



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

February 2014

In this Issue

February's newsletter is filled with information on inclusion and diversity, not only within the schools but within our community as a whole.

We hope you have marked your calendar for Friday, March 21st for our World Down Syndrome Day Celebration in Boise. It will surely be a big event with a lot of activities, food, and fun. More details on Page 3.

It's not too early to order your tickets to the TVDSA night at the Idaho Stampede, March 29th or the Albertson's Boise Open in July. Remember to get enough tickets for your family, friends, and co-workers! Enjoy the sports and support TVDSA at the same time.

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

I Am Diversity, Please Include Me



I'm present in every place you go
Depending on your lens I'm friend or foe
I'm a force to be reckoned with
Like the winds of change I move. I'm swift.
I'm present when two or more are together
If embraced I can make the good even better.
I'm not limited to age, gender, or race.
I'm invisible at times and yet all over the place.
Don't exclude me due to a lack of knowledge
Welcome me like the recruit fresh out of college.
Let me take my seat at the table
Even though I may be differently able
My experience, my passion, the authentic me
Can help add value for your company.

Learn about me; improve my underrepresentation
And I can provide a competitive edge to your entire nation.

I exclude no one I am strengthened by all
My name is Diversity and yes I stand tall.

Recognize me and keep me in the mix
Together there's no problem that we can't fix.

I am your best hope towards true innovation
And to many, I reflect hope and inspiration.

Your lives and companies will continue to change
Thus the need for Diversity and Inclusion will also remain.

Do all that you can to truly embrace me
And experience life's fullness totally

I'm the thought lurking behind the unfamiliar face
I'm the ingenuity that helps your team win the race.

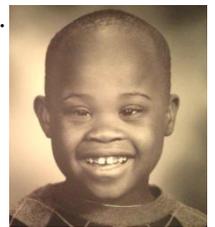
I'm the solution that came from the odd question that was asked.
I stand out in the crowd when I, Diversity, am allowed to be unmasked.

I'm Diversity embrace me and we'll journey far.

I'm Diversity include me and we will reach the shining star.

Coupled with Inclusion our lights burn longer
Together we are smarter, better and stronger

I am Diversity
Yes, that's me



By: Charles Bennafield, Georgia pastor and poet
Written 3/8/2012 for The Conference Board Diversity Boot Camp Spring 2012 team

TVDSA

Calendar of EventsFebruary 3rd:

Lil Buddies at Jabbers in Nampa 10:00am-12:00pm.
Contact: [Jennifer Rice](#)

February 4th:

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

February 5th:

iCan Bike Camp Committee Meeting 7:00pm, Meridian
Contact: [Paul Auger](#)

February 11th:

AIM at Pinz Bowling Center, Meridian at 6:00pm
Contact [Malu Mulholland](#)

February 15th:

Cool Club Building with Home Depot from 9:00am-12:00pm
Contact: [Andrew Kopping](#)

February 18th:

Best Buds Fusion Art in Eagle at 6:00pm
Contact [Malu Mulholland](#)

February 20th:

Moms Outing: Movie Night in Meridian at 7:00pm
Contact: [Carrie Ormsby](#)

February 21st:

D.A.D.S at Pinz Bowling Center in Meridian at 6:30pm
Contact: [Gus Olmos](#)

February 22nd:

Lil Buddies for Story Time at ASL Expressions in Boise. 11:00am
Contact: [Jennifer Rice](#)

March 2nd:

Wrightslaw Conference
In Boise – early registration
Ends today! [Register here.](#)

March 21st:

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

March 29th:

Idaho Stampede Night at 7:00pm against Reno
Contact [Malu Mulholland](#)

Inclusion: What It Is and What It Isn't

There are plenty of situations that appear to be examples of inclusion at first glance, but are not inclusive at all. Many inspirational stories and images fall into that category. So I'll try to explain what inclusion isn't – and what it is – with real everyday examples.

Segregation

- **Definition:** the separation or isolation of a race, class, or ethnic group by enforced or voluntary residence in a restricted area, by barriers to social intercourse, by separate educational facilities, or by other discriminatory means.
- **Example:** Segregation is a deliberate separation with physical facilities or social structures intended for the use of one group but not the other. In the world of disabilities, this usually means group homes or separate schools.

Integration

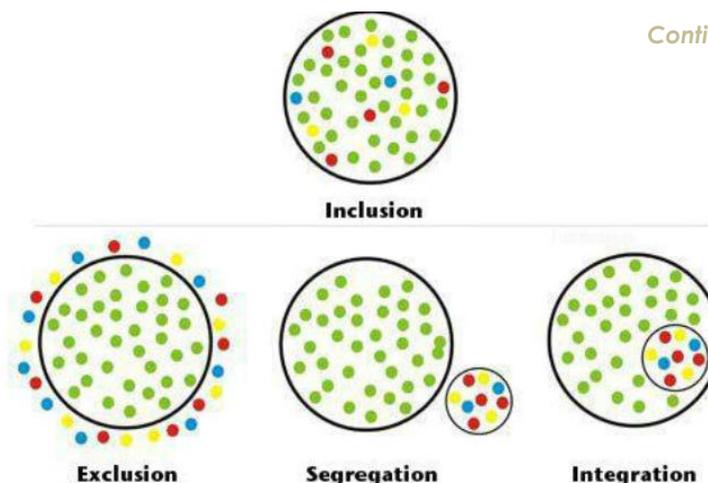
- **Definition:** incorporation as equals into society or an organization of individuals of different groups.
- **Example:** When a small group becomes part of a larger group, it doesn't necessarily mean that the two groups intermingle or that the smaller group is included in activities. I've seen this happen most often in the school cafeteria and at family get-togethers.

In the cafeteria scenario, the students with special needs sit together and do not interact with general education students. In the family party scenario, caregivers remain with the person with special needs while other family members leave them alone, so even though they're technically "at" the party, they're not "with" the party.

A friend of mine who has a large extended family told me, "I wish that just once someone would spend time with us at a party or give me a chance to say hello to everyone."

Exclusion

- **Definition:** a keeping apart; blocking of an entrance. (dictionary.com)
- **Example:** Exclusion may be deliberate or accidental, but the end result is the same: a person with a disability cannot access buildings or activities like everyone else. A person may be unable to enter a park or building because of physical barriers. Or a person may be advised not to participate in a class, team sport or extracurricular activity because of his or her disability.

Continued on Page 3

Inclusion: What It Is (Continued from Page 2)

One of my neighbors was told not to sign up for After-School Science because he required too much extra attention. Barriers may also be sensory-based. My family often has to leave events if the event organizers refuse to turn down the volume on the speakers or amplifiers.

Inclusion

- **Definition:** The act of including. Inclusion means that a person with a disability has the same rights, access and choices as everyone else in a community. Inclusion is now considered a universal human right.

Article 19 of the UN Convention on the Rights of Persons With Disabilities states, "Parties to this Convention recognize the equal right of all persons with disabilities to live in the community, with choices equal to others, and shall take effective and appropriate measures to facilitate full enjoyment by persons with disabilities of this right and their full inclusion and participation in the community."

Inclusion Done Right

Network Learning, a volunteer-run organization in the Netherlands, elaborates even further on the meaning of inclusion. "Inclusion is recognizing our universal 'oneness' and interdependence. Inclusion is recognizing that we are 'one' even though we are not the 'same.' The act of inclusion means fighting against exclusion and all of the social diseases that exclusion gives birth to – racism, sexism etc. Fighting for inclusion also involves assuring that all support systems are available to those who need such support – as a civic responsibility, not a favor. We were all born 'in.'"

- **Examples of Inclusion**

Inclusion comes in many forms, and ideally, we don't even notice that it is happening because it should be an organic part of community-building. Here are 10 examples of inclusion that I have personally seen:

1. A group of children volunteer to pack boxes of food at a local food pantry.
2. Students help each other find books in the library.
3. A customer, cashier and grocery bagger chat at the store.
4. People participate in religious services together.
5. A physician listens to a patient's concerns and speaks directly to the patient.
6. Students take turns giving brief presentations on their research projects in social studies class.
7. Families swim together at the city pool.
8. A family rides roller coasters at a theme park.
9. Families shop together at a farmer's market and stop to listen to a live music performance.
10. A movie theater is sold out because for this one show, the volume is turned down, the previews are cut and the lights are kept on low.



In other words, inclusion looks like normal, everyday life that all of us share with each other. Once we realize that inclusion enriches everyone's quality of life, it becomes shocking to see it denied to any person. I hope to witness many more examples of inclusion in 2014.

Source: [Friendship Circle Blog](#) January 2, 2014 by Karen

WORLD DOWN SYNDROME DAY CELEBRATION 2014! – March 21st

6:00pm-8:00pm at the Clubhouse Event Center: 7311 Potomac Dr., Boise
Dinner, awards, talent show and more!

TVDSA got Talent- Calling all talented persons with Down syndrome! We want YOU to show off your talent at our celebration. You can play an instrument, sing the alphabet, recite a poem, dance, show a special painting, tell a story, or any other special talent you would like to share. Please contact [Erin Rosenkoetter](#) for more info.

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.). PRIZES will be awarded, and the top three videos will be shown at our celebration! Please submit your videos to community@idahodownsyndrome.org

Videos are due by March 15th. 1st place - \$200 2nd place -\$100 3rd place -\$50



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

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

We are going **Bowling**
February 21st at
6:30pm at Pinz Bowling Center
Located at 1385 S. Blue Marlin Ln
in Meridian

TVDSA will pay for the two games per
Dad. Each person will be responsible
for their own shoe rental.

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

MOM'S Night Out!

February 20th at 7:00pm
at Carrie Ormsby's house:
2418 W. Astonte Dr.
Meridian, Idaho

Wear your PJs and come, relax, chat,
and watch a movie with friends.
TVDSA will provide some snacks.

Please bring a dish to share and a
movie (no R rated please). We will
pick the movie from the selection
that night.

The monthly Moms outing will be on
the third Thursday of each month.
For more information or questions,
please contact: [Carrie Ormsby](#).

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



February Playdates:

Lil' Buddies will be having two play dates
in February.

Monday, February 3rd from 10:00am-
12:00pm at **Jabbers** in the Nampa
Gateway Center located at 1210 N.
Galleria Drive. Don't forget to bring
socks! TVDSA will pay for all children with
Down syndrome. Siblings are welcome.
Age 4 and over \$7.54, 1-3 years: \$6.60, 12
months and under are free.

Saturday, February 22nd at 11:00am we
are going to a free sign language
Story Time at ASL Expressions. We will
read a story using sign language and
learn some new signs. There will also
be a craft and snack! ASL Expressions
is located at 1843 N. Wildwood St. in
Boise, off Fairview Ave. between Five
Mile and Cloverdale.

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

Best Buds (6-11 years of age) Update:

February Gathering:

Best Buds will be getting creative at
Fusions Glass Studio in Eagle, located at
136 N. 2nd Street on **February 18th** at
6:00pm. TVDSA will provide a sun catcher
for each individual with Down syndrome.

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



Cool Club (12-17 years of age) Update:

February Outing:

Cool Club will be **building with Home
Depot** on **Saturday, February 15th** from
9:00am-12:00pm. Home Depot holds
workshops every other month for
individuals with special needs. The
workshop is free and children get hands
on instruction as well as a craft, an apron
and certificate. The workshop will be

held at the Meridian Home Depot
located at 1100 S. Progress. For
more information [click here](#).

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

Adults in Motion Update

AIM will be **Bowling** at Pinz Bowling
Center located at 1385 S. Blue Marlin Ln.
in Meridian on **February 11th** at 6:00pm.
TVDSA will pay for two games per person
with Down syndrome and snacks. Each
participant will be responsible for their
shoe rental.

Help Wanted: If you would like to help
organize monthly outings, community
outreach projects, and fun activities
for adults with Down syndrome in the
Treasure Valley, please contact [Malu
Mulholland](#). We are looking for a
new coordinator to take over.

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



Conferences, Workshops, Webinars & TVDSA Scholarship Information

Idaho Miss Amazing Pageant

February 8, 2014

Boise State University

Ages 5-35 with disabilities

The Arc of Texas 21st Annual Inclusion Works! Conference

Engaging ALL students in Inclusive Classrooms

February 9-11, 2014

Arlington, Texas

[Registration](#) Now Open

PEAK Conference on Inclusive Education February 13-14, 2014

Denver, Colorado

[Registration](#) is now open!

IPUL New Webinar Series February 25th

Pick from: 10:00am, 1:00pm or 6:00pm for 1 hour each.

February topic: Response to Intervention: Parent Involvement/Parent Professional Collaboration

[Wrightslaw Conferences](#)

Special Education Law and Advocacy

April 3, 2014

Boise, ID.

[Early Registration](#) thru March 2nd

Only \$99.00, includes 3 books!

IPUL & TVDSA Scholarships are available

9th Annual All Born (in) Conference April 5, 2014

Portland, Oregon

[Registration](#) opens soon.

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 all TVDSA members are eligible.

Please see our [Scholarship application](#) for the guidelines and how to apply today.

LIVE Webinar series sponsored by the Center on Disabilities and Human Development in collaboration with the Idaho State Department of Education

- **Comprehensive Planning for Students with Autism** – Feb. 13th: 4:00-6:00pm
- **Universal Design for Learning: Curriculum for ALL Learners** – April 9th, 16th, 23rd: 4:00-6:00pm

<http://www.idahotc.com/forcredit.aspx>



Special Olympics Idaho: Unified Flag Football

Special Olympics Idaho and Friday Night Flag are partnering to provide Unified Flag Football. Teams are currently being formed combining youth (K-8th grade) with and without intellectual disabilities. Registration is now open for athletes. If you are interested in coaching a team, please contact us for information.

Season begins on **April 4th** and ends **May 16th**.

Registration is FREE! Registration extension **closes February 14th**

For Registration Details contact: Opey James Freedle, Sports Director, Special Olympics Idaho 800.915.6510x21 opey@idso.org

Play Unified to Live Unified!



Tech Tantrums increasing by the minute in your home? Behaviors getting out of control with your children?

If your home is like most across the nation, you have multiple devices from iPads, phones, tablets, video game consoles, to personal computers, and advanced televisions that consume a majority of your family's time. Come learn what effects all of this technology may be having on your child. Discover new and effective parenting techniques to not just limit usage, but to encourage appropriate and safe use of all devices. Discuss social media privacy concerns, parental control issues, how much screen time is too much and your role as a parent in the new age of technology. Bring your questions, concerns, and comments and be ready to dive right into the topic. This course is offered free of charge, but is limited to 20 participants.

Presented by: Sidra A. Beckett, NCC, LPC

When: Thursday, February 6th 7-8:30pm

Where: St. Luke's Meridian (520 South Eagle Road) lower level conference rooms

Cost: free

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

TVDSA and Idaho Stampede 2nd Annual TVDSA Awareness Night



This year we will be teaming up with the Idaho Stampede in March supporting World Down Syndrome Awareness on **Saturday March 29th 2014 at 7:00pm** against Reno. A portion of the ticket price will go back to TVDSA when you order through our group so pass it on to family and friends. The more people, the more special activities we will be able to do, including the highlight of last year: the high five tunnel before the game on the floor with the players. Keep an eye out for the order form in the next few weeks on our website.



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](#)!

Shop with AmazonSmile and support TVDSA:

AmazonSmile is a simple and automatic way for you to support TVDSA every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to TVDSA.

Visit smile.amazon.com and select TVDSA as your favorite charity "BEFORE" you start shopping and TVDSA will receive 0.5% of the purchase price from your eligible AmazonSmile purchases.

TVDSA has opened its very own store on Café Press

You are now able to get all your TVDSA merchandise online. We have over 200 awesome items such as: shirts, hats, coffee mugs, plates, baby items, Christmas stockings and ornaments. As an added bonus, a portion of the money goes back to TVDSA.

Please visit:
www.cafepress.com/tvdsa



100% of your ticket purchase goes directly to the charity of your choice through the Hillshire Brands TICKETS For CHARITY™ program!

Don't miss any of the exciting golf action at the Albertsons Boise Open presented by Kraft at Hillcrest Country Club - [buy your tickets today!](#) Not only will you get a chance to see the Future Stars of the PGA TOUR, but you will also be contributing to your favorite local charity!

TVDSA 2014 Calendars are AVAILABLE!

2014 TVDSA calendars are now available for purchase.

Please contact [Erin Rosenkoetter](#) or complete an [order form online](#) to order.

Reminder: TVDSA Notecards are also still available. 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.



New for the 2015 TVDSA Calendar:

The 2015 TVDSA Awareness Calendar will include a special page dedicated to those with Down Syndrome that we have lost. **If you have lost a loved one with Down Syndrome** and would like them to be recognized in the 2015 Calendar, please submit a picture and a brief statement (no more than one paragraph) to Kristie Yerger at president@idahodownsyndrome.org. Please submit no later than April 15, 2014.

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](#)

Community Outreach Chair: [Erin Rosenkoetter](#)

Marketing Chair: [Paul Auger](#)

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

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

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](#)