



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

In This Issue

August brings the end of summer vacation and the beginning of a new school year for many. What a great time to think about, discuss, and set up for an inclusive year for our family members. This issue has an article on *The Barriers to Inclusion* (page 2) as well as a link to *Disability is Natural* (page 3) an entire website focusing on inclusion. Have you registered to hear Temple Grandin, self-advocate, that will be speaking at BSU in October about what is it like to have a disability and not be included? Register today (page 5). Review the press release about *Inclusion is for the Included* written by a mother of a child with Down syndrome (page 6).

August also has some great INCLUSIVE activities for our families. TVDSA is going to Roaring Springs, and how about learning to paddle board? Please check out page 4 for more information on these and more social activities.

Have you started your Buddy Walk team? Priority Registration ends on August 28th, and then prices WILL go up. Now is the time to spread the news and get your team excited! Buddy Walk Dancers are also needed – see block to the side for more information on how to have your loved one in the spot light!

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



Newsletter Editor: [Celena Auger](#)

August 2016

14th Annual TVDSA Buddy Walk

Registration is NOW Open!

Saturday, October 8, 2016

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!

TVDSA Members with Down syndrome register for Free!!!

PRIORITY REGISTRATION PRICES are valid ONLY through August 28th!

- \$7.00 with a youth shirt
- \$10.00 with an adult shirt
- \$12.00 with a 2X or 3X shirt

Check out our webpage and register today at

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

2016 Buddy Walk Dancers Needed!

The Elevated Dance Project's Verge Dancers are once again inviting individuals with Down syndrome to perform with them during the Buddy Walk on October 8th at Julia Davis Park.

This opportunity is open to anyone with Down syndrome ages 8 and Up! They will be learning the routine from 4:30pm,-5:30pm on Thursday, September 1st and Friday nights, September 9th, 16th, 23rd, 30th and October 7th. The Elevated Dance studio is located at 1396 Iron Eagle Drive in Eagle. Only the first 12 will be taken.

If you or an individual with Down syndrome you know would enjoy dancing on stage or if you have additional questions, please contact:

Celena Auger at cauger@cablone.net



TVDSA Calendar of Events

August 2nd:

TVDSA Board Meeting
6:30pm at A New Leaf.
Contact: [Kristie Yerger](#)

August 6th:

**Cool Club & Adults in Motion
Paddle Board and Beach Picnic
Party** 11:00am-2:00pm at Idaho
River Sports (Quinn's Pond)
Contact: [Brenda Taylor](#)

August 9th:

Mom's Night Out! Picnic 6:30pm
at Lakeview Park in Nampa.
Please RSVP by August 5th.
Contact: [Reme Echevarria](#)

August 20th:

TVDSA at Roaring Springs! 11:00am-
8:00pm (all or part)
We must have all **RSVPs by the
12th!**
Contact: [Danielle Williams](#)

October 8th:

TVDSA Buddy Walk
Contact: [Andrew Kopping](#)

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

Tomorrow Is Too Long to Wait for Inclusion – The Biggest Barriers to Inclusive Education

Inclusive education does away with the practice of segregating students with learning and/or physical challenges from the rest of the student body. While the practice of inclusion places extra demands on students and facility logistics, there are numerous benefits to all students, both disabled and non-disabled.

Teachers in inclusive classrooms must incorporate a variety of teaching methods in order to best reach students of varying learning abilities. This has benefits even for those students who would be placed in a traditional classroom, as this increases their engagement in the learning process. Even gifted and accelerated learners benefit from an environment that stresses responsiveness from all students.

Perhaps most importantly, inclusive classrooms encourage open and frank dialogue about differences as well as a respect for those with different abilities, cultural backgrounds and needs.

Despite the benefits, there still are many barriers to the implementation of inclusive education. A UNESCO article, "Inclusive Education," outlined many of them, including:

Attitudes: Societal norms often are the biggest barrier to inclusion. Old attitudes die hard, and many still resist the accommodation of students with disabilities and learning issues, as well as those from minority cultures. Prejudices against those with differences can lead to discrimination, which inhibits the educational process. The challenges of inclusive education might be blamed on the students' challenges instead of the shortcomings of the educational system.

Physical Barriers: In some districts, students with physical disabilities are expected to attend schools that are inaccessible to them. In economically-deprived school systems, especially those in rural areas, dilapidated and poorly-cared-for buildings can restrict accessibility. Some of these facilities are not safe or healthy for any students. Many schools don't have the facilities to properly accommodate students with special needs, and local governments lack either the funds or the resolve to provide financial help. Environmental barriers can include doors, passageways, stairs and ramps, and recreational areas. These can create a barrier for some students to simply enter the school building or classroom.

Curriculum: A rigid curriculum that does not allow for experimentation or the use of different teaching methods can be an enormous barrier to inclusion. Study plans that don't recognize different styles of learning hinder the school experience for all students, even those not traditionally recognized as having physical or mental challenges.

Teachers: Teachers who are not trained or who are unwilling or unenthusiastic about working with differently-abled students are a drawback to successful inclusion. Training often falls short of real

Continued on page 3

The Biggest Barriers to Inclusive Education (continued from page 2)

effectiveness, and instructors already straining under large workloads may resent the added duties of coming up with different approaches for the same lessons.

Language and communication: Many students are expected to learn while being taught in a language that is new and in some cases unfamiliar to them. This is obviously a significant barrier to successful learning. Too often, these students face discrimination and low expectations.

Socio-economic factors: Areas that are traditionally poor and those with higher-than-average unemployment rates tend to have schools that reflect that environment, such as run-down facilities, students who are unable to afford basic necessities and other barriers to the learning process. Violence, poor health services and other social factors may create barriers even for traditional learners, and these challenges make inclusion all but impossible.

Funding: Adequate funding is a necessity for inclusion and yet it is rare. Schools often lack adequate facilities, qualified and properly-trained teachers and other staff members, educational materials and general support. Sadly, lack of resources is pervasive throughout many educational systems.

Organization of the Education System: Centralized education systems are rarely conducive to positive change and initiative. Decisions come from the school system's high-level authorities whose initiatives focus on employee compliance more than quality learning. The top levels of the organization may have little or no idea about the realities teachers face on a daily basis.

Policies as Barriers: Many policy makers don't understand or believe in inclusive education, and these leaders can stonewall efforts to make school policies more inclusive. This can exclude whole groups of learners from the mainstream educational system, thereby preventing them from enjoying the same opportunities for education and employment afforded to traditional students.

Overcoming the many barriers to inclusive education will require additional funding, but even more importantly, it requires the change of old and outdated attitudes. Studies support what many classroom teachers know by experience: that the benefits inclusion provides to all students easily justifies the effort.

Source: [Think Inclusive](#). Originally published September 14, 2015 by guest blogger, Philip Murphy works at Bisk Education with the University of Scranton in Pennsylvania and their department offering Online Teaching Degrees.

One of the five apples in the bowl is green, and a green apple is more like red apples than different. One in five Americans is a person with a disability, and people with disabilities are more like people without disabilities than different. Like gender, ethnicity, and other traits, disability is a natural part of being human. And it's time for the light of inclusion to shine on ALL!





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Social Groups Page

Mom's Night Out!

Amazing TVDSA moms,

It has been a while since we have gotten together. Next Mom's Night Out! will be at **Lakeview Park** in Nampa on **Tuesday, August 9th** at 6:30 pm. We are having a picnic.

Please bring a side dish or dessert to share with everyone. Also, bring lawn chairs or blankets to sit in or on. If you have a portable table we'd love to have it too. TVDSA will supply the water, paper plates, utensils, napkins, etc. Please bring your own beverage of choice.

[Lakeview Park](#) is located on the corner of Garrity Boulevard & 16th Avenue North. The physical address is 1304 7th St. N, Nampa, ID 83687. We will meet by the playground in a shady spot.

Please RSVP before Aug. 5th.

Look forward to getting together again!

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



TVDSA at Roaring Springs – Open to ALL AGES!

Come join in the fun **August 20th** at **Roaring Springs** in Meridian. Come all day or just for a little while. Roaring Springs opens at 11:00am and closes at 8:00pm. TVDSA will purchase a full day pass and a meal wristband that can be used on any of the meals at any time of the day, for each individual with Down syndrome.

Each person with a disability may bring one official caregiver / aide / assistant at no cost, to be their companion but they must purchase their own food and have proof of employment (badge / paystub) for free entry. Family members do not qualify.

We must have **RSVP's by Aug 12th**.

Family and Friends can also come enjoy the day with you and get the same great deal! Get a full day pass and food wristband for \$26.50 per person when you RSVP by the 12th! We will need all payments to Danielle by the 12th of August as well.

Please text your RSVP to Danielle with your Name, number in party and person's name and age with Down syndrome. For more information please contact [Danielle Williams](#) or call: 208-794-8995.



Cool Club & Adults in Motion

Adults in Motion and **Cool Club** will be gathering for a **Paddle Board and Beach Picnic Party** at Idaho River Sports (Quinn's Pond) on **Saturday, August 6th** from 11:00 am to 2:00 pm.

Come try one of the fastest growing water sports in the world, stand up paddle boarding. People of all ages, skill levels, and experience can be up and riding in no time. If standing isn't for you though, you can also sit on the board with/without another person. Additional volunteers will be there to assist.

TVDSA will pay for the paddle board rental up to 2 hours for those with Down syndrome. This includes paddle board, paddle, and life jacket. TVDSA will also provide sandwiches, chips, cookies, and drinks. Please wear swim wear and bring a towel, chair, and sunscreen.

Come join us for all or any part of the event meeting at Idaho River Sports. Please contact [Brenda Taylor](#) at 208-724-5226 so we know to look for you and if we need to add to the rental count.



Art, Art, Art Camp with Lisa Williams 2016

August 10-12th

from 10:00am – 1:00pm (2:00pm on the 12th)

A free and inclusive camp for children with special needs, ages 5-12.

Location: The Lotus Tree: 3169 Bown Crossing, Boise, ID 83706

- \$25 non-refundable art supply fee. Contact: Heather@ipulidaho.org if you need the fee waived
- Payment due August 10th, please bring check or cash for the art supplies. Please arrive 15 minutes early to sign forms.
- 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.

[Click here to register!](#)

Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop
Wednesday, August 10th
 from 6:00pm-9:00pm
 at Idaho Parents Unlimited
 4619 W. Emerald, Ste. E, Boise

Topic: Success with the IEP

Start the new school year prepared. Get all of your questions answered before the meeting. Be an active part of your child's team. Learn more about strength-based IEP's. Focus on your child's strengths and needs, not weaknesses.

Please [RSVP](#) with Jennifer.

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

Unable to attend in person – how about attending the webinar on the same topic, from your home: **August 30th**, two times to choose from: [11:00am](#) or [9:00pm](#).

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!

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

U.S. DEPARTMENT OF EDUCATION
2016 DETERMINATION LETTERS
ON STATE IMPLEMENTATION OF IDEA

Each year the U.S. Dept. of Ed. shares a report on how states are doing implementing IDEA for children birth to two (Part C) and 3-21 (Part B). For the past couple years the Department has measured states' compliance with following the federal special education law AND data that show outcomes for children with disabilities in their state.

Idaho is in the "**Needs Assistance**" (two or more consecutive years) category for children 3-21 and Meets Requirements for children birth - two years old. If you'd like more explanation you can see this pdf document.

<http://www2.ed.gov/fund/data/report/idea/ideafactsheet-determinations-2016.pdf> or call Idaho Parents Unlimited at 342-5884.



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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!](#)



BOOK PRESS RELEASE

PUBLICATION DATE: Wednesday, August 3, 2016

TITLE: Inclusion Is for the Included: A Collection of Stories from a Special Needs Mom

AUTHOR: LA TAASHA BYRD

Mommy blogger finds healing through writing as she shares personal stories of raising a daughter with special needs.

"Your writing takes you right to the heart of the matter. Your faith, fight and determination for your sweet pea is amazing. What you have done would have shattered most people's ability to cope. But you have persevered and I just say fight on and make those in charge accountable." ~J.B, Central FL on-air personality

It takes a village to raise a child and when that child has a disability it is not unforeseeable that you may need the village, the next three towns over, twelve states and a continent other than that you live on. Travel the road less taken with these stories from a special needs mother as she shares the good, the bad, and the down-right horrible along her journey of parenting.

Inclusion Is for the Included is published by The Grace of God, Inc. RRP \$14.99 ISBN 978-0-9800947-1-8
Pre-orders available via website <https://store9809015.ecwid.com> and after release date via website and Amazon.

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](#)