

**TVDSA**  
**Newsletter**



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

Newsletter Editor: Celena Auger

March 2012

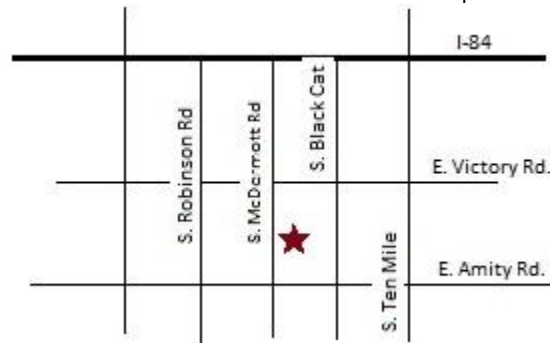
Please mark your calendars to join  
Treasure Valley Down Syndrome Association  
in celebrating

**World Down Syndrome Day**  
**March 21st (3-21), 2012**



**6:30pm-8:30pm**

at the Mager's Party Barn  
4090 S. McDermott Rd. Nampa



Come celebrate those we love with Down syndrome!

Music, Entertainment and Dancing!  
Finger foods and drinks will be served.

For more information: Contact [Trish Vranish](#)

# 4th Annual Spread the Word to End the Word day of Awareness

March 7, 2012

"Everyone has a gift and the world would be better off if we recognized it."

- Timothy Shriver, Chairman and CEO of Special Olympics.



Have YOU taken the pledge?

Remember that while Spread the Word Day is on March 7th, the movement takes place year round. Any time is a good time to Spread the Word! For more information go to: [www.r-word.org](http://www.r-word.org)

TVDSA, with the help of Sara Mitton Cox, has produced its own r-word video! Watch our [website](#) and Facebook and be one of the first to preview. Then, SHARE and Spread the Word!

## Shattering the Myths

It was once assumed, in the not so distant past, that children with Down syndrome were destined to learn very little and reach adulthood in need of significant financial, personal and social supports to live out their lives in dependence. Over the past three decades, this image has been shattered by the quiet success of a contingent of young adults with Down syndrome who drive cars, have gainful employment, pay taxes, marry and live independently. Right behind them are the high school students studying Algebra, playing musical instruments, and participating on cheer squads and swim teams.

Coming next are a group of elementary students who had more extensive speech therapy, more teachers expecting them to learn and more opportunity than ever. The next ten years will tell us more about this group and their adult living situations. Finally, as we provide the first comprehensive positive information for families of today's new babies, the next wave of persons with Down syndrome will be exciting to watch. Will most of them participate in regular schools? Will 10% go on to higher education? Will we look back at this time as an outdated era? We will definitely look upon these young people as future earners, future drivers, future tax payers and a part of our neighborhood. We may employ them, teach them, live next door to them, go to church with them and golf with them. They will be integral parts of our communities. They will be part of us!

Source: *Band of Angels*

### In This Issue

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### March TVDSA Meeting

March 13, 2012  
7:00pm-9:00pm

at A New Leaf  
2456 N. Stokesberry Place  
West of Eagle Rd between  
Ustick and Fairview

**Topic: PEAK Parent  
Inclusion Conference  
Overview**

**Presenters: Tonya  
Maestrefli and Celena  
Auger**, mothers and  
attendees to the 2012  
PEAK Inclusion  
Conference in Denver, will  
share their favorite topics  
and information they  
brought home.

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

### Calendar of Events

March 7th:  
Spread the Word to End  
the Word Day. For more  
information go to  
[www.r-word.org](http://www.r-word.org)

March 10th:  
Sibshop 10:00am-  
2:00pm  
See additional  
information below or  
call: 433-8845

# Announcing the TVDSA World Down Syndrome Day 2012 Essay Contest

## Essay Topic: "Insight to Individuals with Down syndrome"

Open to EVERYONE!

Guidelines: Essays may be written by individuals with Down syndrome, family members, friends, teachers, professionals, or colleagues, either individually or in conjunction with each other. Please limit essays to no more than 3 paragraphs or 1 page in length.

Winning essays will be read during the TVDSA World Down Syndrome Day Celebration March 21, 2012, printed in the April TVDSA Newsletter and posted on the TVDSA website.

Divisions: Self advocate, Elementary, Junior High, High School and Adult, Teacher and Professional and Family Member.

Please click [here](#) for a submission form. Submissions must be submitted to [newsletter@downsyndrome.org](mailto:newsletter@downsyndrome.org) by **Midnight, March 19, 2012**. All essays submitted to TVDSA will become property of TVDSA and may be used for future publications as TVDSA sees fit.



## Preferred Language Guide: Proper use of language for "Down syndrome"



Down vs. Down's - NDSS uses the preferred spelling, Down syndrome, rather than Down's syndrome. While Down syndrome is listed in many dictionaries with both popular spellings (with or without an apostrophe s), the preferred usage in the United States is Down syndrome. This is because an "apostrophe s" connotes ownership or possession. Down syndrome is named for the English physician

John Langdon Down, who characterized the condition, but did not have it. The AP Stylebook recommends using "Down syndrome," as well.

- People with Down syndrome should always be referred to as people first. Instead of "a Down syndrome child," it should be "a child with Down syndrome." Also avoid "Down's child" and describing the condition as "Down's," as in, "He has Down's."
- Down syndrome is a condition or a syndrome, not a disease.
- People "have" Down syndrome, they do not "suffer from" it and are not "afflicted by" it.
- While it is unfortunately clinically acceptable to say "mental retardation," you should use the more socially acceptable

### March 13th:

TVDSA Parent Meeting  
7:00pm-9:00pm  
Topic: PEAK Conference Report  
Contact: [Kelly Zimmerman](#) or [Erin Rosenkoetter](#)

### March 14th:

IPUL Support Group  
6:00pm-8:00pm  
Topic: Planning for a Healthy Transition  
Contact: [Angela Lindig](#)

### March 17th:

AIM/Cool Club  
4:00pm-6:00pm  
Bingo and Pizza at the Gallas'  
Contact: [Molly Benton](#) or [Freddie Gallas](#)

### March 20th:

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

### March 21st:

World Down Syndrome Day Celebration  
7:00pm-9:00pm, Nampa  
Contact: [Irish Vranish](#)

### April 5th:

ELKS Education Training:  
Potty Training  
7:00pm-8:30pm  
Free but pre-registration required.  
Call: 706-5549

### April 7th:

TVDSA Easter Egg Hunt at 2:00pm  
Contact: [Kristie Yerger](#)

### April 27-28th:

[r.i.s.e. Conference](#)  
Portland, Oregon

### July 19-22nd:

[NDSC Annual Convention](#)  
Washington D.C.

"intellectual disability". NDSS strongly condemns the use of the word "retarded" in any derogatory context. Using this word is hurtful and suggests that people with disabilities are not competent.

Source: NDSS (National Down Syndrome Society)

Additional suggested readings: Kathie Snow, *Disability is Natural*, has written five articles about [First Person Language](#). Kathie Snow's original, well known *First Person Language* article is available in 4 languages!

## Assume the Best

from the [www.disabilityisnatural.com](http://www.disabilityisnatural.com)  
E-Newsletter by Kathie Snow

Apple's Steve Jobs once said, "Let's make a dent in the universe." How about if we make a dent in Disability World? Let's assume the best-instead of the worst-about children and adults with disabilities. We can *make the choice* to do this, can't we?

Let's assume all children with developmental disabilities have unlimited potential, the same assumption we have about children *without* disabilities. Let's assume they can learn the three Rs and other academics in general ed classrooms. Let's assume they can participate in and contribute to ordinary, age-appropriate, inclusive activities. And let's assume they'll grow up to be successful and productive.

Let's assume adults with disabilities can also be successful-in a job, volunteer work, or other endeavors of their choice. Let's assume they can live more interdependently, do more for themselves, etc.

Let's assume the best: that children and adults with disabilities are competent and should be the drivers of their own destinies. Let's assume they can triumph at home, school, work, or community when they have assistive technology devices (power wheelchairs, communication devices, etc.), supports, and/or accommodations-the same things needed by people without disabilities.

Let's assume all children and adults with disabilities can achieve these great outcomes *when they're given opportunities to do so*. This requires us to also assume the best about ourselves-parents, teachers, service providers, and/or others. First, that we have the chutzpah to fling aside the old, negative attitudes that have clouded our vision. Second, that we are competent to do

Imagination is more important than knowledge.  
- Albert Einstein

To believe in something not yet proved and to underwrite it with our lives: it is the only way we can leave the future open.  
- Lillian Smith

### Lil' Buddies

#### There will be **NO** March Playgroups

Please Join Us March 21st for our World DS Day Celebration 7:00pm-9:00pm in Nampa (Details can be found in this newsletter)

**Happy Birthday** to Alayna, Abigail, Kassie & Braxton.

If your Lil' Buddy has a March or April 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 Yergler](#)

### Best Buds (Elementary Group)

#### There will be **NO** March Gathering

Please Join Us March 21st for our World DS Day Celebration 7:00pm-9:00pm in Nampa (Details can be found in this newsletter)

Need more information on Best Buds Social Group or want to help organize? Please contact [Kristie Yergler](#)

### Cool Club & AIM

**Our next gathering is Saturday, March 17th from 4:00pm-6:00pm**

at the Gallas' House (basement)  
11368 Greenhurst Rd.  
Nampa, ID

**Activity:** Game night: Bingo with prizes. We will also make personal pizzas.

Everyone is asked to bring their favorite pizza toppings to share. We will supply the pizza crusts.

what it takes so children and adults with disabilities lead wonderfully normal lives, instead of "special," segregated lives.

We don't have to first know *how* to make any of this happen- we need to first believe it *can happen* (assume the best). Once that belief is firmly entrenched, the "how" will come. And sometimes it's one step forward and two steps back. But positive assumptions and stick-with-it attitudes will see us through.

Let's assume the best in others, too. Throughout our son's life, we've assumed the best regarding Benjamin's inclusion in school, Cub Scouts, T-ball, drama classes, college, and more. We assumed others were not inherently prejudiced toward people with disabilities like our son; we assumed they had good hearts and would welcome our son. We presented positive perceptions of Benjamin and his participation and provided whatever information and/or assistance others needed. Then we all enjoyed the positive outcomes.

If you can't quite find it in yourself to assume the best-if you want to fall back on "being realistic" or some other notion-then *fake it* for an hour, or a day, or a week...Fake it and see how your thinking can change: you'll see things in a new and different way, awesome possibilities will be revealed, and more. It can be an eye-opening experience!

The ultimate barrier facing children and adults with disabilities is not disability, but others' negative attitudes, low expectations, and more-assuming the worst. We have the power to eliminate that barrier; we can make the choice to assume the best.

Paul Harvey once said, "I've never seen a monument erected to a pessimist." *Become a hair-on-fire optimist and change the life of a person with a disability.* Your assume-the-best efforts will also create a monument of yourself that will live on and on and on in the lives of those you touch.

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## Down Syndrome Tips for Parents

- Learn about Down syndrome. The more you know, the more you can help yourself and your child.
- Love and play with your child. Treat your son or daughter as you would a child without disabilities. Take your child places, read together, have fun.
- Encourage your child to be independent. For example, help your son or daughter learn self-care skills such as getting dressed, grooming, and doing laundry.
- Give your child chores. Keep in mind his or her age, mental capacity, attention span, and abilities. Divide tasks into small steps. Explain what your child is supposed to do, step by step, until the chore is done. Demonstrate. Offer help when it's needed and praise when things go well.

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

### D.A.D.S. Group

**There will be NO March Gathering**

Please Join Us March 21st for our World DS Day Celebration 7:00pm-9:00pm in Nampa (Details can be found in this newsletter)

For more information about D.A.D.S. please contact [Paul Auger](#) or [Gus Olmos](#)

### Challenger Baseball Registration Open!

Spring is just around the corner and with that it's time to register for Challenger baseball again. TVDSA has sponsored a team this year, so we need you!

Challenger Baseball is great fun for all involved. The kids have a good time and get to interact with their peers as well as with some older kids from local baseball teams that sometimes serve as on-field mentors and partners. The parents get to see their kids learn to love baseball and share a sense of accomplishment with every home run they hit - there are a lot of those... The volunteer coaches (Dads and Moms - that is you!!) get to interact with the kids on the field and perhaps make some new friends.

Challenger is learning and developing league, so the rules are altered to fit the needs of the players. We also discovered that our players didn't have much interest in practices, "they just want to play" so it's a teaching experience with each game. Games will



- Work with the professionals who are working with your child. Participate in team meetings where your child's education or program is being planned, share your unique knowledge of who your son or daughter is, advocate that the program address your child's needs.
- Find out what your child is learning at school. Look for ways to apply it at home. For example, if the teacher is reviewing concepts of money, take your child to the supermarket with you to help keep track of what money you're spending.
- Look for social opportunities in the community (such as Scouts) or activities offered through the department of sports and leisure. Joining in and taking part will help your child develop social skills and have fun.
- Talk with other parents whose children have Down syndrome. They can be a fountain of practical advice and emotional support.
- Be patient, be hopeful. Your child, like every child, has a whole lifetime to learn and grow.
- Take pleasure in your beautiful one. He-she-is a treasure. Learn from your child, too. Those with Down syndrome have a special light within-let it shine.

Source: National Dissemination Center for Children with Disabilities, FS4, June 2010

### From the TVDSA Lending Library

by Mary Anne Murphy

## Discovery

by William Schermerhorn



Discovery by Will Schermerhorn is the second in a series of DVD presentations by Blueberry Shoes Productions. Discovery addresses issues related to communication in young children from about 18 months to about five years old. Communication milestones, hearing issues, speech, sign language, vocabulary and grammar, text and reading are each discussed with the help of international experts and parents. This 81-minute DVD is very engaging with interviews interspersed with video of children with Down syndrome.

This DVD is available from the TVDSA library. You may reserve it by contacting the librarian at [library@idahodownsyndrome.org](mailto:library@idahodownsyndrome.org). For a complete list of the books/DVDs available through TVDSA, please check out our [Lending Library](#)

be played on Saturday evenings at 6:30pm on the N.W. Ada fields. (Eagle & McMillian). We always have fun so come on out and Have a Ball!

The local organizer of Challenger Baseball is [Tammy Cluff](#). All the information and forms needed to register are available on the Challenger [website](#). On the left hand side the link "handouts" has the registration form, schedule and information letter. Registration is \$35 per player. The registration fee covers the shirts & hats, supplemental Little League insurance and the year end picnic. [Registration deadline is March 20th.](#)

### SIBSHOPS

Sibshops is a program designed for brothers and sisters of kids with special needs.

We are happy to announce two separate Sibshop dates hosted by the Idaho Federation of Families. Sibshops will be held at the Children's Home Society and is open to brothers and sisters, ages 7-14, of children with special needs. We will feature a combination of fun, information, surprises, and great discussion for everyone who attends.

March 10th:  
10:00am-2:00pm

Cost: \$5.00 (Meal Provided)  
Children's Home Society  
704 N 7th Street  
Boise, ID 83702  
Call 433-8845 to Register today!

## 10 Reasons for Inclusive Schools

1. All children have equal access to education.
2. All children learn alongside their same-age peers.
3. The focus of education is on the child's abilities, not disabilities.
4. Children become accepting and understanding of one another's abilities, talents, personalities and needs.
5. Meaningful relationships and friendships develop as students spend quality time with one another.
6. Students develop confidence in their ability to interact with one another and the world around them.
7. Teachers in inclusive schools are highly trained and skilled at delivering appropriate, student-centered curriculum through differentiated activities according to ability level.
8. In addition to the classroom teacher, children with special needs are supported by special education teachers, paraprofessionals, and specialists such as Speech/Language Therapists.
9. Various resources and assistive technologies are available to students in inclusive school in an effort to reach and teach all learners.
10. Inclusive schools value input and participation from the whole community, not just students. **Everyone is welcome!**



Source: *The Inclusive Class*, February 2012

## 2nd Annual TVDSA Easter Egg Hunt



The Lil' Buddies and Best Buddies groups will join forces again for the 2nd Annual Easter Egg Hunt on **April 7th at 2:00pm.**

(Location still to be determined)

TVDSA invites all elementary and younger kids and their families to join us.

We will set up separate areas for different ages. We will also have Chickens and Bunnies for the kids to see and pet (if desired) again this year!

For more information or to help coordinate, please contact: [Kristie Yerger](#)



### Conferences, Workshops and Webinars

#### Idaho Parents Unlimited (IPUL) Parent Support Group

March 14th  
6:00pm-8:00pm  
500 S. 8th Street, Boise

**Topic:** Planning for a Healthy Transition

This workshop explores the issues (health care, employment, secondary education, independent living) that you with special health care needs and other disabilities face as you transition into adult life.

For more information, contact [Angela Lindig](#)

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#### [Upcoming PEAk Webinars](#) **FREE**

**Content of the IEP**  
March 1st 6:30pm-7:30pm

**Un Instrumento para Realizar las Posibilidades**  
March 5, 12:00pm-1:00pm

**Implementation and Follow up of the IEP**  
March 15th 6:30pm-7:30pm

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#### **2012 Elks Education Training Opportunities** **FREE!**

However, registration is required ahead of time, as class is limited to 20 participants.

**\*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

## Legislative Update

by Deborah Waters



2011 was the year for cuts. Medicaid services were cut to the bare minimum. With nothing left to cut, and JFAC's budget projection \$33 million dollars under the Governor's recommendations, there may be some room to restore some of the services we lost. The following briefly states cuts made last year:

- Adult PSR services will be cut from 5 hours/week to 4 hours/week
- Physical and speech therapy for adults will be capped at \$1,870 per year. Occupational therapy for adults will have a separate cap of the same amount. (effective January 1, 2012)
- The family-directed services option is a new option for families, as part of the Children's System Redesign, will allow families to use a child's budget to identify and purchase services and supports from persons and businesses of their choice.
- Dental care for persons over 21 years of age will be limited to emergency services only.
- Adults with chronic conditions such as diabetes will continue to have access to the same podiatry and optometry benefits, however benefits will be eliminated for all other adults.
- Eyeglasses will no longer be covered for adults age 21 and over.

For more information go to the [Idaho Health & Welfare website](#).

Advocacy and Provider organizations have been working to help restore cuts made to Medicaid last year. Areas where particular attention is being paid for restoration include services for people with dual diagnosis (fiscal impact: \$900,000) and restoring preventative care to adult dental services (fiscal impact \$1.9 million if restored for all adults on the enhanced plan or \$650,000 if restored for adults on DD and AD waivers). PSR services will not be at this time. The proposed bill should be heard in the Senate Affairs Committed this coming week for a print hearing, and then on to the House Health and Welfare Committee.

Source: K. Hansen. 2012

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### [Wrightslaw Special Education Law and Advocacy Trainings](#)

currently offering 12 trainings in 2012, in various U.S. locations

The closest training is: April 26th, Denver CO

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### [r.i.s.e conference](#)

Respect, Inspire, Support and Educate 23rd Annual Parent Conference

April 27-28th  
Portland, Oregon

\*\*\*\*\*

Northwest Down Syndrome Association (NWDSA)

### [All Born "In" Conference](#)

April 28th  
Portland, OR

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### [National Down Syndrome Congress Annual Convention](#)

July 19-22  
Washington DC  
Registration is Now Open!

### **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](#).





## Join the Celebration while Supporting TVDSA!

The PGA Tour will return to Boise for the 23rd annual Albertson's Boise Open presented by Kraft, September 10-16, 2012 at Hillcrest Country Club. Thanks to the Sara Lee TICKETS Fore CHARITY program, 100% of the ticket price can go directly to Treasure Valley Down Syndrome Association.

Order your tickets and support a worthy cause today by visiting:  
[www.albertsonsboiseopen.com](http://www.albertsonsboiseopen.com)



## TREASURE VALLEY DOWN SYNDROME ASSOCIATION

### Board of Directors

President:	<a href="#">Paul Auger</a>	VP & Programs Chair:	<a href="#">Kristie Yerger</a>
Treasurer & Advisor:	<a href="#">Lynda Wells</a>	Secretary:	<a href="#">Audrey Byrum</a>
Marketing Chair:	<a href="#">Angela Bowman</a>	Transitioning Treasurer:	<a href="#">Lucy Olmos</a>
Buddy Walk Chair:	<a href="#">Melody Witte</a>	Board Member:	<a href="#">Wayne Blakeman</a>
Community Outreach:	<a href="#">Trish Vranish</a>	Librarian:	<a href="#">Mary Anne Murphy</a>

## 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!](#)