



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

June 2014

In this Issue

The June Newsletter is again filled with information, including the Picnic, Summer Parade, Buddy Walk Registration and an article on summer play outdoors.

TVDSA would like to thank both Madison Smitheram and John Davidson for their efforts that support TVDSA.

The 2014-15 TVDSA Memberships are now due. Your \$10.00 tax deductible donation qualifies you to check out from the TVDSA library, qualify for scholarships, and discounts at TVDSA special events. Your donation also helps TVDSA provide free parent trainings at the family meetings. [Click here](#) to download the TVDSA membership form.

Please take a moment to update your information with the TVDSA database. At the bottom of your email notification is a link "update subscription preferences." This allows you to select the areas of interest for your family as well as contact information for TVDSA mailings. It takes less than 5 minutes, and ensures you get the emails that pertain to your family.

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



31st Annual TVDSA Family Picnic

June 18th 6:00pm-8:30pm

New Location: Kleiner Memorial Park

1900 N. Records Ave. Meridian

We will be at the gazebo near the kids play area.



New Date: *The past few years has been unpleasantly hot in July. We heard the suggestions - and moved the Annual Family Picnic to June, for hopes of a more enjoyable evening by all.*

**Bring the entire family for an evening of friendship, food and fun!
There will be dancing, music, face painting and more!**

TVDSA will provide: Fried chicken, rolls, water, soda, paper plates & tableware. TVDSA will have some tables, chairs and awnings. If you want to bring your own camping chairs or blanket, you are welcome to.

Please Bring: A side dish and dessert to share

For more information, please contact:

Lynda Wells at advisor@idahodownsyntax.org or

Malu Mulholland at vicepresident@idahodownsyntax.org



EAGLE FUN DAYS PARADE



Save the date! **Saturday, July 12th.**

Parade starts at 2:00pm, we will be meeting at 1:00pm.

**Join us this summer in creating awareness for TVDSA!
Show your love of America by wearing Red, White, and Blue!**

Who: ALL are invited...family, friends, teachers, co-workers, etc.! We would love to have as many of our loved ones with Down Syndrome present to promote awareness in our community.

Where: Downtown, Eagle (exact meet location TBA)

Look for more details in the July newsletter.

Contact [Erin Rosenkoetter](#) for more information, or if you are interested in helping!

TVDSA Calendar of Events

June 1st:

**TVDSA Buddy Walk
Registration Opens!**
[Register Now!](#)

June 3rd:

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

June 7th:

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

June 9-13th:

TV iCan Bike Camp 5 sessions
daily from 8:00am-4:00pm at
the Homecourt YMCA in
Meridian. Contact: [Paul
Auger](#)

June 18th :

TVDSA Family Picnic 6:00-
8:30pm **NEW LOCATION:**
Kleiner Memorial Park
Contact: [Lynda Wells](#)

June 21st:

Cool Club from 11:00am-
4:00pm for the Wing-Off at
Kleiner Park in Meridian.
Contact: [Andrew Kopping](#)

July 12th:

Eagle Fun Day's Parade at
1:00pm in downtown Eagle.
Contact: [Erin Rosekoetter](#)

2014 TVDSA Buddy Walk Registration is NOW OPEN!



The **12th annual TVDSA Buddy Walk**
will be held on **October 11, 2014.**

**This year all walkers with
Down Syndrome walk for FREE!**



Register Online Today at:

<https://secure.ezeventsolutions.com/fr/TVDSA/2014BuddyWalk/>

It is time to rally all your family and friends and see who gets the biggest team and who can claim the big registration prizes.

We will be having several registration prizes again this year so keep an eye out for those.

Like last year we will have discounted registration the earlier you register.

Early Online Registration: \$15.00 for adults and kids 13 & up;
June 1st-July 21st \$7.00 for kids 12 and under.
Regular Online Registration: \$20.00 for adults and kids 13 & up;
July 22nd-Sept 1st \$10.00 for kids 12 and under.

ALL Online registration will end September 1st.

Onsite Registration: \$25.00 for adults and kids 13 & up;
October 11th \$15.00 for kids 12 and under.

Please note: This will be the last year for onsite registration.

There are also new options to purchase raffle tickets during registration (5 for \$20) and for supporting a team without walking while still receiving a t-shirt.

The Buddy Walk will be similar to previous years. We will have food and fun!

We hope to see you all there - Rain or Shine!



Pictured above: Colleen Wells (self-advocate),
Lynda Wells (TVDSA Board Advisor), and
Madison Smitheram (7th grade student).

Thank You Madison Smitheram!

Madison Smitheram is a student at the Village Charter School in Boise. A check for \$250.00 was presented to TVDSA through the Century Link Middle School Philanthropy Project. Madison is a student in Mrs. Fisher's 7th grade class at The Village Charter School. Students were asked to find a non-profit organization to research and then set up an interview with someone from the non-profit. The students then presented the information to their class along with a written report. The students voted on which non-profits they would like to receive the funds. Jim Schmit, the Vice President and General Manager for Century Link here in Boise, came to the presentation was also present.

TVDSA was one of six non-profits that the students chose to receive funding. Madison wanted to research TVDSA as she has a two year old cousin in Texas, who has Down syndrome. Madison has also volunteered with the youth group that helps every year with the TVDSA Annual Family Picnic!

The Importance of Outdoor Play

by Kari Zerbe, Executive Director, The Rise School of Dallas

The weather has changed and it is warm outside, all the more reason to be outside enjoying the sun and blue skies. Research has shown that children are spending more time indoors these days. It could be on an electronic device or watching the television. The outdoors is the very best place for preschoolers and really kids of all ages to practice and master emerging physical skills. It is in the outdoors that children can fully and freely experience motor skills like running, leaping, and jumping. It is also the most appropriate area for the practice of ball-handling skills, like throwing, catching, and striking. And children can perform other such manipulative skills as pushing a swing, pulling a wagon, and lifting and carrying movable objects. Additionally, it is in the outdoors that children are likely to burn the most calories, which helps prevent obesity.

Outdoor Play Contributes to Learning

The outdoors has something more to offer than just physical benefits. Cognitive and social/emotional development are impacted, too. Outside, children are more likely to invent games and use imaginative play. As they do, they're able to express themselves and learn about the world in their own way. They feel safe and in control, which promotes autonomy, decision-making, and organizational skills. Inventing rules for games (as preschoolers like to do) promotes an understanding of why rules are necessary. Although the children are only playing to have fun, they're learning communication skills and vocabulary (as they invent, modify, and enforce rules), number relationships (as they keep score and count), and social customs (as they learn to play together and cooperate). Playing outdoors gives children a chance to be loud and messy—two things you might not want in the house. It is time to get outdoors, and many of the items in your home can come outdoors such as Legos, musical instruments, easels and paint, and board games. If you need new ideas for outdoors, think of things such as chalk, bug collecting, bird watching, building a garden, making a maze, scavenger hunts, and paper airplanes. Get creative and have fun!

Resources:

- *Hug a Tree and Other Things to Do Outdoors with Young Children* by Robert Rockwell, Robert Williams, and Elizabeth Sherwood. Gryphon House, 1983.
- *Taking Curriculum Outdoors*, Tymotheny Smith, 2009
- *Sharing Nature with Children* by Joseph Bharat Cornell. Ananda Press, 1982.
- *The Great Outdoors: Restoring Children's Right to Play Outside* by M.S. Rivkin. NAEYC, 1995.
- *The Outrageous Outdoor Games Book* by Bob Gregson, Fearon, 1984.
- *The Outside Play and Learning Book* by Karen Miller. Gryphon House, 1989

Bloom Where You Are Planted

by Marjorie Lee

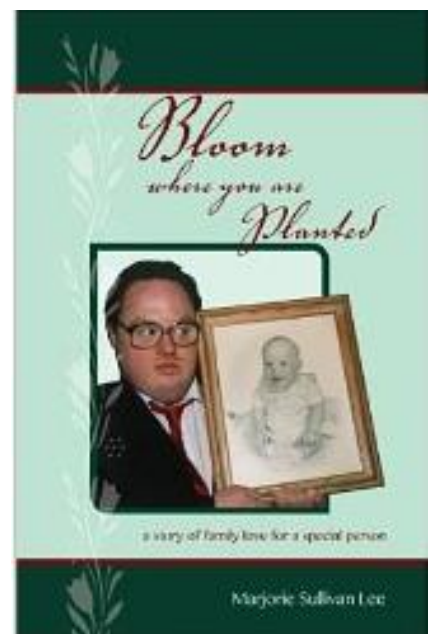
Book Signing

June 14th 3:00pm-6:00pm
at Hastings on Boise Ave.

Bloom Where You Are Planted is a quiet story about living as a person with Down syndrome – a person who has not become a rocket scientist, but has been comfortable in finding a place in the community, in the educational system, and in life. The search for inclusion has been the recurring thread of continuity.

Kevin arrived as the sixth child in the family and his disability inspired his family to work for changes in the world they had never before encountered. *Bloom Where You are Planted* highlights the fact that changes in our society can occur through the efforts of ordinary people who can recognize problem situations, and who have the vision, courage, and stamina to pursue solutions. Perhaps this should be called a motivational book.

Kevin's brother is a resident in Boise, Idaho. This is a rare opportunity to meet Marjorie Lee, a fellow parent, that has spent many hours opening doors for her son to be valued as a part of society.





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Social Groups Page

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

D.A.D.S. will not have a separate outing in June. Please join TVDSA at the **Family Picnic, June 18th** at Kleiner Memorial Park in Meridian.

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

MOM'S Night Out!

Moms will not have a separate outing in June. Please join TVDSA at the **Family Picnic, June 18th** at Kleiner Memorial Park in Meridian.

For more information or questions, 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.

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

June Playdate:

Lil' Buddies will be meeting on Saturday **June 7th** from 10:00am-12:00pm at **Advanced Therapy Care** located at 68 Baltic Ave. in Boise. This is not a therapy session. It is a safe environment to allow our kids to play.

Please join TVDSA at the **Family Picnic, June 18th** at Kleiner Memorial Park in Meridian.

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

Best Buds Update:

Best Buds will not have a separate outing in June. Please join TVDSA at the **Family Picnic, June 18th** at Kleiner Memorial Park in Meridian.

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

Adults in Motion Update:

AIM will not have a separate outing in June. Please join TVDSA at the **Family Picnic, June 18th** at Kleiner Memorial Park in Meridian.

Need more information on **AIM?** Please contact [Lynda Wells](#)

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

Please join TVDSA at the **Family Picnic, June 18th** at Kleiner Memorial Park in Meridian.

Cool Club will also be going to the **Wing-Off** on Saturday, **June 21st** at Kleiner Memorial Park from 11:00am-4:00pm. Over 39 cooks will be competing and you get to be tasters! Come when you can and stay as long as you like. It usually

peaks around 1:00pm. More information can be found at <http://www.wing-off.com/>

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

The 2014 TVDSA Buddy Walk – HELP WANTED

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 participate in meetings twice a month to plan and organize this great event. The only required skill is the willingness to help. 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.

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 allow 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. **If you are interested in volunteering to help the day of the Buddy Walk** please email Malu Mulholland at: vicepresident@idahodownsyndrome.org.

Conferences, Workshops, Webinars & TVDSA Scholarship Information

FREE: IPUL Webinar Series

June 24th

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

Topic: Youth Advocacy and Healthy Transition

Youth will understand what "advocacy" means, learn the skills necessary to be an effective advocate, what additional resources they may need, and where to go for more information while preparing for the transition to adulthood with a goal of independent healthcare management.

Sensory Friendly Movies

At The Reel Theater
4550 Overland Rd.
Only \$1.00

First Saturday of Every Month!

Opportunity for individuals with sensory sensitivity to enjoy movies with family and friends. Lights will be kept on, volume stays low, exclusive showing.

To find out this month's newly released movie, contact:

[Sandi Frelly](#) at 376-4999x210

2014 NDSC Annual Convention

**July 11-13th, 2014
Indianapolis, IN**

"Setting the Pace"

Convention Registration closes: June 25th



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.

Use the strings you have left, to make beautiful music by Marylyn Applebaum

There is a story told about a famous violinist that is very inspiring. Itzhak Perlman had polio as a child and wears leg braces and uses crutches as a result. He had an amazing thing happen at one of his concerts at Lincoln Center in New York. He walked onto the stage slowly because of his crutches and braces, and sat down in a chair. He then put down his crutches and took off his braces. He began to play. Just as he finished the first few bars, one of the strings on his violin broke with a loud snap. He only had three strings left. Everyone waited for him to put his leg braces back on and leave the stage, but he didn't. Instead, he closed his eyes, waited a minute, and then signaled the conductor to start. Up to that time, it was thought that it was impossible to play a symphonic work with three strings, but Itzhak Perlman refused to know that. He kept modulating and changing as he played. He made beautiful music! When he finished, there was total silence and then a huge outburst of applause and a standing ovation. When it became quiet, he was asked how he did it. He told the audience, that "sometimes it is the artist's task to find out how much music you can make with what you have left."

And that is what you have to do too! You are like the artist that has to create harmony and learning—to make beautiful music with your children. They won't all be perfect. They are each different. Some may have "broken strings" of lost hope or have special needs. Yet, you too, can bring out their best qualities. You do that with your patience, your kindness, your engaging teaching methods, your persistence, and with your caring. You can do it. You can make beautiful music. You are a difference maker.

Source: [The Applebaum Training Institute](#), May 6, 2014

Treasure Valley iCan Bike Camp 2014

June 9th-13th at the Homecourt YMCA

Would like to thank our Sponsors!

We could not do it without you!



TREASURE VALLEY
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Law Office of Pheobe Smith, p.c.



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 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!

Shop AmazonSmile

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 "Treasure Valley Down Syndrome Support Group" as your favorite charity "BEFORE" you start shopping and TVDSA will receive 0.5% of the purchase price from your eligible AmazonSmile purchases.

GoodSearch

You search the internet all the time anyway, why not do it and earn money for TVDSA. Just go to: 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.

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](#)