



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

## In this Issue

TVDSA would like to thank everyone who participated in the 1<sup>st</sup> Annual Idaho Gives day, supporting all the Nonprofits in the state of Idaho. \$578,735.00 was raised through 9,415 gifts from 6,192 donors for 419 nonprofit organizations representing 541 causes! TVDSA raised \$257.00!

Please take a moment and also read about the 7<sup>th</sup> grade class at Vision Charter School in Caldwell that gave TVDSA \$1,500.00! We are proud to be the recipients of the grant after they researched 16 local nonprofits.

This month's newsletter also has information to help you and your family have a safe summer while spending quality time together!

Make sure to mark your calendars for fun TVDSA Summer Projects: the Annual Potluck Picnic and Eagle Days Parade in addition to the individual social group activities that will be held each month.

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

Newsletter Editor: [Celena Auger](#)

June 2013

## Vision Charter School selects TVDSA for Grant

Mr. Boothby's 7<sup>th</sup> grade class at Vision Charter School in Caldwell was awarded the CenturyLink Middle School Philanthropy Grant. The CenturyLink Middle School Philanthropy Program was established by CenturyLink in 2012 to increase awareness among Idaho middle/junior high school students of the various needs in their communities, create a lifelong interest in volunteerism and community involvement, develop skills to allocate limited resources, and increase civic engagement. This grant gives funding to students, who in turn, award it to a local nonprofit that they have researched. The duo of 13 year old, Maddy Boughn, and 14 year old, Abby Johnson, both with a connection with a loved one and friend with a disability researched the Treasure Valley Down Syndrome Association as their nonprofit. After the 16 student group presentations on different local nonprofits, the class deliberated and voted. The students chose Treasure Valley Down Syndrome Association and Canyon County Animal Shelter for a grant in the amount of \$1,500.00 each.

On May 17<sup>th</sup>, the class held a luncheon sponsored by the Nampa Olive Garden where current board members: Paul Auger, Kristie Yerger, and Malu Mulholland attended and gratefully accepted the grant award from the Vision Charter School class.

TVDSA wants to thank this group of kids who are living the mission of TVDSA at their school by enhancing the quality of life for persons with Down syndrome by promoting inclusive environments, and advocating respect, dignity, and appropriate supports for people with disabilities.



## Summer is Around the Corner: Stay Healthy in the Sun

May has arrived and that means summer and the heat are right around the corner. There are some precautionary measures everyone, especially children, should take to keep their skin and body healthy throughout the rough summer sun and heat. While it is important to do outdoor activities and have fun in the sun it is also important that you and your children are well protected and hydrated.

First rule of summer is **SUNBLOCK!** Always make sure you and your kiddos are slathered up in sunblock. This is the one and only thing that can help your skin stay young looking and healthy. Just one sunburn can potentially double your chances of getting skin cancer. This is especially important for children and adults with fairer skin that are more easily burned. Be sure that you cover all areas when applying sunscreen, it is easy to miss areas you can't see so be sure to ask for help when applying. Make sure that you reapply throughout the

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June 4<sup>th</sup>:

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

June 5<sup>th</sup>:

**Buddy Walk Meeting**  
6:30pm-7:30pm at the Library! at Ustick and Cole in Boise.  
Contact: [George Taylor](#)

June 12<sup>th</sup>:

**Buddy Walk Meeting**  
6:30pm-7:30pm at the Library! at Ustick and Cole in Boise.  
Contact: [George Taylor](#)

June 13<sup>th</sup>:

**Best Buds:** 4:00pm Fishing at Kleiner Pond in Meridian,  
Contact: [Kristie Yerger](#)

June 15<sup>th</sup>:

**Home Depot Workshop for Kids with Disabilities**  
from 9:00am-12:00pm at the Meridian Home Depot: 1100 S. Progress Ave Meridian

June 15<sup>th</sup>:

**Lil' Buddies:** 10:00am-11:30am at Settlers Park in Meridian.  
Contact: [Jennifer Rice](#)

June 24<sup>th</sup>:

**Lil' Buddies:** 10:00am-12:00pm at Fit for Motherhood in Meridian  
Contact: [Jennifer Rice](#)

June 25<sup>th</sup>:

**D.A.D.S.** Meeting:  
6:30pm-8:30pm at Fuddrucker's, Meridian  
Contact: [Gus Olmos](#)

July 10<sup>th</sup>:

**TVDSA Family Picnic**  
Mager's Party Barn, Nampa  
6:00pm-8:30pm  
Contact: [Lynda Wells](#)

July 13<sup>th</sup>:

**Eagle Fun Days Parade**  
2:00pm  
Contact: [Erin Rosenkoetter](#)

July 19-21<sup>st</sup>:

**NDSC Conference**  
Denver Co  
[Registration](#) NOW OPEN!

August 15<sup>th</sup>:

**Ceramica Fund Raiser**  
5:00pm-9:00pm  
Contact: [Malu Mulholland](#)



## 82 Summer Activities for Families with Special Needs

Between June and September my kids have 82 days of summer vacation, and I've promised them something fun every single day. That means I need 82 fun summer activities for one child with a developmental disability and one child who refuses to participate in most activities. It'll be a piece of cake, right?

Borrowing the weekday "Summer Schedule For Kids" at [somewhatsimple.com](http://somewhatsimple.com), scouring the internet for more ideas and adding some of my own activities, here are 82 days of summer fun and learning:

### Safety Sunday

1. Teach your child his or her full name.
2. Teach your child your full name.
3. Have your child memorize your home address – show where the house number is located outside and show where the street is named.
4. Have your child memorize your phone number. Practice reciting key information.
5. Learn how to cross the street safely.
6. Practice an escape route in case of fire.
7. Practice saying "no" make it a game in which you take turns asking each other to do increasingly absurd things.
8. Play hide-and-go-seek to teach your child how to remain calm while looking for you.
9. Teach your child the buddy system.
10. Teach your child what an emergency is and how to call 911.
11. Practice asking for help with things that are hot, sharp, dangerous or too high to reach.
12. Start swimming lessons.

### Make Something Monday

13. Arrange 5 or 6 photos to make a poster or scrapbook page.
14. Sweetened condensed milk makes a beautiful, edible finger paint.
15. Plant a seedling outdoors.
16. Dig for worms – it's a great exercise for fine motor skills and tactile defensiveness. Re-home the worms next to that seedling you planted.

17. [Bubble snakes](#).
18. Make a leaf scrapbook.
19. Color the sidewalk with chalk. Wash it all away with water.
20. Paint using different types of paintbrushes: a fly swatter, a flower, a cotton swab, a sponge, a leaf, etc.
21. Build an obstacle course with hula hoops, lawn furniture and empty boxes.
22. Tie-dye some t-shirts.
23. Make a magic wand using all available materials.
24. Build a "fairy house" outdoors with sticks, pebbles, pine cones, bark, leaves and other natural materials found outdoors.

### Time to Read Tuesday

25. Sign up for your local library's summer reading program.
26. Read a book under a tree.
27. Read all but the last page of a storybook and ask your children to suggest an ending.
28. Have your child dictate and illustrate a story, and read it together. It's OK if the story is 1 or 2 sentences long.
29. Make a home video of your child reading a story aloud, or of you reading aloud to your child.
30. After you finish reading a book such as The Lorax, go see the movie.
31. Read some books on a specific topic, such as insects, then do a related activity such as a bug hunt or catching fireflies.
32. Have your child create a summer schedule for the family and read off the schedule every morning.
33. Check out a book of simple science experiments and try some of them at home.
34. Check out a book about a historical figure and play dress-up at home.
35. Have your child write out a checklist for a scavenger hunt, and find everything on the list together.
36. Swap favorite books with your friends.

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## The Buddy Walk Committee needs YOU!

The TVDSA Buddy Walk Committee needs help organizing, preparing, and running the largest annual gathering and celebration of individuals with Down syndrome in the Treasure Valley.

Maybe you own a company or work for someone that can be of service in preparing. Maybe you are great at getting donations, or want to help with entertainment. We have many sub-committees to choose from.

Meetings will be held Wednesdays **June 5<sup>th</sup> & June 12<sup>th</sup>** from **6:30pm-7:30pm** at the [Library! at Cole & Ustick](#) in Boise.

If interested in donating a bit of your time, please contact [George Taylor](#).

## Stay Healthy in the Sun (continued from page 1)

day if you plan on being out in the sun for several hours. Hats, sunglasses, and other protective clothing will also help you and your children avoid any severe sun damage. Summer will be more fun if you take extra precautions to be sure you do not get a sunburn.

The second rule of summer is **WATER!** It is very important that you stay hydrated in the summer heat. It is so easy to forget to drink water when you are out playing in the yard with the kids and your family. When you don't stay properly hydrated it can cause your body to shut down and you may feel weak. Be sure that you are drinking as much water as your body needs every day. You do not want to faint or have a heat stroke from dehydration. Try to carry a bottle of water with you everywhere you go so you and your kids will never be thirsty this summer even when you are out running errands.

Summer is a time to have fun, enjoy the sunshine, and time spent outside with your friends and family. Don't let your good times of summer get ruined with a painful sunburn or dehydration. Remember sunblock and water all summer long to take care of yourself!

Source: *Living with a Disability Online Magazine* by Editorial Board on June 4, 2012



## 82 Summer Activities (continued from page 2)

### What's Cooking? Wednesday

37. Fruit smoothies in the blender.
38. No-bake oatmeal cookies on the stove.
39. Pizza.
40. Spinach-artichoke dip in the blender.
41. Banana muffins.
42. Roll-up sandwiches.
43. Fruit kebabs.
44. Chicken soup in the crock-pot (plug it in on the porch so that it doesn't heat up the house).
45. Roasted marshmallows.
46. Scrambled eggs and pancakes for dinner.
47. Lemonade from scratch.
48. Guacamole.

### Thoughtful Thursday

49. Wash the car together. No driveway and no car? Then wash the toy cars.
50. Call someone just to say hello.
51. Pick some flowers (dandelions and clovers are OK) and give the bouquet to someone who isn't expecting them.
52. Write a top ten list of a person's best attributes and give the list as a gift to that person.
53. Write a thank-you letter to someone and mail it.
54. Donate clothing, books and toys to charity.
55. Teach your child to do one chore.
56. Give someone a homemade art project.
57. Volunteer at a food bank.
58. Collect bottles and cans, and donate the money to charity.
59. Pray for someone who needs a prayer.
60. Hug someone who needs a hug.

### Somewhere Fun Friday

61. Petting farm or petting zoo.
62. A playground in a different neighborhood.
63. An art museum – check first to see when general admission is free!

64. The beach.
65. Pick fresh fruit at a local farm or visit the farmer's market.
66. Ride a train.
67. Find a carnival or a street fair.
68. Ice cream shop.
69. Waterpark or spray-ground.
70. Visit a friend.
71. Nature trail or botanical garden.
72. A skyscraper or another high place with a grand view of the world.

### Social Skills Saturday

73. Tell a story from your own childhood. Have your child tell a related story from his or her life experience – yes, even if your child is nonverbal.
74. Lie in the grass and take turns looking for shapes or pictures in the clouds.
75. Go around and ask every family member at home the same silly question, and share the answers.
76. Look at some old family photos and name all the people in them.
77. Practice making emotional facial expressions on cue with your child: neutral, happy, sad, fearful, angry, disgusted, surprised. Take turns and make it fun.
78. Practice listening skills by responding only with nonverbal communication for 1 to 5 minutes – then switch roles.
79. Be someone's mirror: imitate a person's actions as if you are that person's reflection in a mirror for 1 minute. Then switch roles.
80. Play Follow the Leader. Match the leader's pace for as long as possible, then let a new leader take over.
81. Play the statue game: one person freezes like a statue and the other person has to make the statue laugh. Take turns.
82. Develop family traditions: sing a song together, recite a poem, say a prayer that has special meaning to your family.

Source: *Karen, Friendship Circle Blog* June 2012



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## Social Groups Page

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

D.A.D.S. will be meeting at  
Fuddruckers **June 25<sup>th</sup>**  
from 6:30pm-8:00pm.

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

### TVDSA College Scholarship

- Are you an Idaho Resident?
- Are you a current TVDSA member?
- Are you or someone you love, a Self-Advocate with the attribute of Down syndrome?
- Are you looking to attend classes at a college, university, or trade school in the Fall?

TVDSA has non-financially based scholarships for the 2013-14 school year. **Applications are due August 1, 2013.**

Contact the [scholarship committee](#) with any questions or to request an application.



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

#### June Gathering:

Lil' Buddies will have a play date on **Saturday, June 15<sup>th</sup>** at [Settlers Park](#) in Meridian, located at the corner of Ustick and Meridian Rd, from **10:00am-12:00pm**. We'll be at the main playground. Come play and do some chalk drawings!

Then on **Monday, June 24<sup>th</sup>** from **10:00am-12:00pm** we will play at the [Fit For Motherhood](#) studio. Member Emily Nielsen is graciously opening her studio to us and

inviting friends to come play with her daughter Mirabel. There will be a trampoline, some balls, a slide, and other toys for the kids to play with. The address is 1247 E Fairview in Meridian, kitty corner from the Idaho Athletic Club, around behind the small brown building with the Idaho Wireless sign.

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



### Best Buds (Elementary) Update:

#### June Gathering:

Best Buds will be gathering for a night of free fishing **Thursday, June 13<sup>th</sup> at 4:00pm** at Kleiner Pond located at 1900 N. Records Avenue in Meridian. Fishing supplies are available and no license is

required. Participants check in at the "Take Me Fishing Trailer!"

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

### Cool Club (Jr./Sr. High)

June Gathering: Cool Club will be attending the **Wing Off** on **June 15<sup>th</sup>** at **Julius M. Kleiner Park** in Meridian. Festivities begin at 10:00am and will go until around 4:00pm. Festivities peak around 1:00pm. Come for a family friendly, informal afternoon at the park. Come for part, or come for the entire day. Andrew and his family will be cooking up some wings to share with the

crowds! For more information on this event, visit: [www.wing-off.com](http://www.wing-off.com)

TVDSA will make a donation to the Kiwanis Hope Tree Program for those that attend from TVDSA.

Need more information on Cool Club? Please contact: [Andrew Kopping](#)



### Adults in Motion (AIM)

**AIM will be taking the summer off from outings/gatherings.**

We hope to see everyone at the TVDSA Family Picnic on July 10<sup>th</sup> at the Mager's Party Barn in Nampa. Have a great summer!

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

### NEW!!! Eagle Fun Days Parade

TVDSA will be participating in the **Eagle Fun Days** for the first time this year. Bring your whole family, and even friends, to raise awareness for TVDSA in the **Eagle Fun Days Parade!** Come dressed in your favorite color Buddy Walk shirt and join the fun! We plan on being a "walking group", using wagons and strollers that will be decorated in red, white and blue. The Famous Wet and Wild Parade will be on **July 13<sup>th</sup>** starting at **2:00pm**. Please check the July newsletter for meeting time and location. If you have other questions about participating, please contact [Erin Rosekoetter](#).

## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### Home Depot Workshop for Kids with Disabilities

June 15<sup>th</sup>, August 17<sup>th</sup> & October 19<sup>th</sup>

from 9:00am-12:00pm  
at the Meridian Home Depot:  
1100 S. Progress Ave  
Meridian

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 methods will be provided. Come to one or come to all.

### [When Behavior Gets in the Way:](#)

Creating Caring Schools and Communities  
July 29-31<sup>st</sup>

Manchester, NH



***"My disability has opened my eyes to see my true abilities".***

- **Robert M. Hensel**

### Boise Parks & Recreation's AdVenture Program Adaptive Recreation

A wide range of recreational, social and educational programs for youth and adults with disabilities. Scholarships available.

AdVenture offers classes, camps, outdoor trips, and recreation activities designed for people with a variety of disabilities including, but not limited to: orthopedic, spinal cord, neuromuscular, hearing and visual impairments as well as intellectual disabilities.

To learn more, please visit [www.cityofboise.org/AdaptiveRecreation](http://www.cityofboise.org/AdaptiveRecreation), call 208-608-7680 (TTY 1-800-377-3529), e-mail [AdVentureProgram@cityofboise.org](mailto:AdVentureProgram@cityofboise.org) or like us on Facebook, [www.facebook.com/bprAdVentureProgram](http://www.facebook.com/bprAdVentureProgram).

### [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.

### 2013 NDSC Conference: "Causecation" July 19-21<sup>st</sup>

Denver, Colorado

Registration opens in March!  
[convention.ndscenter.org](http://convention.ndscenter.org)

## It's Time to PRESUME COMPETENCE! By : Kathie Snow, Disability is Natural

What does it mean to Presume Competence? People *without* disabilities know what it means; they experience it every day of their lives, but may seldom think about it...

Parents buy a bicycle for their son or daughter, *knowing* the child doesn't yet know how to ride the two-wheeler. But they presume competence; they know the child will learn how to ride. (And some of us need our training wheels on longer than others!)

Some five-year-olds start kindergarten already knowing how to read; others barely know their ABCs. But the teacher presumes all are competent and all will learn.

When young adults leave home to strike out on their own, few are considered "ready" by their parents. Nevertheless, parents presume their children will learn, survive, thrive, and succeed, one way or another.

The list could go on and on...think of other examples. But the same is not true for most children and adults with disabilities. They are usually presumed *incompetent*. As a result, they're held back; prevented from participating in ordinary, age-appropriate activities; "placed" in special, segregated settings; and more.

They're put in a no-win situation: they're essentially required to *prove* they're competent. But if they're held to the usual "able-bodied" standard, this becomes an impossible feat. A child, for example, may be placed in a segregated special ed classroom because he's unable to write with a pencil. The focus is on the *mechanics* of "handwriting" instead of "learning to write sentences" (composing text). The child may *never* be able to write with a pencil (my son, who's working on his Bachelor's degree, doesn't), so why isn't the child provided with a computer and allowed to learn and belong in a general education classroom? Again, think of other examples from your own experiences...

A series of articles on this topic can help us do better, because children and adults with disabilities deserve better, don't they? (Click on the links below to open the PDFs.)

- [Presume Competence: Challenging Conventional Wisdom About People with Disabilities](#)
- [Do Disability Organizations Presume Competence?](#)
- [Eliminating the Presumed Incompetence Paradigm](#)

Source: [Disability is Natural](#), 2010



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

PO Box 1404  
Meridian, Idaho 83680  
208-954-7448

We're on the Web!

See us at:

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

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

## TVDSA 30<sup>th</sup> Annual Potluck Family Picnic

Wednesday, July 10<sup>th</sup> from 6:00pm-8:30pm

At Mager's Party Barn in Nampa

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

Come enjoy dancing, music, face painting, bounce houses, the personal ponies, catch up with friends, and a talent show featuring those with Down syndrome with optional accompaniment by friends and family.

Please bring a side dish OR dessert.

TVDSA will be providing Fried Chicken, Salad and Rolls this year.

**Mark your Calendars Today!**

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

## TVDSA Greeting and Note Cards!

TVDSA has greeting & note cards available to purchase. The original 2013 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. Or for \$15.00 you can get a 2013 Calendar AND a set of 11 gift cards!

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



## From the TVDSA Lending Library:

### The Little King and the Marshmallow Kingdom

by: Louis Rotella III

King Louie the IV rules over Marshmallow Kingdom where the sun always shines and every meal is a picnic -- with yummy marshmallows for dessert. Follow King Louie as he helps his friends understand that even though he is unique and different, he still loves to do kid-like things!

*A Guide to Special Education Advocacy is available in the TVDSA library. Members 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: [Kristie Yerger](#)

Advisor: [Lynda Wells](#)

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

Community Outreach Chair: [Erin Rosenkoetter](#)

Marketing Chair: [Paul Auger](#)

Vice President and Programs Chair: [Malu Mulholland](#)

Secretary and Membership Chair: [Audrey Byrum](#)

Board Member: [Melody Witte](#)

Buddy Walk Chair: [George Taylor](#)

Self Advocate: [Seth Paetel](#)

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](#)