



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

September 2016

In This Issue

Back to School? No! No!
No! Where did the summer go?

In this month's newsletter you will find some tips to help going back to school go a little smoother. Help your children learn to dress themselves and you not have to redo it before rushing out the door (page 2). You can also learn ways to prepare for a more positive IEP meeting (page 3).

Have you started your Buddy Walk team? Online registrations will close at the end of the month. Save some money and time and register online rather than the morning of! We have some great entertainment set up, wonderful raffle prizes to win, and lots of fun for all ages! Hope to see you at this year's Buddy Walk, October 8th!

There are some fun, social group activities going on in September. Those can be found on page 4.

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

14th Annual TVDSA Buddy Walk **Online Registration Closes September 30th!** **Event: 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, raffle, and much more!

This year's Raffle Items Include: 2 sets of 2 Round Trip Southwest Airline Tickets, Sun Valley Lift Tickets, Car Detailing, Restaurant Gift Cards, Family Fun Outings, and more!
Don't forget to buy your raffle tickets for a chance to win!

Online Registration CLOSSES September 30th!

- \$10.00 with a youth shirt
- \$15.00 with an adult shirt
- \$17.00 with a 2X or 3X shirt

TVDSA Members with Down syndrome register for Free!!!

New this Year:

Instead of recognizing only the top 3 teams in funds raised and number of members, we are going to give ALL teams the opportunity to win prizes based on number of team members OR amount of funds raised for the 2016 Buddy Walk!

Level	Register how many?	OR	Raise how much?	Team leader receives what?
1	25-49 members	or	\$250-499	Buddy Walk Car Magnet
2	50-74 members	or	\$500-749	Buddy Walk Water Bottle
3	75-99 members	or	\$750-999	Buddy Walk Insulated Lunch Pail
4	≥ 100 members	or	≥ \$1,000	Buddy Walk Duffel Bag

****Please note:** Prizes will be determined at the close of online registration (September 30th) and will NOT include onsite registrations. ONE prize will be awarded to each qualifying team, based on the highest prize level achieved (number of team members OR total funds raised). Prizes will be announced and given during the entertainment at Julia Davis Park.

Check out our webpage and register today at

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



TVDSA
Calendar of Events

September 6th:

TVDSA Board Meeting

6:30pm at A New Leaf.

Contact: [Kristie Yergler](#)

September 9th:

Best Buds: 6:00pm Movie Under the Stars at Hobbie Creek Park in Boise

Contact: [Danielle Williams](#)

September 10th:

Cool Club & Adults in Motion

1:00pm FroYo at La Crème Frozen Yogurt, Meridian

Contact: [Brenda Taylor](#)

September 13th:

TVDSA Family Meeting

6:30pm- 8:30pm at LINC, in Boise

Topic: The Art of Empowered Collaboration

Contact: [Charmaine Thaner](#)

September 22nd:

Mom's Night Out! 6:30pm

Boise Fry Company in Meridian

Contact: [Reme Echevarria](#)

October 8th:

TVDSA Buddy Walk

Contact: [Andrew Kopping](#)

October 11th:

TVDSA Family Meeting

6:30pm-8:30pm at JUMP! in Downtown Boise.

Topic: Capacity Building IEPs

Contact: [Charmaine Thaner](#)

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: Sept. 19th, Oct. 17th, and Nov. 14th

208-854-5520

21 Stress Free Tips for Teaching Your Child with Special Needs to Dress Themselves by Emma Sterland

We've all been there – rushing to get out the door while our children are still attempting to button their shirts. The easiest and most natural solution is to do it for them. But a little bit of patience can go a long way. Encouraging your child to dress themselves, and teaching them the techniques to do it, will not only save you time in the future, it will give them an all-important sense of achievement.

Learning to dress themselves is an important milestone for children. It requires patience and persistence (from both parties) but it teaches them some really useful skills, as they learn to name types of clothes, get to grips with buttons, choose weather-appropriate items, and remember which items of clothing go first.

The following tips have been contributed to Scope by parents of children and adults with special needs. We hope you will find them useful, and please do share your own!

1. **The right clothes** - I divide my son's wardrobe and drawers into different sections: school, going out and scruffy jobs. Now he can decide what to wear himself and he doesn't get nagged by me for putting his best clothes on to wash the car.
2. **Smooth the way** - If someone has trouble putting their socks on, using a good fabric conditioner makes the socks much stretchier and more flexible, so much easier to put on.
3. **Timing is everything**- Undressing can be less stressful if you do it earlier when the person is less tired. A bath before dinner and a robe could be better than staying in uniform or day clothes until later.
4. **Lots of praises** - When John gets dressed we praise him at each stage to encourage him and so he knows he has got it right. It takes patience but it's amazing what someone can do with a bit of persistence.
5. **Front fastening** - Try and buy dresses that button up the front as they are so much easier to put on.
6. **Home uniform** - My son refused to get dressed when it wasn't a school day. I decided as he was OK with his school uniform, I'd get him a 'home uniform' – 7 pairs of jogging bottoms in navy and 7 tops in light blue (blue being the favorite color). This worked like a treat!
7. **Offer support** - I prop Beth against a sofa or something solid so she can balance while I'm dressing or undressing her.
8. **Socks first** - When putting on trousers, put socks on first. It helps you slide into trouser legs much more easily.
9. **Give choices** - My 4-year-old son is often resistant to putting on certain items of clothing so instead of trying to get him to wear something I give him a choice of 3 items. This ensures that he feels he has made a choice and is in control of the situation.
10. **Lay it out** - Getting ready in the morning has always been very difficult for my son. I decided to prepare all his clothes in advance and to put them on the floor in the shape of a body, and it worked! My son told me: "Well, now at least I finally know what you want."
11. **Lining up buttons** - Put an unbuttoned shirt down on a table with the front lined up correctly. On the button side, choose the button nearest the lower chest or tummy and draw a thick line with a laundry marker between the button and the edge of the shirt. This won't be seen when the shirt is fastened. On the corresponding buttonhole, fold the shirt back slightly and draw another thick line. Now it's easy to match up the marks, fasten that button first and the rest seem to fall into place.

Do This for More Positive IEP Meetings by: Charmaine Thaner

Let's explore the concept of giftedness. Yes, even our kids with disabilities have gifts! We'll also look at how sharing your child's gifts can set a positive tone at IEP meetings. We love that idea, right?

About 24 years ago I heard a self-advocate, Judith Snow from Canada speak. She explained that most of us have ordinary gifts: we can walk, talk, read, and figure out math problems. Some of us lack those ordinary gifts, but we have extraordinary gifts.

This got me thinking about my son Dylan, who at the time I heard Judith speak, was only 3 years old. Dylan happens to have Down syndrome and one of our goals was for him to be fully included in general education classrooms.

Being a special education teacher at the time I knew inclusion would be challenging for Dylan if teachers only looked at his needs. So, we had a family meeting one night, my husband, Dylan, and his older brother and sister. We started talking about the gifts and strengths that each of us has. As we began to list Dylan's gifts I jotted them down. The next day I typed them up.

I knew Dylan's IEP meeting was coming up and I wanted a way to start the meeting talking about his strengths and set a positive tone for the meeting. I got an empty box and wrapped it up in gift paper, made copies of Dylan's list of gifts and put them inside the box. We were excited as we went to the meeting with our gift box. When we arrived, I asked to speak first. I explained the concept of giftedness and shared my story of what I learned from Judith Snow. Then I took the top off the gift box and passed it to the person next to me and asked each person to take a copy of Dylan's gifts.

Here are some of Dylan's gifts that we shared that day:

- unconditional love for others
- curiosity
- sense of humor
- enjoys being with people
- memory skills
- imitation skills
- knows sign language and communicates readily
- assertiveness
- awareness of environment
- undaunted spirit
- can teach others the value of belonging
- he's a kid that likes to have fun



This was such a wonderful way to start an IEP meeting. Usually when we go to IEP meetings the first thing we hear are all about our child's deficits, their low test scores, what they can't do – right? Have you been to those kinds of meetings?

Let's try doing something different. Make a list of your child's strengths, his gifts, interests, talents. You can do it by simply putting a piece of paper on your refrigerator and every time you notice something your child does well, or what he is successful doing at school, what he loves to do at home, jot it down. Some parents will use an app on their phone to jot down notes about their child's gifts.

Before you go to your next IEP meeting, type up this list and bring it to the meeting. You or your child can share it with the staff. Make sure the strengths are written in the IEP document. When parents bring input to the meeting the staff often says they will attach it to the IEP. Well, attachments have a way of getting lost. You want your child's list of gifts actually written in the document. This can go under the Present Level of Performance section, or some IEP forms have a separate box for the student's strengths, talents, and interests.

Another benefit to making this list is having your child learn to identify their gifts, what works for them can help as they grow older and begin speaking up for themselves more. As you model advocacy skills for your child, later they can use these as self-advocacy skills.

An extra bonus of having a list of your child's gifts handy is when he is having a Horrible, No Good, Terrible, I Want To Move To Australia Day. Ask him to go to the refrigerator and take down the list of his gifts and the two of you can sit down together and read all the things he can do, what new accomplishments he has made, the wonderful things you love about him.

We were successful in having Dylan fully included in general education classroom from pre-school through college. Our focus on taking what Dylan enjoyed doing and using his strengths to teach him new skills and concepts made such a difference in his education.

If you found these tips to be helpful hop on over to my website, www.cspeda and sign up for my weekly newsletters.



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Social Groups Page

Mom's Night Out!

Hello Amazing TVDSA Moms!

Moms night out will be at **Boise Fry Company** in Meridian on **Thursday, September 22nd** at **6:30 pm**. We will be sharing hamburgers (beef, bison and vegan) and a variety of fries so we can try all the different kinds they have. TVDSA will pay for the meal to include a drink.

Please RSVP on or before **September 14th**, so I can let the Manager know how many of us will be coming that night.

Boise Fry Company is located at 2020 E. Overland Rd, Meridian, Idaho near the Majestic Cinemas.

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.

**"We are for difference:
for respecting difference,
for allowing difference,
for encouraging difference,
until difference no longer
makes a difference."**

- Jonetta B. Cole

Best Buds

Best Buds will be gathering for **Movies Under the Stars, Friday, September 9th** at the Hobble Creek Park, located at 6050 N. Park Meadow Way in Boise.

We will gather at **6:00pm** so we can all sit together and have a snack before the movie. There will be games starting at 7:00pm provided by the Boise Parks and Recreation. The movie will begin at dusk. No pets are allowed.



Bring your own chairs and/or blankets and enjoy **Zootopia** with your family and friends. TVDSA will provide the treats. Feel free to bring siblings and friends!

For more information about Best Buds please 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 get together for some yogurt at **La Crème Frozen Yogurt** at The Village in Meridian on **Saturday, September 10th** at **1:00 pm**.

Come join us for some yogurt and to watch the fountain show. TVDSA will pay for the yogurt up to \$5.00 for those with Down syndrome and a guest.

Please contact [Brenda Taylor](mailto:Brenda.Taylor@tvdsa.org) at 208-724-5226 so we know to look for you.



TVDSA Family Meeting

**Tuesday, September 13th
6:30-8:30pm**

at LINC, Independent Living Center
1878 West Overland Road, Boise

Speakers: Char Quade, PLLC and Sandra Cavanaugh

Topic: **The Art of Empowered Collaboration:** A creative approach to your child's (and your) journey through their education process. This fun and interactive workshop is designed to help you think outside the box. You'll develop new ways of communicating and collaborating with educators and others to build creative solutions and opportunities in your child's education.

Unfortunately, we will NOT have childcare for this meeting.

**Mark your calendar for our next meeting:
Tues., Oct. 11th**

at JUMP, Downtown Boise

Our speaker will be Celena Auger;
The topic will be Capacity Building IEPs.

Questions? Contact: [Charmaine Thaner](mailto:Charmaine.Thaner@tvdsa.org)
or [Erin Rosenkoetter](mailto:Erin.Rosenkoetter@tvdsa.org)

Open Arms

Open Arms Dance Project is a multigenerational and inclusive modern dance company; welcoming people of all ages -- with and without disabilities.

Open Arms dancers range in age from 7-70+ years young. Some dancers have physical and/or intellectual disabilities, and others do not. All are respected for what they add to the group, whether that be youthful energy, humor, wisdom, dance skills, or a positive attitude.

Classes will be held Tuesdays, beginning September 6th at 5:00pm-6:15pm at The Move Studio at JUMP!

For more information contact:
Megan Brandel at
megan.brandel@gmail.com

Conferences, Workshops, Webinars & TVDSA Scholarship Information

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](#)

IPUL Workshop

Wednesday, September 14th
from 6:00pm-9:00pm
at Idaho Parents Unlimited
4619 W. Emerald, Ste. E, Boise

Topic: Success with the IEP

This workshop will provide information and resources on special education and related services. This interactive workshop will give parents the tools needed to understand the IEP process and write meaningful goals.

[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: **September 27th**, two times to choose from: [11:00am](#) or [9:00pm](#).

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!



October 6-7th
At Red Lion Downtowner

Keynote Speakers include: Self-Advocate:
Tim Harris of Tim's Place and Tim's Big Heart Foundation

To learn more about Tim Harris [click here](#).

This year's conference will provide Idaho special education professionals and parents of exceptional children with current research and practices in teaching and intervention and inspiration in educating our students and children.

[Registration](#) is Open!



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We're on the Web!

See us at:

www.idahodownsyndrome.org

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

21 Stress Free Tips (continued from page 2)

12. **Don't forget** - We put a big colorful picture chart on Beth's wardrobe door, reminding her of the things she forgets to do when she's getting dressed. This saves many journeys up and down the stairs.
13. **Right before left** - From early, on I've always put Bobby's right arm in his jacket first and now he's in the habit of doing it himself. It's easier than putting the left in first.
14. **Go with what works** - My son has sensory issues with different materials, so he wears his pajama bottoms under his trousers. He feels happier keeping them on, so we just let him.
15. **Socks made easier** - We buy socks with colored heels to help John get them the right way round.
16. **Underwear - which way round?** - After a certain age, girl's underwear doesn't always have a picture or bow on the front. I use a laundry marker pen to draw a pretty bow or smiley face to show which way is the front.
17. **Work backwards** - A great way to teach people the basics of dressing themselves is to work backwards, e.g. first teach them to put on their shoes. Once they've got this, reward them and then teach putting on socks and then shoes. It can take a while but worth the end result. This technique can be used for almost any routine learning.
18. **Smart alternative** - John struggles with fastenings and finding smart trousers with an elasticated waist is a challenge. In the end, we found some black chef's trousers on eBay, which look smart and can be pulled on and off.
19. **Knees up** - Children with tense leg muscles can find it hard to separate their legs to put trousers on. Encourage or help them to lie down, keep their legs together and bend their knees up. This can often help to relax them.
20. **Make it familiar** - Sometimes it helps if children are exposed to clothing for a few weeks before they are required to wear it. Just having it around, seeing, smelling, feeling it, may all have to come before wearing it.
21. **Hood first** - My daughter had problems putting on her coat until I taught her to put the hood on first, and then slip her arms in. That way her coat is always the right way round and she doesn't get frustrated.

Source: *Special Needs Resources*, November 16, 2015.

Emma Sterland helps run the online community at [Scope](#), a national UK-based disability charity, offering support for disabled people and their families.

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

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