



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

April 2016



## In this Issue

For those that braved the weather, World Down Syndrome Day was a great celebration at the BSU Stadium. Thank you to the Idaho Steelheads hockey players that attended!

Registration is underway for the Third Annual iCan Bike Camp this June. Only a limited number of riders can participate. If you are interested, register today!

The iCan Bike Camp also needs 100 physically fit individuals over 16 years old to help spot the riders. If you know of someone, a group, a sports team, etc. that may need community service hours, please share this opportunity.

This month you can find an article written by a parent of a son with Down syndrome, explaining the emotional journey to him becoming an adult.

On page 4, you can find information about a camping trip this July outside of McCall. This is for all families of individuals with Down syndrome of all ages! Please contact Danielle for more information.

If you haven't bought your chance to win a Disneyland Trip this year, please call Kris, Reme or the TVDSA number to get yours today!

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

## Registration is NOW OPEN! Treasure Valley iCan Bike Camp 2016

**June 6<sup>th</sup>-10<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 conventional two-wheeled bicycles and become lifelong independent riders.

**Rider Registration Now OPEN!** Registration will be open through May 15<sup>th</sup>, on a first-come, first-serve basis. Only a limited number of slots are available. Registration information can be found at: <http://icanshine.org/boise-id/>.

Cost for the week long camp (includes a t-shirt and a safety helmet):

**TVDSA Members:** \$149.00      **Non-TVDSA members:** \$199.00

**Returning riders:** \$25.00 discount\*

\*To qualify, rider must have attended the Treasure Valley iCan Bike Camp in 2014 or 2015 & payment received by May 1<sup>st</sup>, 2016.

**Multiple Family Member Registration:** \$25.00 discount per rider in the same immediate family and household.

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program, and a trained staff to teach individuals with disabilities how to ride conventional bicycles. Riders attend the same 75-minute session each day for five consecutive days (M-F).

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 an improved self-image. Over the past two years, over 80% of the participants became independent riders of traditional 2-wheeled bicycles at the Treasure Valley iCan Bike Camp. We hope to have the same results this year!

**Volunteer Registration also Now OPEN!** It will take 100 physically fit individuals (16 years and older) who are able to volunteer 75 min per day for five days to make our camp a success. Please [click here to register online](#). This does qualify as 6.25 hours of Community Service (for those involved in school or extracurricular activities requiring community service hours!)

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

**New Friendships**

**Inclusion & Acceptance**

## It CAN Change Lives!

**Improves Self-Confidence**



**Future Family Fun**



**Independent Transportation**



April 5th:  
**TVDSA Board Meeting**  
7:00pm at A New Leaf.  
Contact: [Kristie Yerger](#)

April 21st:  
**Mom's Night Out!** 7:00pm  
at Yogurtz  
Contact: [Reme Echevarria](#)

April 22nd:  
**Best Buds** 4:00pm-6:00pm  
at Jabbers  
Contact: [Danielle Williams](#)

April 23rd:  
**Lil' Buddies** 10:30am-Noon at  
the Boise Public Library  
(downtown) and the Julia  
Davis Park Playground.  
Contact: [Fiona Robles](#)

April 23rd:  
**AIM and Cool Club** at Idaho  
Pizza Company and Northgate  
Reel Theatre.  
Contact: [Brenda Taylor](#)

May 5th:  
**Idaho Gives Day**  
Click [here](#) to donate today!

June 6th-10th:  
**Treasure Valley iCan Bike  
Camp.** Registration opens  
March 1st.  
Contact: [Paul & Celena Auger](#)

June 15th:  
**TVDSA Family Picnic**  
6:00pm-8:00pm at Kleiner Park  
in Meridian.  
Contact: [Lynda Wells](#)

July 15-17th:  
**TVDSA Camp Out!** at Cold  
Springs Campgrounds  
Contact: [Danielle Williams](#)

## **I Used To Cry On His Birthday** by: Madra Sikora

I cried when he turned one and I knew heart surgery was on the horizon. I cried when he turned five and we were fighting with the public schools. I cried when he turned 11, and...why did I cry when he turned 11?

"Maybe it's because you're getting old." My father suggested, with his normal tact and compassion.

No, that wasn't it. It was the unknown. With each year we were one year closer to *the great unknown*: Adulthood.

Adulthood for my son with Down syndrome.

It's not healthy how we obsess over the future with our children who are differently abled. When a "normal" or "typical" child starts kindergarten, most parents don't obsess about what his job or home will be like once the school years have passed. Yet from the moment my son was born, I was constantly prodded about his future and what I was going to do about it.

A few years ago, before Marcus was 21 but with adulthood barreling down upon us, I was out with some girlfriends and the subject of our kids came up. One mother of a young adult beamed with delight – "It just gets better every year!" she said. I envied her.

*When does my "It gets better" happen?*

Then it did.

It could be because once Marcus reached "adult" I felt like we had beaten the odds. When he was born I was told he wouldn't live past 30. For him, each medical situation proved to be a bump, not a roadblock, and even now we strive to become healthier every day.

The fact that we can enjoy what we enjoy together more: theater, concerts, karaoke. That is fun. I even think the time he spends with his dad enjoying a good (or bad) *Alien* movie actually fits into the puzzle.

Is Marcus where I want him, so to speak, in his adult life right now? No. But to be fair, Quinn and I are still trying to get where we want to be. So I guess the idea that when your child becomes an adult and BAM! Everything for life is supposed to be set up – well it doesn't apply to any of the *grown-ups* in our household.

And for the record, worrying and preparing are not the same thing. If I did as much preparing as I did worrying, maybe I'd have the department of health, red-tape, and vocational training wrapped around my finger. Maybe.

Instead the result was a lot of wasted energy.

All of the time I worried about Marcus and adulthood, I looked at what other families could, would, and had to do. I forgot, or somehow failed to realize, that it would be as it always has been: my Marcus.

It's like I imagined this stranger would come into my life and say, "Here I am."

## I Used To Cry On His Birthday (continued from page 2)

"Who are you?" I'd ask.

"Well, I'm the adult Marcus."

And my Marcus, my boy, would be lost and far away. That, friend, is what I really feared. It's like...I thought I'd be facing this adult life all alone. I forgot that Marcus would be with me for it all.

Guess what?

Here he is, a growing spirit beside me every day. A sense of humor I rely on. A willingness to try new things with me. A thirst for music and theater and being a part of it all. A creative spirit that Won't. Shut. Up. All of this is, and always has been, Marcus.

You know, the day he was born and I held him in my arms, my heart was so full of a new and unrecognized love, it literally hurt. And it only grows. Oh geesh – now I'm crying again.

Everybody's story is different friends, and this is mine today; I'm so thankful that soon, Marcus is having another birthday.

*Originally posted on [Grown Ups and Downs](#).*

*To learn more about their journey and adventures, please [stop by and look around!](#)*

*Editor's note: This is a guest post by Mardra Sikora for a summer series highlighting great bloggers who focus on disability.*

*The post [I Used To Cry On His Birthday](#) appeared first on [Ellen Stumbo](#). June 05, 2015*

The difference  
between  
ordinary and  
extraordinary  
is just that  
little "extra"

## WIN A DISNEYLAND VACATION PACKAGE!

2016 TVDSA  
RAFFLE

2016 TVDSA  
RAFFLE

The Disney vacation package includes the following:

- 7-DAY TRIP FOR FAMILY OF 4
- AIRFARE
- ROUNDTrip AIRPORT TRANSFERS
- 7 NIGHTS IN DISNEYLAND HOTEL
- 3 DAY HOPPER PASSES TO INCLUDE MAGIC MORNING EVERY MORNING (ENTRANCE INTO PARKS 1 HOUR EARLY)

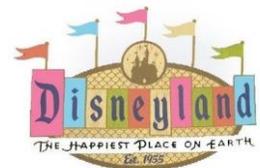
**Winner will be drawn June 15, 2016 at the TVDSA picnic.**

You do not have to be present to win.

Trip will be booked by Harmon Travel and will expire 12/31/2016.

**Tickets are 1 for \$10 or 3 for \$25.**

To buy or help sell tickets, please contact:  
Kris Goodwin: 208-599-2556 Reme Echevarria: 208-866-4095  
or call TVDSA: 208-954-7448



UP TO A  
\$6,500 VALUE

ONLY 2,500  
TICKETS SOLD!



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DOWN SYNDROME ASSOCIATION

## Social Groups Page

### Mom's Night Out!

**Thursday, April 21st  
at 7:00pm**

Amazing TVDSA moms it is time to get together again and have Moms Night Out!

Moms night out will be at **Yogurtz** located at 1560 North Locust Grove in Meridian.

TVDSA will pay \$5.00 per person towards an individual frozen yogurt treat.

Come enjoy dessert and have an evening of great conversation with moms who share the same journey as you.

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

### TVDSA is going Camping! Do you want to come?

Two night camping trip  
**July 15-17th at Cold Springs  
Campground outside of McCall**

Open to all families with a child with Down syndrome. TVDSA is covering the cost of the campsite, but there is a limited amount of space.

Please contact [Danielle Williams](mailto:Danielle.Williams@tvdsa.org) at 208-879-4895 by April 15th if you are interested, so we can get an approximate head count!

### Lil' Buddies

**Lil' Buddies** will be going to the **Boise Public Library** (downtown) on **Saturday, April 23rd at 10:30am** for the Family Story Time in the Children's Area. The Boise Public Library is located at 715 S Capitol Blvd in Boise. Story time is 30 min.

Following the story time, we will go play at the **Julia Davis Park playground**, near the tennis courts until noon.

Need more information about Lil' Buddies? Please contact: [Fiona Robles](mailto:Fiona.Robles@tvdsa.org) or call: 208-761-3844.

### Best Buds

**Best Buds** will be going to Jabbers on **Friday, April 22nd** from 4:00pm-6:00pm. **Jabbers** is located at 1210 North Galleria Drive in Nampa. All children with Down syndrome will be paid for. Every paid child may have two adults with them at no charge.

Best Buds will have a cooler of ice cold water for everyone to share.

For more information on Best Buds contact [Danielle Williams](mailto:Danielle.Williams@tvdsa.org) or call: 208-794-8995.

### Cool Club & AIM

The **AIM** and **Cool Club** will be joining together for an afternoon lunch and a movie on Saturday, **April 23rd**.

Please join us for lunch at **Idaho Pizza Company** and a movie at the **Northgate Reel Theatre** near the intersection of State St. and Glenwood St. in Boise. As the date gets closer the exact time and movie will be sent out.

So we can plan for enough food, please RSVP by Wednesday, April 20th. TVDSA will pay for the pizza and admission to the movie for those with Down syndrome and their guest. Participants may wish to bring spending money for snacks at the movie.

Please RSVP to [Brenda Taylor](mailto:Brenda.Taylor@tvdsa.org) or call: 208-724-5226.

### Save the Date!

### TVDSA 33rd Annual Family Picnic

**Wednesday, June 15th**

from 6:00pm-8:00pm  
at Kleiner 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!**

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

**The TVDSA Disneyland Raffle winner will be drawn at 7:00pm.  
Will you be the winner?**

## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### IPUL Workshop

Wednesday, April 13<sup>th</sup> from 6:00pm-9:00pm  
4619 Emerald Suite E, Boise

**Topic: Success with the IEP:** Get all of 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.

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

Can't make it in person?

Attend the webinar on **Tuesday, April 26<sup>th</sup>**.

Same topic – two times to choose from: [11:00am-12:00pm](#) or [9:00pm-10:00pm](#)

Click time to register.

To contact IPUL: 208-342-5884 or [parents@ipulidaho.org](mailto:parents@ipulidaho.org)

### IPUL Parent Leadership Development

May 9-13<sup>th</sup>  
McCall, Idaho

The Parent Leadership Development Project offers parents of young children (birth-9 years) with disabilities training to help them develop their leadership skills. Our goals are to build on each parent's interests and needs, to build strong community leaders, and to develop key partners in IPUL's grassroots network of community leaders.

To contact IPUL: 208-342-5884 or [parents@ipulidaho.org](mailto:parents@ipulidaho.org)

### 11<sup>th</sup> Annual All Born (In) Cross-Disability Best Practices Inclusive Education Conference

Portland, OR  
Saturday, April 23<sup>rd</sup>, 2016

<http://allbornin.org/abi-conference/cross-disability-inclusion-conference/>

This is an exciting day for parents, caregivers, and professionals working to end segregation in neighborhood schools and the community. Come celebrate and learn how we can use Universal Design for Learning and Best Practices to reach and teach every child. Share, learn and make connections so that we can all go forth to open the eyes of the wider community to the fact that our children are all born "in".

**Registration is Now Open!**

### Save the Date: Idaho Partnerships Conference on Human Services "Shake It Up!"

October 5<sup>th</sup> & 6<sup>th</sup>, 2016  
Boise State University, Boise

#### Temple Grandin to kick-off the 2016 Conference!

To learn more about Temple Grandin, PhD, please [click here](#).

This is a quality training for those who serve and support individuals with disabilities and mental illness.

[Registration](#) Opens in June!

### 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.



## Recap: 2016 World Down Syndrome Day Celebration



Despite the weather we had a great turnout for the 2016 World Down Syndrome Day celebration. Families got to enjoy spending time together on the Blue turf throwing footballs and hanging out with members from the Steelheads hockey team.



Thanks to all of those who attended and who helped make this a very special day to celebrate our loved ones with Down Syndrome!





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](http://www.idahodownsyndrome.org)

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

## **Call for Volunteers – please help!**

TVDSA is planning a full year of activities and events in 2016. The following committees are in need of some help to make them a success. Please consider helping in an area of interest.

### **Adults in Motion (AIM) Social Coordinator:**

As the AIM Coordinator you would organize various activities for individuals with Down syndrome that are 18 years and older. Activities could include social, community outreach/volunteer opportunities, or other inventive ideas. Typically AIM and Cool Club come together for an end of year celebration, organized by both group coordinators. If interested, please contact Kristie Yerger at [president@idahodownsyndrome.org](mailto:president@idahodownsyndrome.org).

### **Vacation Package – “Disneyland: Family of Four” Raffle Sales:**

This year TVDSA will be raffling off a Disneyland Vacation! It will include airfare, hotel, and 3 day hopper tickets! We are now selling tickets and could use your help! If interested, contact Kris Goodwin & Reme Echevarria at [fundraising@idahodownsyndrome.org](mailto:fundraising@idahodownsyndrome.org).

### **Buddy Walk Committee:**

Planning for this year's Buddy Walk is underway and we are looking for fresh ideas and a new look for this year's Buddy Walk. We will need help with sponsorships, volunteers, entertainment, games, and more. If interested, please contact Andrew and Genevieve Kopping at [buddywalk@idahodownsyndrome.org](mailto:buddywalk@idahodownsyndrome.org).

### **Calendar Committee:**

The TVDSA Calendar is making a come-back for 2017! If you are interested in helping create this one-of-a-kind calendar please contact Erin Rosenkoetter at [community@idahodownsyndrome.org](mailto:community@idahodownsyndrome.org)

### **Technology Committee:**

Calling All Techies - TVDSA needs volunteers to participate in a Technology committee. If you are a professional technology expert or just a self-made techie, we can use your input. Our first task will be discussions and recommendations for updates to the TVDSA website. If you are interested please contact George Taylor at [webmaster@idahodownsyndrome.org](mailto:webmaster@idahodownsyndrome.org).

### **Golf Tournament Committee:**

Calling All Golfers (and non-golfers) - TVDSA will be hosting a 2016 Golf Tournament and needs volunteers for a planning committee. Whether you play golf or not, your help would be appreciated. Prior golf tournament planning experience is a bonus! This committee will be planning the event, getting sponsors, and getting participants for the event. If you are interested please contact George Taylor at [golf@idahodownsyndrome.org](mailto:golf@idahodownsyndrome.org).

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*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](#)  
Co-Fundraising: [Kristine Goodwin](#)  
Co-Fundraising: [Reme Echevarria](#)  
Legislative Chair: [Virginia Beringer](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)  
Secretary & Membership: [Paul Auger](#)  
Marketing: [Jason Robles](#)  
Community Outreach Chair: [Erin Rosenkoetter](#)  
Buddy Walk Chair: [Andrew Kopping](#)  
Self-Advocate Chair: [Dylan Thaner](#)

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](#)