



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

August 2014

In this Issue

The August newsletter highlights the Transition Planning process within school and included in the IEP process. Do you know when to start? Do you know what your role as the student or parent is? Do you know if you can help if you are the grandparent, teacher, sibling? Please read the two articles outlining the Idaho timeline and ways to prepare BEFORE the transition meeting at the school is held.

TVDSA also recommends checking out additional resources available:

- Idaho Council on Developmental Disabilities and the Idaho Transition Binder found at : www.icdd.idaho.gov/
- Idaho Department of Health and Welfare Interactive Transition Guides can be found at: <http://www.healthandwelfare.idaho.gov/Children/ChildrensSpecialHealthProgram/HealthCareTransitiontoAdulthood/tabid/1472/Default.aspx>
- IPUL of Idaho's Building a Bridge from School to Adult Life found at: <http://www.ipulidaho.org/transition>.

It's not too soon to start thinking and talking to your family member about the future.

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

Transition Planning: Setting Lifelong Goals by Jennifer Graham and Peter Wright, Esq.

IDEA 2004 requires Transition Services to be "results-oriented" to "facilitate the child's movement from school to post school activities . . ." [1] The law requires that the IEP Transition Services be in place by (before) the child's 16th birthday.[2] In this article, we provide you with two checklists and some advice to help your child make a successful transition from school to employment or further education.

IDEA 2004 Transition Checklist

IDEA 2004 describes the required components of the transition plan. During your child's high school years, it is essential that the IEP team adhere to these requirements.

- The student must be invited to participate in IEP meetings to discuss his/her goals for life after high school.
- You may request several IEP/Transition Planning meetings during the school year.
- You may invite representatives of local agencies to these IEP meetings to discuss transition goals and services to support those goals.
- The IEP, including the transition plan, should be based on person-centered planning, and reflect the student's interests and skills.
 - The work experiences or "community based work assessments" (CBWAs) chosen should be based on the student's interests and abilities. Students should NOT be placed in a community based work assessment simply because it is available.
 - Any placement should help the student develop skills in a setting that is of personal interest to him/her and where his/her unique abilities can be successfully utilized and improved with job coaching.
- Annual transition goals in the IEP should lead to successful post-high school outcomes.
- Progress should be documented and measurable.
 - Ask for progress reports about your child's community based work experience. Discuss with the IEP team how your child will meet the goal of being employed after graduation, without a lapse in supports and services.
 - Maintain a portfolio and resume of your child's experiences, progress reports, and favorable reviews from your child's supervisors.

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Want to Perform at the 2014 Buddy Walk?

Elevated Dance Project's Verge Dancers will again be asking for assistance from TVDSA families during the **Buddy Walk Performance on October 11th at Julia Davis Park**. This opportunity is open to anyone with Down syndrome **ages 8 and up!** They will be learning the routine on Tuesday nights from **4:30pm-5:30pm, September 2nd, 9th, 16th, 23rd, 30th and October 7th**. The Elevated Dance Project studio is located at 1396 Iron Eagle Drive in Eagle.

Due to expanded interest and limited stage space, we will only be able to take the **first 14 individuals** with disabilities (no siblings) to register. Please be sure that the dancer is able to attend all 6 practices in order to learn the routine.

If you or an individual with Down syndrome you know would enjoy dancing on stage or if you have additional questions, please contact Kristie Yerger at president@idahodownsyndrome.org or Celena Auger at cauger@cablone.net.

TVDSA Calendar of Events

August 5th:

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

August 9th:

Lil'Buddies at Advanced
Therapy Care in Meridian from
10:00am-12:00pm.
Contact: [Malu Mulholland](#)

August 20th:

Mom's Night Out! at
Applebee's in Meridian at
7:30pm Contact: [Malu
Mulholland](#)

August 29th:

Cool Club – Movie Night
Settlers Park at dusk
Contact: [Andrew Kopping](#)

September 1st:

**Online Registration for the 2014
TVDSA Buddy Walk Closes!**

September 9th:

**AIM – Free Dance class at
Elevated Dance Project from
3:30pm-4:00pm**
Contact: [Lynda Wells](#)

September 9th:

**TVDSA Family Meeting at
7:00pm**
Contact: [Erin Rosenkoetter](#)

October 11th:

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

2014 TVDSA Buddy Walk Registration is OPEN!

Only 30 days left to register online and save!

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



Changes for 2014:

- **All individuals with Down syndrome walk for FREE!**
- **You can purchase your raffle tickets online BEFORE the event (6 for \$20). At the event they will be available for 5 for \$20.**
- **More area will be available at Julia Davis Park for activities.**
- **A variety of food trucks will be available at the park, please bring money for your lunches as it is not included in registration this year!**

All paid registrants on the 21st of August
will be entered into a drawing for merchandise.

Register online and save! Prices will be higher the day of the event!

Online Registration: \$15.00 for adults and kids 13 & up;
July 23rd-Sept 1st \$10.00 for kids 12 and under.

ALL Online registration will end September 1st.

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

We will have entertainment, information, and fun!

Look for more details on the registration site at
<http://goo.gl/Uu6fL7>

We hope to see you all there!

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

Thank You

Thank you to the Southwest Idaho Chapter of NAPRM for their generous donation of \$318.00. The National Association of Residential Property Managers (NARPM) hold a raffle each quarter and select a charity to receive the funds raised. Last quarter, TVDSA was the charity selected by NARPM, by the recommendation of John Davidson with Aloha Property Management, aka Mirabel's father. TVDSA thanks the 200 members of NAPRM and John Davidson for their support.



Pictured above: Luciya Leona, Mirabel Ruby & John Davidson.

Transition? What is it? When is it done? The Idaho Timeline

At the age of 14:

- Transition planning should begin.

By the age of 16:

- By 16 years old, IDEA requires that, beginning not later than the first IEP to be in effect when the child turns 16, or younger if determined appropriate by the IEP team, the IEP must include:
 - measurable **postsecondary goals** based upon age-appropriate transition assessments related to training, education, employment, and, where appropriate, independent living skills; and
 - the **transition services** (including courses of study) needed to assist the child in reaching those goals
- the IEP should include a graduation plan, including the specified graduation requirements for that program.

Before the age of 17:

- The guardianship/conservatorship process should begin. The age of majority in Idaho is 18.
- The student and the parents must be informed of this transfer of rights by the student's 17th birthday and a statement regarding their knowledge of that transfer must be included in the IEP.
 - If families and students feel uncomfortable with the transfer of the decision-making abilities to the student, the prospective guardian needs to petition for guardianship at the local probate court.
- The vocational rehabilitation process should begin at least 2 years prior to high school graduation.

Before the age of 18:

- Apply for Social Security benefits, Social Security Disability Insurance and Medicaid.
 - If ineligible for Medicaid, look into other health insurance options, as it is likely the individual will no longer be covered by the parents plan after age 19 if not enrolled in college or covered by Medicaid.
- Add your name to the waiting list for residential placements in the state. Regardless of future residential plans, it is good to be on the waitlist, as these lists can be extremely long, and it is easy to remove your name than it is to add it.
- A referral form needs to be completed which can be found on the Idaho division of vocational rehabilitation website before the student is 18 years old.

At age 18:

- Register to vote.
- Upon an individual's 18th birthday, he or she changes from a system of being entitled to certain rights and privileges to a system of eligibility.
- Male students should register for the draft, no matter the level of functioning.
- If applicable, individuals should apply to adult agencies for vocational and day programs, as well as for supported living.

At age 21:

- Unless specified, all services will be discontinued at the age of 21.

The Transition Process:

The first IEP must go into effect by the age of 16, which means that transition planning should occur as early as 14 years old. By 16 years old, the IEP should include current levels of educational performance assessed annually, post-secondary goals regarding employment, training and education, a prospective course of study, and a graduation plan, including the specified graduation requirements for that program. This would also include prospective coursework for higher education, including in high school. An individual's needs, interests and strengths should be taken into account when determining the transition plan, which is why the student should be as involved as possible in making decisions about their future. There will be IEP reviews annually that discuss any changes in the information about the student and their interests and any additional goals that are agreed upon by the IEP team.

Education:

The state of Idaho does provide minimum requirements concerning graduation, but the Local Education Agency (LEA)s can change them if needed. The student has the option of either getting the regular standard diploma or a diploma that is developed by the LEA. Allowances in terms of graduation requirements are mentioned in the IEP of each individual. Extensions are often given to students with disabilities so that they can complete their requirements with more time. Students with disabilities are exempt from the exit exam generally required for students to graduate from high school. However, if the student chooses to take that exam, he or she will receive the same test and be required to have the same passing score as a student without disabilities. If an individual fails the exam, he or she can petition for an exemption, use another procedure to meet the requirement, or retake the exam one more time.



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Social Groups Page

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

D.A.D.S. will not be meeting in August. Please enjoy the last month of summer before school starts.

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

TVDSA Family Meeting

Save the Date:
September 9th at 7:00pm

Kick off the school year the right way! Bring the whole family and join us for our newly formatted family meeting.

Presenter and new location to be announced in September newsletter.

For more information contact [Erin Rosenkoetter](#)



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

Lil' Buddies will be having an indoor playdate at **Advanced Therapy Care** on **August 9th** from **10:00am-12:00pm**. Advanced Therapy Care is located at 68 Baltic Avenue in Meridian. This is not a group therapy session. It is a safe environment for our kids to play.



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 Update:

Best Buds will not be meeting in August.

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

Help Wanted: We are looking for a new Best Buds coordinator to take over. If you would like to help organize monthly outings, and fun activities for children in elementary school with Down syndrome, please contact [Malu Mulholland](#).

Cool Club Update:

Cool Club will enjoy a **Movie Night** on Friday, **August 29th**. The Lego Movie will be airing at Settlers Park at dusk. Bring blankets or chairs to sit on and enjoy the last movie night of the summer. This event is free for everyone. Additional information can be found on the City of Meridian [website](#).

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



AIM Update:

AIM will not be meeting in August. However, please mark your calendar for **September 9th** at **3:30pm**. **Elevated Dance Project** is opening their doors to AIM for a **free dance class**. The Super Stars class is from 3:30pm-4:00pm on Thursdays in Eagle. The EDP studio is located at 1396 E. Iron Eagle Drive #300 in Eagle. If you are interested in

continuing with the class (there is no obligation for the free class) tuition is \$25 per month. We hope you can come enjoy some movement, dance and fun!

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

MOM'S Night Out!

Moms will be having appetizers at **Applebee's** located on Eagle and Fairview on Wed., **August 20th** at **7:30pm**.

TVDSA will provide the appetizers. Come relax for an evening before the kids head back to school!

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](#)

Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL FREE Webinar Series August 26th

Times: 10am, 1pm, or 6pm

Topic: IDEA and Getting Organized-Creating a Home File-Learn the steps in the Special Education process and the six guiding principles of IDEA. Parents also learn how to set up and maintain a filing system for their children with disabilities and special health care needs.

[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

Idaho Partnerships Conference on Human Services Mission Possible 2014

October 30 & 31
at the Boise Riverside Hotel

[Registration](#)
opens August 1st.

TVDSA Scholarships
available!

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.



Transition Planning (Cont. from page 1)

Transition Planning Checklist

While IDEA 2004 provides the legal requirements for transition services to support your child's goal of employment in the community or further education, there are several things that parents and students must do to prepare for life after high school.

- Confirm the date of your child's graduation. Federal law states that your child's eligibility for special education ends when s/he graduates from high school **with a regular diploma** or until the child reaches the age of eligibility for a free appropriate education under State law.
- Clarify whether your child will receive a regular high school diploma or a certificate of attendance.
- Clarify that your child will be able to fully participate in the graduation ceremony.
- Find out what local agencies provide job coaching for transitioning youth. Contacting adult provider agencies before your child graduates or "ages out" will help to ensure that your child will continue to receive services after graduation. This may also prevent your child from being placed on a long waiting list for adult services.
 - You are entitled to invite representatives from other agencies to your child's IEP meetings.
 - If the IEP Team, which includes the parents and the child, determine that your child's transition needs can be met by participating in transition programs on college campuses or in community based settings, these services should be included in the child's IEP.[3]
- If your child has a supports coordinator from your local office of Mental Health, Behavioral Health, or Intellectual / Developmental Disabilities, invite the supports coordinator to IEP meetings during the last year of high school, if appropriate. This person can help to coordinate post-high school support services.
- If your child will be eligible for services through Vocational Rehabilitation, schedule an appointment for an intake interview and file the necessary paperwork with the Office of Vocational Rehabilitation ahead of time. Request that a Vocational Rehabilitation counselor attend the IEP meeting no later than spring of the your child's last year in high school.
- Discuss your child's transportation needs. If s/he will need assistance getting to and from work, request and fill out applications for public transportation services.
- Request information about social/recreational opportunities for young adults with disabilities in your community. Ask for their contact information.
- Request information about post-high school training programs at local vocational schools, community colleges, business schools, and state-affiliated training schools.

When your child graduates from high school, you and your graduate should celebrate accomplishments -- and the transition to adulthood.

With the new emphasis on transition planning in IDEA 2004, and online resources such as www.wrightslaw.com, more students with disabilities are preparing for further education, employment and independent living as productive, active members of their communities.

Source: *Wrightslaw*



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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.

Macy's Shop for a Cause

Macy's has provided TVDSA with shopping passes good on **August 23, 2014** to sell for **\$5.00 each**. TVDSA will keep 100 percent of every shopping pass it sells. The more TVDSA sells, the more money it will raise!

The Shopping Pass entitles you to:

- Save 25% on regular, sale and clearance items
- Save 10% on electrics/electronics
- Register to win a Macy's \$500 gift card, one winner per store
- 100% of your \$5 ticket purchase will benefit TVDSA



By purchasing a shopping pass from TVDSA, customers enjoy a day of spectacular discounts, entertainment, and special events at Macy's. Pass holders will receive special discounts on most regular, sale, and clearance purchases all day, but some exclusions apply.

Contact Malu Mulholland at fundraising@idahodownsyndrome.org to purchase your shopping pass today!

GoodSearch and TVDSA

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](#)