



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

November 2016

In This Issue

October was a wonderful month for TVDSA to celebrate all of the families in Idaho with Down syndrome and spread awareness of acceptance and inclusion. Please read through the recaps on pages 1 & 2.

TVDSA is spotlighting two high school cheerleaders this month. They both have separate stories with a similar outcome of inclusion, acceptance, and friendships. Please read their story on pages 3 and 6.

This month's Family Meeting topic is: The Whys and Hows Of Inclusion: What It Can Mean For Your Child. We hope you can make it! More details are found on page 4.

Did you see the 2017 TVDSA Down Syndrome Awareness Calendars at the Buddy Walk? There are still calendars available to purchase for \$15.00 each. Please contact Erin Rosenkoetter at community@idahodownsyndrome.org.

TVDSA has some new opportunities for volunteers. If you have a couple of hours per month and want to help, please check out current vacancies on page 5 or contact a board member to discuss your involvement.

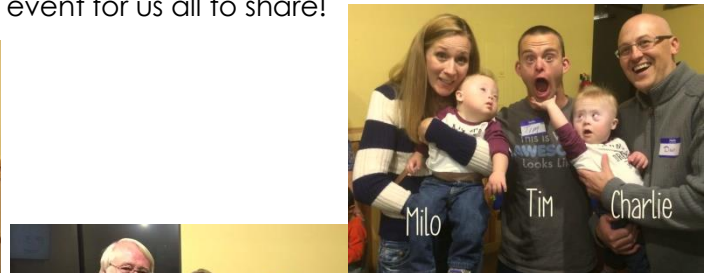
Monthly and archived TVDSA newsletters are available on our website at: www.idahodownsyndrome.org for viewing and sharing.

Newsletter Editor: [Celena Auger](#)

Down Syndrome Awareness Month Recaps

Did you get your hug? TVDSA was honored to have **Tim Harris**, self-advocate and owner of Tim's Place to host an open house full of hugs, pictures and pizza. It was so GREAT to see so many families able to come out Wednesday, October 5th. We hope everyone had the opportunity to talk with old friends and meet new ones!

TVDSA would like to thank Charmaine Thaner for coming up with and organizing this wonderful event for us all to share!



TVDSA nominated for the 2016 Community Partnerships of Idaho **Commitment to Community – Plays Well with Others** category.

The purpose of the Commitment to Community Awards is to recognize and honor significant accomplishments of individuals, organizations, and businesses who value individuals with disabilities as important contributors to their communities. This event applauds the commitment of our honorees and provides visibility and recognition for their leadership and vision. The Plays Well with Others award honors an individual, organization or business that has shown outstanding leadership by bringing together community partners to enhance the lives of individuals with disabilities. Although TVDSA was not the winner of this year's category, it was an honor to be nominated by Danielle Williams.

TVDSA hits the local television airways on "Our Voice" to discuss the iCan Bike Camp from last summer. Paul Auger, TVDSA Board Secretary and Treasure Valley iCan Bike Camp Director the past three years, was interviewed by Dr. "Mac" Test about the opportunity TVDSA has brought to the Treasure Valley the past three years. To watch the 7 minute segment – [click here](#).

TVDSA
Calendar of Events

2016 TVDSA Buddy Walk Recap

November 1st:

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

November 7th:

TVDSA Family Meeting
6:30pm-8:30pm at North End Collective Church
Topic: The Whys and Hows of Inclusion: What It Can Mean For Your Child
Contact: [Charmaine Thaner](#)

November 12th:

Adults in Motion and Cool Club
The Cheesecake Factory
12:30pm-2:00pm
Contact: [Brenda Taylor](#)

November 12th:

Best Buds & Lil' Buddies:
Planet Kid 2:00pm-4:00pm
Contact: [Danielle Williams](#)

The 2016 Buddy Walk was full of walkers, fun, entertainment, smiles, winners, and great weather! We had 1342 registered walkers turn out on Saturday, October 8th in front of the Idaho State Capitol Building in downtown Boise. We walked up Capitol Blvd, greeted by honking cars, waves, smiles, and one of the largest Buddy Walk signs ever! It was great seeing all the different ages of participants and volunteers showing their inclusion and acceptance of individuals with Down syndrome. The preliminary numbers are in, and we raised around \$23,000. TVDSA would like to thank Andrew & Genevieve Kopping and their fabulous committee for all their hours of dedication.

TVDSA would again like to thank and recognize our 2016 Sponsors: C.K. Quade Law, PLLC, WOW104.3, Speech Tree, Southwest Airlines, IdaCorp, Advocates for Inclusion, Kaleidoscope Pediatric Therapy, Idaho Inflatables and Opulence Salon. Without your support, this wonderful day would not have been successful! We would also like to thank our vendors this year. They offered some wonderful information, contacts, and goodies for those that visited their tables: Advocates for Inclusion, Autism Society Treasure Valley, Children's Therapy Place, C.K. Quade Law, PLCC, Collaborative Special Education Advocacy, Idaho Parents Unlimited, Kaleidoscope Pediatric Therapy, Livin' My Dreams, Portraits by Jenny Collins, and Speech Tree.

TVDSA would like to thank everyone who participated in the Buddy Walk Raffle. This year's raffle was a grand one – with 29 winners of some wonderful baskets worth over a combined value of \$6,500! The raffle alone raised \$2,795 for TVDSA!

TVDSA also recognizes the Live Entertainment this year: Self Advocates: Heather Hansen and Dylan Thaner, DJ Vic Rodriguez, Capital High School Cheerleaders, Elevated Dance Project's On the Verge, and the Buddy Walk Dance Crew! Thank you to our Master of Ceremonies, Bill Biley, for another wonderful year!

**Mark your calendars for the 2017 Buddy Walk:
Saturday, October 14th!**



Click Here to watch a short 1 minute video of the 2016 Buddy Walk!



SPOTLIGHT: Meet Madison & Baylee: Two High School Cheerleader Success Stories

You may have seen Baylee and Madison at the 2016 Buddy Walk as they cheered with their teammates during the entertainment at Julia Davis Park last month.

Madison Maestretti, Capital High School senior, has been on the Capital cheer squad for three years. Madison's mother, Tonya shares, "when Madison was getting ready to enter high school, we were concerned that she would get lost in the shuffle of a busy, overpopulated school. We wanted to get her involved in a way that would make her feel included and engaged in the community of her new school. Being on the cheer team was our way to make that happen." Tonya and Bill Maestretti were amazed that although Capital High was turning 50, it had never had a differently abled athlete on their cheer squad. There was some work to be done. The beginning was a rough road met with opposition from the administration (NOT to be confused with the current administration that is now at Capital). The administrator, at the time, was concerned that the sport of cheer was too dangerous. He was worried about what others would think and even about what the team picture would look like with a student with Down syndrome in it. He didn't have faith that the team would be kind. The original administrator was making assumptions and decisions based on ignorance and fear of what he was unfamiliar with, before ever seeing or meeting Madison. Tonya shared, "it was heartbreaking to hear his concerns." Fortunately, the cheer coach was more than willing to work with Madison to include her on the team. She understood that it would probably always be a work in progress and that everyone was going to need to be willing to cooperate and change plans as the program advanced and evolved.

"The best part is that the coach, the team, and the student body are all so supportive, welcoming, and accepting of Madison. The team IS kind. Madison has many personal champions in the form of 16 and 17 year old girls, a fabulous coach, and a great new advisor. I strongly believe that Madison benefits every day from being included in cheer. The student body recognizes her and says hello. They cheer for her and they support her. She has authentic relationships with her peers and she is an important part of her school community. Cheer has provided her with opportunities that she wouldn't have without being on the team. She has a way to contribute to her school." Tonya continues, "We think it is also important to note that the student body, the coaches, and the families in the stands have also benefitted from seeing Madison on the sideline representing their school. Those people will one day be employers, coworkers, and friends. Without exposure to Madison as part of their school community, they might not know how great people with different abilities really are."

Baylee, a sophomore at Capital High School, started cheering last year as a freshman at Riverglen Jr. High. She enjoyed being part of a group of girls, supporting her school, and performing whenever she could. When Baylee showed interest in becoming a Capital Cheerleader last spring, her parents, Paul and Celena Auger, supported her decision to try out. Celena was a bit nervous when she realized that over 40 girls were trying out! The program did not have room for all of the girls to be part of the program, there would be cuts. Fortunately, Baylee made the team.

Baylee has thoroughly enjoyed the first quarter of cheerleading and has already had a lot of great experiences and opportunities she may otherwise not have had in high school. Paul and Celena appreciate the hard work that the two coaches and advisor put in to set up a successful program for all the girls. Celena shares, "It is still a work in progress. The coaches quickly learned that Baylee and Madison are VERY different people. I think it opened many eyes on how individual we all are."

Paul shared, "the entire family wants Baylee to succeed and we are all committed to make that happen. Since Baylee does not yet drive, this means Celena or myself are getting Baylee to the early morning practices and/or to the different cheer activities and games after school or on the weekends. There has been added stress to the family, juggling activities time management, and a big financial commitment that comes with any high school sport (cheerleaders are not exempt)." Organizing everyone's extracurricular activities in the Auger household has not always been easy, and has required help from Grandma on occasion to make it all happen.

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Social Groups Page

Mom's Night Out!

Hello Amazing Moms!

Moms Night Out will not have a gathering until January 2017! I hope you all have a wonderful holiday season and are able to end 2016 with a lot of happy memories, celebrating with your family.

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.

Did you get your 2017 TVDSA Calendar at the Buddy Walk?

It's not too late to order yours!

The 2017 TVDSA Down Syndrome Awareness Calendars are available for \$15.00 each.

They make wonderful holiday gifts for friends or family.

How about giving one to your child's doctor(s), school or church for awareness all year long!

Please contact Kris Goodwin at fundraising@idahodownsyrndrome.org to order.

Best Buds & Lil' Buddies

Best Buds and **Lil' Buddies** will be going to **Planet Kid** on **Saturday, November 12th** from **2:00pm-4:00pm**. We will meet in the lobby by 1:45pm.

Please RSVP by text to 208-794-8995. TVDSA will cover the cost of entry for every child with Down syndrome.

Planet Kid is located at 1875 Century Way. It is an indoor soft playground for kids, ages walking through 12 years to explore, climb, swing, zip, slide and play.

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

Cool Club & Adults in Motion

To kick off the holiday season the **Adults in Motion** and **Cool Club** will be gathering for a festive lunch on **Saturday, November 12th** at **12:30pm** at **The Cheesecake Factory** located at Boise Towne Square Mall (between Macy's and JCPenney, next to the mall entrance).

Afterwards, we'll go have a group holiday fun photo taken with Santa in the Lower Level Center Court. If parents want, they can do some

shopping while the participants enjoy their lunch.

TVDSA will pay for lunch and a drink for each person with Down syndrome. **Please RSVP on or before November 10th** so I can let them know how many of us are coming.

For more information about Cool Club or AIM contact [Brenda Taylor](mailto:Brenda.Taylor@tvdsa.org) by email or text/phone at 208-724-5226.

TVDSA November Family Meeting

Monday, November 7th

6:30-8:30pm

at North End Collective Church
1723 W Eastman St., Boise

Topic: **The Whys and Hows Of Inclusion: What It Can Mean For Your Child**

Join us to view Dan Habib's award-winning film, Including Samuel. See the Habib family's efforts to include their son, Samuel in all facets of life. The film also features four other families with varied inclusion experiences, plus interviews with teachers, young people, parents, and disability rights experts.

Following the film, Dylan Thaner, self-advocate, will share his humor and honesty as he tells his story of inclusion. Hear the perspective of a dynamic young adult with significant support needs and leave energized and ready to take on the world again!

We WILL HAVE childcare for this meeting.

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

There will be no Family Meetings in December or January. Please mark your calendars for the February Family Meeting. Our topic will be: What Every Parent Needs to Know about Assistive Technology on Monday, Feb. 6th from 6:30pm – 8:30pm at North End Collective Church in Boise. Childcare will be provided.

Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop

Wednesday, November 9th

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

Topic: Parent and Professional Collaboration- Statewide Monthly Workshop Series

Because of the different strengths parents and professionals bring to collaboration, there are different actions each can take to make the relationship more productive. This workshop will discuss what both parents and professionals can do to strengthen these relationships.

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: **Tuesday, November 29th**, two times to choose from: [11:00am](#) or [9:00pm](#).

2017 Idaho Miss Amazing,
February 10-11th

**NEW EXCITING FORMAT
COMING IN 2017
Two days. Three shows. One
celebration.**

Miss Amazing offers exciting opportunities for girls and women 5 and older to explore their potential and enhance their strengths.

Now accepting applications for 2017 Half Day Volunteers, Buddy Volunteers, Participants and Right Hand Men (limited to 15).

Application deadline Dec. 31, 2016

<http://www.idmissamazing.com/>

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.

Thanks to the US Senate Finance Committee for Advancing ABLE to Work Act and the ABLE Rollover Bill!

The US Senate Finance Committee advanced the ABLE To Work Act ([S 2702](#)) and the ABLE Financial Planning Act ([S 2703](#)). NDSS Champions Senator Richard Burr (R-NC) and Senator Bob Casey (D-PA) introduced these bills earlier this year aimed at enhancing ABLE accounts. The ABLE to Work Act builds on the success of the [ABLE Act](#) by making it possible for people with disabilities who work to save an additional amount in an ABLE account above the \$14,000 annual cap on contributions. The ABLE Financial Planning Act will allow financial rollovers from 529 college savings plans to ABLE accounts.

NDSS is hopeful that the ABLE Age Adjustment Act ([HR 4813 / S 2704](#)), which would raise the age of onset of disability from 26 to 46 thereby enabling more individuals to open ABLE accounts, will also be moved forward. More information about the ABLE Act and [ABLE improvement bills](#) can be found on the [NDSS website](#).

Source: NDSS, September 21, 2016

Interested in Helping TVDSA? Here are some current openings to volunteer:

- **TVDSA Board Members:** Seeking three individuals willing to serve on the board, meet once a month and help advance TVDSA's mission. For more information, please contact [Kristie Yerger](#).
- **Lil' Buddies Coordinator:** Interested in organizing 6-8 activities / gatherings during the year for children ages 0-5 and their families? Please contact [Kristie Yerger](#).
- **Adults in Motion Coordinator:** Interested in helping organize 6-8 activities / gatherings throughout the year for adults with Down syndrome? Please contact [Kristie Yerger](#).
- **Dads Appreciating Down Syndrome (DADS):** Able to help organize 6-8 activities / gatherings throughout the year for dads of children with Down syndrome? Please contact [Kristie Yerger](#).
- **Technology Committee:** 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. If you are interested please contact [George Taylor](#).
- **Golf Tournament Committee:** TVDSA will be hosting another Golf Tournament in 2017 and needs volunteers to help organize the event. Our first meeting will be in November (TBD). If you are interested please contact [George Taylor](#).



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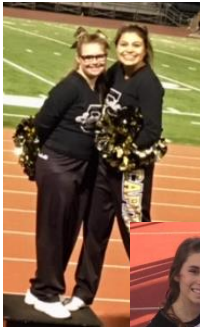
PO Box 1404
Meridian, Idaho 83680
(208) 954-7448

We're on the Web!

See us at:

www.idahodownsyndrome.org

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



Cheerleaders Success Stories *(continued from Page 3)*

Baylee had to make the biggest commitment, cutting back her dance classes and nights of swim team practice, but this was "her choice." Baylee had to work hard to learn 30+ cheers over the summer and new dance routines this fall. All considering, Celena shared "it is totally worth the enjoyment and excitement Baylee has before every game or extra performance in the community." Baylee has always enjoyed performing, and this just fits her personality. Celena affirms, "the fact that Baylee rarely complains about getting up at 6am for morning practice before school, says a lot for the program and how committed she is. Baylee isn't a morning person!" Baylee is truly part of the Capital Cheer Squad and is accepted by her peers with open arms. Baylee has also had opportunities to self-advocate for herself. She LOVES the team dinners and extra social activities and will INFORM Paul and Celena of all the things she is planning to do with her new found community of friends.

Two girls. Two cheerleaders. Two committed, supportive families.
Two success stories!

Baylee, Madison, and the rest of the Capital High School Cheerleaders would like to thank TVDSA for their financial support of the 2016-17 Capital High School Cheer Squad.

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](#)
Self-Advocate Chair: [Dylan Thaner](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)
Secretary & Membership: [Paul Auger](#)
Community Outreach Chair: [Erin Rosenkoetter](#)
Buddy Walk Chair: [Andrew Kopping](#)

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](#)