise her and do everything I would have done had she not been born with Down syndrome. No one told me the Brushfield spots in her eyes would make them sparkle and shine and people would comment on her eyes all the time. No one told me she would act like, and do, all the things other babies did. No one told me how pleasant and easy-going she was going to be. . . .

[Since this post was originally written for Parents.com TVDSA only got permission to reprint this short excerpt. Please read the rest of the article at Parents.com.](#)

Copyright © October 6, 2011 by Ellen Seidman, Parents Magazine - to the Max

The High Valley team is actively recruiting skiers and / or snowboarders for the 2011-2012 Winter games. The Winter games will begin in December and end mid-February. The team will participate in competitions at Bogus Basin in December and at Brundage in McCall in February.

Special Olympics is an amazing organization and its games are both fun and rewarding for athletes. The team welcomes athletes who are ages 8 years and older and who have at least some experience skiing and or snowboarding. The team will practice at a minimum of two times per month at Bogus Basin upon its opening for the season.

Please contact Deborah Merritt at dhmerritt@cableone.net as soon as possible to learn how to sign up athletes and for more information. Please spread the word about this amazing opportunity.

Important Dates for Special Olympics

January 28, 2012 - Winter Regional's for Winter Sports at Bogus.

March 2-4, 2012 - State Games in Cascade/McCall.

Conferences, Workshops and Webinars

Pre-Registration now OPEN for the [PEAK 2012 Conference on Inclusive Education](#)

February 9-11, 2012
Denver Colorado

TVDSA CPR Workshop

Saturday, January 21st, 2012
at A New Leaf at 2:00pm



This workshop is geared towards teens and adults with Down syndrome, but open to everyone. It is a CPR class designed especially for them! This class is a hands on class with no written test. By the end of the class they will be able to test for their American Heart Association CPR certification.

The cost will be \$5.00 for paid members and \$10.00 for non-paid members. (Membership applications will be available on site.)

We do need RSVPs so the instructor will know how many mannequins to bring.

Please contact: [Kristie Yerger](#)



FREE WORKSHOPS- Nov/Dec 2011:

Advocacy Workshops Offered
Saturdays, 9:00am-3:30pm

December 3rd - Twin Falls - T.F. Reformed Church: 1631 N Grandview Dr. N.

December 10th - Boise - State Capitol: 700 W. Jefferson

Each Day, the following workshops are available:

Medicaid 101: Learn how Medicaid works, who is eligible, and who gets which services. Learn about the changes to Medicaid services that occurred during the 2011 legislature.

Your Voice, Your Story: Talking to Your Legislator: you don't have to be a policy expert to talk effectively with your legislator. Instead there is power in telling your own story. This session will give you a basic outline for telling your story and then you will have the chance to practice with others so you can get comfortable speaking up about the things you care about.

The Movement Continues . . . Rebuild, Restore, Renew: Medicaid is

2012 Elks Education
Training Opportunities
(dates subject to change)

*Social Stories: Monday,
February 13th, 2012

*Potty Training and
Voiding Dysfunction:
Thursday,
April 5th, 2012

Trainings held at St. Luke's
Meridian, Lower Level
Conference rooms, 520
South Eagle Rd, Meridian
from 6:30pm-8:30pm

For more information or to
register, please call: 208-
706-5549

Becoming a Love & Logic Parent

This course provides simple and practical techniques for parents with kids of all ages to raise responsible kids, have more fun in their role, and easily and immediately change their children's behavior(s). This is the approach of choice among leading educators, parents and the professional world.

Where: Parent Education
Center South
446 Lake Lowell Ave
Nampa, ID 83686

When: 6:00-8:00pm

Wednesday nights: Jan
25, Feb 1, 8, 15, 22 &
29th

Cost: \$15.00 for parent
handbook

Child care is available but
you must reserve a spot
before the class begins.

Questions / to enroll,
contact: Peggie Tietfort:
468-4600 x 1063

an important part of the fabric of supports that helps people with disabilities to live in the community. This session focuses on what we must do to rebuild a quality community system of support, restore vital services that have been eliminated by recent budget cuts and renew our commitment to advocating for choice and independence for all Idahoans.

Legislative Process: If you would like to know how the legislative process works and how you can keep up with what is happening, this workshop is for you. Learn about how laws are made, the role of leadership and committees, the importance of rules, and how budgets are set. Do you know who represents you in the legislature? This session will show you how to find out.

Medicaid Matters In My Life: Self advocates, parents, providers and community leaders united last year to send a clear message to legislators that "Medicaid Matters." This session tells the story of a campaign that made a difference in protecting vital community services for Idahoans with disabilities. Local advocates, parents and providers will share their stories.

Limited Space - Register Now:
[Medicaid Matters In Idaho](#)

TVDSA Scholarship Information

Are you considering attending an upcoming workshop or conference?

Did you know that TVDSA supports members in gathering information at local and national conferences and/or workshops?

The TVDSA Scholarship program is NOT income based, so everyone is eligible.

Please see our [Scholarship application](#) for the guidelines and how to apply today.

For additional questions, please contact our [Scholarship Committee](#).



TREASURE VALLEY DOWN SYNDROME ASSOCIATION

Board of Directors

| | | | |
|----------------------|----------------------------------|--------------------------|--------------------------------|
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About Treasure Valley Down Syndrome Association

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

Mailing: PO Box 1404 Meridian, Idaho 83680

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