



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

July 2013

## In this Issue

This month's newsletter has information on TWO exciting family (all ages) summer fun activities – the Annual Family Picnic on July 10<sup>th</sup> and the Eagle Fun Days' Parade on July 13<sup>th</sup>, which is new for TVDSA to participate in. We hope to see you at one or both events!

You can also find an article on developing a portfolio for your child to share with educators and therapists. What a great way to start the beginning of the new school year and help make a smooth transition for a successful year to come. For those that may homeschool, or need help this summer with possible educational sites, check out Teaching Children with Down syndrome on page 3. Or just need more simple ideas to keep your kids busy? There are eight simple summer ideas on page 5.

No matter how you spend your Summer, TVDSA hopes you spend it with family making memories. Summer goes by fast, and Fall will be here in no time!

Speaking of Fall – October 12<sup>th</sup> is the 2013 TVDSA Buddy Walk – mark your calendars! Interested in helping or have a business that may want to sponsor? More details on page 2.

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

## **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

4090 S. McDermott Rd. 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, All-talent Talent Show, and catch up with friends.

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

We ask that each family bring a side dish and/or dessert to share.

Due to unpredictable weather conditions (heat/rain) and the unknown overall number who will be joining the celebration, we recommend you bring chairs and/or awnings if you have them, to guarantee shade for everyone.

Or bring a blanket for a picnic on the grass with your family.

There will be some tables and chairs available.

This year's **All-Talent Talent Show** hosted by self-advocate, Seth Paetel, will feature those with Down syndrome with optional accompaniment by friends and family. Please email [Lynda Wells](#) or call at 208-590-1755 with interested participants/acts.



**We hope to see you there!**

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



## **Eagle Fun Days Parade – July 13<sup>th</sup>**

TVDSA will be participating in the **Eagle Fun Days** for the first time!

Bring your family and friends to help raise Down syndrome awareness in the **Eagle Fun Days Parade!** Come dressed in your favorite color Buddy Walk shirt and join the fun! Don't have a Buddy Walk Shirt – no problem, just wear something red, white or blue.

We will be a "walking group." Please come with your wagons and strollers decorated in red, white and blue. The Famous Wet and Wild Parade starts at 2:00pm. We will be meeting at **1:00pm** at the intersection of **Iron Eagle and Plaza Drive**. We must be ready to roll at 1:45pm.

If you have other questions or plan to join us, please contact or **RSVP** to: [Erin Rosenkoetter](#).

## Calendar of Events

July 2<sup>nd</sup>:

### TVDSA Board Meeting

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

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 15<sup>th</sup>:

### Buddy Walk Registration Opens!!!

July 16<sup>th</sup>:

### Buddy Walk Meeting

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

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

### NDSC Conference

Denver CO  
[Registration](#)

July 22<sup>nd</sup>:

### Lil' Buddies: 10:00am-

11:30am at Jabbers in  
Meridian

Contact: [Jennifer Rice](#)

July 24<sup>th</sup>:

### Buddy Walk Meeting

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

August 15<sup>th</sup>:

### Ceramica Fund Raiser

5:00pm-9:00pm  
Contact: [Malu Mulholland](#)

## Preparing Student Profiles or Portfolios

When students with disabilities have been successfully included in any school or community, parents and educators should document what has influenced this success. The types of teaching and instructional strategies employed by teachers, para-educators, peers, and others, need to be individually determined and applied for each student; however, there are effective practices that are generally employed when educating students with disabilities in general education classes. Creating a portfolio that provides a comprehensive picture of how a student is successfully included in school and in the community can be a very useful resource for teachers who students are experiencing challenges and barriers to inclusion. Also, creating a portfolio can assist a student and staff in the transition to the next year. This portfolio should emphasize the student's strengths and provide a detailed description of the supports and services that were in place when the student was successful. In addition, the portfolio should reflect the personality and characteristics of the student and should include the following items:

- Demographic information about the student, including student's name, age, grade, classroom teacher, special education support staff and their roles, and family information.
- A picture of the student successfully participating in school and in the community.
- A description of the student's strengths, gifts, interest, and favorite activities.
- A list of the student's IEP goals and learning priorities for the year.
- A list of tasks, responsibilities, and role definition for all personnel (example: classroom teacher, special educator, paraeducator, related service personnel)
- Physical assistance needed by the student and how to provide it.
- Successful strategies to support the student's methods and the means of communicating, particularly if the student has difficulty expressing him or herself or if the people around the student have a difficulty understanding him or her.

- Successful methods used to facilitate the student's involvement in different classroom activities across all subject areas and in various kinds of instructional activities (example: cooperative small group work, lectures, individual work, tutoring).
- A list of any environmental arrangements and related supports that assist the student to succeed in the classroom, school, and community (example: seating arrangements, positioning needs, personal care needs, noise level tolerance, climate control levels)
- Description of the accommodations or projects modified to support the student in learning, including examples of the student's work with accommodations and/or modified projects.
- Examples of the student's work, including the original assignment and description of any accommodations or modifications to the assignment.
- Strategies for connecting the student to peers and facilitating their interactions and friendships.
- Names of friends and peers with whom the student has a relationship.
- Description of equipment, communication devices, software programs, or other assistive technology that the student uses successfully, including descriptions of how the student uses them as well as name of those who can assist in the maintenance and expansion of these materials.

Ideally the IEP team should provide input into the design and development of the portfolio to make it effective, but it is not routine. Family initiated and prepared is most likely.

Source: *Believe in My Child with Special Needs!* By Mary A. Falvey and Peak Parent, 2003

### Shop With Scrip and Give Back To TVDSA

Purchase Gift Cards for holiday shopping, gifts for friends and family, dining, gas, entertainment, and more, & a percentage of all sales goes to TVDSA!

Visit [www.shopwithscrip.com](http://www.shopwithscrip.com), set up a free account, link to TVDSA by using the enrollment code: BC8651D833664 and start shopping, all while donating money to TVDSA! Questions or problems contact [Malu Mulholland](#).

### 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](http://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.



Thank you to the following donors that are already a 2013 Buddy Walk Sponsor!

Platinum Level:  
St. Luke's

Gold Level:  
Southwest Airlines

Bronze Level:  
Elevated Dance Project

## The 2013 Buddy Walk on October 12<sup>th</sup>, Update:

The TVDSA Buddy Walk Committee still needs more help organizing, preparing, and running the largest annual gathering and celebration of individuals with Down syndrome in the Treasure Valley. If interested in donating a bit of your time, please contact [George Taylor](#).

The July Meetings will be held Wednesdays **July 16<sup>th</sup> & July 24<sup>th</sup>** from **6:30pm-7:30pm** at the [Library! at Cole & Ustick](#) in Boise.

### **2013 Buddy Walk Registration – Opens July 15<sup>th</sup>!!!**

New this year – exciting prizes and awards! The fun will be more than just a single day - get your team ready to walk and have fun from now through October! More information to come soon.

### **Calling All Buddy Walk Sponsors:**

Do you own your own business and would consider being a Buddy Walk Sponsor?  
Does your employer support your WHOLE family, and may be a Buddy Walk Sponsor?  
Do you have a family member or neighbor that may want to sponsor the Buddy Walk?

There are many benefits to being a Buddy Walk Sponsor beyond supporting our loved ones with Down syndrome. To view the different levels of sponsorship and benefits of the levels, please review the [2013 TVDSA Sponsor Levels](#). To become a sponsor, please fill out our [2013 TVDSA Sponsor Form](#). We must have all corporate donations completed by **August 1<sup>st</sup>** to be included in signage and banners. For more information, please contact [George Taylor](#).

## Teaching Children with Down Syndrome

**Parents of children with Down syndrome sometimes feel at a loss when it comes to their child's education.** While children with Down syndrome have much in common with the typically developing child, they do embody a unique learning profile which requires specific strategies to support learning.

**Parents of children with Down syndrome may wonder how to best help their children learn.** Among the many things to consider are how to best develop gross and fine motor skills, self-help skills, academic skills, and more, while guiding their children to be the best they can be.

**If you are a parent who has chosen to homeschool a child with Down syndrome, you have joined the ranks of many families who find that homeschooling makes sense for them.** Because of special issues related to the syndrome, such as weak auditory processing, anatomy-related speech issues, and possible medical concerns, your child's needs may not be met by a public or private school system.

**Children with Down syndrome often require a multisensory learning experience,** using as many channels of input as possible and involving repetition with expansion and reinforcement of previously learned skills.

**A computer based curriculum may be part of the educational answer for children with Down syndrome.** Research has shown that because of short-term auditory memory deficits, language supported by visuals and/or symbolic movements do help children with Down syndrome remember.

**Time4Learning is an online interactive curriculum** used at home for homeschooling, after school reinforcement, or summer study. It is a student-paced program filled with clear graphics, and simple sounds that don't get in the way. The lessons go from preschool to eighth grade, and the levels of the subjects can be set independently. This helps children who perform or progress at vastly different levels in these major subjects. Children progress at their own rate using multisensory learning that helps each learning style.

Because Time4Learning imposes no scheduling constraints, it is ideal for students who need to proceed at a slower pace. Each lesson may be repeated as many times as necessary. Students may work at any grade level appropriate for them and can be placed in different grade levels for each subject.

Children look forward to interacting with the animated characters that appear in many lessons. Day-to-day interaction with familiar characters stimulates interest and provides motivation. Students of any age who still enjoy cartoons will find the lesson characters especially engaging.

Click for more [information and demos](#).

*TVDSA does not endorse any specific program, such as Time4Learning listed in this article. TVDSA shares all type of opportunities. This program may or may not work for your family.*



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## Social Groups Page

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

D.A.D.S. will NOT be meeting in July.

See you at the **Family Picnic, July 10<sup>th</sup>** at the **Mager's Party Barn** from **6:00pm-8:30pm** and **Eagle Fun Days Parade, July 13<sup>th</sup>** at **1:00pm**.

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.**

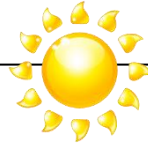
Contact the [scholarship committee](#) with any questions or to request an application.



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

### July Gathering:

Lil' Buddies will have only one play date in July due to the **TVDSA Family Picnic, Wednesday, July 10<sup>th</sup>** at the **Mager's Party Barn** in Nampa from **6:00pm-8:30pm** and **Eagle Fun Days Parade, July 13<sup>th</sup>** at **1:00pm**.



**Monday, July 22<sup>nd</sup>** from **10:00am-12:00pm** we will play at **Jabbers** located at 1210 N. Galleria Dr. in Nampa. TVDSA will pay for each child with Down syndrome.

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

## Best Buds (Elementary) Update:

### July Gathering:

Best Buds will not be having a separate gathering from the **TVDSA Family Picnic, Wednesday, July 10<sup>th</sup>** at the **Mager's Party Barn** in Nampa from **6:00pm-8:30pm** and

**Eagle Fun Days Parade, July 13<sup>th</sup>** at **1:00pm**.

We hope to see you there!

Need more information on **Best Buds**? Please contact [Malu Mulholland](#)

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

### July Gathering:

Cool Club will not be having a separate gathering from the **TVDSA Family Picnic, Wednesday, July 10<sup>th</sup>** at the **Mager's Party Barn** in Nampa from **6:00pm-8:30pm** and **Eagle Fun Days Parade, July 13<sup>th</sup>** at **1:00pm**.

We hope to see you there!

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** from **6:00pm-8:30pm** in Nampa and **Eagle Fun Days Parade, July 13<sup>th</sup>** at **1:00pm**.

Have a great summer!

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

## Moms Night Out - We are goin' to the races!

On **July 17<sup>th</sup>** TVDSA Moms are going to the races! It is Ladies' Night at **Les Bois Park**, Idaho's own premier live horse racing facility. Les Bois is located at 5610 Glenwood Street in Garden City. Come between **5:30pm and 8:00pm** for



## Conferences, Workshops, Webinars & TVDSA Scholarship Information

**2013 NDSC Conference:  
"Causecation"**  
July 19-21<sup>st</sup>  
Denver, Colorado

[convention.ndsccenter.org](http://convention.ndsccenter.org)

**Home Depot Workshop  
for Kids with Disabilities**

**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.

**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

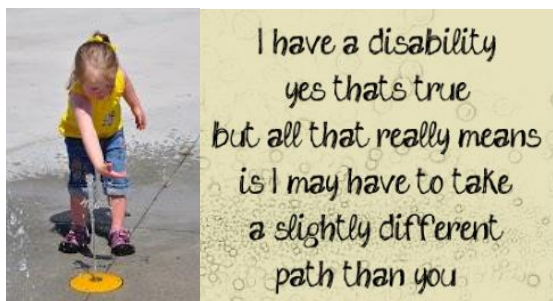
Various dates and locations  
across the U.S.

**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.



## Top Summer Activities for Kids with Special Needs By: Barbra Streett, Abilities.org

Summer can be a challenging time for children with special needs and their parents. Many families face a decrease in school and therapeutic hours. This may leave parents with extra time to fill during the day. Here is a list of **eight simple summer activities** to do with your child that don't require weeks of planning, a small loan or traveling much further than your backyard:

**Backyard Water Park.** Quickly create your own water park in the backyard for an afternoon of fun. From sitting them on your lawn or on a shower curtain and using your finger and a hose to create a variety of sprays for your child to experience to a variety of "water rides" including: small splash pool or garden sprinkler to run through.

**Sloppy Sensory.** Partake in some "goopy" activities outside that will help your child to integrate their senses. Spray an outside table with shaving cream and let your child smear it around, or fill a bin with rice and dig your fingers in. Lastly, create a mud pit to roll around in. All you need afterwards is a hose!

**Tent Building.** Make "the best tent ever" by pulling out all your blankets and chairs and have the tent overtake your living room or backyard. Tent play can occupy your children for hours. Place a beanbag inside along with books or a flashlight.

**Fossil Find.** Take a trip to your backyard sandbox and bury some "fossils" (a.k.a. rocks). Provide your child with a small shovel and bucket to dig up these archeological finds. You can also work on counting and grouping the rocks once you have collected them all.

**Mall Meandering.** Need to escape the heat? Take advantage of someone else's air conditioning by walking the mall on hot days. Malls are cool and not too crowded on the weekdays. It is a good way to keep your child moving and active as you pace back and forth in a controlled environment.

**Movie Madness.** A home cinema experience is a great way to get your children out of the sun for a couple of hours and allow some down time. Instead of just plopping down in front of the TV, make it a production – homemade movie tickets and a bowl of popcorn with pillows and blankets in front of the flat screen. It will seem like a special event in your child's day with these little extras.

**Firehouse Visit.** Call your local fire department and ask if you can stop by with your children for a quick visit to see the fire trucks and meet the firemen. This is a great way to break up your day, and learn about fire safety.

**Soothing Swing.** Find a swing with your child this summer. Swings are beneficial for physical, social and cognitive development, and they offer certain therapeutic benefits. They promote movement and perceptual skills, spatial awareness, general fitness, social interaction, mental representation, and sensory integration, including vestibular development.



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](#)!



## Ceramica Fund Raising Event

1002 S. Vista Avenue, in Boise  
August 15<sup>th</sup> from 5:00pm-9:00pm

The entire \$6.00 per person's painting fee for ANYONE that shows up during this time will be donated to TVDSA!  
PLUS: Receive 20% off pottery pieces costing at least \$3.00.

You choose your colors and paint your design, paint as long as you like, leave it to be glazed and fired, then pick up your masterpiece.

## TVDSA Greeting and Note Cards!

TVDSA has greeting & note cards available to purchase.

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.

**CLOSEOUT: 2013 Calendars only \$5.00** (while supplies last.)

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



## From the TVDSA Lending Library:

### The Kitchen Classroom by: Gabrielle Kaplan-Mayer

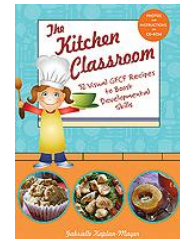
For kids who need extra help with sensory integration, motor, language, communication, and attention skills, cooking offers a multitude of opportunities to help them work on these skills while having fun. Professional cooking teacher and parent of a son with autism, Gabrielle Kaplan-Mayer, shows how, with a little planning and preparation, parents can make cooking a rich learning experience, as well as a chance to connect with their child or student.

The Kitchen Classroom engages kids of all ages and can be used with students with a variety of developmental or learning disabilities. Instructions in the book include handy icons that tell parents and teachers what skill can be practiced at what stage of the cooking process. Kneading dough, breaking eggs, pouring, stirring, measuring--all these activities offer the chance for sensory input

and to practice language, math, motor, and social skills. Even shopping for ingredients or cleaning up together provides teachable moments and builds independence. Advice on safety in the kitchen, making easy substitutions, and adapting activities to meet the needs of different children makes this a complete resource for building skills for a lifetime!

*The Kitchen Classroom 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](#)