



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

October 2016

In This Issue

Happy Down Syndrome Awareness Month!

TVDSA is celebrating with a BANG!

TVDSA will be hosting an Open House with guest: Tim Harris on Wednesday, October 5th. We hope that you can find time during that evening to come, meet a successful self-advocate with Down syndrome, receive a hug, take pictures and socialize with other families. The ENTIRE family is encouraged to come!

Saturday, October 8th is the 14th Annual TVDSA Buddy Walk. The October newsletter is chock full of information about the Buddy Walk to help answer questions you may have: What food will be there? What raffle items could I win? What activities can the kids do? What resources do we have in the Treasure Valley I can use in the future? If you haven't registered, there will be on-site registration from 9:00am-10:30am at Capitol Park.

Then Tuesday, October 11th, we are hosting another TVDSA Family Meeting celebrating Down Syndrome Awareness month. We will have an informative speaker on writing Capacity Building IEPs.

Both Mom's Night Out! and Best Buds/Lil' Buddies have activities to close out the month. For more details, please check out page 4.

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

Kickoff Down Syndrome Awareness Month With a Hug!

Want a Hug? You and your child will have a chance to get a wonderful hug from **Tim Harris of Tim's Place**. Tim's hugs have reached everyone from music legend Stevie Wonder to the President of the United States. Tim happens to have Down syndrome and is widely known for giving hugs to each customer at his restaurant in Albuquerque, New Mexico, where "Service is Served with a Hug."

You are cordially invited to the [TVDSA Open House Wednesday, October 5th with Tim Harris!](#) Come, get a hug, and have a photo taken of you and your child with Tim Harris!

There's no charge for this event!

We encourage you to bring your child with you!

Date: **Wednesday, October 5th**

Time: 6:30 pm – 8:30 pm

Place: Idaho Pizza Company, Eagle location
Banquet Room
78 E. Eagle River St.
Eagle, ID

Pizza and soft drinks will be provided.



We hope you'll be able to join us for this special Open House on Wednesday, Oct. 5th. If you're unable to make it, you'll have a second chance to see Tim. **He's also appearing the next evening at the Idaho Council for Exceptional Children's and Idaho Parents Unlimited Meet and Greet.** This special evening session is also free for families. Tim will be speaking at the CEC Conference Thursday and Friday. For more information about the conference [click here](#).

Date: Thursday, October 6th

Time: 6:30 pm – 7:30 pm

Place: Red Lion Downtowner
1800 W. Fairview Ave., Boise



To learn more about Tim Harris and his inspirational life, go to www.timsplace.com.

Please RSVP by Oct. 3rd by email community@idahodownsyndrome.org or text 208-340-5876 with #of people coming.

TVDSA Calendar of Events

October 2nd:

Buddy Walk T-shirt Pick up at
Settler's Park, Meridian
3:00pm-5:00pm
Contact: [Andrew Kopping](#)

October 4th:

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

October 5th:

TVDSA Open House with Tim Harris
6:30pm-8:30pm at Idaho Pizza,
Eagle location
Contact: [Charmaine Thaner](#)

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](#)

October 25th:

Mom's Night Out! 6:30pm
Even Stevens Sandwiches in
downtown Boise
Contact: [Reme Echevarria](#)

October 29th:

Best Buds & Lil' Buddies:
Halloween Party at 11:00am, Trunk
or Treat at 1:30pm at Storey Park,
Meridian
Contact: [Danielle Williams](#)

This year's Buddy Walk Live Entertainment includes:

Master of Ceremonies: Bill Briley

Music: DJ Vic Rodriguez

Self-Advocate: Heather Hansen
Capital High Cheerleaders
Elevated Dance Project's
On the Verge

Self-Advocate: Dylan Thaner
Buddy Walk Dance Crew

Closing with: a Dance Party for ALL!

Thank you to all of this year's
entertainment!

14th Annual TVDSA Buddy Walk

Event: Saturday, October 8, 2016



When and Where do we Buddy Walk? What is there available to do?

Celebration at Capitol Park (in front of Idaho State Capitol Building)

- Music will be provided by DJ Greg from WOW 104.3
- 9:00am: Opening Flag Ceremony
- 9:00am-10:30am: **On-site Registration** and **Will Call** will be open.

Haven't registered yet – no worries there will be onsite registration!

- \$15.00 with a youth shirt
- \$20.00 with an adult shirt
- \$22.00 with a 2X or 3X shirt
- **Free for TVDSA Members with Down syndrome**

- 11:00am: **Buddy Walk will start** from the Boise Capitol Building

**Grab your buddies and walk a mile down Capitol Boulevard to
Julia Davis Park promoting awareness and acceptance of
individuals with Down syndrome.**

Celebration at Julia Davis Park

- 11:30am – 2:00pm Live Entertainment at the Gene Harris Bandshell (see details on side panel)
- Food Vendors will be available on-site with discounted Buddy Walk Prices including:
 - Idaho Pizza
 - Blimpie (will have gluten free and vegetarian options)
 - Tucanos Brazilian Grill (serving lemonade/limeade)
 - Tucanos donating 100% of proceeds to TVDSA!
- Fun for the kids:
 - Bounce house provide by Idaho Inflatables
 - Games for the kids to win prizes
 - Free Face painting
 - Mini Joys, will have miniature horses available to pet
 - Strider Bike Adventure Zone
 - Visit the Boise Fire Trucks
- Fun for the adults:
 - Raffle Items to win (see item list on page 6 for more details)
 - Visit the table vendors available to share information on how to help you and your family with the different community supports. A list of vendors is listed on page 5.

Can't make the Buddy Walk this year?

Want to support / donate?

It's not too late to be part of the 2016 TVDSA Buddy Walk.

Please check out our webpage and donate today at:

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

Thank you to the 2016 Buddy Walk Sponsors:

Platinum Sponsors:

- Treasure Valley Down Syndrome Assn.
- C.K. Quade Law, PLLC



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Media Sponsor: Wow 104.3

C.K. QUADE LAW, PLLC
ESTATE PLANNING ♦ ELDER ♦ DISABILITY LAW



Gold Level Sponsors:

- Speech Tree
- Southwest Airlines

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Southwest®

Silver Level Sponsors:

- Advocates for Inclusion
- IdaCorp
- Idaho Inflatables
- Kaleidoscope Pediatric Therapy



Bronze Level Sponsor:

- Opulence Salon



History of the NDSS Buddy Walk

The Buddy Walk® program was established in 1995 by the National Down Syndrome Society (NDSS) to promote acceptance and inclusion of people with Down syndrome and to celebrate Down Syndrome Awareness Month in October. The name Buddy Walk® promotes inclusion between friends of every ability. It started with only 17 walks during the inaugural year with Chris Burke leading the flagship New York City Buddy Walk. Today, there are over 250 walks around the world!

The Buddy Walk has three primary goals:

1. To promote acceptance and inclusion of people with Down syndrome. ANYONE who wants to support acceptance and inclusion of people with Down syndrome can participate in the Buddy Walk.
2. To raise funds for local programs and services and national advocacy efforts. All of the Buddy Walks combined, raise more than \$10 million to benefit local programs and services as well as national and advocacy initiatives each year.
3. To enhance the position of the Down syndrome community, enabling us to positively influence local and national policy and practices.

The Buddy Walk program is supported at the national level by the National Down Syndrome Society (NDSS). Local Buddy Walk events are organized by NDSS Affiliates, parent support groups, schools, and other interested organizations and individuals. Most Buddy Walk events take place from September through November, to recognize Down Syndrome Awareness Month in October.

The Buddy Walk was not initially a fundraising venue. That was not added until 1999. Currently, 7% of the proceeds earned at each Buddy Walk goes towards NDSS for national and advocacy initiatives and the remaining stays at the local level. Also in 1999, NDSS introduced the Time Square Video to bring attention to the Buddy Walk program and raise acceptance of individuals with Down syndrome. Families from across the nation submit the pictures each year.

Continued on page 5



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Social Groups Page

Mom's Night Out!

Hello Amazing Moms!

Moms night out will be on **Tuesday, October 25th**. It is going to be **at Even Stevens Sandwiches at 6:30 pm**. Even Stevens is located downtown at 815 W Bannock St. in Boise.

It a new great place I came across. It is a sandwich shop with a cause. They donate to non-profits across the country. Check out their website <http://evenstevens.com/>.

Please RSVP by Oct. 18th, so I can let the restaurant know how many of us will be coming. TVDSA will be paying for dinner and sodas/water.

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.

"Think about how our classrooms would change if each class was started with the premise that all these children are brilliant, capable, amazing souls and we are there to nurture that brilliance!"

-Sandra Cavanaugh

Best Buds & Lil' Buddies

Best Buds and Little Buddies will be having a **Halloween Party** on **Saturday, October 29th** followed by a **Trunk or Treat**. Both will be held **at Storey Park** in Meridian at 205 East Franklin Road next the Meridian Speedway. Look for the blue gazebo next to the playground for the party.

The party will start at 11:00am. The **Trunk or Treat will begin at 1:30pm**. There will be a prize for the family with the best decorated trunk! We will be playing some games and eating some yummy food. We will also have a bounce house for the kids to enjoy!



We encourage everybody to wear a costume, yes adults too! We hope you can join us for all the fun! Please park in the rear parking lot next to the Chamber of Commerce, park close together and look for the TVDSA signs so that we will all be in a row for the kids to do the Trunk or Treat. Please bring candy to pass out for the kids from your trunk.

If you have any questions or would like to bring an extra treat please feel free to contact [Danielle Williams](mailto:Danielle.Williams@tvdsa.org) or call: 208-794-8995.

TVDSA Family Meeting

Treasure Valley Down Syndrome Association is once again offering Family Meetings on timely topics for parents.

September's meeting was exceptional with Sandra Cavanaugh and Char Quade, two strong mothers and champions for people with disabilities. Participants got to leave some fears behind through improvisational activities and learn how to see the brilliance in each of our children.

Sandra offers classes and workshops for students with disabilities to increase their self-esteem, creativity, communication skills, and much more. Please contact her at 208-841-6406 or Sandra@sandracavanaugh.com. Char Quade, an attorney that specializes in guardianships, conservatorships, special needs trusts, and special education law can be reached at 208-367-0723.

Don't miss our Next Family Meeting

Tuesday, October 11th

6:30-8:30pm

at JUMP (Jack's Urban Meeting Place)
1000 W Myrtle St., Downtown Boise

Speaker: Celena Auger, mother, advocate, and TVDSA newsletter editor

Topic: **Capacity Building IEPs:** *Come learn about the art of Capacity Building Celena learned from Emily Nusbaum at the 2013 PEAK Conference on Inclusion. Learn how to gain more control and how to focus on the growth our children accomplish rather than on the deficits they may always have. Learn how to feel positive walking into an IEP meeting, be less stressed, and in more control. Learn how to leave an IEP meeting with a positive academic plan that everyone agrees with.*

We WILL HAVE childcare for this meeting.

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

Conferences, Workshops, Webinars & TVDSA Scholarship Information



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, interventions, and inspiration in educating our students and children.

[Registration](#) is Open!

IPUL Workshop
Wednesday, October 12th
 from 6:00pm-9:00pm
 at Idaho Parents Unlimited
 4619 W. Emerald, Ste. E., Boise

Topic: Bullying Prevention for Parents and Youth

Intervention Strategies for Parents of Children with Disabilities- This workshop is designed to introduce parents and professionals to a range of intervention strategies for the child who is the target of bullying and approaches that can be used by the parent, child, family and school.

[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: **October 25th**, 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.

More 2016 TVDSA Buddy Walk Details

Make sure you take a few minutes to visit the TVDSA **Informational Table and Merchandise Table** at Julia Davis Park.

- The **2017 TVDSA Calendar will be available!** Price is \$15.00 each.
- Various TVDSA and Buddy Walk merchandise will also be available at the TVDSA tables – come check out the options!

Don't forget to check out the **Table Vendors** at Julia Davis Park. We would like to thank each of them for their support of this year's TVDSA Buddy Walk!

- Advocates for Inclusion
- Autism Society Treasure Valley
- Children's Therapy Place
- C.K. Quade Law, PLLC
- Collaborative Special Education Advocacy
- Community Partnerships of Idaho
- Idaho Parents Unlimited
- Kaleidoscope Pediatric Therapy
- Livin My Dreams
- Portraits by Jenna Collins
- Speech Tree

History of the Buddy Walk (continued from page 3)

In 2001, the Buddy Walk logo – the blue and yellow graphic with a family holding hands was adopted. The logo was trademarked by NDSS in 2003. In 2002, John C. McGinley joined NDSS as a National Buddy Walk Spokesman. He recently became the NDSS Ambassador in the My Great Story Campaign. The following year, 2003, was the first Treasure Valley Down Syndrome Association Buddy Walk which had 139 walkers participate.

The Buddy Walk has grown quickly. In 2014, the Buddy Walk® had a record breaking year with more than 315,000 participants raising nearly \$13 million dollars in more than 250 events across the country and around the world.

The first Buddy Walk held on a military base in a combat zone took place at Camp Phoenix in Kabul, Afghanistan in 2009.

Source: [National Down Syndrome Society \(NDSS\)](#)



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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](#)!

2016 TVDSA Buddy Walk Raffle Details:

TVDSA will have some wonderful raffle baskets to win this year.

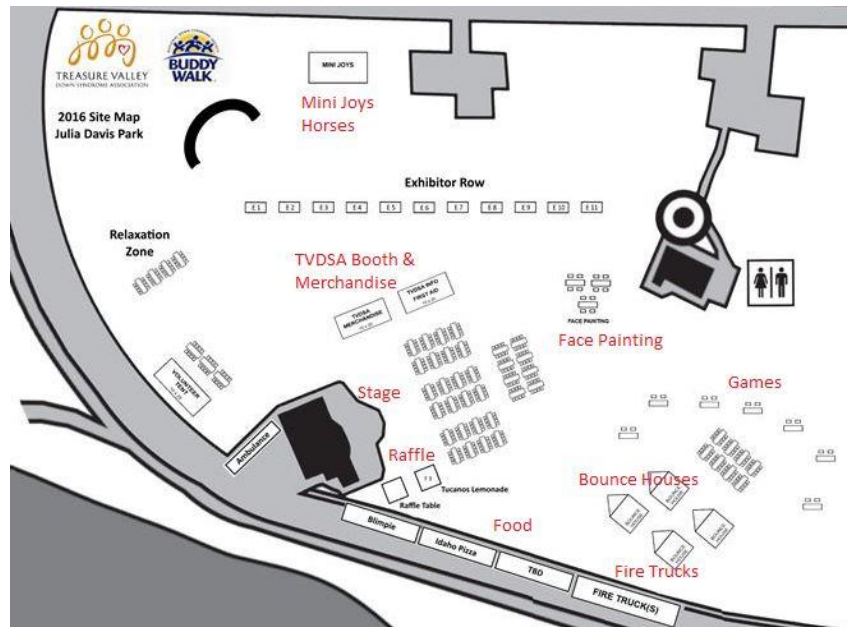
- Be sure to purchase your tickets at either park and drop your tickets into the baskets of your choice near the Julia Davis Band Shell!
- New this year – you will put your name & phone number on the back of your ticket – if you don't hear your ticket drawn we will call you – and you can still win!
- Raffle tickets available at: **\$5.00 for 1 ticket, \$20.00 for 5 tickets.**

Examples of some of the items you could win this year (not all are listed!):

- 2 sets of: Two Southwest Airline Round trip tickets! Value: \$800 per set
- A BSU basket including two tickets to the UNLV game Nov. 18th
- A beautiful, handmade, queen size quilt
- Three car detailing vouchers valued at \$199.00 each!
- Tickets to the Ballet Idaho performance of Peter Pan.
- Four Sun Valley Ski Passes (\$500 value) and Two Bogus Basin ski passes
- Luxury stay at The Grove Hotel (\$219 value) A Dog basket full of toys, grooming supplies and more!
- Pampering from 2 different spas around Boise
- Family fun at: Roaring Springs, Wahooz, Linder Farms, Jumptime, Pojos, the Aquarium, Big Al's, Dart Wars, Fast Tracks, and more!
- Too many restaurant gift cards to list!

Where to do I find all of the Fun?

Here is a map of Julia Davis Park to help you find what you are interested in finding! Have fun!



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](#)

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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](#)