



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

January 2015

## In this Issue

Happy New Year!

Did you know that statistically only 45% of Americans make New Year's Resolutions? Better yet, people who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions. (Source: [Statistic Brain](#))

In this month's newsletter, you will find many suggestions for you and your family on resolutions for 2015. Once you pick your resolution – whatever it or they may be, write it down, read it every day, and make it happen!

Here's to a Happy New Year!

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

## **New Year's Resolutions for Parents of Individuals with Special Needs** by Ann Logsdon

Losing weight, saving money, and getting a better job are usually among the top New Year's resolutions for many of us. As the parent of a child with learning disabilities, here are a few more you may want to add to that list.

1. **Resolve to Reduce Your Stress Levels During the School Year**  
Many parents experience periods of stress as they adjust to the demands of parenting a child with a disability.
2. **Communicate More Effectively with Your Child**  
Communication for a child with a disability can be challenging. These students often have difficulty focusing on conversations and glean the important facts necessary for understanding.
3. **Create a More Positive Relationship with Your Child's School**  
Parent involvement is important to help your child be as successful as possible. Educators recommend that parents take active roles in helping their children learn. This is particularly important for students with learning disorders and others in special education programs. There are many ways parents can become more involved in their children's programs beyond IEP team meetings.
4. **Learn to be a Better Advocate**  
As the parent or guardian of a child with a learning disability or other type of disability, you are your child's first and most important advocate.
5. **Build Your Child's Self-Esteem - Resolve to Help**  
As parents of children with learning disabilities, we sometimes focus so much on academic achievement, there is little time to spend on self-esteem building activities. Holidays are a great time to work on social skills, making friends, developing a positive self-concept, and creating a family identity, all important foundations for self-esteem. [Check out](#) these easy and fun activities to help your child develop a healthy sense of self-esteem.
6. **Strengthen Family Self-Esteem, Relationships, and Identity**  
Building Self-Esteem - Self-esteem is important for all children, especially those with learning disabilities. Students with disabilities typically struggle with school and can benefit from a healthy sense of identity with their families. Setting personal goals and developing an awareness of family values are good ways to begin helping your child develop self-confidence.
7. **Learn More About Parent Rights**  
Parents of children with disabilities have specific rights under the Individuals with Disabilities Education Act. Learning more about your parent rights will help you advocate more effectively for your child.
8. **Prepare Your Teen with a Disability for College**  
Discover strategies to help learning disabled students become successful in higher education. Learn about college level programs for students with learning disabilities. Find ways to prepare for educational programs after high school.
9. **Learn about Learning Disabilities in Your Senior Loved Ones**  
If you or a loved one are facing retirement, learn more about common concerns older adults with disabilities may experience later in life. Adults face challenges after retirement and throughout their senior years, but they also have unique strengths that can be an advantage. Learn about how learning disabilities may affect aging adults.
10. **Resolve to Deal with your Disability More Effectively in the Workplace**  
Adults with disabilities face challenges in the workplace, but they also have unique strengths that can be an advantage. Learn about how their disabilities affect them.

Source: [About Health](#), May 2013

## TVDSA Calendar of Events

January 1st:

**Happy New Year!**

January 6th:

**TVDSA Board Meeting**

7:00pm-9:00pm at A New

Leaf Contact: [Kristie Yerger](#)

January 19th:

**Best Buds** 5:00-7:00pm at

Jabbers in Nampa

Contact [Jorliena Isaacson](#)

January 22nd:

**Moms Night Out!** 7:00pm-

8:30pm at Maui Wowi in

Meridian. Contact: [Malu](#)

[Mulholland](#)

January 28th:

**Lil' Buddies** at The Little Gym in Eagle. 4 month old-3 years from 1:00pm-1:45pm and 3 years -5 years from 2:00pm-3:00pm.

Contact: [Elisha Jimenez](#)

### 2015 TVDSA calendars are now available for purchase

\$15.00 each

Please contact [Kristie Yerger](#) or complete an [order form online](#) to order.



## 5 Ways to Teach Money Management to Older Children with Special Needs

Do you have an older child with special needs that you are trying to teach money management? As your child gets older, learning more about money management and budgeting can increase independence, expand vocabulary and improve literacy and problem-solving skills. Here are 5 tips for teaching money management to a teen or young adult with special needs.

### 1. Use workbooks!

There are many workbooks out there that are excellent for teaching money management, time telling skills, problem-solving and budgeting for older children, adolescents and adults with developmental disabilities. Some excellent resources include the [Explore Math Series](#) and [Life Skills Academics: Math](#).

These books are valuable to have as a resource guide at home, school or day habilitation program. They are easily reproducible, and there are a variety of activities within the books that target problem-solving, math skills, expanding vocabulary, and much more. I like that the workbooks focus on activities that relate math to functional activities such as daily living, school, work, etc.

### 2. Give your child a budget and go out in the community.

Nothing beats real life experience! Give your child a set amount of money when going out to a particular store, restaurant, etc. This is an ideal activity to do around the holidays that should be planned ahead of time. Discuss how much money is within your child's budget, what you want to buy, etc. After the activity, review the experience and discuss how much change you received back, if any. This can lead to important discussions regarding math and problem-solving skills.

### 3. Use appropriate apps and online resources.

There are some excellent apps available to work on money management. One app that I often use is called [Dollars and Cents](#) by Attainment Company. This app teaches a person how to count coins, spend money and make change. There is also a lite version available to try before purchasing.

Another popular app is called [Next Dollar Up](#), which helps teach the concept of buying and selling within a real life setting. There are also many free resources out there such as [cents and Sensibility](#) developed by Pennsylvania Assistive Technology Foundation in conjunction with Widener University 2013.

### 4. Help teach your child key terms and important sight words.

Words such as "budget", "expenses", "checking account", "savings", "expenses", "total amount", "ATM", "cash only", "credit card" and "cashier" should be known by sight and definition. Within the workbooks I mentioned above; there are many more key terms that are discussed within the activities.

### 5. Play board games!

There are a variety of board games out there that teach money management that have been popular for many years, including [Monopoly](#), [Life](#) and [Payday](#). There are also games out there developed specifically for a child or adolescent with special needs such as [Budget Town](#) and [Budget City](#) by Attainment Company.

Source: [Friendship Circle Blog](#), By Becca Eisenberg on Dec 04, 2014



## TVDSA New Year's Resolution - Please Help!

Although the Treasure Valley Down Syndrome Association (TVDSA) has had a good year in 2014 with a lot of productive and successful activities, **without your help, 2015 does not look so positive**. TVDSA has a new year's resolution to help more families and spread more awareness in the community, but without your help the longest-running parent support group in Idaho is in jeopardy of not being able to make it happen. We ask that you help in **one area** of need below.

**BOARD MEMBERS NEEDED:** Board meetings are held the first Tuesday of every month from 7:00pm-9:30pm. There are currently only 6 of 12 Board of Directors seats filled. **Please HELP!** The board develops the vision for the organization and serves as an advisory panel over the programs TVDSA supports. Although the board can assist, they are not the only workhorses behind each project. Current openings include:

- **Programs Chair** - oversees the different social group activities, filling in when there is a vacancy, assist in the Easter Egg Hunt and Christmas party preparations.
- **Fundraising Chair** - oversees all fundraising events outside of the Buddy Walk, endless opportunities.
- **Community Chair** - oversees the family meetings, sets up involvement in parades and local conferences, and helps oversee the World Down Syndrome Day Celebration and the Summer Picnic.
- **Buddy Walk Chair** (ideally two chairs that will co-chair) - organize and oversee the Buddy Walk committee for the annual Buddy Walk held in October.

Not interested in being a board member? How about **helping out on a sub-committee**? Without help in the committees, board members cannot stay sane and projects cannot succeed:

- **Buddy Walk Committee** - **numerous individuals** are needed to make the Buddy Walk successful each year - areas include: pre-registration, t-shirts, raffle, sponsorships, administrative licenses, food sourcing, event day volunteers, entertainment, plus onsite organization.
- **World Down Syndrome Day Committee** - **5-7 individuals** needed to help organize the annual celebration on 3-21 in March (activities, venue, food, etc.)
- **ATV Raffle Committee** - **5+ individuals** needed to help organize a new TVDSA fundraiser. An ATV has been donated, and TVDSA will be raffling it off. We need heads to organize and sell tickets. ATV will be awarded at the Summer Picnic 2015.
- **Calendar Committee** - **3-5 individuals** are needed for the annual calendar. The calendar takes creativity, time, photography knowledge or willingness to find one at a low price, and organization of the models.
- **Family Meetings Coordinator** - someone to help organize discussion topics and speakers, child care and location for the family meetings held the second Tuesday in January, May, September, and possibly November.
- **Cool Club Coordinator** - someone to organize outings in the community for individuals with Down syndrome ages 12-17 (Junior and Senior High school students). Although activities can be monthly, the goal is 6-8 activities through the year plus coordinating a Christmas Celebration with the Adults in Motion in December.

We appreciate you taking the time to consider helping the TVDSA family so we can continue to be a successful non-profit organization, ran completely by volunteers and no paid staff. Your help is priceless and greatly appreciated by all.

Please feel free to contact ANY of our current board members with questions or inquires of any of the above openings.

Sincerely,  
2013-2014 Board of Directors



- Kristie Yerger [president@idahodownsyndrome.org](mailto:president@idahodownsyndrome.org)
- Paul Auger [secretary@idahodownsyndrome.org](mailto:secretary@idahodownsyndrome.org)
- Lucy Olmos [treasurer@idahodownsyndrome.org](mailto:treasurer@idahodownsyndrome.org)
- Lynda Wells [advisor@idahodownsyndrome.org](mailto:advisor@idahodownsyndrome.org)
- George Taylor [buddywalk@idahodownsyndrome.org](mailto:buddywalk@idahodownsyndrome.org)



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## Social Groups Page

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

D.A.D.S. will not be gathering in January.

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

### MOM'S Night Out!

Moms will be going to Maui Wowi located at 520 E. Franklin, in Meridian for coffee and conversation Thursday, **January 22<sup>nd</sup>** from **7:00pm-8:30pm**.

Get out of the house and give yourselves a short reprieve. TVDSA will purchase a coffee, tea, cocoa or soda for each mother. Moms, bring the topics of conversation.

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



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

**Lil' Buddies** will be going to the Little Gym located at 3210 E Chinden Blvd #120 in Eagle (off Chinden and Eagle Road) on Wednesday, **January 28th**. There will be two classes, based on ages. 4 month-3 years will meet from **1:00pm-1:45pm**. Parents will need to participate in the class. 3 years-5 years old will meet from **2:00pm-3:00pm**. Parent participation is

optional. These classes are FREE! Parents will need to sign waivers at the Little Gym for their children to participate.

Need more information on **Lil' Buddies**? Please contact [Elisha Jimenez](#) or [Fiona Robles](#).

### Best Buds Update (Elementary ages):

**Best Buds** will be going to **Jabbers** located at 1210 North Galleria Drive, in Nampa on Monday, **January 19th** from **5:00pm to 7:00pm**. TVDSA will cover the cost for children with Down syndrome. Siblings may participate for \$5.00.

Need more information on **Best Buds**? Please contact [Jorliena Isaacson](#) 208-846-8765.



### Cool Club Update (ages 12-17):

**Cool Club** will not be gathering in January.

Need more information on **Cool Club**? Please contact [Kristie Yerger](#).

**Help Wanted:** We are looking for a **new Cool Club coordinator to take over**. If you would like to help organize monthly outings, and fun activities for individuals with Down syndrome ages 12-17 in the Treasure Valley, please contact [Kristie Yerger](#).



### Adults in Motion (AIM) Update:

**AIM** will not be gathering in January.

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

**Make a Resolution to: attend at least 3 social group activities during 2015.  
Everyone may make a new friend.**

## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### [CADRE FREE Webinar](#)

#### Parent Center Initiatives in Early Dispute Resolution with Philip Moses

January 22<sup>nd</sup>  
4:30-5:45pm

For parents concerned about resolving conflict with schools.

Register at:  
[parentearlydrweb.vents.tadnet.org/](http://parentearlydrweb.vents.tadnet.org/)

### IPUL FREE Webinar Series

January 27<sup>th</sup>  
Times: 10:00am-11:00am

#### Topic: Journey to Adulthood – What Parents Need to Know (Sexuality)

Parents will learn basic information they can use to help their child age 12-16 with a disability understand the physical, emotional, and social changes of puberty and adolescence.  
[Register Here](#)

### 4<sup>th</sup> Annual Family Caregiver Conference

January 31<sup>st</sup>  
8:30am-4:30pm  
BSU Student Union Bldg  
Cost: \$30

This is a day about YOU...the family caregiver. Learn from inspiring speakers and build YOUR toolbox of caregiving strategies and knowledge.

Register at:  
[www.fiaboise.org](http://www.fiaboise.org)

### 2015 Inclusion Works Conference

Engaging All Students in Inclusive Classrooms

February 4-5<sup>th</sup>  
San Marcos, Texas

[Registration Open Now](#)



### PEAK Conference on Inclusive Education



February 12-13<sup>th</sup>  
Denver, Colorado

Speakers include:  
Paula Kluth, Joy Zabala, & Richard Villa

[Registration Now Open!](#)

### DSAIA Conference Connection 2015 Leadership Conference

Promoting Growth,  
even in the Desert

March 6<sup>th</sup>-8<sup>th</sup>  
Las Vegas, NV  
[Registration is open.](#)

### 2015 Tools for Life: Secondary Transition and Assistive Technology Fair

March 2-3, 2015  
University Inn Best Western Plus  
Moscow, ID

Tools for Life is for transitioning youth with disabilities and all who support them. Attendees include educators, special educators, therapists, counselors, service providers, job developers, other rehabilitation specialists, and **especially high school students with disabilities and their families.**

The theme of the 2015 Tools for Life Fair is College, Post-Secondary Training and Career Readiness. Throughout the two-day event, there will be keynote speakers and presentations around employment, assistive technology, post-secondary education, and self-advocacy/self-direction. An Exhibit Hall will be open both days, from 9:00am to 4:00pm to allow agencies and vendors the opportunity to promote their organizations, share resources, and showcase their products. Look for the Tools Informational Booklet (PDF) to be available soon.

Would you like to be added to our special Tools for Life Fair newsletter to track news about the event and get a copy of the Conference at a Glance and the Program? [Sign Up Here!](#)

### PEAL Center's 9<sup>th</sup> Annual Inclusive Communities Conference

Common Ground: Creating a Community Where All Belong

March 25<sup>th</sup>  
Pittsburgh, PA  
Registration opens soon.  
<http://pealcenter.org>



### Illinois Includes

May 6-7<sup>th</sup>

If you are an educator, parent, grandparent, therapist, school and district leader, self-advocate, or concerned community member come and share ideas for growing inclusive opportunities in our communities.

Registration opens soon.  
[www.illinoisincludes.org/](http://www.illinoisincludes.org/)

### Think College Capacity Building Institute

June 15<sup>th</sup> & 16<sup>th</sup>

Boston, MA  
Sessions and workshops on inclusive higher education for students with intellectual disabilities.

[Online Registration opens in Jan!](#)

### NJCIE's 13<sup>th</sup> Annual Summer Inclusion Conference

Cultivating Growth  
Sowing Seeds of Inclusive Education for All June 24-25<sup>th</sup>

To be held at Montclair State Univ with National presenters: Dr. Julie Causton & Dr. Patrick Schwarz

Registration opens soon.  
[njcies-13th-annual-summer-inclusion-conference/](http://njcies-13th-annual-summer-inclusion-conference/)

### National Down Syndrome Congress Conference

June 25-28<sup>th</sup>  
Phoenix, AZ

Registration will open March 2015  
[convention.ndscce.ner.org](http://convention.ndscce.ner.org)



### 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.

**Make a Resolution to: attend a conference or webinar in 2015.  
Meet other families, share experiences, and learn valuable information!**



TREASURE VALLEY  
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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](#)!

## 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](http://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.

## TVDSA has its very own store on Café Press

You are now able to get all your TVDSA merchandise online. We have over 200 awesome items such as: shirts, hats, coffee mugs, plates, baby items, Christmas stockings and ornaments. As an added bonus, a portion of the money goes back to TVDSA. Please visit: [www.cafepress.com/tvdsa](http://www.cafepress.com/tvdsa)



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.

## Shop with AmazonSmile and support TVDSA:

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](http://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](http://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.

## Make a Resolution to: Set up TVDSA to raise money on purchases you already make anyway.

*The mission of the 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](#)  
Board Chair: [George Taylor](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)  
Secretary: [Paul Auger](#)  
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](#)