



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

July 2014

## In this Issue

We are in the midst of summer break. What a great time to work on reading skills. No matter how old or young you are, what you are interested in reading, try to read every day! In the July newsletter you can find two articles about reading- summer tips and recent research about reading and IQs.

Have you paid your 2014-15 TVDSA Memberships? 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 supply 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 saves you from extra emails you may not want to receive.

Monthly and archived TVDSA newsletters are available on our website at: [www.idahodownsyndrome.org](http://www.idahodownsyndrome.org) for viewing and sharing.

## TVDSA Summer Ice Cream Social & Fundraiser Night

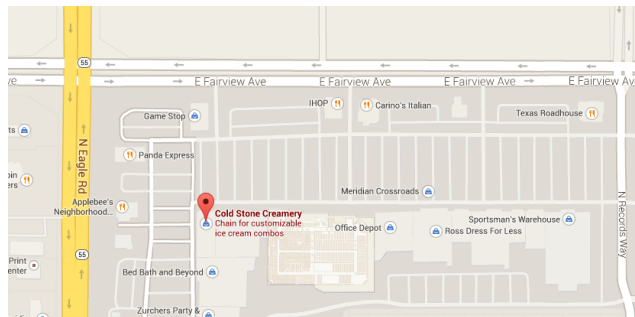
Enjoy some ice cream and raise money for TVDSA.  
10% of all sales will be donated to TVDSA!

Come enjoy time with family and friends.

**Wednesday, July 16<sup>th</sup>**  
From 4:00pm-7:00pm

At the **Cold Stone Creamery**  
located at 1400 N Eagle Road, Ste #103 in Meridian

(Southeast corner of Eagle and Fairview near  
Bed Bath & Beyond, and behind the Applebee's)



## EAGLE FUN DAYS PARADE



Save the date! **Saturday, July 12<sup>th</sup>.**

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 in separate email notification)

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

## TVDSA Calendar of Events

July 1<sup>st</sup>:

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

July 11<sup>th</sup>-13<sup>th</sup>:

**2014 NDSC Annual Convention**  
Indianapolis, IN  
"Setting the Pace"

July 12<sup>th</sup>:

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

July 16<sup>th</sup>:

**Ice Cream Social and  
Fundraiser** 4:00pm-7:00pm at  
the Cold Stone Creamery in  
Meridian Contact: [Malu  
Mulholland](#)

October 11<sup>th</sup>:

**TVDSA 12<sup>th</sup> Annual Buddy Walk**  
11:00am-2:00pm  
Capitol Bldg. to Julia Davis  
Park  
Contact: [George Taylor](#)



Amanda from Amanda's Army at

## 2014 TVDSA Buddy Walk Registration is OPEN NOW!

**It's not too early to start your team and start planning for October!  
The earlier you register, the cheaper it is!**



The **12th annual TVDSA Buddy Walk**  
will be held on **October 11, 2014.**  
**This year all walkers with  
Down syndrome walk for FREE!**



**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. All paid registrants on the 21<sup>st</sup> of July will be entered into a drawing for merchandise.

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

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

**ALL Online registration will end September 1<sup>st</sup>.**

**Registration Day of Event:** \$25.00 for adults and kids 13 & up;  
**October 11<sup>th</sup>** \$15.00 for kids 12 and under.

There are also new options to purchase raffle tickets during registration (6 for \$20) and for supporting a team without walking while still receiving a t-shirt.

We will have entertainment, information, and fun!

New this year – a variety of food trucks will be at the park for your selection.

**We hope to see you all there!**

Look for more details on the registration site at

<http://goo.gl/Uu6fL7>

## Thank You



Pictured above: Makenna Wilkinson, Malu Mulholland (TVDSA Vice President), Dylan Thaner (Self-Advocate), and Jim Schmit (CenturyLink)

In June, TVDSA was honored to receive a \$1,000 grant from CenturyLink. CenturyLink has partnered up with middle schools in the Treasure Valley. Students research different non-profits and then the class votes on who wins. This year Lake Hazel Middle School 8<sup>th</sup> grade class honored TVDSA as their selected winner. The young women who picked our group to research were Makenna Wilkinson, Corinne Hines, Katie Harris, Jessica Wigger, Megan Bodily & Lizzie Pearson. They selected and researched TVDSA. Then it was up to the entire 8<sup>th</sup> grade student body to pick who would win.

TVDSA would like to thank these ladies, the whole 8<sup>th</sup> grade class at Lake Hazel Middle School, 8<sup>th</sup> grade teacher - Ms. Karen Miller, and CenturyLink.

## Summer Reading Tips and Resources By: Elizabeth De Libero, PNCR Director

Teachers and experts agree that it is critically important for kids to read over the summer to maintain their reading skills. This is especially true of struggling readers who can lose skills without practice over the summer. For kids with reading disabilities this loss of skills can be significant. Experts refer to this as the 'summer slide.' While keeping in mind that summer is a time for relaxation and fun, don't forget to make reading a regular part of your summer routine! Below are some tips that will help you and your child to enjoy reading, and will also help your child maintain the skills they have learned over the school year. A great resource (anytime) for individuals with print disabilities is <https://www.bookshare.org/>. You have to become a member to access the resources, but for individuals with print disabilities membership is free!

1. **Be a Role Model.** Children will pick up good reading habits if they see that you are enjoying reading. So, turn off the television and the computer and open books (electronic or otherwise) and read together. Set aside a time each day that you can devote to reading to and with your child.

2. **Let kids choose.** During the school year, kids often have required reading that is not of great interest to them. Summer is a time to let them choose what they would like to read. What topics are they interested in? Visit your local library and let them browse for books that interest them. If children have the opportunity to listen to, discuss, and read books on topics that they select, they will develop background information, which can serve as a basis for their own independent reading.

3. **Read to your child.** Most kids really enjoy being read to, even after they have acquired good independent reading skills. In addition to having your child read to him/herself, read to him. You may also take turns reading. When reading together, perhaps you alternate reading every other line or paragraph. Make it fun! Read in voices and with enthusiasm. You can even read like you are performing a play or reader's theater and make an audio recording of your reading together.

4. **Talk about what you are reading.** Discuss themes and predications about what might happen in the story but don't pepper kids with basic questions. The idea here is to talk about the book with discussion about character motive, what they think about the story, the style of the author etc. Avoid basic comprehension questions like "what color was the girls dress?" If your child is frustrated attempting to read unknown words or phrases you can gently help them, but if they still don't get the word just give it to them. Remember, you want to make reading FUN, not frustrating. You are not attempting to teach new skills; rather you want your child to maintain the skills that they have already acquired through practice. For older students who are able to read a novel, read the same book and discuss as you go along and/or when you finish the book.

5. **Help your child select books.** Children often choose books that are too difficult for them to read independently. Teach your child to use the five-finger rule. Choose a book and have them read 50 words of the book. If they are unable to pronounce more than 5 words, this book is probably too difficult for them and they should make another choice. Use the more difficult book as a read aloud. Many school districts have summer reading lists. Some school districts require the students to choose books from a list that they supply by grade level. Be sure to visit the website of your school district or ask your child's teacher for the list. Usually these lists are quite varied and there is something for everyone. If your child is reading below grade level choose books at the appropriate level or choose books from their grade for read aloud only.

Another good source for choosing books is the '*Jim Trelease Read Aloud Handbook*.' For more information and additional resources go to <http://www.trelease-on-reading.com/>

6. **After you read a book watch the movie or the video together.** If your child is older and reading chapter books or novels, let them know that you can watch the video or movie of the book once they have completed the book. Many kids begin to see that books are most often better than the movies!

7. **It's not just about 'books'.** If your kid loves electronics look for electronic ways to share books such as books on tape, or using a Nook, Kindle or iPad for reading. Also look for reading opportunities other than books. Subscribe to magazines like *Sports Illustrated for Kids*, *Highlights for Children*, or *National Geographic World*. Other reading practice opportunities include reading recipes while cooking, comic strips, baseball cards, the newspaper, joke books, traffic signs, billboards and grocery lists. Look for a wide variety of opportunities to practice reading print- especially for young children who are just learning to read.

*Continued on page 5*



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

## Social Groups Page



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

**D.A.D.S.** will not have a separate outing in July. Please join TVDSA at the **Cold Stone Creamery** on **July 16<sup>th</sup>** from **4:00pm-7:00pm**.

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

### MOM'S Night Out!

**Moms** will not have a separate outing in July. Please join TVDSA at the **Cold Stone Creamery** on **July 16<sup>th</sup>** from **4:00pm-7:00pm**.

TVDSA would like to thank *Carrie Ormsby* for her dedication and work to get *Mom's Night Out!* off the ground. *Utah is lucky to have you, we will miss you, good luck!*

*Help Wanted:* If you would like to help organize monthly outings, and fun activities for mothers of individuals with Down syndrome in the Treasure Valley, please contact [Malu Mulholland](#). We are looking for a new *Mom's Night Out!* coordinator to take over.

For more information or questions, please contact: [Malu Mulholland](#)



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

**Lil' Buddies** will not have a separate outing in July. Please join TVDSA at the **Cold Stone Creamery** on **July 16<sup>th</sup>** from **4:00pm-7:00pm**.

We would like to thank *Jennifer Rice* for all of her hard work, organization, and dedication she has made to *Lil' Buddies* over the past 16 months. She will be hard to replace and greatly missed.

Help Wanted: If you would like to help organize monthly outings and fun activities for infants-toddlers, ages birth-5 years with Down syndrome in the Treasure Valley, please contact [Malu Mulholland](#). We are looking for a new *Lil' Buddies* coordinator to take over.

Need more information on **Lil' Buddies**? Please contact [Malu Mulholland](#).

### Best Buds, Cool Club & AIM Update:

**Best Buds, Cool Club & Adults in Motion** will not have separate outings in July. Please join TVDSA at the **Cold Stone Creamery** on **July 16<sup>th</sup>** from **4:00pm-7:00pm**. The location of the social event is 1400 N. Eagle Rd., Suite 103. (SE corner of Eagle and Fairview.)

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

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

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



### Study Finds Reading Possible Despite Low IQ by Michelle Diamant

With persistence and specialized instruction, researchers found that kids with a mild to moderate intellectual disability can read at a first-grade level or better. They say the results could have life-changing implications for thousands of students with a low IQ.

"If these children, and any other struggling readers, can learn to read, that means they can go grocery shopping with a shopping list, read the labels on boxes and cans and read basic instructions," said Jill Allor of Southern Methodist University who led the study [published](#) in the journal *Exceptional Children*. "**Even minimal reading skills can lead to a more independent life and improved job opportunities.**"

For the study, researchers followed a group of 141 kids with IQ scores ranging from 40 to 80, all of whom were able to speak. Of those studied, 76 students received 40 to 50 minutes of intensive reading instruction daily in small groups with no more than four students to each teacher. The remaining 65 students were provided standard lessons with varying levels of reading instruction.

After four years, the students who received the specialized instruction performed significantly better on a variety of reading tests compared to those who participated in the traditional lessons, the study found.

What's more, researchers said that IQ did not predict a child's ability to read. While students with higher IQ scores generally improved more quickly, there were cases where children with lower IQ scores outperformed their peers with higher scores.

"This study demonstrates the potential of students with an intellectual disability or a low IQ to achieve meaningful literacy goals," Allor said, adding that the findings prove "**we should never give up on anyone.**"

Source: *Disability Scoop*, May 27, 2014



## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### IPUL FREE Webinar Series

July 29<sup>th</sup>

Times: 10am, 1pm, or 6pm

**Topic: Getting and Keeping the First Job** – learn about the importance of employment for all, the critical role of families and engaging youth in career, basic job search activities as well as skills that help youth with disabilities keep the jobs they get.

[Register Here](#)

### 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

### Guardianship Seminar

July 24<sup>th</sup>

7:00pm-9:00pm

at the Cole and Ustick  
Boise Library

Free Informational Seminar  
for Parents

Phoebe Smith will be presenting the nuts and bolts of going through the guardianship process; and Helen Babcock from Region 3 Health and Welfare will be presenting a view from the Evaluation Committee

### 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.

## Summer Reading Tips (continued from page 3)

8. **Play with Language:** Building a strong vocabulary, including a wide variety of descriptive words, will help your child improve reading skills. You can play these simple games on your summer road trip or when you're hanging at home.

- **"What's another word for....?"** Your child gets points for every synonym he can come up with. Ask your child, for example, "What's another word for couch?" He'll likely suggest 'sofa' or 'futon'. To help him build his vocabulary, you can add 'divan' and 'settee'.
- **Sentence building.** Special educator [Jennifer Little, PhD](#), recommends constructing sentences to help your child enhance and use her descriptive language. Start with a flower, for example, and ask your child the color of the flower. If she replies, "red," create a full sentence ("The flower is red,") and ask her to repeat it. Ask for more information about the flower. If she says that the flower has green leaves, help her incorporate that detail into the sentence: "The red flower has green leaves." Keep building until your child has created a long sentence, for example, "The red flower with green leaves grows under the trees in my backyard."
- **Board games.** Boggle, Scrabble, Bananagrams, and other word games provide hours of entertaining word play. You can create a system of bonus points for longer words, or words your child has recently learned. Have a tournament and get the entire family involved!

9. **Head to your local library:** The Boise Public Library and many area libraries are hosting a summer reading program including events and prizes kids can receive when reading or being read to. Visit your local library today!

**Happy Summer Reading!**

Source: Parent Network of the Capitol Region, [www.pncry.org](http://www.pncry.org)

## Treasure Valley iCan Bike Camp a Success!

The first ever iCan Bike Camp in the Treasure Valley was a success! Forty riders came to learn to ride. Each of them learned a lot, showed progress, earned self-esteem and confidence and most of all - had fun! With the help of over 100 volunteers, 82.5% of the riders met or surpassed the expectations of the iCan Shine camp! Congratulations! Keep riding everyone. We are proud of each of you!





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](http://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](http://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](mailto: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!

## The 2014 TVDSA Buddy Walk – HELP WANTED

### **2014 Buddy Walk Planning Committee and Day of Event Volunteers are needed.**

The planning for the 2014 TVDSA Buddy Walk is underway and we need committee volunteers to help plan and organize this great event. The only required skill is the willingness to help. To volunteer or for more information please email George Taylor at: [buddywalk@idahodownsyndrome.org](mailto:buddywalk@idahodownsyndrome.org).

If you are interested or know of any service groups (Boy Scouts, School Clubs, Sports teams) that may be interested in volunteering to help the day of the Buddy Walk please email Malu Mulholland at: [vicepresident@idahodownsyndrome.org](mailto:vicepresident@idahodownsyndrome.org).

*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](#)