



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

In This Issue

The June issue contains information about this summer's activities including the Annual Family Picnic in June where the Disneyland Raffle winner will be announced; the Inaugural 2016 TVDSA Trisomy 21 Golf Open Tournament in July; and it is not too early to think about forming your 2016 Buddy Walk team for October!

June brings the time of year that TVDSA tries to update everyone's contact information. Please visit page 2 to see how to update your email preferences, so you continue to get the information that you want.

June also features an article about meaningful employment for those with disabilities. We are all in different stages of parenthood, but we all want our children/adults at some point, be valuable, contributing members of our community. Here are a few steps that we all can use to work towards that goal.

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

Newsletter Editor: [Celena Auger](#)

June 2016



TVDSA 33rd Annual Family Picnic

Wednesday, June 15th, 2016

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!
Enjoy dancing, music, face painting, and games!**

The TVDSA Disneyland Raffle winner will be drawn at 7:00pm.

TVDSA will provide: Fried chicken, rolls, water, soda, paper plates and utensils.

Please bring: a side dish, salad, or dessert to share.

For more information, please contact:

Lynda Wells at 208-590-1755 or email: advisor@idahodownsyndrome.org

2016 TVDSA
RAFFLE

WIN A DISNEYLAND VACATION PACKAGE!

ONLY 2,500
TICKETS SOLD!

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)

UP TO A
\$6,500 VALUE

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



14th Annual TVDSA Buddy Walk Registration is NOW Open!

Saturday, October 8, 2016



June 6th-10th:

Treasure Valley iCan Bike
Camp. **Volunteers still needed!**
Contact: [Paul & Celena Auger](#)

June 7th:

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

June 15th:

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

June 16th:

Buddy Walk Committee Meeting
7:00pm-8:00pm Open to all
interested! For address please
Contact: [Andrew Kopping](#)

June 22nd:

Best Buds Family Swim & Potluck
2:00pm-6:00pm at Laci's house
at 1820 Ray Ave, Caldwell
Contact: [Danielle Williams](#)

June 30th:

Buddy Walk Committee Meeting
7:00pm-8:00pm Open to all
interested! For address please
Contact: [Andrew Kopping](#)

June 30th:

Best Buds Art in the Park
4:00pm-6:00pm at a Boise
Downtown Park (exact
location TBA)
Contact: [Danielle Williams](#)

July 15-17th:

TVDSA Camp Out! at Cold
Springs Campgrounds
Contact: [Danielle Williams](#)

July 23rd:

Tee It Up for Down Syndrome
Golf Tournament at Eagle Hills
Golf Course.
Contact: [George Taylor](#)

Why Do We Buddy Walk?

- Celebrate our loved ones with Down syndrome
- Spread Down syndrome awareness
- Increase community involvement
- Raise money for local programs and scholarships

When and Where do we Buddy Walk?

Start at the Boise Capitol Building at 11:00 a.m.
Grab your buddies and walk a mile down Capitol Boulevard.
Celebrate at Julia Davis Park with food, friends, and fun until 2:00 p.m.

**We will have music, entertainment, food trucks,
games, bounce houses, and much more!**

PRIORITY REGISTRATION PRICES are valid through August 28th

- \$7 with a youth shirt
- \$12 with a 2X or 3X shirt
- \$10 with an adult shirt
- TVDSA Members with Down syndrome register for Free!!!

Check out our webpage and register today at

<https://secure.ezeventsolutions.com/fr/TVDSA/2016BuddyWalk>

Please Update Your Preferences!

We understand family members get older and interests change. Please help us out at TVDSA by taking a minute or two to update your information. This ensures that you only receive information on TVDSA resources and programs pertaining to you and your family. Thanks in advance for your help!

Please click the update button at the bottom of ANY email received from TVDSA and update your information. Here is an example:



MailChimp

Please note that TVDSA email and newsletter subscriptions are completely free and do not require a TVDSA membership.

Interested in starting or renewing a TVDSA Membership?

For \$10.00 annually, membership benefits include, but are not limited to:

- use of TVDSA Lending Library
- scholarship opportunities
- discounts at numerous TVDSA events (including Buddy Walk, Mini-Conferences, and the Treasure Valley iCan Bike Camp)

To become a member, please contact Paul Auger at
membership@idahodownsyndrome.org.



4 Ways to Help Your Child with Special Needs Find Meaningful Employment

My son Matt is living with a disability, and as he transitions from high school, he's exploring what it means to be an adult. Matt, like so many people with disabilities, wants to contribute to society, and he'll thrive in the right career.

As a parent, it's my responsibility to help him find it.

But finding his right fit will require knocking on doors, embracing opportunities and keeping a positive outlook.

Matt's Journey

Last summer, Matt worked at a retail store specializing in secondhand clothing. Matt's job was to sort the clothes appropriately, then tag them for sale. His work area, however, was in a dark corner of the back room. While the work was a breeze for Matt, it wasn't helping him build any useful work or social skills. Isolation was draining him, so we decided to make a change.

Matt's next job was bagging groceries at a local supermarket. As a parent, I was immediately unsure if the job would be a fit for him. First, Matt's communication skills aren't well developed. Second, it's impossible to predict what a customer might buy, so there's no single routine for sacking groceries. We were uncertain about the opening, but Matt wanted to try.

Matt excelled! He was an upbeat employee, and he was eager to learn. Matt's manager even encouraged him to apply for a full-time job.

When starting to look into employment opportunities for your child with special needs, consider these tips:

1. Begin with household chores.

Household chores are an important bridge between childhood and work. Even if the tasks might be difficult for your child, chores teach work ethic, impart responsibility and can be a source of pride. Don't set the bar too low — communicate expectations, and be willing to help if your child doesn't succeed. Matt learned early to do things for himself; if he can't complete a task, he asks for help.

2. Volunteer, volunteer, volunteer!

Help your son or daughter explore roles through volunteering. If your child can do it alone, that's wonderful. If not, make it a family activity. Volunteering will help your child develop interests, identify strengths, and gain experience in an employment setting.

3. Take advantage of vocational training opportunities.

Young people with special needs might be offered vocational training opportunities through certain high school programs. A vocational training specialist can help your child identify interests and corresponding employment opportunities. What's more, vocational training might open the door to a position with the employer who provided instruction.

4. Look for part-time work.

Part-time jobs are ideal building blocks toward a career — how many did you have? I had tons: Some were awful, some were fun. But each brought me a step closer to forging my own career path. Work experience is a critical part of your child's development. Employers consistently say this "experience gap" is a significant obstacle to hiring people with disabilities.

Where are the career opportunities?

Finding the right fit takes time, so patience and diligence are important during the job-seeking stage.

First, talk to everyone. Most job opportunities come from personal connections, so ask around about opportunities. The host of a training workshop may offer employment opportunities with local businesses. Contact all state and city disability resources. Contact every agency that supports employment for people with disabilities. Great jobs are rarely advertised, so talk to everyone and follow up.

Find leads where you shop, bank, donate, etc. Ask those businesses if openings exist that might fit your teenager's abilities and interests. Look for businesses with a diverse workforce; tell management you notice and appreciate their inclusivity. This reinforces the practice of hiring people with disabilities.

Research organizations that will employ people with disabilities. A workplace with strong support systems will be committed to supporting people with disabilities and flexible with roles and job responsibilities. Generally, if an organization has had success with employees in this population, they'll hire again.

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Social Groups Page

Mom's Night Out!

There will be no Moms Night Out! in June. Instead, bring your families to the TVDSA picnic and enjoy the company of other TVDSA families. It is a time to make new friends and hang out with old ones.

Mom's Night Out! will resume in July.

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

Boise School District Developmental Screening

for children 3-5 years old with developmental concerns.

Please call to set up a FREE evaluation appointment if concerned your child has possible delays in speech, language, concepts, motor skills, self-help skills, social emotional, vision, and/or hearing.

2016 Screening dates are: Aug. 29th, Sept. 19th, Oct. 17th, and Nov. 14th

208-854-5520

Lil' Buddies

There will be no separate Lil' Buddies event in June. Instead, please join us at the TVDSA Annual Family Picnic, June 15th at 6:00-8:00pm at Kleiner Park in Meridian.

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

Best Buds

Best Buds will be having a **Family Swim Party and Potluck** (Hawaiian Luau style) **Wednesday, June 22nd** from **2:00pm-6:00pm** to kick off the summer. This will be held at Laci's house at 1820 Ray Ave in Caldwell.

TVDSA will provide the hamburgers, condiments, water, and juice. Please bring a side or dessert to share. Please bring your own sunscreen and towels, plus any other drinks you may wish to enjoy. No alcohol please. Please bring food in plastic serving dishes so not to have any broken dishes by the pool. **Please RSVP by June 20th** number attending, for hamburger prep!

Best Buds will also be meeting **Thursday, June 30th** for **Art in the Park** from **4:00pm-6:00pm**. Please **RSVP by June 24th** to ensure enough art supplies for the art projects. Siblings are welcome to participate. Exact location is TBD. Weather permitting, it will be at a downtown Boise Park, or we will find a place inside. More information will follow in the emails.

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



DATE
Saturday
July 23, 2016

FEE
\$75
Per Person

Eagle Hills Golf Course
9:00am Shotgun Start

**Help us celebrate individuals with Down syndrome at the
2016 TVDSA Trisomy 21 Open Charity Golf Scramble!**

Players need to be at least 14 years of age; all abilities are welcome.

Fees Include:

Green fees | Cart | Range Balls
Boxed Lunch | T-Prize Bag
The chance to win other great prizes!

Registration is NOW Open!

Visit <http://www.birdeasepro.com/tvdsagolf16> to register or sponsor online.

Email golf@idahodownsyndrome.org for more information.

Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop and Webinar

Wednesday, June 8th from 6:00pm-9:00pm

Topic: Families are Important (Early Childhood): An Early Childhood Curriculum Introduction: This workshop will give families an overview of Early Intervention Services, Screening evaluation, the Individualized Family Service Plan Process, and child and family outcomes.

Please [RSVP](#) with Jennifer at 208-342-5884.

Can't attend the workshop? You may also sign up to attend one of two webinars on **Tuesday, June 28th**.

Click time to register: [11:00am-12:00pm](#)
or [9:00pm-10:00pm](#)

To contact IPUL: 208-342-5884 or parents@ipulidaho.org

Universal Design for Learning Symposium

Saturday, September 10th
9:00am-4:15pm

UDL is a set of principles for curriculum development that give all individuals equal opportunities to learn. UDL provides a blueprint for creating instructional goals, methods, materials, and assessments that work for everyone.

[Registration link](#)

Idaho Partnerships Conference on Human Services "Shake It Up!"

October 5th & 6th, 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!

NDSC Conference

July 21-24th, 2016

JW Marriott Grande Lakes, Orlando

Each year, thousands of people from across the globe attend the National Down Syndrome Congress Annual Convention. For most, it's to hear the latest information from world-renowned experts. For others, it's a great vacation. But for nearly all, there's the one-of-a-kind NDSC family reunion feeling that permeates the convention weekend.

Take a peek at the [Convention Brochure](#) and the [Convention-At-A-Glance](#) for an overview of what the weekend offers.

[Registration Now Open](#)

Please note: Both the Self-Advocate and Sibling Conferences are already SOLD OUT!

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.

Special Needs Legislative Update by Virginia Beringer

NATIONAL UPDATES

[NDSS](#) urges you to **contact your Members of Congress to advocate for three Asks**. The Asks are:

- 1. Co-sponsor the ABLE to Work Act (HR 4795 / S 2702)** - The ABLE Act allows people with disabilities to set up tax-free savings accounts without losing eligibility for federal benefit programs like Medicaid and supplemental security income (SSI). **The ABLE to Work Act** would improve upon the ABLE Act by increasing the annual contribution limit for ABLE accounts, which is currently \$14,000. Specifically, an ABLE beneficiary who earns income from a job (and does not have another retirement account) could save up to the Federal Poverty Level (currently \$11,770) **in addition to the \$14,000** annual maximum contribution.
- 2. Join the Congressional Task Force on Down syndrome** - The Congressional Task Force on Down syndrome is made up of US Representatives and US Senators who work with NDSS to educate Members of Congress and their staff about Down syndrome and to promote legislative activities and public policies that would enhance the quality of life for those with Down syndrome. [Click here to see the current members of the Task Force](#)
- 3. Co-sponsor the Accurate Education for Prenatal Screenings Act (HR 3441)** - This legislation would require accurate and up-to-date information be provided to patients about the clinical features, prognoses treatments of Down syndrome and other conditions according to relevant national disability organizations and medical professional societies.

NDSS has put together a list of legislation priorities that directly impact our community for 2016.

<http://www.ndss.org/Global/Policy/BWW/BWW16LeaveBehindFINAL2.pdf>

PLEASE contact your **US Representative and US Senators and urge them to support these bills!**

Idaho's US Senators:

Mike Crapo: www.crapo.senate.gov/contact/email.cfm

James Risch: www.risch.senate.gov/public/index.cfm?p=Email

Idaho's Representatives:

1st District: Raúl Labrador: <https://labrador.house.gov>

2nd District: Michael Simpson <http://simpson.house.gov/contact/>

STATE UPDATES

The United States District Court of Idaho issued an order in May approving the State of Idaho's Implementation Plan in the long-standing lawsuit, Jeff D. v. Otter. This plan will develop a children's mental health system of care (SoC) that is community-based, easily accessed and family-driven. Here is a link: <http://bit.ly/1OAJmTq>



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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!](#)

4 Ways to Help Your Child Find Meaningful Employment (Continued from page 3)

Prepare your child for the working world

Once your child has found a fitting job, it's time to think like the employer: Your child must dress appropriately, show up on time, and be flexible. Keep an open dialogue with the employer; he wants the job to work out as much as you do.

What if it just doesn't work out? That's a risk inherent to any employment. There are always other jobs, so realize every job is a learning experience and move on. The risk is worth it to find the right career for your child.

In the end, Matt wants exactly what every other person his age wants: to find himself, to grow, to contribute to society, and to be proud of his work.

Source: [Friendship Circle Special Needs Resource Blog](#) January 2016, Written by: Scott Monette founder of 100 Percent Wine, a premium winery that produces California wine and is based in St. Louis that donates all profits to nonprofit organizations working to create jobs for people living with disabilities.

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 who 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.

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.

Golf Tournament Committee:

Calling All Golfers (and non-golfers) - TVDSA will be hosting a 2016 Golf Tournament and needs volunteers to help out both before and the day of the event. Whether you play golf or not, your help would be appreciated. Prior golf tournament planning experience is a bonus! The Golf Committee is planning the event, but needs additional people to assist with getting sponsors, getting players for the event, manning tables, and many other tasks. If you are interested please contact George Taylor at golf@idahodownsyndrome.org.

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](#)