



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

In this Issue

The April newsletter is again packed with information. You can find activities to participate in, ways to volunteer, and watch an inspiring video to a soon-to-be-mom. This month's articles include an article from the perspective of the child and evaluating whether "I don't know" is okay for doctors to say when your child is diagnosed. There is something for everyone.

WANTED:

TVDSA is seeking to fill multiple vacancies on the Board of Directors. Interested parties must be able to commit to attending monthly meetings as Board members will be asked to offer feedback and input with regards to current and/or future projects. No compensation or fees will be paid to board members.

Interested parties should send a letter of interest along with past and current experience relevant to working with special needs populations, as well as any boards in which you have been a previous member. Please note, previous experience and/or loved one with Down syndrome is NOT required. Please email this information to president@idahodownsyndrome.org.

- Kristie Yerger

Newsletter Editor: [Celena Auger](#)

April 2014

TVDSA

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](#)

Treasure Valley iCan Bike Camp 2014

June 9th-13th at the Homecourt YMCA

The [iCan Shine bike program](#) will be in Meridian, Idaho this summer to teach individuals with disabilities ages 8 & older how to ride a conventional bike and become a lifelong independent rider!

Rider Registration is currently open. **Cost is \$150.00** for the week long camp for TVDSA members, and \$200.00 for non-members. Click [here](#) for your [registration packet](#). Registration closes May 1st. **The number of participants is limited, so register today!**

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). Success in learning to ride a bicycle is a major accomplishment. Learning to ride builds confidence and an improved self-image.

For more information visit: <http://icanshine.org/boise-id/> or contact Paul Auger at tvicanbike@idahodownsyndrome.org.

We need volunteer spotters! If you are interested in supporting someone in learning this valuable mode of independent transportation please fill out the volunteer packet on the [website](#).



April 3rd:

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

April 5th:

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

April 9th:

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

April 12th:

AIM from 4:00pm-6:00pm Easter Egg Stuffing at Colleen Wells's home. Contact: [Malu Mulholland](#)

April 14th:

Best Buds 6:00pm-8:00pm at Firehouse in Kuna. Contact: [Malu Mulholland](#)

April 17th:

Moms Night Out! at 7:00pm at Dart Warz in Meridian. Contact: [Carrie Ormsby](#)

April 19th:

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

April 19th:

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

April 22nd:

D.A.D.S. 6:30-8:00pm at A New Leaf in Meridian
Contact: [Gus Olmos](#)

May 1st :

Idaho Gives Day
www.idahogives.org

10 Things I Wish You Knew (From a special kid to special parents)

1. **You are the perfect parents for me.** I know that you did not sign up for a kid like me- I also know that you sometimes think you cannot face what it takes to raise me. I want you to know that this is not true. I believe that I chose you. Whatever you need to learn, you will learn. The strength you think you need will come from somewhere. The people you need to meet will show up when you need them.

2. **This is the perfect life for me.** My life is a very special one. I believe that I will impact the world in a unique and wonderful way. Remember this when your heart is breaking because you want a path for me that is so much easier than this one.

3. **I need you to find your own spiritual path.** The road we are on is not an easy one- to make it successfully, you will need all the spiritual strength you can muster for the tough days. You will need to help me when my spiritual strength is out the window. Often, you will see signs of my determination and be amazed by it. That is not enough. You will have to find your own answers. I am depending on you for it.

4. **However you feel about me is OK.** Sometimes you will feel tired and helpless and like you cannot care for me one more day. Sometimes you will be mad because there seems to be no escaping me. That is OK. There is no way you could take care of me without having those days.

Sometimes you may watch people look at me and be a bit embarrassed that I am not doing better- that does not make you a bad parent... it just means you are human.

Know that when you have lots of these days in a row, it is time for you to get somebody else to take care of me, just long enough for you to regenerate yourself. It is always important that you let people help you. I am depending on you to do whatever you need to do to take care of yourself.

5. **However I feel about my disability is OK.** Some days you will be amazed at what a happy contented person I am and you will wonder how in the world I do it. Treasure those days. Some days I will be discouraged, some days I will be mad, some days I will even feel really sorry for myself. Don't panic, I will come back around again. If you let me express these unattractive feelings, they have much less power. Even typical folks feel sorry for themselves sometimes.

6. **Let me try things I want to try, even if you are sure I will fail.** I know that you want to protect me- that is your job, I am your child. But I need you to understand that my survival is always going to depend on my determination. Part of my own process is to figure out what my limitations really are. Sometimes I may want to try to do things that seem impossible to you. Please encourage me anyway. It is the willingness to try that is important- success is a bonus. Know that if I fail, I will get over it. If you make me scared to try, I am really doomed.

7. **Don't worry about my whole life today.** Sometimes you will drive yourself crazy worrying about how my life will turn out. You will lose hours of sleep trying to figure out how I will survive in the world after you are gone. This is not helpful to me. Just help me stay in today. The more you can focus on whatever we have to face today, the more you will be helping me develop the skills I will need when it is time for me to get along without you.



Children with Down syndrome tell worried mother-to-be what to expect in touching video.

Continued on Page 3

10 Things I Wish You Knew (Continued from Page 2)

8. **Sometimes people will be mean to me or scared of me. I expect you to stick up for me, but I do not expect you to change the world.** There are lots of really wonderful people in the world. You and I will meet many of them. There are also some real jerks who will be afraid of me or not treat me fairly. They will assume things about me that are not true. They may even assume things about you that are not true. You may want to blow their brains out. I may want to do the same. I expect you to speak up for me when you can. But I also need for you to be able to let it go. It will not help me if you are mad and defensive all the time. If you are, there are people who may not want to help me just because it is too hard for them to deal with you.

9. **Finding good doctors and professionals is important, but you know me better than they do- I expect you to trust your own instincts about what is good for me.** The doctors and therapists that work with me are going to be very important in the quality of my life. Some of them will be amazing and some of them will be pretty crazy. Often, it will be up to you to decide which is which. Listen to them, and know that what they say is important, but also remember that you know me best. If something they suggest does not feel right to you, listen to that small voice and speak up.

10. **I really hope we can laugh.** I believe that laughing was probably God's best idea- It will be the one thing that can bring joy to our lives the quickest- If I get stuck in a mud puddle, it is probably funny. If you are lifting me and we both fall on the floor in a heap, that is probably funny too. A good joke is worth taking the time to laugh at- Help me not get so caught up in the serious problems we face every day to forget about laughing.

Source: November 20th, 2012 to Shut Up About Your Perfect Kid (<http://www.shutupabout.com/blog/>) by Sally Brown, who is 60 years old and lives with Cerebral Palsy.

"I Don't Know"

by Kathie Snow, Disability is Natural

Three little words – "I love you" are considered the most important words we can say. But three *other* words – "I don't know" – could also have a profoundly important effect on the lives of children and adults with disabilities and their families. They could prevent the death of dreams, equalize relationships, open up words of possibilities, and much more. The use of these words by parents, physicians, educators, service providers, and anyone else who touches the life of a person with a disability could radically change that person's life!

Let's start at the beginning – D-Day – the day of diagnosis. Many, if not most, physicians who diagnose developmental disabilities in children are usually pretty certain in their prognosis: they tell parents what their child will never do. The physician's words have the power to turn the dreams of the parents into a nightmare of hopelessness and fear.

Some parents never recover, and their children, sadly suffer the consequences of their parents' emotions and the physician's prescription: a lifetime of treatments, interventions, and services to "cure" the child or minimize the effects of the condition; limited opportunities to experience a full life as a child or adult; segregation in special programs; low expectations; and more.

To continue reading this article, [click here.](#)

The 2014 TVDSA Buddy Walk

The 12th annual TVDSA Buddy Walk will be held Saturday, **October 11th**. This is not only an event to raise awareness about Down syndrome but is also a main fundraising event for TVDSA. The funds raised from this event allows TVDSA to continue to provide other free services throughout the year. As in previous years we are sure that fun will be had by all. Look for more information on this in the coming months. If you are interested in volunteering to help the day of the Buddy Walk please email Malu Mulholland at: vicepresident@idahodownsyndrome.org

Buddy Walk Planning Committee Volunteers:

2014 Buddy Walk Planning Committee Volunteers **are needed now**. The planning for the 2014 TVDSA Buddy Walk is underway and we need committed volunteers that can consistently participate in meetings twice a month to plan and organize this great event. The only required skill is the willingness to help but all other skills are welcome. We have several committees that need leaders and participating members. This event can only be a success with your help. To volunteer or for more information please email George Taylor at buddywalk@idahodownsyndrome.org.



TREASURE VALLEY
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Social Groups Page

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

D.A.D.S. will be meeting
at A New Leaf
2456 N. Stokesberry Ln.
Meridian on
April 22nd from 6:30pm-8:30pm.

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

MOM'S Night Out!

April 17th at 7:00pm
at **Dart Warz** (previously Dart Zone)
501 E. Scenery Ln. Ste 100, Meridian

Come for an evening of stress
release with group darts. You will
need to sign a release available on
their website:
[http://www.dartzonemeridian.com/
index.html](http://www.dartzonemeridian.com/index.html)

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:

April Playdates:

Lil' Buddies will be meeting at **Advanced Therapy Care** for a play date on **Saturday, April 5th** from 10:00am-12:00pm located at 68 Baltic Avenue in Meridian. This is NOT a therapy session, they have opened their facility for the kids to play in a safe environment.

Then Lil' Buddies will gather for the **All Ability Easter Egg Hunt** on **April 19th** from 2:00pm-4:00pm at Guerber Park.

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

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



April Gathering:

Best Buds will be meeting on **April 14th** from 6:00pm-8:00pm to learn to make pizzas and enjoy their hard work afterwards at the **Firehouse** in Kuna, located at 271 Avenue B. TVDSA will provide 2 large pizzas and breadsticks afterwards. Participants will need to purchase their own drinks. RSVP is requested but not required.

Don't forget to come for the **All Ability Easter Egg Hunt** on **April 19th** from 2:00pm-4:00pm at Guerber Park.

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

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

April Outing:

Cool Club will be going to Home Depot for another Handyman workshop on **April 19th** from 9:00am-12:00pm at the Meridian **Home Depot** located at 1100 S. Progress Ave.

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

Adults in Motion Update:

AIM will be preparing for the TVDSA All Ability Easter Egg Hunt by stuffing all of the eggs on **April 12th** from 4:00pm-6:00pm at Lynda & Colleen Well's home located at: 2336 W. Tango Creek Dr. in Meridian. Come have fun helping the Easter Bunny and see friends.

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](#)

Ruby's Rainbow Scholarships

Ruby's Rainbow is a non-profit dedicated to the higher educational needs of adults with Down syndrome, granting scholarships nationwide for post-secondary education, vocational or enrichment classes. We have funds available for the fall semester of 2014 with the deadline for applications being July 6th. The application is ready and up on our website www.rubysrainbow.org. If you have any questions you can also email Liz Plachta, president and co-founder or call at 512-879-7801

Conferences, Workshops, Webinars & TVDSA Scholarship Information

Wrightslaw Conferences

Special Education Law
and Advocacy

April 3, 2014

Boise, ID.

Your Registration includes 3
books!

\$150 before April 2nd
\$175 walk-ins

FREE: IPUL Webinar Series

April 29, 2014

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

April Topic:
Success with the IEP

**An Evening with
Kathie Snow
Disability is Natural**

April 23rd Details to come
soon! For more information
email:

cauaer@cablone.net

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/fo-credit.aspx>

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.

Illinois Includes

May 7-8, 2014

Rosemont, IL

[Registration now open!](#)

WORLD DOWN SYNDROME DAY CELEBRATION 2014 Wrap Up: A lot of Fun and Big Success



Were you part of the TVDSA WSD Celebration?

Over 220 guests attended wearing their awesome socks for awareness. We had talent show acts by 5 of our loved ones with Down syndrome, a self-advocate speaker, Christopher Pugel, a slideshow highlighting TVDSA events from the past year, and dancing by all. Seven outstanding videos were submitted for the video contest. Video winners were: 1st Place: Nicole Sloan Family; 2nd place: Benjamin Rosenkoetter Family; 3rd place: Colleen Wells Family. The 2013 Volunteer of the Year Award was presented to Celena Auger.

Thank you to the following people and businesses for making the TVDSA World Down Syndrome Day Celebration a huge success. Without the generous support of these groups, our World Down Syndrome Day celebration would not have been possible.

Amanda and David Ashworth
Danik Twisters Cheer Squad
Idaho Miss Amazing Pageant
The Clubhouse Event Center
Willie's BBQ

Bill Briley
Ethan and Carrie Ormsby
Idaho Power
TVDSA Board Members

And the many volunteers who helped with set up, serving, and clean up.



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.



"Little League is for Everyone!"

TVDSA is proud to once again support Challenger Little League by sponsoring a team. For the 2014 season TVDSA is sponsoring the Pirates in the 13 and up age bracket.

The Challenger Little League games are Saturdays at 6:30PM from April 19th to June 28th at the N.W. Ada Fields at the North/West corner of Eagle & McMillian Rd. across the street from Lowell Scott Middle School. Come on out and support the kids and learn more about Challenger Baseball.



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](#)!



You can help TVDSA earn donations
just by shopping with your Fred
Meyer Rewards Card!

Here is how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards card to TVDSA at www.fredmeyer.com/communityrewards searching by name or by Non-profit (NPO) number **93128**.
- Every time you shop and use your Rewards Card you are helping TVDSA earn a donation!
- You still earn your Rewards Points, Fuel Points and Rebates just as you do today.

October - Awareness Month Preparation

In October we will be sharing 31 days of pictures on our Facebook page, and would love to highlight your loved one with Down syndrome.

Please send a picture and short paragraph to celebrate DS Awareness Month to Malu Mulholland at vicepresident@idahodownsyndrome.org



100% of your ticket purchase goes directly to the charity of your choice through the Hillshire Brands TICKETS Fore 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](#)
Secretary: [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](#)