



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

March 2014

In this Issue

March's issue is FULL of upcoming activities for all ages. As World Down Syndrome Day is only a few weeks away, we need to remember how far individuals with Down syndrome have come, and where they are headed. We are all blessed to know and love someone with Down syndrome. We hope to see you at one or more of the activities around the area in the next couple of months.

Check out this [article and video](#) about Kevin Grow, a teen with Down syndrome who signed a 2 day contract with the NBA Philadelphia 76ers after highlights of him playing in a high school game went viral.

For the Holfeltz Family:
Please accept our most heartfelt sympathies for your loss. Our thoughts are with you and your family during this difficult time.

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

WORLD DOWN SYNDROME DAY CELEBRATION 2014!

March 21st



**6:00pm-8:00pm at the Clubhouse Event Center:
7311 Potomac Dr., Boise**

Kick off Spring Break the right way:

**Wear your awesome socks for
Down syndrome awareness!**

**** Prize for the best socks!!! ****



Bring the WHOLE Family!

Events include a slideshow, awards, performance by Danik Twisters, a talent show, and dancing!

TVDSA will supply dinner and dessert. Attendees do not need to bring anything.

This year, in addition to the main activity room, there will be a "quiet room" available if it gets too loud for anyone.

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.

Awards: 1st place - \$200 2nd place -\$100 3rd place -\$50

Need more information? Contact [Erin Rosenkoetter](#)

TVDSA

Calendar of EventsMarch 2nd:

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

March 4th:

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

March 11th:

TVDSA Family Meeting
7:00pm-9:00pm at A New Leaf
Contact: [Erin Rosenkoetter](#)

March 15th:

Lil Buddies from 10:00am-12:00pm at Kaleidoscope Therapy
Contact: [Jennifer Rice](#)

March 21st:

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

March 29th:

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

April 3rd:

Wrightslaw Conference
Boise, Idaho
[Register here.](#)

April 9th:

TVDSA Workshop: Services in the Treasure Valley at 7:00pm at a New Leaf.
Contact: [Malu Mulholland](#)

April 19th:

All-Ability Easter Egg Hunt 2:00pm-4:00pm, Guerber Park, Eagle
Contact: [Kristie Yerger](#)

May 1st:

Idaho Gives Day
www.idahogives.org

We hope one day our expectations of her, as a society, are more limitless than they are limited.

Bret Bowerman, proud dad



TVDSA and Idaho Stampede 2nd Annual TVDSA Awareness Night



TVDSA is teaming up with the Idaho Stampede to support World Down Syndrome Awareness on **Saturday March 29th 2014 at 7:00pm** against the Reno Bighorns. Tickets are only \$13.00. Five dollars of each ticket price will go directly back to TVDSA when you order through our group "TVDSA." You may [download the order form](#), or call 208.388.4667 to order by phone. Deadline to order tickets is March 27th! Bring your 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.

Have questions or problems ordering tickets? Contact: [Malu Mulholland](#) at 208.918.1322

Wrightslaw Special Education Law and Advocacy Conference with Pete Wright, Esq. April 3rd from 8:00am-4:30pm

[Wrightslaw programs](#) are designed to meet the needs of parents, educators, health care providers, advocates and attorneys who represent children with disabilities regarding special education. The program is not disability specific.

This one-day special education law and advocacy programs focus on four areas:

- special education law, rights and responsibilities
- tests and measurements to measure progress & regression
- SMART IEPs
- introduction to tactics & strategies for effective advocacy



Location: The Cathedral of the Rockies: The Emmaus Center, 717 North 11th St. Boise, ID from 8:00am-4:30pm

Parent Registration Fees:

Early Bird (through March 2nd): \$99.00 Regular (March 3rd-April 2nd): \$150.00 Conference includes coffee, lunch, light refreshments and three books. [Scholarships](#) are available to TVDSA members!

[Register today!](#)

4th Annual All-Ability Easter Egg Hunt

April 19th from 2:00pm-4:00pm
at Guerber Park, 2200 E. Hill Rd. in Eagle



TVDSA invites all elementary and younger kids, and their families to join us. There will be separate egg hunt areas for different ability levels. Plenty of eggs for everyone!

Back by popular demand: bunnies and chickens, and the Eagle Fire Department with a fire engine to explore.

Directions: from State Street – head north on Hwy 55. Take first left hand turn on Hill Road (heading west). The park is 0.2 miles up on the right hand side.

For more information or to help with this event, please contact: [Kristie Yerger](#)

If I knew then what I know now – by Ellen Stumbo

At first, having a child with special needs seemed like an impossible and daunting job. Looking back at the scared mom I was six years ago, I wish I knew then what I know now. If I could go back in time, this is what I would say...

- Dealing with the diagnosis is one of the hardest parts of the journey. The rest is simply everyday life.
- Grieving comes in waves. New stages might require new things to grieve. It's okay, it does not mean you don't love your child, or that you have not accepted their diagnosis. It is normal to feel this way.
- Reaching milestones will be an accomplishment of extravagant joy and celebration.
- Your child will be a child first. Their disability will only be a part of who they are, not what defines them.
- You will love your child with a fierceness that will surprise you and fuel you every day.
- Your heart will expand a 1000 times over.
- Your child will bring you incomparable JOY.
- You will come to realize how much you needed your child.
- Thanks to your child, your priorities will change as you understand what really matters in life.
- It will not always be easy, but it will be good!
- You can do it, and you will be better than okay.



Source: [Ellen Stumbo's blog](#)

Down Syndrome by Professor Jerome Lejeune

"Many years ago, my father was a Jewish physician in Braunau, Austria. On a particular day, two babies had been delivered by one of his colleagues. One was a fine, healthy boy with a strong cry. His parents were extremely proud and happy. The other was a little girl, but her parents were extremely sad, for she was a mongoloid [Down syndrome] baby. I followed them both for almost fifty years. The girl grew up, living at home, and was finally destined to be the one who nursed her mother through a very long and lingering illness after a stroke. I do not remember her name. I do, however, remember the boy's name. He died in a bunker in Berlin. His name was Adolf Hitler."

Professor Jerome Lejeune, Nobel Prize Winner, Discoverer of the gene for Down syndrome

Shattering the Myths



It was once assumed, in the not so distant past, that children with Down syndrome were destined to learn very little and reach adulthood in need of significant financial, personal and social supports to live out their lives in dependence. Over the past three decades, this image has been shattered by the quiet success of a contingent of young adults with Down syndrome who drive cars, have gainful employment, pay taxes, marry and live independently. Right behind them are the high school students studying Algebra, playing musical instruments, and participating on cheer squads and swim teams.

Coming next are a group of elementary students who had more extensive speech therapy, more teachers expecting them to learn and more opportunities than ever. The next ten years will tell us more about this group and their adult living situations. Finally, as we provide the first comprehensive positive information for families of today's new babies, the next wave of persons with Down syndrome will be exciting to watch. Will most of them participate in regular schools? Will 10% go on to higher education? Will we look back at this time as an outdated era? I rather doubt it, but I know we will look upon these young people as future earners, future drivers, future tax payers and a part of our neighborhood. We may employ them, teach them, live next door to them, go to church with them and golf with them. They will be integral parts of our communities. They will be part of us!

Source: [Band of Angels](#)



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DOWN SYNDROME ASSOCIATION

Social Groups Page

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

March Playdate:

Lil' Buddies will only hold one play date in March due to the World Down Syndrome Day Celebration.

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



Saturday, March 15th from 10:00am-12:00pm at **Kaleidoscope Pediatric Therapy** located at 7211 W. Franklin Rd in Boise. This is NOT a group therapy session. Kaleidoscope is generously opening their doors and play space to us to use.

Due to the World Down Syndrome Day Celebration, Spring Break, and the Stampede Night, there will be NO monthly gatherings in March for:

Dads Appreciating Down Syndrome

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

MOM'S Night Out!

For more information or questions, please contact: [Carrie Ormsby](#).

Best Buds

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

Cool Club

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

Adults in Motion

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

We hope to see you at WDSO or the Stampede!

TVDSA Family Meeting:



Tuesday, March 11th from 7:00pm-9:00pm
at A New Leaf
2456 N. Stokesberry Ln, Meridian

Presenter: Carrie Ormsby, M.S., CF-SLP, mother of a child with Down syndrome, is a recently licensed Speech Language Pathologist at Advanced Therapy Care. She will share information as a scholarship recipient for the DownsEd Conference held in January in Kansas City, MO.

Topic: Come learn about strengths and challenges in learning for children with Down syndrome; visual strengths, kinetic strengths, working memory, short and long term memory, and retrieval.

Open discussion following presentation.

Free Child care available.



"Little League is for Everyone!"

Open to ALL, between ages 5-21 with any kind of special needs. Everyone welcome. Teams are set up by age and ability.

Season runs from Mid-April through June. Registration fee: \$35.00
Registration Deadline: **March 15th**

Click [here for more information](#), or contact: Tammy Cluff: ldchallenger@aol.com or 208.362.3072

TVDSA Workshop: Services available in the Treasure Valley

April 9th at 7:00pm
at A New Leaf located at 2456 N. Stokesberry Ln. in Meridian

Interested in services outside of the school, offered to individuals with disabilities? This is the workshop for you.

Contact: [Malu Mulholland](#) for more information.

Child care will be provided.

Conferences, Workshops, Webinars & TVDSA Scholarship Information

[IPUL New Webinar Series](#) **March 25, 2014**

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

Transition from IFSPs to IEPs.

This workshop informs parents on the changes of services for children with disabilities as they move from the Infant/Toddler Program to enrolling in public education.

[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) Cross-Disability Inclusion Conference **April 5, 2014**

Portland, Oregon
[Registration](#) Open

[Love and Logic Strategies for Creating Self-Disciplined, High Achieving Kids](#)

with Jim Fay & Dr. Charles Fay

April 17, 2014
Boise Idaho

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

- **Universal Design for Learning: Curriculum for ALL Learners** – April 9th, 16th, 23rd 4:00-6:00pm

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

Treasure Valley iCan Bike Camp 2014



From **June 9th-13th**, the [iCan Shine bike program](#) will be at the Homecourt YMCA in Meridian, Idaho to teach individuals with disabilities ages 8 & older how to ride a conventional bike and become a lifelong independent rider!

Rider Registration opens March 1st for individuals with Down syndrome. On April 1st, registration will open to all individuals with disabilities. Registration will be open through May 1st, on a first come first serve basis. Only a limited number of slots are available. **Cost is \$150.00** for the week long camp for TVDSA members, and \$200.00 for non-members. Click [here](#) for your [registration packet](#).

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program and a trained staff to teach individuals with disabilities how to ride a bike. Riders attend the same 75-minute session each day for five consecutive days (M-F) whereby they are physically assisted and encouraged by two volunteer "spotters."

Over the course of the 5-day camp the adapted bike is adjusted to gradually introduce more instability in an effort to challenge riders at their own individual pace. Success in learning to ride a bicycle is a major accomplishment. Learning to ride builds confidence and an improved self-image.

For more information, download the [Treasure Valley iCan Bike Camp flyer](#) or visit: <http://icanshine.org/boise-id/>.

Are you interested in volunteering as a spotter or have a question about the program? Please email Paul Auger at tvicanbike@idahodownsyndrome.org





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](#)!

Support TVDSA through Idaho Gives Day 2014:

Idaho Gives is a special day for philanthropy across Idaho. May 1st is a day for Idahoans to come together with one voice of support for our nonprofits, big and small. A day for you to find your passion, donate to your favorite causes and share in the excitement!

Join us at <http://idahogives.razoo.com/story/Tvdsa> **May 1, 2014** to make a contribution to the nonprofit you support. Last year Idaho raised \$578,735 from 6,192 individuals who gave to 541 nonprofit causes. TVDSA hopes you will select TVDSA as your nonprofit cause this year.

TVDSA has opened its very own store on Café Press

Check out all the great things we have to offer on our TVDSA CafePress page. We have over 200 awesome items such as: shirts, hats, coffee mugs, plates, baby items, etc. 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](#)