



TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

February 2013

In this Issue

February brings advice for families with individuals with Down syndrome of all ages. You will find articles on Special Needs Trusts, Homework Accommodations, and Unintended Consequences of some good intentions.

Over the next several months we will be highlighting our social group volunteers that bring together our children of all ages. Get to know the leaders and why they do it. This month, you will read about Freddie Gallas, one of our Adult in Motion parent volunteers. To partake in any social activity, you do not have to be a member or join the subgroup, just come and meet new people and have a good time!

Please mark your March calendars for the World Down Syndrome Celebration and the 3rd Annual Easter Egg Hunt. Find more details in this month's newsletter!

Monthly and archived TVDSA newsletters are available on our website at: www.idahodownsyndrome.org for viewing and sharing.



Thursday, March 21, 2013

Please plan on joining us the evening of **Thursday, March 21, 2013 from 6:00-8:00pm** for a celebration of **WORLD DOWN SYNDROME DAY!** Location: TBA

Bring your entire family to enjoy a light dinner and dessert, entertainment, and dancing!! See the following information for ways YOU and your LOVED ONE with Down syndrome can **participate** at this upcoming celebration.

1. **PERFORMERS**- Calling all talented persons with Down syndrome! We want YOU to show off your talent at our celebration. Whether it is playing an instrument, singing, dancing, showing a special painting, telling a story, or any other special talent you would like to share. Please contact [Erin Rosenkoetter](#) for more info.

2. **VIDEO CONTEST** - put together a 2-3 minute video (slideshow, PowerPoint, etc) that shows "How someone with Down syndrome has inspired me or changed my life." Anyone that has been influenced by a person with Down syndrome is welcome to submit a video (to include siblings, grandparents, parents, friends, teachers, etc.). Video submissions will be voted on the night of our celebration, and PRIZES will be awarded. Look in next month's newsletter for directions on how to submit your videos.

3. **TVDSA T-SHIRT ART CONTEST** - if you are a person with Down syndrome that loves to draw, this contest is for you! As part of a new fundraiser this year, TVDSA will be selling logo t-shirts. The winner of this art contest will have his/her art displayed on the shirt!!! Start drawing now, and look in next month's newsletter for directions on how to submit your artwork.

For more information, or to offer your help, please contact: [Erin Rosenkoetter](#)

Special Needs Trust Explained by Idaho Lawyer

A standard Living Trust or Family Trust is useful to manage a child's inheritance until that child is old enough and mature enough to receive the inheritance here in Boise, Meridian, and Eagle.

But what happens when the heir has physical or mental disabilities that would entitle him to receive state or federal benefits? In that case, the use of standard trust provisions will enable the government to trim or even eliminate the benefits that would otherwise be provided for that heir.

To avoid this cutback, many parents in Idaho choose to use a Special Needs Trust. Or they can add Special Needs provisions to a standard Living Trust. Doing so allows assets to be available to supplement the governmental benefits in terms of taking care of the needs of that child. And, so long as the funds and assets going into that trust are owned by the parents rather than the child, it does so without enabling the government to cut back on the benefits provided to (or for the benefit of) that child.

So how does a Special Needs Trust differ from a standard Living Trust? Really there is just one difference. The trustee of the trust is given absolute and ongoing authority in deciding whether or not to actually use trust assets to take care of the needs of the disabled child.

Continued on Pg 3

Homework Accommodations for Children in General Education By: **Adene Karhan, Special Education Resource Specialist**

February 7th:

Infant Motor Development Milestones from 7:00pm-8:30pm at St. Luke's Meridian, lower level conference rooms. Free, but must pre-register at 489-5099

February 7-8th:

PEAK Parent Center Conference on Inclusive Education
Denver, Colorado

February 8-9th:

ID Miss Amazing Pageant
Boise, ID

February 12th:

Best Buds Gathering
5:30pm-7:30pm at Bounce!, in Meridian, pizza included!
Contact: [Kristie Yerger](#)

February 16th:

Home Depot Workshop for Kids with Disabilities
9:00am-12:00pm, Meridian

February 16th:

AIM & Cool Club Service
Project for nursing/assisted living facility. 3:00pm-5:00pm at Gallas' house (new address!) in Nampa
Contact: [Freddie Gallas](#)

February 19th:

TVDSA Board Meeting
7:00-9:30pm at A New Leaf
Contact: [Paul Auger](#)

February 26th:

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

February 27th-March 1st:

Making Careers Happen Online Conference
Your choice 1,2 or 3 Webinars for as low as \$25

March 7-8th:

Tools for Life: Secondary Transition and Assistive Technology Fair 2013: Everyone Can Work
www.idahoat.org

March 21st

World Down Syndrome Day
Contact: [Erin Rosenkoetter](#)

March 30th:

TVDSA 3rd Annual Easter Egg Hunt at 2:00pm
Contact: [Kristie Yerger](#)

While many children with disabilities qualify for and benefit from supports and accommodations provided through the IEP (Individualized Education Program), there are also a large number of children with disabilities who may benefit from educational supports through 504 accommodations. Section 504 of the Rehabilitation Act of 1973 is a federal law that was designed to protect individuals with disabilities enrolled in any program or activity that receives federal funding.

One area in which children with disabilities enrolled in general education may benefit is in the area of homework completion. Parents of children with disabilities often reveal that homework issues create significant conflicts within the family. Children with short attention spans, difficulty with handwriting skills, and high activity levels often struggle with homework. Below is a list of some suggested 504 accommodations related to homework:

- Pair writing instructions with verbal instructions.
- Provide opportunities for peer tutoring.
- Provide the child with study skills training.
- Allow the student to begin the assignment in class and go to teacher after the first few problems are completed for confirmation that he/she is doing the assignment correctly.
- Provide student with study guides and/or outlines of material presented in class.
- Provide a second set of books for use at home.
- Do not grade spelling if this is not the purpose of the assignment.
- Provide a practice test or quiz to be completed the day before a test.
- Give the student more frequent short quizzes rather than long tests.
- Allow student to type assignment or dictate to a parent.
- Decrease the number of questions that

the student has to answer (example: They only have to answer the odd numbered questions).

- Allow an extension of homework deadlines.
- Develop a communication tool (to be used with teacher(s), parent and child) for teaching the child to record assignments correctly.
- Utilize a homework completion graph so child can visually track progress in completing and handing in homework.
- Implement a homework completion reward system for turning in completed homework.
- Incorporate the use of a computer to make homework more interesting and stimulating.
- Allow student to complete assignments on graph paper to help with keeping columns straight in math.
- Decrease the number of problems on each page of homework assignments given.
- Allow the student to complete homework with colorful pens/highlighters for visual stimulation.
- Copy homework on colored paper to make it more visually stimulating.
- Allow student to tape record lecture material in class so that they can listen to it again at home.
- Tailor homework assignments to child's strengths and interests.
- Break up homework into sections and write how much time should be spent on each section.
- Allow student to utilize books on tape.

Source: <http://library.constantcontact.com/download/get/file/1102652165468-39/Fall2011newsletter.pdf> (Parent Network Newsletter, NYC)





Special Needs Trusts (Continued from Page 1)

The Living Trust set up by the parents will make it clear that the trust is established to provide for the support, care, maintenance, and education of the child. But then the trustee will expressly be given absolute discretion to decide which of the needs of the child will be paid for out of the trust.

The trustee will, of course, follow the instructions of the parents and use the trust assets to take care of the child as he or she grows up. But the mere existence of the trustee's discretion will ensure that the child's government benefits will not be trimmed due to the existence of the trust. The trust effectively becomes a supplemental source from which the parents can maximize the resources available for the care of their disabled child.

Typically, when the disabled child passes away, any assets remaining in the Special Needs Trust will be distributed to other heirs designated by the parents when they set up the trust. That can include surviving siblings of the deceased child, charities, or other family members or friends.

One caution is in order: The use of a simplified Special Needs Trust described above will not work if the disabled beneficiary already owns or is entitled to receive the assets that will be placed into that trust. For example, if a disabled child is to receive a cash settlement arising from an automobile accident which caused that child's disability, then a significantly more complex Special Needs Trust is required due to federal and state statutes. Similarly, if a disabled child has already inherited property from a deceased parent who neglected to establish a Special Needs Trust for that child, state (**Idaho Code** sec. 68-1405) and federal law will require a more complex solution in order to preserve government benefits to which that child may otherwise be entitled. But for a more typical situation in which the parents are the owners of the property that will be placed into the trust, relatively simple provisions can serve to keep that gift from resulting in the cancellation of the child's government benefits.

TVDSA does not endorse any particular attorney or lawyer in the Treasure Valley. TVDSA appreciates authorization from Barry Peters to reprint this article and information. TVDSA suggests you inquire, interview to find an attorney that will fit your individual needs.

Remember the Law of UNINTENDED CONSEQUENCES

by: Kathie Snow, Disability is Natural



With the best of intentions, we spend enormous amounts of time and energy to "help" children and adults with disabilities. But what about the *unintended consequences* of our well-intentioned acts?

When my son, Benjamin, was very young, I had the best of intentions when I made sure he had massive doses of developmental therapies. But this had an unintended negative impact: all the hours spent on therapy left little time for him to have any kind of normal childhood. This awareness led our family to do things differently.

Consider other examples:

- "Placement" in special, segregated settings--where "special, professional help" is provided--prevents children and adults with disabilities from learning how to succeed in the Real World.
- The unspoken message of many therapies, interventions, and services is usually a soul-crushing, "You are *not* okay the way you are."

- Focusing our energies on what a person *cannot* do (in order to provide "help") usually prevents us from seeing what the person *can* do.
- Writing a goal about "handwriting" might seem like a good idea, but if a child is spending all his time struggling with writing, he's probably missing out on other lessons. Why not provide a computer for writing, so the child can get on with reading, math, etc.?
- Provide too much help for a person, and the person becomes helpless.

Can you think of other situations where your best intentions might lead to unintended negative consequences?

Source: Disability is Natural, copyright © September 27, 2010



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

Dads Appreciating Down Syndrome (D.A.D.S.) Meeting:

February Meeting will be held
Tuesday, February 26th
at Fuddruckers
at Ustick Rd and Eagle Rd
in Meridian
from **6:30pm-8:30pm**.

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

Moms' Night Out:

There will be No Outing in
February.

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

Are you interested in
participating in one
or more of the social
groups? Unsure how
to get started? You
do NOT have to be a
member of TVDSA or
of the sub-group.
Just come, meet new
people, relax & have
some fun!

Lil' Buddies (age birth-5 years) Update:

February Gathering:

Lil' Buddies will be
meeting, but dates and
locations have not been
confirmed. Please
watch email notifications
for Lil' Buddies in
February or watch the

website events
calendar. Sorry for the
inconvenience.

Please mark your March
calendars – TVDSA
Easter Egg Hunt will be
held Saturday, **March
30th!**

Need more information
on **Lil' Buddies**? Please
contact [Jennifer Rice](#)



Best Buds (Elementary) Update:

February Gathering:

Best Buds will meet at
Bounce! on **Tuesday,**
February 12th at 5:30pm-
7:30pm, located at 490
E. Schiller Lane #100 in
Meridian. TVDSA will
pay for admission for
each child with Down

syndrome, and 1 parent
free. If you wish to bring
additional siblings or
friends, cost: \$5.00. A
[waiver](#) will have to be
signed in advance or at
the door. TVDSA will
also provide a pizza
dinner for those
attending.

Mark your March
calendars – TVDSA
Easter Egg Hunt will be
held Saturday, **March
30th!**

Need more information
on **Best Buds**? Please
contact [Kristie Yerger](#).

Adults in Motion (AIM) and Cool Club (Jr./Sr. High)

A **service activity** is
planned for February.
We will meet on
Saturday, February 16th,
from **3:00pm-5:00pm** at
the Gallas' house.
Gallas' new address is
207 Mountain View Drive,
Nampa, ID. We will
assemble treat bags for
people in a nursing/
assisted living facility
(facility TBA).

Participants are asked
to contribute items for
the gift bags such as
travel size toiletries, small
note pads, writing
supplies (colorful pens),
small day planner
calendars, sugar free
candies, and/or regular
snack size candies (small
packs M&M's, Kit-Kat,
etc). Refreshments will

be provided by TVDSA.

For more information
about **AIM** contact:
[Freddie Gallas](#) or
[Niculina \(Nina\)
Bistriceanu](#)

For more information
about **Cool Club**
please contact:
[Melanie Berlini](#)

Free Home Depot Workshop for Kids with Special Needs!



When: Saturdays: February 16th, April 20th, June 15th, August 17th & October
19th, 2013 from 9:00am – 12:00pm

Where: Meridian Home Depot at 1100 S. Progress Ave, Meridian ID

This free workshop is geared to provide a fun, quiet, low stress, warm, and
welcoming environment for kids with special needs of all ages and abilities.
Various materials and kits will be provided for the enjoyment of all!

Please come to one, or come to all.

Conferences, Workshops, Webinars & TVDSA Scholarship Information

Infant Motor Development Milestones

with Nicole Nord, DPT

Thursday, February 7th
7:00-8:30pm

At St. Luke's Meridian, lower level conference rooms

Cost: Free

To register or for more information please call 489-5099

Watching your baby grow and learn can be a wonderful experience as parents. This presentation will assist you with knowing what developmental milestones to watch for and how to assist your baby in achieving them.

PEAK Parent Center Conference on Inclusive Education

February 7-8, 2013
Denver, Colorado

[Inclusion Works!](#)

February 7-9, 2013
The Renaissance Hotel
Austin, Texas

[ID Miss Amazing Pageant](#)

February 8-9th, 2013
Boise, ID

This pageant is for girls ages 5-35 (different age categories) with disabilities.

[Down Syndrome Affiliates in Action Leadership Conference](#)

February 21-24th, 2013
Cincinnati, Ohio



Making Careers Happen Online Conference

February 27th - March 1st

Transition and Career Development for Secondary Youth with Disabilities in the 21st Century

Individual Webinar: \$25.00,
All Three Webinars: \$50.00

[Trisomy 21 Conference](#)

March 2, 2013
The Renaissance Hotel
Houston, Texas

Tools for Life: Secondary Transition and Assistive Technology Fair 2013: Everyone Can Work

March 7-8th
at the Riverside Hotel in Boise
Idaho
Registration Now Open
www.idahoat.org

[Wrightslaw Conferences](#)

Special Education Law and Advocacy

Various dates and locations across the U.S.

[TVDSA Scholarships](#)

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.

Get to know our Social Group Leaders: Freddie Gallas parent coordinator for Adults in Motion:

Over the next few months we will highlight some of our different volunteers.

My name is Freddie Gallas. I have a 35 year old son with Down Syndrome. My husband and I saw how much he needed a social outlet that included other individuals he could relate to and have fun with. It seemed that after high school, there was not much available in communities for our disabled adults. With the help of Treasure Valley Down Syndrome Association, we've been able to get two groups started--one for young teens (Cool Club) and another one for adults (Adults in Motion or AIM). There is still much to be done and we are hoping our social groups will grow and maybe expand into all the Treasure Valley area. It is so important for our teens and adults to have this social outlet for their emotional well being. I've noticed that our parents who participate get to have some much needed contact with other parents who have been down a similar road. It has been a privilege to be able to have a part in this endeavor and to connect with parents and have my son connect and get to know some wonderful friends.



GoodSearch and TVDSA

You search the internet all the time anyway, why not do it and earn money for TVDSA. Just go to: www.goodsearch.com and select TVDSA as your favorite cause. Simply search Down syndrome, we can be found near the end of the list. Then every time you do an internet search a donation is made to TVDSA. Tell everyone you know about GoodSearch for TVDSA.

Easter comes early this year – make sure to mark your calendars:

TVDSA 3rd Annual Easter Egg Hunt

Saturday March 30th at 2:00pm

For more information or to help with this event, please contact:

[Kristie Yerger](#)





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](#)!

TVDSA 2013 Calendars Still Available!



It's not too late to
get your 2013
TVDSA Calendar for
just \$15.00

You can order your
calendars [online](#).

TVDSA needs your ideas.
We are looking for your fun and
interesting ideas for fundraising.
Have a favorite place to go or eat -
let us know.
All ideas are welcomed please email
Malu @
fundraising@idahodownsyndrome.com

Announcing the TVDSA Greeting and Note Cards!

TVDSA has greeting & note cards available to purchase.
The original calendar photo shoot pictures are now
greeting & note cards!

You can purchase a set of 11, with one of each of the
prints, or a set of 10, of a single print/month. Cost: \$7.00
per set.

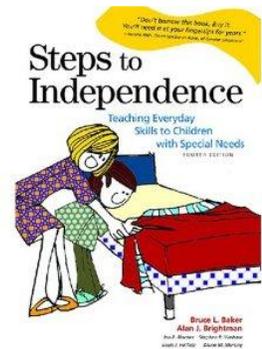
To [view and order](#) the greeting/note cards visit our:
[website](#) or contact: [Kristie Yerger](#).



From the TVDSA Lending Library:

Steps to Independence
by: **Bruce L. Baker and Alan J.
Brightman**

This one book contains a wealth of
information about teaching, developing
skills, managing behavioral challenges, and
guiding your own child (or other loved
ones) to independence. The authors give
clear and complete instructions to set the
stage for teaching so that the
consequences of lessons are the intended
consequences. If you feel you would like to
be more involved in teaching your own
child or you feel trapped by a behavioral
difficulty, this book will empower you.



Steps to Independence is available in the
TVDSA library. Members 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:

President: [Paul Auger](#)
Advisor: [Lynda Wells](#)
Treasurer & Spanish Contact: [Lucy Olmos](#)
Marketing: [Jason Woodward](#)
Fundraising & Membership: [Malu Mulholland](#)
Self Advocate: [Seth Paetel](#)

Vice President and Programs Chair: [Kristie Yerger](#)
Secretary: [Audrey Byrum](#)
Buddy Walk Chair: [Melody Witte](#)
Buddy Walk Chair: [George Taylor](#)
Community Outreach Chair: [Erin Rosenkoetter](#)

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