



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

April 2012

In this Issue

This month's newsletter features the TVDSA Essay Contest submissions in dedication of World Down Syndrome Day, March 21st, 2012. Enjoy!

The TVDSA Newsletter has a new look and format. Monthly newsletters will now be available online at www.idahodownsyndrome.org for viewing and sharing. Notifications will be sent out when the newsletter has been posted each month.

Did you miss the TVDSA End the R-word video? You can see it [here](#).



Down Syndrome Creed

My face may be different
But my feelings the same
I laugh and I cry
And I take pride in my gains
I was sent here among you
To teach you to love
As God in the heavens
Looks down from above
To Him I'm no different
His love knows no bounds
It's those here among you
In Cities and towns
That judge me by standards
That man has imparted
But this family I've chosen

Will help me get started
For I'm one of the children
So special and few
That came here to learn
The same lessons as you
That love is acceptance
It must come from the heart
We all have the same purpose
Though not the same start
The Lord gave me life
To live and embrace
And I'll do as you do
But at my own pace.



-Author Unknown

Essay Winners: Lucy & Gustavo Olmos, Proud Parents

Extra, extra! Read all about it! That little extra chromosome makes people with Down syndrome extra everything! Extra sweet, extra funny, extra lovable, extra flexible, extra curious, extra determined!! Our two year old daughter, Mikaela, has proved to us that when she wants to accomplish a goal, she does NOT give up until she tries it again and again. Even if that means she might fall a few dozen times, or bump her head, or smash her hand or get pushed down by someone else. She's determined and she's oh so curious! She has taught us that just because a person has "low tone" does not mean she is going to be slower than other people or not be able to accomplish what her siblings have done.

All individuals with Down syndrome have dreams, just like you and me. Those dreams are what will fill them with the desire to achieve more than what others think they can. They might be quiet at first and a little shy but once they get to know you, watch out because they'll surprise you. They'll jazz you with their smile that goes from ear to ear. Their sweet sense of playfulness will get you every time and make you melt. They will demand your attention even if they have to pinch your cheeks, bite

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Calendar of Events

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 11th:

IPUL **Parent Support
Group** 6:00pm-8:00pm
Boise
Contact [Angela Lindig](#)

April 14th:

Sibshop: 10:00am-1:00pm
Call: 433-8845 to register

April 21st

AIM & Cool Club
4:00pm – 6:00pm
Bowling at Nampa Bowl
followed by dinner at
Pizza Hut. For more
information, contact:
[Freddie Gallas](#) or [Molly
Benton](#)

April 21st

**Special Needs and the
Law Conference**
Presented by C.K.
Quade Law, PLLC
8:30am-5:30pm, Boise

April 24th:

D.A.D.S. Meeting from
6:30pm-8:30pm at
Fuddruckers in Meridian.
Contact: [Gus Olmos](#)

April 25th:

**13th Annual Information
Fair** 9:00am-2:00pm
Caldwell

April 26th:

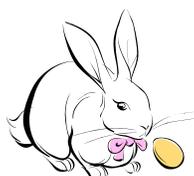
**2012 Young Adult
Transition Fair**, Boise
5:00pm-9:00pm
Call: 426-1932

April 27-28th:

r.i.s.e. Conference
Portland, Oregon

April 28th:

All Born "In" Conference
Portland, OR



2nd Annual TVDSA Easter Egg Hunt

**April 7th from 2:00pm-4:00pm
at Guerber Park, in Eagle**

The Lil' Buddies and Best Buds groups are joining forces for
the 2nd Annual Easter Egg Hunt.

TVDSA invites all elementary and younger kids and their families to join us.
We will have separate areas for different age groups.

We will have Chickens and Bunnies for the kids to see
and pet (if desired) and a Fire Truck to explore this year!



Directions: From State Street – head north on Hwy 55. Take first left hand turn
on Hill Road (heading West). The park is 0.2miles up on the right hand side of
the road.

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

Essay Winner: Patrick Kelly, Jr High Grade 8, St. Mary's School

Liam Murphy is the coolest funniest and best kindergartener I know. Whenever I am around him I can't help but to be overjoyed by his happiness. He also has Down syndrome. Sometimes at lunch I help him and I feel like I have never been happier. He loves to dance and he loves all sports including basketball and football.

He has the most amazing personality ever. He happens to be the only person I know with Down syndrome, and from all the fun I have with him I wish I knew more people like him. When I am with Liam I can tell that he is living life to the fullest. He has an affect on people that everyone around him can't help but smile. His

classmates are overjoyed with being with him. He is also very smart.

Liam has taught me many things in my life like to not hold back and just be yourself. He has also taught some other things as well like how to make signs in sign language. I am very honored to know him.

Essay Winner: Ashley Isaacson, Elementary, Grade 5

My sister has Down syndrome, so I have been learning a lot about it. She is a typical pesky little sister, but even with the lack of speech she charms everybody. I enjoy how she is always full of

energy, except when she is sick. My sister loves to help other people. For example, if you and Kylie were both sitting and you needed something, she will get up and get it for you. One of her favorite

things is animals. She loves to feed and hold them, and she enjoys helping us clean the boxes for the baby chickens. She's a very loving sister and I'm glad she's in our family.

Essay Winner, Barbara Carson, with son, Joe Snyder, Parent and Self-Advocate

Joe Explains: How To Get Pretty Girls to Talk to You (his favorite occupation)

It was a bitter cold February day with sleet, snow and hail coming down in buckets. What could I do to entertain my teenage son on my weekend visit? "Joe," I said cheerfully, "We're going to a place with lots of boys and girls." I drove him to the Poughkeepsie Galleria. As a handsome eighteen year old, Joe doesn't let Down syndrome or developmental disabilities hold him back. He knows exactly how to find and get a pretty girl to talk to him. Once inside the mall, Joe scanned the stores and tugged me into a clothing store. There were big pictures of teens wearing jeans and t-shirts, mood lighting and inviting music. There

was a pretty Asian girl folding clothes at a display. Joe smiled at her. He turned to me and tapped my lips with his index finger, nodding with a touch of impatience. He was clearly telegraphing, "come on, Mom, you know what to do." I did. Since Joe is non-verbal and can only answer Yes or No questions via eye gaze (a direct gaze for Yes, looking down for No), we often play Twenty Questions to find out exactly what he wants me to say when he meets a pretty girl.

So, I turned to the pretty Asian girl. "Hi, could I ask your first name?" "Asia," she answered, smiling. "Hi Asia, this is my son, Joe. He would like you to know that he's eighteen, a very cool guy, and he thinks you are very

pretty." Asia's response was typical, but gratifying: she turned to my son with a big smile and said. "Oh! Thanks Joe, I'm glad to meet you. That's a very nice thing to say to me."

Joe nodded, grinning from ear to ear. We thanked Asia and went on our way. A few minutes later, Joe let me buy him an educational toy at Barnes and Noble – solely in order to meet and converse with the beautiful young cashier. Her name was Katie. Cheeseburgers and fries at a diner (with pretty waitresses) rounded out the afternoon. When I brought Joe back to his group home, he was still smiling. It had been a very good day.

Poem Submission by: Sarah Bray, sister

Line in the palm
Pear-shaped tummy
It'll be awhile
Before she can say
"mummy"

People think that she's
"Retarded" and "Stupid"
and "Slow"
But that is offensive
Ya know!

These people need to
realize...
one day, I hope,
That they're the "stupid
ones"
Yeah, that's right, Allison's
no dope!

Because people like Allison
Are the coolest ones of all!
So please don't make fun...
Even if she falls, because

**DOWN SYNDROME IS THE
BEST SYNDROME OF ALL!!!**

*TVDSA does not condone the
use of the R word

**"Normal is a setting
on the dryer."**

**- Shared by a
Proud Parent**

Essay Submission: Gabriella Olmos, sister

This essay is shared in the original form for it felt it lost meaning when it was typed.

My sister is funny and pretty.
She is sweet I like her I love her she is a
star she is kind and all the man key because she
likes to climb on everything she is a
bancer and a singer and the very
funniest person I know she is good at
singing she is my best friend
when we read books she reads to me
and I read to her she likes
to play baby's dolls with me



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

D.A.D.S Group Update:

The next D.A.D.S. Meeting will be **April 24th** from 6:30pm-8:30pm at Fuddruckers in Meridian off Eagle Rd. and Ustick.

D.A.D.S. are trying to organize an upcoming camping trip. You will be invited to bring your son/daughter(s) on this campout. We are looking into a location not too far away, with amenities. Additional discussion at April's meeting. Come with ideas!

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

**"Having a child with Down syndrome is like taking the scenic route. You still get where you are going. It may take a little longer, but it is well worth the trip."
- unknown**

Lil' Buddies Update:

Lil' Buddies won't be meeting for any playgroups in April.

Lil' Buddies April Outing:
2nd Annual Easter Egg Hunt at 2:00pm **April 7th** at Guerber Park in Eagle

There will be three age group areas for the egg hunt.

There will also be bunnies, chickens and a fire truck to explore in addition to the hunt.

Directions: From State Street – head north on Hwy 55. Take first left hand turn on Hill Road (heading West). The park is 0.2 miles up on the right hand side of the road.

Happy Birthday to:
Davis & Caleb

If your Lil' Buddy has an April or May birthday please email [Kristie](#) to have your child individually recognized and added to the Birthday list!

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

Best Buds (Elementary Group) Update:

April Outing:
2nd Annual Easter Egg Hunt at 2:00pm **April 7th** at Guerber Park in Eagle

There will be three age group areas for the egg hunt.

There will also be bunnies, chickens and a fire truck to explore in addition to the hunt.

Directions: From State Street – head north on Hwy 55. Take first left hand turn on Hill Road (heading West). The park is 0.2 miles up on the right hand side of

the road.
Need more information on Best Buds Social Group or want to help organize? Please contact: [Kristie Yerger](#).



Cool Club (Jr./Sr. High) & Adults In Motion (AIM) Update:

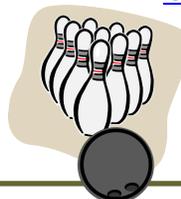
April Gathering:
Saturday, April 21st from 4:00pm-6:00pm
Activity: **Bowling then Pizza!**

Please join us for an hour of bowling at the Nampa Bowl (485 Caldwell Blvd., Nampa). Then we will go to Pizza Hut (140 Caldwell Blvd,

Nampa) for dinner and socializing.

The cost to bowl is \$3.25 per game. Shoe rental will be free. Regular Pizza Hut prices will apply for dinner.

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



Announcing:
The TVDSA College Scholarship

Are you an Idaho resident, TVDSA member, and self-advocate with Down syndrome, looking at attending classes at a college or university? TVDSA now has a non-financially based scholarship for the 2012-13 school year. Applications are due June 15th. To request an application please email the [scholarship committee](#).

Conferences, Workshops, Webinars & TVDSA Scholarship Information

<p>2012 Elks Education Training Opportunities</p> <p>FREE! However, registration is required ahead of time, as class is limited to 20 participants.</p> <p>*Potty Training and Voiding Dysfunction: Thursday, April 5th, 2012</p> <p>Trainings held at St. Luke's Meridian, Lower Level Conference rooms, 520 South Eagle Rd, Meridian from 6:30pm-8:30pm</p> <p>For more information or to register, please call: 208-706-5549</p>	<p>Idaho Parents Unlimited (IPUL) Parent Support Group</p> <p>April 11th 6:00pm-8:00pm 500 S. 8th Street, Boise</p> <p>Topic: Learning Disabilities, ADHD & Positive Behavioral Interventions and Supports</p> <p>For more information, contact Anaela Lindia</p>	<p>Treasure Valley Community Resource 13th Annual Information Fair</p> <p>April 25th at the Caldwell Event Center at O'Connor Field House, Caldwell 9:00am-2:00pm Free</p>	<p>Upcoming PEAK Webinars FREE</p> <p>Topic: Grade to Grade May 3, 2012 12pm-1pm</p>
<p>Tackling the Tough Skills: Building Skills for Work & Life</p> <p>9 week course, Thursdays, April 5th-May 31st 3:00pm-6:00pm, Caldwell For individuals over 18 y.o. Free</p> <p>For questions or to register, contact JoAnn Nielsen at WICAP 642-9086 x 1013</p>	<p>Sibshops</p> <p>Program designed for brothers and sisters, ages 7-14, of kids with special needs.</p> <p>April 14th, May 12th, June 9th 10:00am-1:00pm Cost \$5.00 (Meal Provided) Children's Home Society 704 N. 7th St. Boise Call 433-8845 to Register</p>	<p>Wrightslaw Special Education Law and Advocacy Trainings</p> <p>currently offering 12 trainings in 2012, in various U.S. locations</p> <p>The closest training is: April 26th, Denver CO</p>	<p>Down Syndrome at AutismOne May 24th, in Lombard, Illinois</p> <p>National Down Syndrome Congress Annual Convention July 19-22 Washington DC Registration is Now Open!</p>
<p>2012 Young Adult Transition Fair -FREE April 26th 5:00pm-9:00pm Bishop Kelly High School, Boise More information: 426-1932</p>	<p>Special Needs and the Law Conference Presented by C.K. Quade Law, PLLC</p> <p>April 21, 2012 8:30am-5:30pm At Concordia University School of Law, 501 W. Front Street, Boise</p> <p>Free for Parents For more information or to register, click here</p>	<p>r.i.s.e conference Respect, Inspire, Support and Educate 23rd Annual Parent Conference</p> <p>Scholarships applications open until April 9th</p> <p>April 27-28th Portland, Oregon</p>	<p>TVDSA Scholarships</p> <p>Are you considering attending an upcoming workshop or conference?</p> <p>Did you know that TVDSA supports members in gathering information at local and national conferences and/or workshops?</p> <p>The TVDSA Scholarship program is NOT income based, so everyone is eligible.</p> <p>Please see our Scholarship application for the guidelines and how to apply today.</p>

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 Sara Lee TICKETS Fore CHARITY program, 100% of the ticket price will go directly to Treasure Valley Down Syndrome Association.



Order your tickets and support a worthy cause today, by visiting:
www.albertsonsboiseopen.com

"They are some of my favorite kids to work with, no matter what life throws their way they embrace it as glass half full and run full steam ahead with it! I am truly in awe of their resiliency."
- **Hillary Drashner Maffuccio**



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

PO Box 1404
Meridian, Idaho 83680

We're on the Web!

See us at:

www.idahodownsyndrome.org

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

Continued Essay from Page 1:

you, or hit you on the head for it! They have a tendency to be a little bit stubborn but that just shows great leadership and determination! One thing that I love the most is that life is simple for a person with Down syndrome. It's not about

being THE best. It's about being YOUR best!

Someone once told me that since we are made in the likeness of God, then the extra chromosome that causes Down syndrome is simply a little extra that God

added to make people with Down syndrome a little extra special!

From the TVDSA Lending Library by Mary Anne Murphy

Self advocate speaker, Norman Kunc, adult with the attribute of Cerebral Palsy, spoke at the 2012 PEAK Inclusion Conference. Two of TVDSA's members were able to hear him speak in person. His speech from the conference is now available on [YouTube](#). It is definitely worth the hour for everyone to hear firsthand the power of an inclusive education and an inclusive community and why it is important for ALL individuals with disabilities.

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



The mission of Treasure Valley Down Syndrome Association is to enhance the quality of life for persons with Down syndrome by promoting inclusive environments, providing accurate information to parents, families, and the community, and by advocating respect, dignity, and appropriate supports for people with Down syndrome.

Board of Directors:

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Treasurer & Advisor: [Lynda Wells](#)
Treasurer & Spanish Contact: [Lucy Olmos](#)
Buddy Walk Chair: [Melody Witte](#)
Librarian: [Mary Anne Murphy](#)
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Vice President and Programs Chair: [Kristie Yerger](#)
Secretary: [Audrey Byrum](#)
Community Outreach: [Trish Vranish](#)
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Legislature: [Jason Woodward](#)

For more information, articles, past newsletter and more, please visit our website: <http://idahodownsyndrome.org/>
Mailing: PO Box 1404 Meridian, ID 83680 Check us out on [Facebook](#) and [Twitter](#)