



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

In This Issue

The July issue recaps a lot of activities that TVDSA hosted in June (Family Picnic, Disneyland Raffle, and TV iCan Bike Camp).

Please check out our July activities including the Tee It Up for Down Syndrome Golf Tournament and the TVDSA Camping Trip. Registration for the Golf Tournament ends July 2nd.

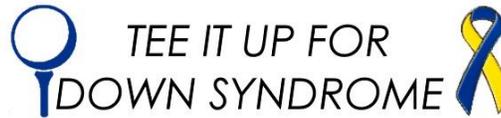
It's not too early to start recruiting your Buddy Walk team! See Page 2 for more information.

This month's featured article, *This Is Life*, relays the feelings of many parents of special needs children. The feeling of being overwhelmed, overloaded, and unprepared. But it reminds us about the unconditional love that all of us experience and cherish. I think you would agree, in the end, you wouldn't change it for the world. Find it on page 2.

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

Newsletter Editor: [Celena Auger](#)

July 2016



<u>DATE</u>	<u>FEE</u>
Saturday July 23, 2016	\$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! Register before July 2nd to participate.

<http://www.birdeasepro.com/tvdsagolf16>

Email golf@idahodownsyndrome.org for more information.



Recap Corner

TVDSA started the summer off with a bang.
Were you able to be part of any of the activities?



Picnic:

Life isn't about waiting for the storm to pass.... it's about learning to dance in the rain, and that's what we did on Wednesday, June 15th at our annual summer picnic!

Despite the rain we had a remarkable turn out. 215 of us joined for good food, friendship, dancing, face painting, and games. Thanks to our covered shelter at Kleiner Park, we were able to do all of our activities with some minor adjustments.

To those of you who came, we thank you for your support of TVDSA. To those who couldn't come we look forward to seeing you at one of our next TVDSA activities.

Thank you to the TVDSA board and wonderful volunteers. They continuously share their time and talents, making differences in the lives of individuals with Down syndrome and their families.

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TVDSA
Calendar of Events

14th Annual TVDSA Buddy Walk

Registration is NOW Open!

Saturday, October 8, 2016



July 5th:

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

July 9th:

Cool Club & Adults in Motion
10:00am at Wahooz for a round of golf. Please RSVP by the 7th.
Contact: [Brenda Taylor](#)

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>

Confessions of a Special Needs Parent: This Is Life

Sometimes as special needs parents, some of us feel like this:



There is too much going on and we cannot focus.

Parenting is hard. So hard. There is no manual and you just try to do the best you can. And if your child has a disability, hard can turn into I-have-no-idea-how-to-do-this-and-I feel-like drowning.

And maybe when we're out in public you see us having one of the hard days. When our kids are overstimulated, or when we're frazzled to the tips.

But even though there are hard days and hard moments and hard hours, that is not what steers our life. What really matters – what is most important – is love.

Because there is the good, there is the joy, there is the pride we feel for our kids. There is the excitement of even the smallest accomplishments. And always, always the unending love.

Continued on page 6



Recap Corner continued from page 1

Raffle:

Congratulations to Karla Gerleve, aunt of TDVSA member, Charisse Mack. She won the TVDSA Disneyland Vacation Package Raffle drawn at the TVDSA Family Picnic, June 15th.

We would like to thank everyone who helped make this fundraiser a success! Thank you to the numerous individuals that purchased over 2,000 tickets and help raise over \$10,000 for TVDSA!



Bike Camp:

The iCan Bike Camp June 6th-10th was a successful week for the 39 riders ranging from ages 8 to 21. Seventy-eight percent were independent riders by the end of the five days. Many more are success stories only a week after camp through dedication to practicing, they are now independent too! We are so proud of everyone!

Paul and Celena Auger have led the Bike Camp Committee for the past three years. Some parents ask "why"? Here is Celena's answer:

"There are numerous success stories from the past 3 years but the three that stand out in my mind are: The first year is an easy answer, our daughter Baylee. We had heard about the iCan Shine Program before moving to Idaho. When another TVDSA family had traveled to Portland to attend the iCan Bike Camp and reported how great it was, the TVDSA Board approved it, and we jumped at the opportunity to be part of it. Baylee was a success story that first year along with 82.5% of the campers that year. When Baylee was the first to ask to get out the bikes the following spring, it was an indescribable feeling of joy. Year two, we had to share the same opportunity with more individuals and their families. One camper, Josiah, stole my heart. Actually it was the family's commitment and support of Josiah that entire week. You can watch Josiah in a video from day 5 of camp with his father right there beside him on the [TV iCan Bike Facebook page](#); it still brings tears to my eyes. That brings us to this year – why again? Why spend the numerous hours, late nights preparing, stressing? After this year's camp, I can say it was Noah. Noah does not have Down syndrome. He is a 13 year old with Autism. I think he wanted this more than any other camper this year. He worked hard, no complaining, just working, and trying. His mother shared with me on Thursday during camp, the night before Noah had dug out a past Christmas present that he hadn't opened – roller blades – and said he was "ready to try them now." The confidence that this program gives to individuals with disabilities is priceless. Noah, and ultimately his whole family, will be more active and healthy with the skills and confidence he learned that week of June in Meridian at Bike Camp. That is WHY we do it!"

Paul and Celena want to thank their wonderful committee this year. There were a lot of new faces on the committee, but they gave it their all in preparation before camp and the week of camp. Without them, the camp would not have been a success for the third year! Thank you: Maria & Bennet Akers, Virginia Beringer, Kellie Brooks, Jen Dandrea, Ethan Esteberg, Andrew & Genevieve Kopping, Bobbie McElwain, and Sibyl Spjute. And thank you to the 99 volunteers that helped our riders succeed! As Kenan would say, "You All Rock!"

To see more pictures, videos, and stories, please visit the [TV iCan Bike Camp Facebook](#) page.





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Social Groups Page

Mom's Night Out!

Amazing TVDSA Moms. There will not be a Mom's Night Out! in July. Enjoy the month with your family and do something fun and adventurous. Stay cool and we will try and get together in August. Thanks for all you do for your families every day. You truly are an inspiration to those around 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.

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

Best Buds

Best Buds will be not having a separate gathering in July. Hopefully you signed up for the first **TVDSA Camping Trip, July 15-17th** at Cold Springs Campgrounds outside of McCall.

Those Camper Families attending the camping trip, please make sure to take Danielle's phone number in case there is issue finding each other!

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



Cool Club & Adults in Motion

Adults in Motion and **Cool Club** will be meeting to play a round of miniature golf at **Wahooz** on Saturday, **July 9th** at **10:00am**.

TVDSA will pay for one round of mini golf for those with Down syndrome and a guest.

Please **RSVP** to [Brenda Taylor](mailto:Brenda.Taylor@tvdsa.org) at 208-724-5226 or **by Wednesday, July 7th**.



Kids Summer Art Camp

July 11th - July 14th.
from 9:30am - 12:00pm.
Ages 5-18

A Free Camp for Children with Special Needs (non-disabled children also welcomed).

- \$25 non-refundable art supply fee. Contact: heather@ipulidaho.org if you need the fee waived.
- Children who require additional assistance must attend with a parent or support provider
- Please bring a water bottle and an art smock or have student dress in clothing that can get paint/inked on
- Camp Location: Idaho Parents Unlimited; 4619 Emerald, Ste E, Boise

[Click here to register!](#)

Summer 2016 Dance Classes



For Dancers Ages 8-16.5

Classes will be held on
Wednesdays: July 6th, 13th, 20th, & 27th
Time: 5:25-6:25p

Location: Broadway Dance Center
893 E. Boise Ave 83706

\$15.00 one-time class fee
\$40.00 includes all 4 sessions

Cash or Check payable to KID MOVES

Classes are taught by Mhari Wilson. Mhari has 20 years of experience teaching developmental dance to the unique population of the Treasure Valley.

Click on the link below to sign-up/for more information:

<http://www.signupgenius.com/go/4090d48aca72ca4fc1-dance>

Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop
Wednesday, July 13th
 from 6:00pm-9:00pm
 at Idaho Parents Unlimited
 4619 W, Emerald, Ste. E, Boise

Topic: Support and Resources-Parent Meet Up

IPUL will provide needed resources and information to families pertaining to their current needs. Meet with other parents in the community who have children with disabilities and/or special health care needs in your community. Want to go over your child's IEP with a Parent Education Coordinator? Whatever your current needs or requests are, we will accommodate them!

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

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

Universal Design for Learning Symposium

Saturday, September 10th
9:00am-4:15pm
 at Boise State University

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](#)

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.



Idaho Partnerships Conference
October 5-6th

At Boise State University

Temple Grandin to kick-off the 2016 Conference!

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

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

[Registration](#) is Open!

The Idaho Council on Developmental Disabilities

has proposed 3 goals for their work during the next 5 years. The 3 goals are about quality in home and community-based services, youth and young adults transitioning into adult life, and for a statewide coalition for policy issues and systems change.

Read the proposed Five Year plan and think about what your child needs now and in the future.

Give the Council your feedback before Tuesday, July 12th.

<http://www.icdd.idaho.gov/pdf/ICDD%20Proposed%202017-2021%20Strategic%20Plan.pdf>

CAMP SAM

Happy Campers!!

September 10th – 13th, 2016

Camp Sam is a Camp for Adults (18+) who are cognitive handi-capable. Held in McCall, Idaho at Camp Pinewood. Archery, Hiking, Crafts, Zumba, Camp Dance and Campfires will make this the most fun your camper will have!

Registration Begins June 1, 2016

www.CampSamUSA.org



Info@campsamusa.org

(702) 303-3899



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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!](#)

This Is Life (continued from page 2)

And if you ever see a child with a disability and think you could never do it, yes, yes you could do it. Because of love.

So next time you see a special needs parent, rather than thinking of how hard it is, I hope you think about what matters most. I hope you see the love.

Because you know, this life is beautiful too. It might be different, but it is full of hopes and dreams and moments that take our breath away. Beautiful moments.

This life is rich and full. There is joy. And some of us have even chosen to have this life, because of love. And we wouldn't trade our kids for anything in the world.

This is life.

Full.

Rich.

Beautiful.

Ours.

Overflowing with love.



Source: The post [Confessions of a Special Needs Parent: This Is Life](#) appeared first on [Ellen Stumbo](#). Jan 22, 2016

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.

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](#)