



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

September 2013

In this Issue

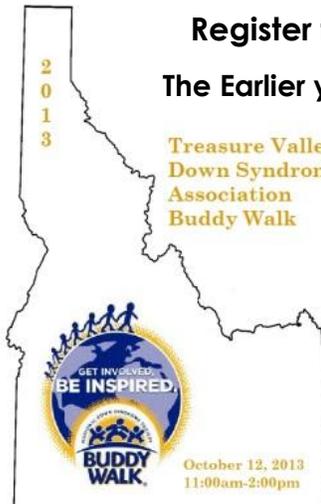
It is back to school for many TVDSA families. You will find an inspiring story of inclusion and information on school athletics pertaining to inclusion of individuals with disabilities. Don't forget we have a Family Meeting on September 10th at 7:00pm.

There is only 6 weeks until the 2013 Buddy Walk, we hope you have started your team and registered your friends, co-workers, and family!

The Down Syndrome Connections Northwest has shared a great end of summer deal with TVDSA. The Silverwood Theme Park – Boulder Beach Water Park is discounting tickets with the discount code: **DS**. You can save \$10.00 off each General Admission (ages 8-64) and \$5.00 off each Youth & Senior (ages 3-7, 65+) during the 2013 Season. Buy your tickets online at silverwoodthemepark.com and click "Buy Tickets Now and Save!"

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

Have you **Marked Your Calendar** and **Registered Online?** The TVDSA 11th Annual Buddy Walk is **October 12th**



Register for the Buddy Walk and Build Your Team!!!
The Earlier you register the more you save! Register Today!

Treasure Valley
Down Syndrome
Association
Buddy Walk

Early Online Registration ENDS TODAY! (September 1st):

* Adult registration (13 & up): \$15.00 Child registration (12 & under): \$7.00

Extended Online Registration from Sept. 2nd through Sept. 22nd:

* Adult registration (13 & up): \$20.00 Child registration (12 & under): \$10.00

On-site Registration: October 12th 9:00am-10:30am:

* Adult registration (13 & up): \$25.00 Child registration (12 & under): \$15.00
please note t-shirt not guaranteed with on-site registration

Your registration fee includes a t-shirt (only online registration will guarantee t-shirt availability), and a food ticket.

New this year – TVDSA has been holding various registration contests during the online registration period. Watch your email notifications.

The TVDSA Buddy Walk will be held Saturday, October 12th at 11:00am.

On-site Registration will be open from 9:00am-10:30am at Capitol Park.

The walk will start promptly at 11:00am walking down Capitol Blvd to Julia Davis Park to enjoy live entertainment, bounce houses, games for the kids, lunch and a raffle filled with exciting items including Southwest Airline tickets and Disneyland tickets!



Thank you to the following 2013 Buddy Walk Sponsors!

Platinum Level:
St. Luke's

Silver Level:
Disney Resorts
Idaho Power

Gold Level:
Advanced Therapy Care_
CK Quade, Law PLLC
Southwest Airlines
YMCA

Bronze Level:
Community Partnership of ID
Elevated Dance Project

Can't make the TVDSA Buddy Walk – here is information and links for two more Buddy Walks around the area that you may be interested in:

SouthEast Idaho Buddy Walk

September 14th at 9:30am
Brooklyn's Playground in Pocatello
Website: seidahobuddywalk.com

Step Up for Down Syndrome Walk & 5K Run

September 21st at 10:00am
Discovery Park in Spokane Valley, WA
website: dsconnectionsww.org

September 3rd:

TVDSA Board Meeting

7:00-9:30pm at A New Leaf

Contact: [Kristie Yerger](mailto:Kristie.Yerger)

September 9th:

Transitioning to Adulthood Parent Education Training.

7:00pm St. Luke's Meridian Free, but must register.

kbutgereit@elksrehab.org or 208-489-5099

September 10th:

TVDSA Family Meeting

7:00pm-9:00pm

A New Leaf, Meridian

Topic: Ophthalmology & NDSC Convention Wrap Up

Contact: [Erin Rosenkoetter](mailto:Erin.Rosenkoetter)

September 12th:

Moms Night Out: 8:30pm

Varsity Pub in Meridian.

Contact: [Malu Mulholland](mailto:Malu.Mulholland)

September 14th:

SouthEast Idaho Buddy

Walk 9:30am Brooklyn's

Playground in Pocatello

seidahobuddywalk.com

September 14th:

Lil' Buddies: 10:00am-

12:00pm at Fit For

Motherhood in Meridian

Contact: [Jennifer Rice](mailto:Jennifer.Rice)

September 14th:

Baldapalooza Music

Festival, Merrill Park in

Eagle from 4:00pm-9:00pm

September 19th:

Best Buds: 5:00pm-6:30pm

Babby Farms in Caldwell

Contact: [Malu Mulholland](mailto:Malu.Mulholland)

September 21st:

Lil' Buddies: 10:00am-

12:00pm at Kaleidoscope

Pediatric Therapy, in Boise

Contact: [Jennifer Rice](mailto:Jennifer.Rice)

September 21st:

Step UP for Down

Syndrome Walk 10:00am

Discovery Park in Spokane Valley, WA

www.dsconnectionsww.org

September 24th:

IPUL Workshop: Success

with the IEP. 6:00pm-

8:00pm: Free.

Kathie@ipulidaho.org

September 27th:

D.A.D.S. Meeting

6:30pm-8:00pm

Pinz Bowling Center in Meridian

Contact: [Gus Olmos](mailto:Gus.Olmos)

Being Included by Kerry Davos, Ed/D. CCC-SLP

This is a story of why inclusion works. This story is about the sincerity of a fifth grade class, who like most 11-year olds moving to middle school, are full of excitement and angst. They had been together since kindergarten. When they were in fourth grade, a new student arrived. Abby (not her real name) entered their classroom as a sweet student full of spunk and delight. A child with Downs Syndrome and autism, Abby is non-verbal. While in school, she learned how to use PECS, some signs, and her Dynavox. Most of all, she developed a fierce attachment to her peers, teachers and school community. The feeling was mutual. When she was absent, her friends would ask how she was doing. Her peers pulled her into their games and conversations, whether by using sign, or learning to use her communication systems. An outside observer would never have guessed that Abby was relatively new to the class or her school.

Which is why, two days before fifth grade graduation, when Abby didn't come to school, her classmates became worried. They discovered that just a few days earlier, Abby had fallen and broken her leg, and would miss her graduation.

And that's when the good stuff happened. The class decided to make Abby a get well video, and sang *Twinkle, Twinkle, Little Star*, a personal favorite that she often asked for when in class. Her elated parents called the school. According to her parents, Abby sat in her leg cast, watched the video, and beamed. She smiled and waved at the video while her friends wished her get well and sang.

Then the school organized a graduation ceremony. Given her injury and sensitivity to sound and large crowds, the school arranged a smaller graduation, just with her fifth grade class. We all hoped that Abby would be well enough to make it that following Monday.

Monday arrived. With fans blowing, and classrooms sweltering 90 degrees, Abby came into school by wheelchair. Even though the class had graduated a week earlier, they wanted Abby to experience the same excitement they did at their own graduation. The staff cued up *Pomp and Circumstance*, and the class filled in the bleachers with Abby in line. My friend and colleague gave a graduation speech dedicated to not just Abby, but to the whole class. She spoke of how this class that grew up together readily embraced a new student to their class. How their acceptance reflected sincerity found in communities of people that care for one another. They learned how to reach out to her, and she taught them how to become a friend and advocate.

Continued on Page 5

PLEASE: Update your Profile with TVDSA.

Please follow the "[update subscription preferences](#)" link at the very bottom of any email notification from the Treasure Valley Down Syndrome Association. This will allow you to make sure you get information about the social groups and events appropriate to you and your family member as he/she continues to grow. We know interests change, this will limit the information you receive from TVDSA to areas that you are interested in. We hope you will not "[unsubscribe](#)," but "[update subscription preferences](#)" so we are able to serve you appropriately.

Sincerely,
TVDSA Board of Directors





What You Need to Know About Students with Special Needs and Participation in Interscholastic Athletics by Michael Dorfman

Is your child with a physical or learning disability being denied an equal opportunity to participate in Interscholastic Athletics? Here is a detailed guide on what obligations your child's school has when it comes to athletic activities.

The Benefits of Athletics

Everyone agrees that physical education and athletics are an important educational component for every child. Participation in sports and extracurricular activities provide important health and social benefits to all students, even more importantly to students with disabilities. The benefits include heightened self-esteem, understanding the importance of teamwork, sensory relief, fitness, and mental and physical health.

Knowing the overall importance of children with disabilities participating, it was disheartening to learn that the U.S. Government Accountability Office ("GAO") determined that students with disabilities are not being afforded an equal opportunity to participate in extracurricular athletics in public elementary and secondary schools.

Enforcement of Section 504

With federal laws being violated by public school districts, the GAO recommended that the United States Department of Education, the Department responsible for enforcement of Section 504, issue guidance to provide an overview of the obligations of public elementary and secondary schools under Section 504.

The overview discusses the regulations that require students with disabilities to have an equal opportunity for participation in nonacademic and extracurricular services and activities. The guidance letter issued by the Department of Education also discusses the provision of separate or different athletic opportunities for students with disabilities under Section 504. This article uses portions of the language of that Letter to answer questions that families have.

Does This Mean that My Child With A Disability Automatically Makes the Team?

Just because a student is a "qualified" student with a disability does not mean that the student must be allowed to participate in any selective or competitive program offered by a school district; school districts may require a level of skill or ability of a student in order for that student to participate in a selective or competitive program or activity, so long as the selection or competition criteria are not discriminatory.

What If My Child With A Disability has the Required Level of Skill to Compete But Needs Assistance?

An example of students with disabilities with the requisite skill to compete but needing assistance would be a student with a hearing impairment. The student can compete at the level of competition but needs an interpreter to assist him or her in communicating with coaches and teammates. Another example would be a student who has the required skills to participate at the level of competition, but needs an aide who can break down the coaches lessons or plays into a methodology into which that student learns best.

Can a School Preclude Students With Specific Disabilities from Participating in Activities or Sports?

A school district may not operate its program or activity on the basis of generalizations, assumptions, prejudices, or stereotypes about disability generally, or specific disabilities in particular. A school district also may not rely on generalizations about what students with a type of disability are capable of as one student with a certain type of disability may not be able to play a certain type of sport, but another student with the same disability may be able to play that sport. A coach cannot unilaterally decide that all students with learning disabilities are not allowed to play or would not be able to compete under the pressure. A student's abilities must be judged individually and not be based on preconceived notions of what students as a whole with a specific disability can achieve.

The student, of course, does not have a right to participate in the games; but the coach's decision on whether the student gets to participate in games must be based on the same criteria the coach uses for all other players (such as performance reflected during practice sessions).

What is the School Required to do to Ensure the Equal Opportunity to Participate in athletics and extracurricular activities?

A school district that offers extracurricular athletics must do so in such manner as is necessary to afford qualified students with disabilities an equal opportunity for participation. This means making reasonable modifications and providing those aids and services that are necessary to ensure an equal opportunity to participate, unless the school district can show that doing so would be a fundamental alteration to its program. Of course, a school district may adopt bona fide safety standards needed to implement its extracurricular athletic program or activity.

A school district, however, must consider whether safe participation by any particular student with a disability can be assured through reasonable modifications or the provision of aids and services.

Source: [Friendship Circle Blog](#), July 2013

****Please Note: Due to the length of this article, and limited space, we were only able to include a third of the full article. To read this article in entirety, please [click here](#)****



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

TVDSA Family Meeting

Tuesday, September 10th
7:00pm-9:00pm
at A New Leaf

2456 N. Stokesberry Place, Meridian
(Go west on E. River Valley St. off
Eagle Rd between Ustick and
Fairview)

2 Brilliant Presentations this Month!

Dr. Katherine Lee, MD practices at St. Luke's Children's Ophthalmology and has 15 years' experience. She will be sharing information with regards to optometry and Down syndrome. Come learn the latest and get questions answered.

Gus Olmos, who recently attended the National Down Syndrome Congress Conference in Denver, CO will be sharing highlights from the conference and valuable tools that we, as parents and loved ones, can use right away!

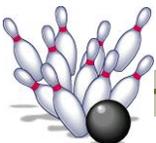
Free childcare available! Contact [Erin Rosenkoetter](#) with questions.

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

D.A.D.S. will be bowling at [Pinz Bowling Center](#) in Meridian
Friday, September 27th
from **6:30pm-8:00pm**.

Games will be covered for the Dads.
Please RSVP.

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



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

September Gatherings:

Saturday, September 14th from 10:00am-12:00pm, Emily Nielsen and her daughter Mirabel will be hosting a play date at Emily's studio **Fit For Motherhood**. It is a great space with lots of room for playing. There will be balls, trampolines, a slide, and other toys provided. The studio is located at 1247 E. Fairview in Meridian. It is kiddie corner from the Idaho Athletic Center, behind the brown building with the Idaho Wireless sign.

Saturday, September 21st from 10:00am-12:00pm, Kaleidoscope **Pediatric Therapy** will be hosting a play date at their facilities. They are located at 7211 Franklin Rd. In Boise. Please note, this is NOT a group therapy session.

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

Best Buds (Elementary) Update:

September Gathering:

Best Buds are going to [Bobby Farms](#), **September 19th from 5:00pm-6:30pm**. They are located at 5900 El Paso Rd. in Caldwell. This activity is free for everyone.



We hope to see you there!

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

Cool Club (Jr./Sr. High)

There **will NOT** be a September outing. Have a great first month back to school!

Need more information on Cool Club? Please contact: [Andrew Kopping](#) (208) 350-9908

Adults in Motion (AIM)

AIM will be meeting again in October watch for details in next month's newsletter.

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

Moms Night Out

The Moms will be going to **Varsity Pub** **September 12th at 7:00pm** for Dueling Pianos at 8:30pm. TVDSA will cover admission and appetizers. Varsity Pub is located at: 1441 N. Eagle Rd. in Meridian.

For more information contact: [Malu Mulholland](#). If you have suggestions for outings please share!

Want to Perform at the 2013 Buddy Walk ?

Elevated Dance Project's Verge Dancers are again asking for assistance from TVDSA families during the **Buddy Walk Performance on October 12th at Julia Davis Park**. This opportunity is open to anyone with Down syndrome **ages 8 and up**. They will be learning the routine on Thursday nights from **5:15pm-6:15pm, September 5th, 12th, 19th, 26th, October 3rd, & 10th**. The Elevated Dance Project

studio is located at 1396 Iron Eagle Drive in Eagle.

If you or an individual with Down syndrome you know would enjoy dancing on stage or if you have additional questions, please contact Genevieve Kopping at sopranogen@yahoo.com or Celena Auger at cauger@cableone.net



Conferences, Workshops, Webinars & TVDSA Scholarship Information

Transitioning to Adulthood Parent Education Training

September 9th 7:00pm

St. Luke's Meridian, lower level conference room

This course will provide an opportunity to learn factual information to assist parents and children to have a more successful transition into adulthood and locate resources to gather more information. In addition, this course will provide an opportunity to locate resources and to learn from other parents' experiences establishing social support contact with other parents with children experiencing similar life events. The course will be limited to 20 participants and will be offered free of charge.

To register call 208-489-5099 or email: kbutgereit@elksrehab.org

Baldapalooza Music Festival

benefits local kids with cancer

Saturday, September 14th

4:00pm-9:00pm
at Reid Merrill Park in Eagle

One of our Lil' Buddies is "Keanut"!

Tickets and information:
www.baldapalooza.org

Idaho Partnerships Conference

"Seeing Beyond"

A conference providing training for those who serve and support individuals with disabilities and mental illness.

October 17th & 18th

Boise ID

[Registration](#) is OPEN!
Early Bird Special ends 9/15

This conference qualifies for the TVDSA Scholarship, if interested!

IPUL Workshop: Success with the IEP

September 24th

6:00pm-8:00pm
500 S. 8th Street, Boise
Please register at 342-5884 or
kathie@ipulidaho.org

Home Depot Workshop for Kids with Disabilities

October 19th

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

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.

[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.

Being Included (continued from page 2)

The ceremony concluded with the class singing and dancing to, *Head, Shoulders, Knees and Toes*, Abby's favorite song. Then, for the second time in a week, the students received their diplomas, congratulations and a handshake from the principal and staff. As she rolled up and took her diploma, the class gave an enthusiastic (but silent) cheer for Abby.

As the class emptied the bleachers row by row to the song, *Time of your Life*, Abby began to cry. Maybe it was the activity, or the noise, but it almost seemed that on some level, Abby knew that this was the end (or the beginning) of something special.

The values posted on the front of our school building our simple: Be kind and respectful to everyone and everything. Include everyone.

Role models are what we need most in inclusion. Congratulations to the class of 2013, you sure are the best. Thanks for reminding me why I got into this career in the first place.

Reprinted with permission from Collaboration Corner: Being Included by Kerry Davis. Available from <http://blog.asha.org/2013/07/18/collaboration-corner-being-included/>. © 2013. American Speech-Language-Hearing Association. All rights reserved.

As we go back to school in Idaho for the 2013-2014 school year, let's all remember this quote from Norm Kunc:

"When inclusive education is fully embraced, we abandon the idea that children have to become 'normal' in order to contribute to the world... We begin to look beyond typical ways of becoming valued members of the community, and in doing so, begin to realize the achievable goal of providing all children with an authentic sense of belonging."



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

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



2014 TVDSA Calendar Pre-Orders

Order your 2014 TVDSA Calendars today and pick them up at the Buddy Walk on October 12th!

Calendars are only \$15.00 and features many individuals with Down syndrome from the Treasure Valley.

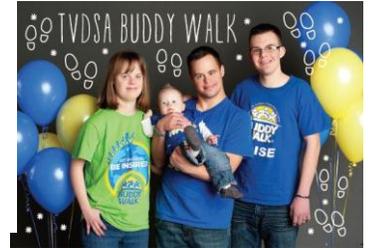
Click on: [Online Order Form](#) to place your pre-order today!

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. **Cost: \$7.00** per set.

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



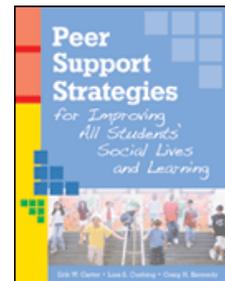
From the TVDSA Lending Library:

Peer Support Strategies for Improving Students' Social Lives and Learning

By: Carter, Cushing, Kennedy

Peer supports really work: they're a great, efficient way to help all students learn, make the most of teacher/ paraprofessional time, and increase the achievement level of challenging students. This is the concise, practical guide every middle and high school needs to implement peer support strategies - including cooperative learning and peer tutoring - to benefit students with moderate to severe disabilities and their peers. With this reader-friendly, step-by-step planning guide from the foremost authorities on peer supports, educators, paraprofessionals, and other school staff will: discover how peer supports are a 'two-way street', boosting the academic outcomes, social skills, and self-esteem of students with disabilities and the peers who support them; determine

which students might benefit most from peer supports; and, recruit and match the students most likely to form mutually beneficial relationships.



Peer Support Strategies for Improving Student's Social Lives and Learning 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:

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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](#)