



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

June 2015

In this Issue

The Annual TVDSA Family Picnic is right around the corner! Then the following week is the iCan Bike Camp. Do you want to help individuals with disabilities learn to ride traditional bikes? We only have half the number of volunteers we need, and the camp is 2 weeks away. Please consider helping 90 minutes a day for a week. It will change your life and the life of another!

This month's article is about STRESS. Everyone has stress, but we have to watch our levels. Read about four ways to deal with your stress.

Thank you to Emmett Middle School and Riverglen Jr High for selecting TVDSA as a Century Link Philanthropy Grant recipient. We appreciate your work and nominations!

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



32nd Annual TVDSA Family Picnic

June 10th 6:00pm-8:30pm

Kleiner Memorial Park

1900 N. Records Ave. Meridian
Join us at the gazebo near the playground.



**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 & utensils. 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.

For more information, please contact:
Lynda Wells at advisor@idahodownsyndrome.org

**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!

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.



To purchase tickets:

- Email: atv@idahodownsyndrome.org
- Call: (208)954-7448

TVDSA Calendar of Events

June 2nd:

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

June 10th:

TVDSA Family Picnic 6:00pm-
8:30pm at Kleiner Park in
Meridian. **The ATV Raffle**
Winner will be announced at
7:00pm. Contact: [Lynda Wells](#)

June 15th-19th:

Treasure Valley iCan Bike
Camp at the HomeCourt
YMCA in Meridian
Contact: [Paul Auger](#)

June 27th:

Lil' Buddies 11:00am at Babby
Farms in Caldwell
Contact: [Elisha Jimenez](#)

Idaho Partners in Policymaking

What is Partners in Policymaking?

An innovative leadership
program for:

- Adults over 18 with developmental disabilities
- Parents of children up to age 10 with developmental disabilities

2015 Partners in Policymaking
begins September 2015.

Members will spend two days
each month together working
together for a common goal.

**NOW recruiting from
Southwest and Southeast
Idaho. Apply Today!**

Contact Idaho Council on
Developmental Disabilities:
208-577-2633

Christine.Jarski@icdd.idaho.gov

PLEASE HELP!

volunteers

needed!

DID YOU KNOW... 90% of people with Down syndrome and 80% of people with autism never experience the thrill of independently riding a two-wheel bicycle during their lifetime?

LET'S DEFY THESE ODDS!

The Treasure Valley iCan Bike Camp will be held June 15-19th at the Homecourt YMCA in Meridian, Idaho. **The iCan Bike Camp is nearly at capacity and we have LESS THAN HALF the number of volunteers we need!**

Volunteer today to be a spotter and help individuals with disabilities learn how to ride a conventional bike using a specialized instructional program.

Volunteer Requirements:

- Recommend for 16 years of age or older
- Physically fit, such that you can jog a moderate pace or walk fast for one hour with short breaks.
- Able to support a bike and rider in the event of a fall.
- Available Monday June 15th to Friday June 19th for the same 90 minute session each day (5 sessions times are available each day)
 - If you are not able to join us all 5 days, but can give us a few days of your time, we will take it!
- Be available to attend orientation on Sunday, June 14th (4:00pm-5:00pm at the Vineyard Christian Fellowship at 936 W. Taylor in Meridian).

Volunteer Benefits:

- Community Service hours for college or work resumes.
- Chance to work with wonderful individuals and help them learn to ride a bike independently.
- Help build rider's confidence and self-esteem.
- Build new, long lasting friendships.
- Cool t-shirt to remember the experience!

Visit our website: <http://icanshine.org/boise-id/> for more information and the volunteer registration form.

Email tvicanbike@idahodownsyndrome.org with specific questions.

Four Ways to Deal with Stress

It's the end of the school year – you have survived your child's IEP meeting and another year of school, in amidst studying with your children for finals, planning summer vacations and activities to keep them busy and away from the TV, while managing your job and household. Do you think you may be experiencing any stress? I am! Here are 4 simple techniques for managing stress from the American Heart Association to help you and me through our summer:

1. Positive Self-Talk Self-talk is one way to deal with stress. We all talk to ourselves; sometimes we talk out loud but usually we keep self-talk in our heads. Self-talk can be positive ("I can do this" or "Things will work out") or negative ("I'll never get well" or "I'm so stupid"). Negative self-talk increases stress. Positive self-talk helps you calm down and control stress. With practice, you can learn to turn negative thoughts into positive ones.

For example:

Negative

"I can't do this."
 "Everything is going wrong."
 "I hate it when this happens."



Positive

"I will do the best I can."
 "I can handle things if I take one step at a time."
 "I know how to deal with this, I have done it before."

To help you feel better, practice positive self-talk every day — in the car, at your desk, before you go to bed or whenever you notice negative thoughts.

Having trouble getting started? Try positive statements such as these:

- "I've got this."
- "I can get help if I need it."
- "We can work it out."
- "Someday I'll laugh about this."
- "Things could be worse."
- "I won't let this problem get me down."
- "I'm human, and we all make mistakes."
- "I can deal with this situation."

Remember: Positive self-talk helps you relieve stress and deal with the situations that cause you stress.

2. Emergency Stress Stoppers: There are many stressful situations — at work, at home, on the road and in public places. We may feel stress because of poor communication, too much work and everyday hassles like standing in line. Emergency stress stoppers help you deal with stress on the spot. Try these emergency stress stoppers. You may need different stress stoppers for different situations and sometimes it helps to combine them.

- Count to 10 before you speak.
- Take three to five deep breaths.
- Walk away from the stressful situation, and say you'll handle it later.
- Go for a walk.
- Don't be afraid to say "I'm sorry" if you make a mistake.
- Set your watch five to 10 minutes ahead to avoid the stress of being late.
- Break down big problems into smaller parts. For example, answer one letter or phone call per day, instead of dealing with everything at once.
- Drive in the slow lane or avoid busy roads to help you stay calm while driving.
- Smell a rose, hug a loved one or smile at your neighbor.
- Consider meditation or prayer to break the negative cycle.



3. Finding Pleasure: When stress makes you feel bad, do something that makes you feel good. Doing things you enjoy is a natural way to fight off stress. You don't have to do a lot to find pleasure. Even if you're ill or down, you can find pleasure in simple things such as going for a drive, chatting with a friend or reading a good book. Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

4. Daily Relaxation: Relaxation is more than sitting in your favorite chair watching TV. To relieve stress, relaxation should calm the tension in your mind and body. Some good forms of relaxation are yoga, tai chi (a series of slow, graceful movements) and meditation. Like most skills, relaxation takes practice. Many people join a class to learn and practice relaxation skills. Deep breathing is a form of relaxation you can learn and practice at home using the following steps. It's a good skill to practice as you start or end your day. With daily practice, you will soon be able to use this skill whenever you feel stress.

1. Sit in a comfortable position with your feet on the floor and your hands in your lap or lie down. Close your eyes.
2. Picture yourself in a peaceful place. Perhaps you're lying on the beach, walking in the mountains or floating in the clouds. Hold this scene in your mind.
3. Inhale and exhale. Focus on breathing slowly and deeply.
4. Continue to breathe slowly for 10 minutes or more.
5. Try to take at least five to 10 minutes every day for deep breathing or another form of relaxation.



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Social Groups Page

Activities for Teens & Young Adults

TVDSA's Adults in Motion and Cool Club will be temporarily on hold. Check this page for other fun activities throughout the Treasure Valley.

Amazing Amigos

- **Dinner and a Movie** 6:00pm-9:00pm on Tuesday June 2nd at Carl's Jr. and Reel Theater in Nampa.
- **Bowling** 3:00pm-5:00pm every Thursday at Nampa Bowl, \$1.00 per game and \$1.00 for shoes
- **Potluck on Fridays** 11:45am-2:45pm every Friday at Crossroads Church in Nampa. Each week is a different theme/activity.

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

Boise Park & Recreation AdVenture Summer Camp

June 8th-August 14th, for individuals with disabilities, aged 14-20. Activities include field trips, art projects, swimming, and more! Sign up for one week or all 10 weeks of this fun and active camp. Camp is limited to 10 participants per week.

The staff to participant ratio will be 1:5. Cost is \$72/week

Please call 208-608-7680 or visit online at www.cityofboise.org.

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

Lil' Buddies (ages 0-5 years)

Little Buddies will be going to **Babby Farms** on **June 27th at 11:00am**. 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. Kids under 3 are FREE.

Need more information on **Lil' Buddies**? Please contact [Elisha Jimenez](#) at 208-871-4780



Free Home Depot Workshop for Kids with Special Needs!

When: **Saturday: June 20th** from 9:00am – 12:00pm

Where: Meridian Home Depot at 1100 S. Progress Ave, Meridian, ID

This free workshop provides a fun, quiet, low stress, warm, and welcoming environment for kids with special needs of all ages and abilities. Various materials and kits will be provided for the enjoyment of all!



The Annual Catch a Special Thrill (C.A.S.T) for Kids Saturday, August 15th from 9:00am-2:00pm at Black Canyon Reservoir in Emmett

Children with disabilities are invited to come learn how to fish with B.A.S.S. professionals in their boats or pontoon boats if available. Fishing gear will be provided along with a take-home pole. **Event is FREE!**

Bring your family and plan on coming aboard and catch that special thrill.

Immediately following the fishing activities, an awards presentation will be held. A marvelous picnic style lunch will be served to hungry anglers and their families.

Reserve your spot online as soon as possible. There is **only space for the first 40 kids**. Register at: <http://www.castforkids.org/events-calendar/cast-events/black-canyon-reservoir> or call Erika Lopez at 208-383-2254.

Conferences, Workshops, Webinars & TVDSA Scholarship Information

Discovering Personal Genius

**2-day Self-Guided Discovery Training
June 18-19th**

at the Holiday Inn Airport
2970 W. Elder Street, Boise

Discovering Personal Genius (DPG) is an employment planning tool and model for individual employment evaluation that results in a comprehensive vocational profile.

This training is appropriate for parents/family members of transition-age youth or young adults, teachers, vocational rehab professionals and others that support individuals with disabilities to gain employment in their community.

Registration available at
<http://www.icdd.idaho.gov/>

IPUL FREE 1 hr. Webinar

Tuesday, June 30th
Time: 11:00am or 3:00pm

Topic: Skills for Effective Advocacy

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

Register [here](#)

Contact: [Jennifer Zielinski](#)
208-342-4884

National Down Syndrome Congress Conference

June 25-28th
Phoenix, AZ

Registration is open!
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.

Hands Around the Capitol 25th ADA Celebration July 17th, 2015

11:00am-4:30pm

Capitol Park, 601 W. Jefferson St., Boise

Please mark your calendars!

1000 People Needed to circle the Capitol Building.

This will be a wonderful way for the disability community to be together and celebrate everything the ADA has made possible for people with disabilities!

Go to our Facebook Page for updates
<https://www.facebook.com/handsaroundthecapitol>



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Together we will make a difference!

CUT-A-THON

\$10 Hair Cuts - 100% of the proceeds go to the Treasure Valley Down Syndrome Association.

Saturday June 27, 2015
10-4 pm

OPULENCE SALON SPA & TANNING
9770 W STATE ST STAR, ID
208.898.4252

NO APPOINTMENTS NECESSARY!

Come support Down Syndrome research and be a part of our annual charity campaign!

***WE WILL BE DOING HAIRCUTS ON STAGES. CLIENTS CAN MAKE AN EXTRA DONATION TO GET THEIR HAIR STYLED.



July 6th-12th
Hillcrest Country Club, Boise ID

Don't miss any of the exciting golf action at the Albertsons Boise Open presented by Kraft - [click to buy your](#)

[tickets today!](#) Not only will you get a chance to see the Future Stars of the PGA TOUR, but this is also a fun way to contribute to TVDSA..

BUY TICKETS TODAY!

100% OF TICKET SALES SUPPORT CHARITIES & YOUTH IN OUR COMMUNITY!

CLICK HERE!





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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](#)!

TVDSA honored to be recipient of two more Century Link Grants from the Middle School Philanthropy Program!

The CenturyLink Middle School Philanthropy Program selected classes at eight middle schools in Idaho to 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 volunteerism and community involvement, develop skills to allocate limited resources, and increase civic engagement.



Thank you Emmett Middle School's 8th grade class

Anabella Antonucci and Andrea Alviso, 8th graders from Emmett Middle School, were strong advocates for TVDSA.

Kristie Yerger, board president was available to accept the Century Link Grant for \$800.00 on Friday, May 8th.

Thank you Riverglen Jr. High Leadership Class

In Ms. Hannah Courtright's Leadership class of 14 students at Riverglen Jr. High in Boise, each chose a different non-profit organization to volunteer with throughout the year, then presented to the class. The class then voted and selected 1 of 3 recipients. The entire Riverglen student body then voted through rounds, to select the additional two recipients of a \$1,000 Century Link Grant. You may have met Julia Zickefoose the individual student that initially chose TVDSA. Julia was a volunteer at both our WDS Celebration and the Easter Egg Hunt. Julia is pictured on the far right of the back row.

The Century Link Grant check for \$1,000.00 was accepted on Friday, May 22nd by Paul Auger (Board Secretary) and daughter, Baylee, and George Taylor (Board Vice President) and son, Patrick. Both Baylee and Patrick attend Riverglen Jr. High.



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](#)