



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

June 2012

## In this Issue

June is dedicated to the adolescent years. You can find articles on weight management and an overview of development during this awkward time in a person's life.

Also, be sure to check out some suggested summer activities listed throughout the newsletter, especially the TVDSA Annual Family Picnic!

Monthly and archived TVDSA newsletters are available on our website at: [www.idahodownsyndrome.org](http://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](#).

## **Weight Management in Down Syndrome: The School Age & Adolescent Years by: Joan E. Medlen, R.D.**

Parents of children with Down syndrome have a multitude of hopes and dreams for their children as adults including living independently, cooking healthy meals, being active, and making smart lifestyle choices. As parents, we want our kids to have it all. In the past, many of the skills needed to accomplish these goals were taught in the special education or life-skills classes. For instance, a unit in a life-skills course often covers grocery shopping, menu planning, some cooking skills, and leisure plans. However, as more children are included in regular education classrooms, these skills are not routinely taught. Children with Down syndrome will receive the same quick,

fragmented nutrition education as other students, leaving them to try to decode confusing and often inaccurate messages from commercials, movies, and their friends.

In a perfect world, successful and realistic weight management for persons with Down syndrome is preventive in nature. Research and observation show that children with Down syndrome are at a greater risk to become obese. Their bodies use fewer calories to do the same activities as their same-age peers.

*Continued on pg 2*

## **An overview of the development of teenagers with Down syndrome (11-16 years) by: Sue Buckley and Ben Sacks**

Research studies demonstrate that young people with Down syndrome make significant progress in all areas of their development during their teenage years and into early adult life. For all young people, adolescence is a period of development which is characterized by a shift from dependence to independence. At 11 years, most young

people are still largely supervised in the community and supported by parents in all aspects of their lives. By 18 years, most young people are quite independent in travelling, managing money, choosing friends and leisure interests, taking care of their personal daily needs and will be on the way to leaving the family home. This life period is also important

for deciding on future occupation, life style and personal identity. It is also a period of significant physical, sexual and emotional development, when establishing close friendships, dating and partners become important. It is argued that the physical, social and emotional needs of teenagers with Down syndrome are essentially the same as those of

*Continued on pg 3*

### 29<sup>th</sup> Annual TVDSA Family Potluck Picnic

Bring the entire family for an evening of friendship, food and fun!

Enjoy dancing, music, a talent show, face painting, a bounce house, pet the personal ponies, and special surprise entertainment to celebrate 10 yrs at the Mager's.



**When:** Wednesday, July 11<sup>th</sup> 6:00pm-8:30pm (potluck to start at 6:30pm)  
**Where:** The Mager's Party Barn: 4090 S. McDermott Rd., Nampa  
**What to bring:** BOTH a main dish and a salad or dessert  
**Provided:** Water, soda, paper plates and tableware

#### Talent show at 7:45pm.

Have a talent you want to share? Call or text Lynda at 539-1755.

Questions? Want to help? Contact: [Lynda Wells](#).

June 5<sup>th</sup>:

**Buddy Walk Committee Meeting**  
7:00pm at Maui Wowi, Meridian  
Contact: [Melody Witte](#)

June 7<sup>th</sup>:

**Demystifying Medicaid**  
sponsored by Elks Rehab and the Lily Pad 7:00-8:30pm at St. Luke's Meridian, call: 706-5549

June 9<sup>th</sup>:

**Lil' Buddies Playgroup**  
3:00pm-5:00pm at Kaleidoscope in Boise  
Contact: [Kristie Yerger](#)

June 9<sup>th</sup>:

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

June 13<sup>th</sup>:

**IPUL Parent Support Group - Topic: Positive Behavior Interventions**  
6:00pm-8:00pm, Boise  
Contact: [Jen Zielinsk](#)

June 14<sup>th</sup>

**Best Buds & Cool Club:**  
6:00pm-8:00pm at Aspen Leaf Yogurt in Eagle, followed by a tour and safety lesson with the Eagle Fire Department  
Contact: [Kristie Yerger](#)

June 15<sup>th</sup>:

Deadline for **TVDSA College Scholarships** for the 2012-13 Year  
Contact: the [Scholarship Committee](#)

June 19<sup>th</sup>:

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

June 23<sup>rd</sup>:

[Changing Minds Foundation Seminar](#)  
9:30am-3:30pm, Pocatello, ID  
Free - Sponsored by the South East Idaho Down Syndrome Support Group

June 25<sup>th</sup>:

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

June 26<sup>th</sup>:

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



### Weight Management (continued from Page 1)

Preventing obesity or limiting weight gain through the foundation of a healthy lifestyle, is the only reasonable option. However, weight management and healthy lifestyles do not happen magically; they are learned. That means that this foundation to a healthy lifestyle must be strategically presented in a way that is meaningful and lasting. Fortunately families are not limited to what occurs in the classroom or on the playground to encourage healthy lifestyles. Parents can make a significant difference in the lives of everyone in the family by creating an environment that promotes healthy lifestyles. Some key elements to consider are:

\* An attitude of complete acceptance. This is especially important if your child is overweight. Do not be obsessed with your child's

weight, food choices, or the negative consequences of being overweight. Children with Down syndrome need to know that relationships are not contingent on how much they weigh or what they eat. It is important to discuss your concerns without becoming "the food police."

\* Model the expected behavior. Children with Down syndrome learn by watching those around them. The most powerful tool available to parents to influence children's choices is being healthy and active themselves.

\* Allow your child to make choices. Do not ignore your child's food preferences in the pursuit of good nutrition. Provide an array of choices that have something everyone likes along with new foods to experiment with. Create a win-win

situation at mealtime as often as possible. The more a child with Down syndrome feels they are in control of successful situations, the more they will continue to make similar choices when on their own.

\* Create opportunities for successful independence. Whenever possible, set up situations that allow for independence in food and activity.

With these attitudes and strategies in mind, there are countless areas parents can work on to teach the skills and build the confidence a child with Down syndrome needs to independently make smart choices. The examples in this article focus on three areas: snack choices, menu writing, and routine activity schedules.

To continue reading this article, click [here](#).

## Development of Teenagers with DS: (continued from Page 1)

other teenagers and should be recognized as such. The priority for parents and teachers should be to support them through these changes with the goal of encouraging as much independence and personal control over their lives as possible. This is also important for developing their self esteem, personal identities and adjustment to the understanding of what having Down syndrome means for their adult lives. In addition, it is argued that teenagers with Down syndrome can continue to develop their basic skills in speech, language, literacy and numeracy and that teaching for these should continue through adolescence with age-appropriate adaptations to the content of teaching programs.

### The reasons for having age-appropriate expectations for teenagers with Down syndrome

- Teenagers with Down syndrome are **people first**, and wish to lead full lives, like anyone else
- Inclusion in schools and clubs is with same age peers, therefore, expectations for social skills and behavior need to be age-appropriate
- Leisure interests, emotional and social needs tend to be age-appropriate
- Moving through life - secondary school, puberty, further education, work, partners, leaving home - tends to be on the basis of age
- The challenge for parents and teachers is to treat the teenager in an age-appropriate manner, to respect their age, encourage confidence, independence and self-esteem, and facilitate their inclusion in the community
- The challenge for the teenager with Down syndrome, who may have limited speech, language and cognitive skills for his or her age, is to participate in life in an age-appropriate way

*This is an excerpt from the original format.  
To read the article in its entirety, visit: [dse](#).*

*Source: Down Syndrome Issues and Information.  
2002. Copyright © 1996-2011 Down Syndrome  
Education International.*

***I may have Down  
syndrome. . .  
but Down syndrome  
does not have me.  
– unknown***



### Idaho Summer Reading Program June 1<sup>st</sup>-July 31<sup>st</sup>, 2012

- Pick up a Summer Reading Entry Sheet at any Treasure Valley public library
- Starting June 1<sup>st</sup>, keep track of the time you spend reading books, being read to or listening to audio books.
- Complete and return your entry sheet to the library which you are registered at for cool prizes.
- Program available for ALL Ages: zero through adult!

*Participating libraries include: Ada Community, Boise Public, Caldwell Public, Eagle Public, Garden City, Meridian and Nampa Public Library. Check with your local library for more details.*



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## Social Groups Page

### D.A.D.S Group Update:

The next D.A.D.S. Meeting will be Tuesday, **June 26<sup>th</sup>** from **6:30pm-8:30pm** at Fuddruckers in Meridian (off Ustick and Eagle Rd.)

Due to limited research geared specifically towards helping new fathers through the transition of fatherhood of a child with Down syndrome, TVDSA D.A.D.S. has been invited to volunteer in a valuable study to help learn more about personal experiences during this time in their lives. If you are interested in participating, please fill out this [online survey](#).

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

***"The only disability in life is a bad attitude."***

**- Scott Hamilton**

### Lil' Buddies Update:

#### June Outings:

Lil' Buddies will meet **Saturday, June 9<sup>th</sup> from 3:00pm-5:00pm** at Kaleidoscope Pediatric Therapy at 7211 Franklin Rd. in Boise.

Lil' Buddies will play **Monday, June 25<sup>th</sup> from 10:00am - 12:00pm** at

Settler's Park in Meridian, at the corner of Ustick and Meridian Rd.

Need more information on Lil'Buddies Playgroup? Interested in helping organize the monthly gatherings? Please contact [Kristie Yerger](#).



### Best Buds (Elementary) & Cool Club (Jr./Sr. High) Update:

June Outing: Best Buds and Cool Club will gather together on Thursday, **June 14<sup>th</sup> at 6:00pm** at **Aspen Leaf Yogurt**, at 396 S. Eagle Rd. in Eagle. Yogurt will be provided for each child or teen with Down syndrome. Then at

**7:00pm** we will go to the **Eagle Fire Department** Station 1, at 966 E. Iron Eagle Drive, for a lesson on fire safety and a tour of the station and trucks.

Need more information on Best Buds Social Group or want to help

organize? Please contact: [Kristie Yerger](#).

For more information about Cool Club please contact [Molly Benton](#).



### Adults In Motion (AIM) Update:

Please note: there will be No AIM gathering in June.

We look forward to seeing everyone at the Annual Picnic, July 11<sup>th</sup>!

For more information about AIM contact: [Freddie Gallas](#).

#### Announcing:

#### **The TVDSA College Scholarship**

Are you an Idaho resident, TVDSA member, and self-advocate with Down syndrome looking at attending classes as a college or university?

**TVDSA now has a non-financially based scholarship for the 2012-13 school year.**

Applications are due **June 15<sup>th</sup>**. To request an application please email the [scholarship committee](#).

## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### Demystifying Medicaid

Presented by Alicia Ward from the Lily Pad. Sponsored by Elks Rehab. Learn how to apply for Medicaid/Katie Beckett, who qualifies and all about the Medicaid redesign Thursday, **June 7<sup>th</sup>** 7:00-8:30pm at St. Luke's Meridian, lower level conference room. Free – but must register: 706-5549

### Sibshops

Program designed for brothers and sisters, ages 7-14, of kids with special needs.

**June 9<sup>th</sup>**  
10:00am-1:00pm  
Cost \$5.00 (Meal Provided)  
Children's Home Society  
704 N. 7<sup>th</sup> St. Boise  
Call 433-8845 to Register

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

**June 13<sup>th</sup>**  
6:00pm-8:00pm  
500 S. 8th Street, Boise

### Topic: Positive Behavioral Interventions

For more information, contact [Jen Zielinski](#)

### Changing Minds Foundation (CMF) Seminar

Sat. **June 23<sup>rd</sup>** 9:30-3:30pm  
Marshall Public Library  
Pocatello, ID **FREE**  
Sponsored by the South East Idaho DS Support Group.

### National Down Syndrome Congress Annual Convention

**July 19-22**  
Washington DC  
Registration is Now Open!

### Step UP for Down Syndrome Celebration

**September 22<sup>nd</sup>:**  
10:00am  
Mirabeau Point Park,  
Spokane Valley, WA

### r.i.s.e conference

7<sup>th</sup> Annual Building Futures  
Secondary Transition to  
College and Employment

**October 22<sup>nd</sup>-23<sup>rd</sup>**  
Portland, Oregon

### r.i.s.e conference

Respect, Inspire, Support  
and Educate 23<sup>rd</sup> Annual  
Parent Conference

**January 18<sup>th</sup> & 19<sup>th</sup>, 2013**  
Portland, Oregon

### TVDSA Scholarships

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.

## Community Partnerships of Idaho Summer Programs:

**Friday Night Group:** a group for adults with disabilities to explore the resources and activities in the Boise Community. Registration of \$20.00 is due July 1<sup>st</sup>, plus fees for all scheduled activities. For more information: contact Frana Erickson at 208-871-4841

**Camp Partnerships:** an annual summer camp for adults with disabilities. It's an exciting opportunity for adults with disabilities to enjoy a fun, relaxing vacation. The camp is **July 29-August 3 at Trinity Pines in Cascade**. Some activities include: dancing, movies, ping-pong, swimming, karaoke, and more! For more [information](#): contact: TeRonda Robinson at 208-376-4999 x 207

## Join the Celebration while Supporting TVDSA



The PGA Tour will return to Boise for the 23<sup>rd</sup> 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 and selecting TVDSA:  
[www.albertsonsboiseopen.com](http://www.albertsonsboiseopen.com)

## Summer Signing Camp

at Just Kid'n Around  
2374 E. Cinema Dr.  
In Meridian  
June 11<sup>th</sup>-15<sup>th</sup>  
9:00am-12:00pm

Includes: Real ASL Vocabulary, Songs, Snacks, Games, Crafts and an All Day Pass to Just Kid'n Around.

Cost \$20.00 a day  
Suggested ages: 3-8

Register Now: 888-7853  
Krissy Fulton

**"We tend to forget that happiness doesn't come as a result of getting something we don't have but rather from recognizing and appreciating what we do have."**

**- Frank Koenig**



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PO Box 1404  
Meridian, Idaho 83680

We're on the Web!

See us at:

[www.idahodownsyndrome.org](http://www.idahodownsyndrome.org)

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



Is offering **all services FREE OF CHARGE**  
to anyone with Down syndrome.

Services include: Hair: cuts and styling,  
Facials, Manicures & Pedicures.

Please call and schedule your  
appointment for Tuesday – Friday.  
208-658-1115

[www.oliverfinley.com](http://www.oliverfinley.com)

## 10<sup>th</sup> Annual TVDSA Buddy Walk

Saturday, October 13<sup>th</sup>, 2012

It's not too early to start thinking about  
the Buddy Walk!

Do you own a company? Do you work  
for or know a company that may  
sponsor the Buddy Walk?

Necessary forms can be requested from  
[Melody Witte](#).

**Thank you to our current 2012 Sponsor:**



## From the TVDSA Lending Library

### The Guide to Good Health

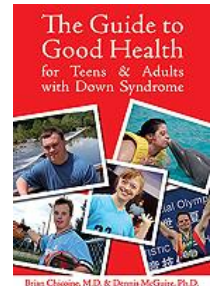
by: **Dr. Brian Chicoine & Dr. Dennis McGuire**

Drs. Chicoine and McGuire provide invaluable insight into what health problems are more common, and how medical issues can "present" differently in people with Down syndrome. In a clear, empathetic style, they discuss how to promote a healthy lifestyle to prevent problems, and how to recognize health problems early on to ensure appropriate care and the best outcome. Key topics include: \* Characteristics of Down syndrome that

can affect health care,  
\* More commonly occurring medical issues,  
\* The connection between mental & physical health,  
\* Long term health and well being throughout the lifespan,  
\* Specific medical conditions (ranging from skin and nail problems, eye, nose and throat issues, and cardiac concerns, to thyroid disorder, diabetes, Alzheimer disease, and sleep problems).

As the average person with Down syndrome lives considerably longer than in previous generations, *The Guide to Good Health* can also help

families know what to expect during the aging process.



This book 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](#)

*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:

President: [Paul Auger](#)

Treasurer & Advisor: [Lynda Wells](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)

Buddy Walk Chair: [Melody Witte](#)

Fundraising & Membership: [Malu Mulholland](#)

Vice President and Programs Chair: [Kristie Yerger](#)

Secretary: [Audrey Byrum](#)

Community Outreach: [Trish Vranish](#)

Marketing: [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](#)