



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

October 2015

In this Issue

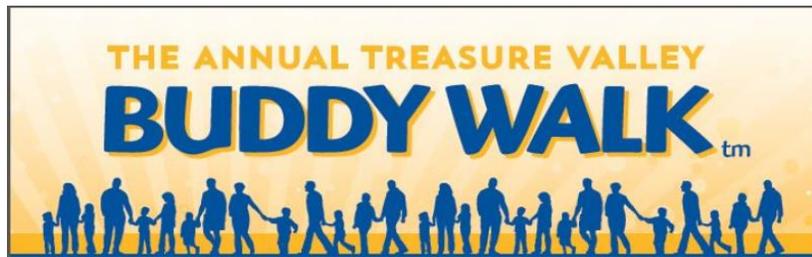
October is always a big month of celebration for TVDSA. The Annual Buddy Walk will be held Saturday, October 10th. Whether this will be your 13th, 10th, 5th, 2nd or first time joining us, we hope to see you all there. Please visit your board members at the TVDSA booth or mingling about! More information can be found both on the 1st and 2nd pages of this month's newsletter.

Although we spend a lot of time working with, thinking about, planning and advocating for our family member with special needs, there are often other family members in the household to consider. This month, there are two different articles on Siblings. One is directed to the older sibling, and one to a younger age sibling. To have a healthy family we have to remember everyone is an important part of the picture. Learn how to support everyone in your house on page 3 and 5.

Want to get more involved, but don't know how? TVDSA has a need for board members. No previous experience required. If you want to help spread awareness and support individuals with Down syndrome - this may be for you! Contact [Kristie Yerger](#).

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

Are you READY for the 13th Annual TVDSA Buddy Walk?



Saturday, October 10th

Walk will start from Capitol Park at 11:00am

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

Not Registered yet?

No worries, Registration will be open from 9:00am-10:30am at Capitol Park. Adult Registration: \$20.00, Child Registration (under 12): \$15.00
*T-shirt color and size are no longer guaranteed

Did you miss the early team T-shirt pick up?

No worries, Will Call will be open from 9:00am-10:30am at Capitol Park.

Where does the walk start?

The walk will start at Capitol Park (in front of the Idaho Capitol Building) promptly at 11:00am, proceed down Capitol Blvd to Julia Davis Park for Stage Entertainment, games, bounce houses, exhibitor row & food trucks (available at discounted Buddy Walk prices).

Raffle? How much are tickets and what are some of the prizes?

Raffle items such as a BSU bronco day package, Direct TV programming, BBQ package, various restaurant gift cards, passes to the zoo and Pojos, a Paella kit, a Scentsy warmer, and more could be won at this year's Buddy Walk. Tickets will be available at BOTH Capitol Park and Julia Davis Park for: 1 for \$5.00 or 5 for \$20.00.



Have more questions?

Page two of this month's newsletter has more FAQs answered to help you make this year's Buddy Walk a great day of celebration.

We look forward to seeing you!

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

October 6th:

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

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

October 17th:

Mom's Night Out! Bunco Night,
6:00pm in Eagle
Contact [Reme Echevarria](#)

October 24th:

**Best Buds and Lil' Buddies
Trunk or Treat, Meet and Eat**
1:00pm-3:00pm at Mallard
Park in Caldwell. Contact:
[Danielle Williams](#) and [Elisha
Jimenez](#)



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.

More F.A.Q.s for the 13th Annual TVDSA Buddy Walk

Capitol Park Party details:

Prior to the walk, join TVDSA and WOW Country 104.3 morning team Rick and Carley as we get pumped up. The BSU truck will be on-site for kids to explore and pictures to be taken. Inspirational posters will be distributed by volunteers at the start of the walk at Capitol Park to carry to Julia Davis Park to raise Down syndrome awareness in our community.

Is food included as part of our registration?

No. However food trucks will be on site at Julia Davis Park and will be having Buddy Walk specials at discounted prices. Food trucks include: Bang on the Wall Burgers, Fresh Betty Spaghetti, Idaho Pizza Company, Joe 2 U Coffee, and Murphy's Mini Donuts.

What is included in this year's entertainment at Julia Davis Park?

We are excited to have back: the Amazing All-Ability Dancers – and this year we have TWO great groups! Stage entertainment will include dancers, cheerleaders, and music. We will close with the annual Open Stage Dance Party that we all enjoy! There will also be free face painting, four bounce houses, games and prizes around the park. New this year, Boise SWAT will have their truck on-site to explore.

What if my kids are a bit over stimulated – do you have suggestions?

New this year – we will have a quieter "relaxation zone" near the stage and away from the crowd, sound system, and bounce houses.

Are dogs allowed?

There are no restrictions on four legged friends joining us. We know that many kids have service dogs and may need them in this environment. Please understand, with the large number of kids, your animal may be approached by many. If your pet would do best without those interactions, please keep them at home.

Will there be an exhibitor's row again this year?

Yes, come and meet your TVDSA board of directors, visit the TVDSA booth to purchase the latest Down syndrome awareness merchandise in support of our mission, and visit our generous sponsors and learn about the goods and services they provide in support of our Down syndrome community.

Is there a TVDSA Calendar this year?

Unfortunately, there is not. If we can gather enough interest, and get enough volunteers to have a committee, we will produce one for 2017.

**We hope your questions are answered
and you are ready for a Great Buddy Walk!!**

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.

Adult Siblings of Individuals with Disabilities

Growing up with a Sibling with a Disability

Sibling relationships are often the longest-lasting relationships that children form. Like all siblings, they may or may not develop close emotional relationships depending on individual differences and circumstances. Regardless, a child's reaction to a sibling with a disability will have a lasting effect on siblings' self-esteem and emotional development.

General Well-Being of Siblings

According to reports from the National Adult Sibling study, overall, siblings of adults with disabilities are doing very well. Siblings report that, as a group, they spend a fair amount of time with, feel very affectionate and close to, and have benefited greatly from their brother/sister with disabilities. Most siblings report that their physical health is either very good or excellent. Only a small percentage of siblings report being or having been depressed or blue. For more detailed results from the National Adult Sibling study see reverse: [National Sibling Research Consortium](#).

What Concerns Adult Siblings?

Because science and self-determination have so successfully contributed to the lengthened lifespan of people with disabilities, many questions arise for siblings about what the future will hold. Who will assist the sibling with a disability when the parents are no longer able to do so? Where will the brother or the sister with a disability live?

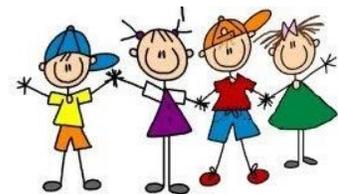
TIPS AND RESOURCES FOR SIBLINGS

How can typically developing siblings find their way through a maze of services that continually changes? When parents involve siblings in the practical everyday planning issues and in the futures planning process for the sibling with a disability, siblings have higher confidence levels and feel more prepared to face future challenges in their adult relationships with their brother or sister. Get involved and be prepared. While families might face complicated and challenging issues, siblings who have a brother or a sister with a disability often have well-developed coping skills and often are highly proficient in finding new and innovative service options.

Planning for the Future

Ideally, planning for the future has been a process in which *all* family members have been involved. Planning ensures that families are prepared to handle adult transitions and are aware when and how services are provided. Adult transitions may include: The transition from school services to adult services; moving out of the family home; aging issues, including health and health care; marriage and children; and grief issues, such as the loss of a parent. To ensure preparedness, many families draft a "letter of intent." While not a legal document, this letter can include information about family members and their preferences for the future as well as information on medical histories and behavioral strategies. The letter can serve as a "roadmap" to developing legal and financial arrangements. A letter of intent might include:

- Family history (traditions and stories)
- Support network (friends and neighbors)
- Medical history (doctors and medications)
- Personal histories (capabilities and interests)
- History of activities (education, jobs, social, and volunteer)
- A list of what works (behavioral strategies and motivators)
- Service options in your state (housing and independence)
- Financial planning (estate and legal plans)



"There may be no relationship...that's closer, finer, harder sweeter, happier, sadder, more filled with joy or fraught with woe, than the relationship we have with our brothers and sisters."

— Jeffrey Kluger
TED RADIO HOUR

Source: Vanderbilt Kennedy Center for Excellence in Developmental Disabilities
www.kc.vanderbilt.edu



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Social Groups Page

Mom's Night Out!

The next Mom's Night Out! will be held **Saturday, October 17th at 6:00pm for Bunco**. We are gathering at the [Eagle Creek Subdivision Clubhouse](#) at: 600 N. Bursera Way in Eagle. TVDSA will provide dinner.

We ask that everyone brings a \$3.00-\$5.00 gift for the prizes. EVERYONE will be a WINNER!

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.

WANTED

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

TVDSA has the following volunteer openings 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.

Cool Club and Adults in Motion

Cool Club and AIM will not be hosting a separate gathering in October.

We hope to see everyone at the **Buddy Walk, October 10th** to Celebrate those we love!

Need more information on **Cool Club**, or interested in coordinating events? Contact [Kristie Yerger](#).

Need more information on **Adults in Motion (AIM)**, Contact: [Lynda Wells](#).

Best Buds and Lil' Buddies

Best Buds and **Lil' Buddies** will be hosting a **Trunk or Treat, Meet and Eat** on **Saturday, October 24th** from **1:00pm-3:00pm** at Mallard Park in Caldwell.

Please bring a bag of candy to share with others. Costumes are encouraged for all! TVDSA will provide the snacks.

Need more information about **Best Buds**? Please contact: [Danielle Williams](#) at 208-794-8995.

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, October 17th** from 9:00am – 12:00pm

Who: Open to ALL Ages!

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!



Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop

October 14th from 6:00pm-9:00pm
4619 Emerald Suite E, Boise

Topic: Bullying Prevention- Intervention Strategies for Parents of Children with Disabilities- This workshop is designed to introduce parents and professionals to a range of intervention strategies for the child who is the target of bullying and approaches that can be used by the parent, child, family and school.

Please RSVP at 208-342-5884, but RSVP not required.

Can't make it in person?

How about hearing the same information via the **Bullying Prevention Webinar:**

October 27th either at [11:00am](#) or [3:00pm](#)

Click on the time to register or contact IPUL at 208-342-5884 or parents@ipulidaho.org



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!

2016 PEAK Conference on Inclusive Education

Denver, CO
February 25-26th, 2016
<http://conference.peakparent.org/>

Inclusive education is a process of school reform that creates equality in education and increases achievement for ALL students, including students with disabilities. PEAK Parent Center's annual Conference on Inclusive Education holds the tools you need to reinvent schools to be places where all students can achieve success!

The Super Saver Registration
closes October 9th!
Registration is Now 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.

Siblings of Individuals with Disabilities

How will my children relate to one another?

Sibling relationships are often the longest-lasting relationships that your children form. Like all brothers or sisters, they may or may not develop close emotional relationships depending on individual differences and circumstances. Regardless, a child's reaction to a sibling with a disability will have a lasting effect on both siblings' self-esteem and emotional development.

How do I discuss the disability with my typically developing child?

Your child needs age-appropriate information about a brother or sister's disability. Your child will be better able to communicate feelings about having a sibling with a disability if the disability's limitations—and strengths—are understood. Open communication between you and your typically developing child will help you both express the variety of emotions you feel.

How will my child feel about a sibling with a disability?

Feelings vary between children and over times in children's lives. Children may experience a range of emotions including:

Continued on Page 6



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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](#)!

Siblings of Individuals with Disabilities (continued from Page 5)

- **Fear.** Young children may think the disability is contagious.
- **Anger or embarrassment** about a sibling's appearance or behavior in public.
- **Jealousy** about time and attention that a sibling receives because of a disability.
- **Guilt** for feeling jealous or angry, or for being typically developing.
- **Loyalty and protectiveness.**
- **Pressure** to overachieve in order to "compensate" or "make up" for a sibling.
- **Understanding.** Many siblings of children with disabilities develop a maturity about the needs of others and appreciation of their own health.

What are the special needs of my typically developing child?

There may be gaps between a sibling's intellectual understanding of a disability and emotions. Take time to talk through these emotions. In addition, sibling support groups or similar activities can connect your child to other siblings of children with disabilities who are great resources for one another. Your typically developing child needs your time, attention, and praise for personal accomplishments.

What are the special needs of my family?

Your family will benefit from taking part in usual family activities whenever possible. Your child with a disability should develop as much independence as possible, contributing to the family and having responsibilities within capabilities. It is important to discuss the future care-taking needs for your child with a disability. Request and value your typically developing child's opinion. Statistically, parents expect older girls to take care of siblings with disabilities more than older boys. Avoid steering an older daughter into a care-taking role and take time to appreciate her goals for herself.

Source: Vanderbilt Kennedy Center for Excellence
in Developmental Disabilities www.kc.vanderbilt.edu

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](#)
Fundraising: [Kris Goodwin](#)

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