



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

September 2015

In this Issue

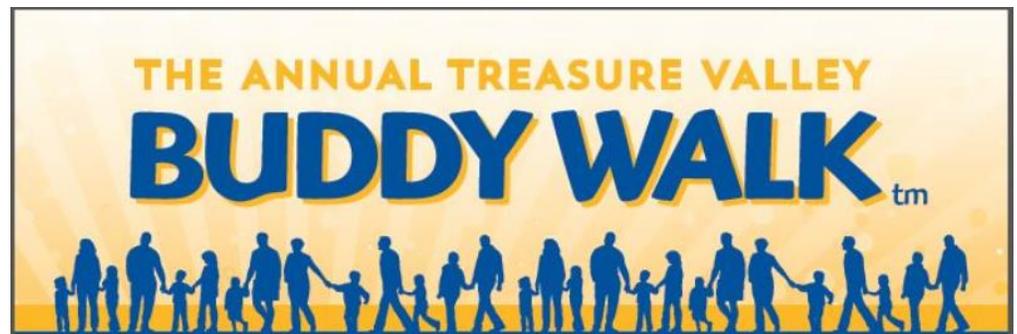
It's back to school for the kids. This month you can find an article to help organize your family and support everyone with homework and the busy schedules that we all have. Visual schedules are a wonderful and overall easy way to keep everyone in the know of what to expect today, this week, or this month. There is also an article about social skills. Young or old, the article may help a loved one with simple suggestions on how to help them with those unwritten rules of school/community. There are also numerous webinars this month to support back to school. Please check out page 5 for more information.

TVDSA is in need of some volunteers – supporting social activities throughout the year. Please see page 4 for more information on how you could help.

Have you registered for the Buddy Walk this year? We hope you are able to join us for a day of celebrating those we love on Saturday, October 10th.

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

All Online Registration for the 2015 TVDSA Buddy Walk **closes September 28th** **Register Today!**



Saturday, October 10th

On-site Registration starts at 9:00am

Walk will start from Capitol Park at 11:00am

Festivities at Julia Davis Park will continue through 2:00pm

All TVDSA members with Down syndrome are FREE!

Extended Online Registration closes September 28th:

* T-shirt size is no longer guaranteed

Adult registration (13 & up) \$15.00

Child registration (12 & under): \$10.00

Same Day Registration October 10th 9:00am-10:30am:

* T-shirt size and color is not guaranteed

Adult registration (13 & up) \$20.00

Child registration (12 & under): \$15.00



[Register Today!](#)

Questions? Email Jason Robles at: buddywalk@idahodownsyndrome.org

TVDSA

Calendar of EventsSeptember 1st:

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

September 11th:

Mom's Night Out! 7:00pm at El Tenampa Mexican Restaurant in Nampa. Contact [Reme Echevarria](#)

September 28th:

End of Online Registration for Buddy Walk!

October 10th:

13th Annual TVDSA Buddy Walk
9:00-10:30am Same Day
Registration and Will Call Open at Capitol Park.
11:00am Walk begins to Julia Davis Park
11:30am-2:00pm
Entertainment, games, booths, food and fun at Julia Davis Park



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.

5 Back-to-School Organization Ideas for Kids and Families by Connie McCarthy

Help your child begin the school year with some simple organizational skills and family routines to encourage school success, right from the start.

Here are five easy ways to help your family keep school priorities on track:

- Have one large family calendar for all your school children to utilize. Keep it in a convenient place. Record school notices and important meeting dates. Pencil in when all assignments are due. Write the day of the week for gym class, so your child will be sure to wear her sneakers. Get her in the habit of checking the calendar before starting homework and before leaving for school each morning.
- Together, agree on a specific homework spot. It should be a clean, flat surface, with adequate lighting and free of distractions. Do all homework assignments there each afternoon or night. On nights where there is no homework, have your child read, or read to him at least 15 minutes before bed.
- Keep homework supplies together in a convenient spot, such as a shelf in the kitchen, or near the homework spot. You can use an empty shoe box or small basket to store pencils, a sharpener, crayons, scissors, and glue sticks.
- Keep backpacks and lunch boxes in a designated place, and help your child remember to store them properly, right after school. Empty and inspect backpacks together at the same time each day, such as right off the bus, or right after supper.
- Help her remember to put completed homework into her backpack each night before going to bed, so she will get credit for work well done!

With families' busy lives, simple organizational steps can make for a smooth and stress-free home-school transition.

Source: [School Family](#): Your go-to guide for school success.
Posted by: Connie McCarthy on Aug 21, 2014 in Organization,
Connie McCarthy, Back to School

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, 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 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.

5 Unwritten Social Rules by Lexi Walters Wright

At A Glance:

- Many children with learning and attention issues have trouble picking up on social rules.
- Kids who don't understand or follow social rules may feel like they don't know how to fit in.
- You can help your child learn and practice key social skills.

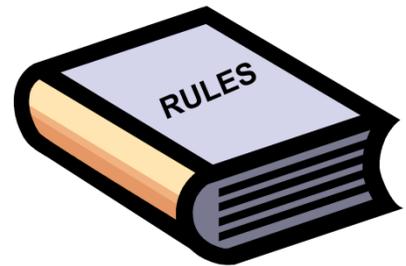
When there's a line at the post office, you wait your turn. If you bump someone with your grocery cart, you apologize. And when other people are talking, you let them finish speaking before you respond.

Most of us do these things because we understand the "unwritten" social rules that guide how we interact with each other. Kids with learning and attention issues, however, often have trouble learning and following basic social rules. Your child may not notice or understand these rules. Or he may lack the self-control needed to follow them.

Helping your child understand social expectations is a good first step toward helping him meet them. Here are five key social rules that can be challenging for kids with learning and attention issues:

Social Rule #1: Meet and greet politely.

- Say greetings, introductions and goodbyes.
- Politely offer and receive compliments.
- Be able to start and finish conversations.



Social Rule #2: Take turns talking.

- Listen when others are speaking and look them in the eye.
- Don't interrupt.
- Respond appropriately and at the right time.

Social Rule #3: Pay attention to others.

- Stop what you're doing so you can listen.
- Read people's emotions through their body language and facial expressions.
- Change your behavior to match what other people are doing, such as quieting down with the rest of the room.

Social Rule #4: Think about others before acting.

- Don't touch without asking.
- Don't cut in line.
- Wait your turn.
- Stand a comfortable distance away when talking.

Social Rule #5: Cooperate with others.

- Follow directions when you're asked to.
- Ask for help when you need it.
- Apologize when necessary.
- Be flexible and open to new ideas.



What Happens When Kids Don't Follow Social Rules

When kids don't follow social rules, others may think they're self-centered or uncaring. Other kids may find their behavior annoying and back away. Your child may find himself being left out. Kids with poor social skills may be bullied by other children or viewed by adults as being disrespectful or rude.



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

TVDSA Family Meeting

We apologize:

The September's Family Meeting has been **Cancelled** due to many back to school nights and Labor Day Weekend.

Please mark your calendars for November's Family Meeting **Thursday, November 19th** Speakers will be discussing the National Down Syndrome Congress Convention.

WANTED

Do you have an interest in helping with TVDSA but don't know where or how?

TVDSA has the following volunteer openings available:

- **Best Buds Coordinator** – organizing up to 6 social activities/outings for elementary age kids during the year, including helping Lil' Buddies with the Easter Egg Hunt and Christmas Party (budget available).
- **Cool Club Coordinator** – organizing up to 6 social activities/outings for teenagers during the year, including helping AIM with the Christmas Party (budget available).
- **Family Meeting Coordinator** – organizing 4 Family meetings during the year – securing speakers and facility

Please contact [Kristie Yerger](#) with questions or interest.

Lil' Buddies & Best Buds

Little Buddies and Best Buds will not be gathering in September.

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

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

Mom's Night Out!

Thanks to the moms that came to Moms morning out at a Bowl of Heaven last month.

A special thank you to: the new moms who came and shared their stories with all of us. It was a great morning for everyone. I am hoping that as time goes on more moms can participate.

The next Mom's Night Out! will be held **Friday, September 11th at 7:00pm** at **El Tenampa Mexican Restaurant** located at 248 Caldwell Boulevard in Nampa (near the Fred Meyers). TVDSA will pay for an entrée.

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.

Elevated Dance Project's:

Super Stars Class
Thursdays from 3:30-4:00pm
\$25 per month

Students will leave class feeling like a Superstar, each and every time! Dance is the mode, and Love is the method. Come for great company, great dancing, and great fun! Class is open for teenagers and adults with any disability and dance level.



Remember moms, you deserve a night out. Come and join other moms who share the same journey, and let TVDSA show you just how wonderful you are.

For more information about Mom's Night Out! contact [Reme Echevarria](#) by email or by phone (call/text) at 208-866-4095.



Please note that although this activity is not TVDSA sponsored, it is a wonderful opportunity in the Treasure Valley.



Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop

September 9th from 6:00pm-9:00pm
4619 Emerald Suite E, Boise

Topic: Success with IEP – Get all your questions answered before the meeting. Go in prepared. Be a part of your child's team. Build a strength based IEP with goals tailored to YOUR child's needs.

RSVP not required.

Can't make it in person?
How about hearing the same information via the **Success with IEP Webinar:**

September 29th either at **11:00am** or **3:00pm**
Click on the time to register or contact IPUL at 208-342-5884 or parents@ipulidaho.org

Advocacy Tips for Parents: How to Be Focused, Proactive and Effective!

Thursday, September 10th at 10:00am
Presenter: Charmaine Thaner

Free webinar:

The September Parent Webinar is available for registration. Call 208-433-8845 or 800-905-3436

Registration is also available online
<http://idahofederation.org/>

Courtesy of Idaho Federation of Families for Children's Mental Health.

Peak Parent Back To School Webinar Series

Wednesday, September 9,
12:00pm-1:00 pm

Access to the General Education Curricula

Explore how students can be included successfully in general education classrooms while also meeting their Individual Education Plan goals.

Register for this webinar [here](#).

Wednesday, September 16,
12:00pm-1:00pm
Advocacy 101

Explore effective strategies to help prepare for school meetings and advocate for your child.

Register for this webinar [here](#).

The Evolving Landscape in Special Education Dispute Resolution: CADRE's Sixth National Symposium

October 20 - 22, 2015
Eugene, OR

"Encouraging the use of mediation and other collaborative strategies to resolve disagreements about special education and early intervention programs."

[For more information or to register click here](#)



2015 TASH Conference

Portland, OR

December 2-4, 2015

www.tash.org/conference2015

This year's conference theme, "Celebrating 40 Years of Progressive Leadership," acknowledges TASH's 40 years of generating change within the disability community and anticipates a brighter, more inclusive future for people with disabilities in all aspects of life. The conference has impacted the disability field by connecting attendees to innovative information and resources, facilitating connections between stakeholders in the disability movement, and helping attendees to reignite their passion for the full inclusion of people with disabilities in all aspects of life.

Registration is Open!

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.

Model With Down Syndrome To Strut Fashion Week Runway By Shaun Heasley

An 18-year-old with Down syndrome is set to make her debut at New York Fashion Week next month. Madeline Stuart, an Australian who's been fielding modeling requests since images she posted to Facebook went viral earlier this year, will walk for MODA in association with the Christopher Reeve Foundation, according to Cosmopolitan.

Beyond Fashion Week, Stuart is also working with EverMaya on a line of handbags bearing her name. For the budding model, however, getting a positive message out about people with intellectual disabilities is first and foremost.

"The modeling is fun and everything, but it's just a vehicle to get the message out," Stuart's mom Rosanne told Cosmopolitan. "I think that's why she's done so well, is because this isn't about us. It's about fighting the fight for all the people out there that are a bit different that need to be loved."

Stuart isn't the first person with Down syndrome to model during New York Fashion Week. Jamie Brewer, an actress with the chromosomal disorder who is best known for appearing on FX's "American Horror Story," appeared in a show for designer Carrie Hammer during Fashion Week in February.

Source: [Disability Scoop](#), originally printed August 18, 2015.



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

Check us out on
[Facebook](#) and [Twitter](#)!

5 Unwritten Social Rules (continued from page 3)

Learning and attention issues can affect your child's social life in different ways. For example, ADHD may cause kids to speak and act impulsively. Nonverbal learning disabilities can affect the ability to read people's moods and reactions. Language disorders can make conversation difficult. Parents and teachers can help children with these issues by talking about social skills and practicing them together.

How You Can Help Your Child

You can start by breaking down social rules in ways your child can understand and practice. Role-playing games can be a good way to model appropriate behavior and help him practice responding to different social situations. You can also use your child's favorite TV shows to focus on reading body language and other social cues.

"Helping your child understand social expectations is a good first step toward helping him meet them."

Parenting Coach has strategies for helping your child work on interacting, fitting in and other everyday challenges. Be sure to praise him for successful social interactions, too. Giving your child positive—and very specific—feedback can reinforce the behaviors you want him to repeat.

If your child's social difficulties persist, you may want to consider having him join a social skills group at school or in the community. With practice and support, your child can learn to connect with others successfully.

Key Takeaways

- Social rules include cooperating, taking turns and practicing self-control.
- You can help your child work on social skills by using role-play and positive feedback.
- If your child's social difficulties persist, you may want to consider having him join a social skills group.

Source: [Understood](#) for learning & attention issues, 2015

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](#)

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](#)