



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

May 2015

## In this Issue

The flowers are beginning to bloom and the school year is coming to an end.

Have you considered being part of this year's iCan Bike Camp? Either as a Rider or Volunteer? Have you bought your raffle tickets for the ATV to be given away at the Family Picnic June 10<sup>th</sup>?

This month you can find two articles about behavior: Inappropriate Behaviors on page 2 and Positive Behavior Support on page 3. Please read about Eagle Middle School on page 6. They selected TVDSA as their CenturyLink Philanthropy Grant recipient. A grand thank you to Ms. Pishl's 7<sup>th</sup> grade class!

We hope to see you at the TVDSA Annual Meeting, Thursday, May 14<sup>th</sup> as we recap the year and talk about the future of TVDSA. We will also have a speaker that will be talking about the recently passed ABLE Act and how it affects our family members in Idaho. More information can be found on page 4.

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



## Support TVDSA through Idaho Gives Day 2015:

Idaho Gives is a special day for philanthropy across Idaho. May 7<sup>th</sup> is a day for Idahoans to come together with one voice to support nonprofits, big and small. This is a day to find your passion, donate to your favorite causes, and share in the excitement!

Join us at <http://idahogives.razoo.com/story/Tvdsa> **May 7, 2015** to make a contribution to the nonprofit you support. Last year, 576 Idaho nonprofit causes received a total of \$782,862 from 7,566 unique donors. **TVDSA hopes you will select TVDSA as your nonprofit cause this year.**

## Treasure Valley iCan Bike Camp 2015 June 15<sup>th</sup>-19<sup>th</sup> at Homecourt YMCA, Meridian Registration **CLOSES** May 15<sup>th</sup>



The [iCan Shine bike program](#) will be back in Idaho at the Homecourt YMCA in Meridian, Idaho to teach individuals with disabilities ages 8 & older how to ride a conventional bike and become a lifelong independent rider.

Only a limited number of slots are available. Cost is \$150.00 for the week long camp for TVDSA members, and \$200.00 for non-members. Registration forms can be found online at: <http://icanshine.org/-boise-id/>

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) whereby they are physically assisted and encouraged by two volunteer "spotters."

Over the course of the 5-day camp the adapted bike is adjusted to gradually introduce more instability in an effort to challenge riders at their own individual pace. Success in learning to ride a bicycle is a major accomplishment. Learning to ride builds confidence and helps improve self-image. As a result of the 2014 Treasure Valley iCan Bike Camp, 82% of the participants successfully ride traditional 2-wheeled bikes with complete independence. We hope to have the same results this year!

For more information, please email Paul Auger at [tvicanbike@idahodownsyndrome.org](mailto:tvicanbike@idahodownsyndrome.org).

## TVDSA Calendar of Events

May 5<sup>th</sup>:

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

May 7<sup>th</sup>:

**Idaho Gives Day 2015**  
Please consider making TVDSA  
your charity this year.

May 9<sup>th</sup>:

**Best Buds at Bobby Farms at**  
12:45pm in Caldwell.  
Contact: [Jorliena Isaacson](#)

May 14<sup>th</sup>:

**TVDSA Annual Meeting at**  
7:00pm at Boise First Nazarene  
Church & Community Center  
Contact [Anne Hedelius](#)

May 15<sup>th</sup>:

**Last day to register for iCan Bike  
Camp!**

June 10<sup>th</sup>:

**TVDSA Family Picnic & ATV  
Raffle** winner will be announced  
at Kleiner Park in Meridian  
Contact: [Lynda Wells](#)

June 15<sup>th</sup>-19<sup>th</sup>:

**Treasure Valley iCan Bike  
Camp** Contact: [Paul Auger](#)



## Inappropriate Behavior by Kathie Snow, Disability is Natural

"Inappropriate behavior"---it's a biggie in Disability World. Sometimes we use other descriptors like "problem behavior" or "challenging behavior." In response, we write "behavior management programs," create plans for "positive behavior supports," and/or institute other remedies. It's been reported that "behavior specialist" is one of the fastest-growing career opportunities. We define something as a problem (behavior), and then we need to create jobs to fix the problem!

Is there consensus on what constitutes inappropriate/problem/challenging behavior? No. What's inappropriate in one person's mind may not be perceived that way by others.

And I've always wondered: who is the behavior a problem for or challenging to? Not the person who's doing the behavior, right? It's a problem and/or is challenging to those *around* him/her! Words like "problem," "challenging," and/or others seem to be euphemisms (and are attached to the person doing the behavior). If we're honest, we might say "irritating behavior" or "aggravating behavior" – words that indicate how a person's behavior makes us feel! When we attach the words to the person, we feel justified in trying to change/manage the person instead of trying to change ourselves. And how does one *manage* another's behavior anyway? Would you like someone to try to manage *your* behavior? What would that look like and how might you respond? ([continue reading online](#))

## Your Ride is Waiting!

### It's not too late to get your Tickets!

#### Win a 2015 White Polaris 570 Sportsman EPS

Automatic, 4x4 AWD, 44HP, with Power Steering  
Retailing at \$7,399.00

**TVDSA is covering the sales tax, title and doc fee!**

**Tickets only \$10.00 each or 3 for \$25.00**

**Only 2,000 tickets available!**

Proceeds benefit TVDSA programs and services.

#### Help sell tickets for TVDSA and win!

If an individual with Down syndrome assists in the selling of the winning raffle ticket, they win a \$50 Visa Gift Card!

Contact Paul & Celena Auger and Chris Brady at [atv@idahodownsyndrome.org](mailto:atv@idahodownsyndrome.org) to get bundles of tickets to sell to your family, friends, co-workers, & neighbors!

#### **Drawing will be held at the TVDSA Family Picnic**

June 10<sup>th</sup> at Kleiner Park in Meridian  
Need not be present to win!

To purchase tickets:

- Email: [atv@idahodownsyndrome.org](mailto:atv@idahodownsyndrome.org)
- Call: (208)954-7448
- Visit: Carl's Cycles at 5550 West State Street in Boise





## What is Positive Behavior Support?

Positive behavior support: that phrase got your attention, didn't it?

It sounds like a great idea, but most people don't actually want to put in the effort for it. Unfortunately, punishment and negative attention – comments such as “Stop it!” and “No!” – seem to come more naturally to most of us. But this idea just won't go away. So – what is it and why is it here to stay?

### Teaching Styles from the Olden Days

In the traditional school classroom – the type of classroom I remember from when I was growing up – there is an implicit expectation of compliant behavior, and anyone who deviates from the expected behavior is punished. When I was a kid, I noticed that the non-compliant students became more and more defiant every time they were punished. In other words, the punishment wasn't doing what it was supposed to do.

### A New Environment and A New Approach

Nowadays, there is a sharp increase in the percentage of students with special needs – and many of these students have unusual behaviors that would have been punished in a traditional school environment. Behavior management has become a large and important field of study, with its own publications such as the Journal of Positive Behavior Interventions and 30 years of data consistently supporting the effectiveness of positive behavioral interventions and supports (PBIS) in thousands of schools and therapy programs around the world.

### What Is PBIS?

PBIS is an educational approach that can be summarized as “prevent, teach, reinforce,” a phrase coined by research teams at the University of Colorado and the University of South Florida. So how do adults prevent unsafe, destructive, disruptive or inappropriate behavior? In the book *Parenting with Positive Behavior Support*, co-authors Hieneman, Childs and Sergay explain, “Positive Behavior Support involves changing things to avoid problems altogether, make difficult circumstances better, or add reminders to encourage good behavior.” Instead of reacting to problem behaviors with punishment, attention is given to teaching social skills and creating a calm, respectful learning environment.

Instead of assuming that a person knows the appropriate behavior in a situation, it is necessary to teach social expectations actively and explicitly. Visual supports such as picture schedules and cue cards are a simple way to teach expectations. Arrangement of furniture like shelves, tables and sofas can help guide a person through each stage of an activity. All of these are productive methods for prevention of negative behaviors.

### Constant Interaction Needed

Teaching occurs at the same time as observation and supervision. Students need a constant flow of positive interactions with an adult – it's a way for them to get feedback about expectations and staying on the right track. Environmental triggers for negative behaviors are noted for future modification. In the Fall 2012 issue of Autism Spectrum Quarterly, co-authors Sprick, Hinesly and Urbina outlined their approach to positive behavior support in a classroom setting. One of their strategies is to “catch students being good,” with 3 positive teacher-student interactions for every one response to misbehavior. Negative behaviors are corrected quietly and privately with simple, non-judgmental statements such as, “Try it this way.” Positive behaviors are acknowledged with social reinforcers: eye contact, a smile, a high-five, a nod or saying the student's name.

Overusing phrases such as “good job” may be counterproductive – I know that when my son wants to be acknowledged for something, he gets right in my face to see my eyes. And that's enough for him. When words are necessary, specific, descriptive praise such as “I can tell that you did the assigned reading last night” or “You matched the colors very carefully” is more effective than generic comments. **The most powerful reinforcers are relationship-based.**

### Replacing Behavior

Understanding motivation is the key to understanding behavior. This point is emphasized in the book *Parenting with Positive Behavior Support*: “Our most important goal when addressing problem behavior is to encourage our children to develop more appropriate ways of behaving that ideally will replace their problem behavior. A question that can guide us in coming up with replacement behavior is, ‘What else could my child do to get what he or she needs, to avoid or delay a situation, or to deal with particular circumstances more appropriately and effectively?’”

Read Part Two of this post: [How To Implement Positive Behavior Support In School](#)

Source: *Special Needs Resources: [FriendshipCircle.org Blog](http://FriendshipCircle.org/Blog)*



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## Social Groups Page

### Activities for Adults

TVDSA's Adults in Motion and Cool Club will be temporarily on hold. Please enjoy some great opportunities for those of older ages to participate in during this break.

#### Amazing Amigos

- **Bowling on Thursdays** 3:00pm-5:00pm, in Caldwell \$1.00 per game and \$1.00 for shoes
- **Potluck on Fridays** from 11:45am-2:45pm at Crossroads Church in Nampa. Each week is a different theme/activity.
- **Dinner and a Movie on May 5<sup>th</sup>** from 6:00pm-9:00pm at Carl's Jr. and Reel theater in Nampa

For more information visit the Amazing Amigo's [Website](#)

#### Meridian Parks & Recreation

Art Classes for individuals 16 & over with Disabilities  
\$36.00 per class  
Held at the Meridian Community Center Art Studio  
from 6:00pm-8:00pm

In Discovering Abilities, students of all ability and skill level have the opportunity to explore their creativity in a fun, safe environment under the instruction of experienced educators and advocates for those with special needs.

- June 10<sup>th</sup> Watercolor Class
- July 8<sup>th</sup> Chalk Pastels Class
- August 12<sup>th</sup> Wax Batik Class

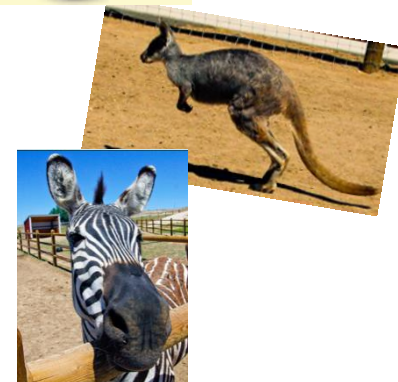
More information can be found at: [Meridian Parks and Recreation](#).

*Please note that although these activities are not TVDSA sponsored, they are wonderful groups in the Treasure Valley.*

### Best Buds Update:

In May, **Best Buds** will be going to **Babby Farms on May 9<sup>th</sup> at 12:45pm**. Babby Farms is located at 5900 El Paso Rd in Caldwell, just off Old Hwy 30. There is no charge for individuals with Down syndrome at Babby Farms. TVDSA will cover the cost of a family member to join them. Additional family members can join us for \$10.00 for adults and kids for \$7.50. We will be taking a tour starting at 1:00pm.

Need more information on **Best Buds**? Please contact [Jorliena Isaacson](mailto:Jorliena.Isaacson@tvdsa.org) (208)846-8765.



### TVDSA Annual Meeting

**Thursday, May 14th**  
**7:00pm-9:00pm**

at Boise First Nazarene Church  
& Community Center  
3852 N. Eagle Rd., Boise

**\*\*NEW DAY OF THE WEEK & NEW LOCATION\*\***



#### Topic: "Your Child Is No Longer Required to Remain Poor."

Speaker: Phoebe Smith, Attorney and Counselor at Law

What could your child do with \$100,000? Go to college? Get vocational training? Buy a house? The ABLE Act, passed by Congress in late 2014 and signed into law by President Obama in December 2014 recognizes for the first time that federally imposed limitations on the assets of people with disabilities have served as a roadblock to greater financial independence for the fifty-eight million Americans living with a disability. If people with disabilities wanted to remain eligible for critical public benefits, they could accumulate no more than \$2,000 in assets. With the passage of the ABLE Act, people with disabilities who receive SSI, Medicaid, or SSDI can now accumulate up to \$100,000 in assets.

One of the bill's sponsors said, "[People] with disabilities face incredible challenges every day. They shouldn't be penalized simply for trying to save for their future. Congress should use current programs to ensure America's most vulnerable have the same opportunities that are provided to all citizens." The another sponsor stated, "Individuals with disabilities face enormous and unimaginable financial struggles, yet do not enjoy the same financial planning tools as other Americans who are planning for college and retirement." Come and learn about the basics of the ABLE Act, what happens now that it has been passed, and how it might benefit your child and your family.

**Free Childcare Available**  
**Certificate of Attendance will be offered.**

For additional information, please contact [Anne Hedelius](mailto:Anne.Hedelius@tvdsa.org).

## Conferences, Workshops, Webinars & TVDSA Scholarship Information

**IPUL FREE Advocacy Training**

**Tuesday May 18th**  
 Time: 6:00pm-9:00pm  
 4619 Emerald, Ste. E, Boise

**Topic: Skills for Effective Advocacy**

Parents need tools and strategies to effectively advocate and partner with professionals in their child's IEP Meetings.

Contact: [Jennifer Zielinski](mailto:Jennifer.Zielinski@ipul.org)  
 208-342-4884

**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 open!](#)

**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 is open**  
[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 is open! Best values end May 15th!  
[ndscenter.org](http://ndscenter.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.



### 32<sup>nd</sup> Annual TVDSA Family Picnic

**June 10<sup>th</sup> 6:00pm-8:30pm**

**Kleiner Memorial Park**

1900 N. Records Ave. Meridian

*Join us at the gazebo near the kids play area.*

**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, salad or dessert to share

**The TVDSA ATV Raffle winner will be drawn at 7:00pm.  
 Will you be the winner? Did you buy your tickets?  
 It's not too late – contact [Paul Auger](mailto:Paul.Auger@tvdsa.org) at 208-954-7448 and get your tickets today!**



For more information, please contact:  
 Lynda Wells at [advisor@idahodownsyndrome.org](mailto:advisor@idahodownsyndrome.org)



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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!](#)

## Thanks to our new Buddy Walk Chair and board member, Aaron Isaacson, the Buddy Walk is on!

### But he Needs YOUR help for the 2015 Buddy Walk

Are you interested in helping organize this year's Buddy Walk? The committee is forming. The Buddy Walk is the greatest opportunity to spread Down syndrome awareness in our community. This fabulous event has been held for 12 straight years in the Treasure Valley. In addition, 2015 is the 20th Anniversary of the National Down Syndrome Society's launch of the Buddy Walk in 1995

Please consider helping us keep this grand tradition in the Treasure Valley. Every little bit helps!

Please Contact: Aaron Isaacson at [buddywalk@idahodownsyndrome.org](mailto:buddywalk@idahodownsyndrome.org) or 208-629-6506 with any interest or questions.



## Thank you Eagle Middle School's 7<sup>th</sup> grade class



As part of the CenturyLink Middle School Philanthropy Program, students in selected classes at eight middle schools in Idaho will give a total of \$24,000 to Idaho nonprofits. After doing research on various organizations, students vote as a group on how to allocate their funds. The program's purpose is to increase awareness among middle school students of various needs in their communities. In addition, the program aims to create a lifelong interest in volunt-

eerism and community involvement, develop skills to allocate limited resources, and increase civic engagement. The Eagle Middle School students in Ms. Pishl's class that researched TVDSA were: Sarah Rice, McKayla Davis, Sophie Grange, Jacie Talbot, and Keaton Hoisen. The seventh grade class voted TVDSA to be their grant recipient.

Lucy Olmos (TVDSA Board Treasurer) with daughter Mika, and Mark Rice with children Charlotte and Caleb, accepted the Century Link Grant of \$1,500.00 March 20, 2015 at Eagle Middle School's Assembly.

*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](#)  
Vice President: [George Taylor](#)  
Advisor: [Lynda Wells](#)  
Buddy Walk Chair: [Aaron Isaacson](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)  
Secretary: [Paul Auger](#)  
Marketing Chair: [Jason Robles](#)

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](#)