



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

In This Issue

April Showers? Well rain showers came early this year! TVDSA has had some recent showers as well. . . Please read our sad goodbyes to many valued board members on page 2.

Did you attend the TVDSA World Down Syndrome Day Celebration, March 21st? We had a good turnout despite the rain and the sprinkles did not prevent some fun times on the blue turf. Thank you Erin Rosenkoetter (and family) for organizing another grand celebration!

Next up: the All Ability Easter Egg Hunt, Saturday April 15th (hopefully without the rain!). Please see details to the right and note change in location this year.

In this issue you can also find a short legislative update and watch a Down syndrome video that went viral on WDSO.

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

Newsletter Editor: [Celena Auger](#)

April 2017



7th Annual All-Ability Easter Egg Hunt

Saturday, April 15th from 1:00pm-3:00pm

**** NEW LOCATION: Winstead Park ****

6150 W Northview St. in Boise



We will be having a hoppin' good time and a great adventure hunting Easter eggs, as well as: snacks, face painting, and dancing (plus more surprises).

TVDSA invites all elementary and younger kids, and their families to join us. There will be separate egg hunt areas for different ability levels. Plenty of eggs for everyone!

*** There will be candy or prizes in the eggs. ***

*** Parents will need to check eggs, if there are food allergies. ***

Bring your Easter basket and get ready to have some great fun. The Easter Egg Hunt is an all ability egg hunt for the family and friends of TVDSA.

For more information or to help with this event, please contact: [Danielle Williams](#): 208-794-8995.

World Down Syndrome Day Celebration Recap

The rain stayed away long enough for us to enjoy our annual World Down Syndrome Day Celebration at BSU! We had over 200 people enjoy socializing, playing football, the photo booth, and of course dancing!

Special thanks to members of the AIM and Cool Club for greeting at the event, as well as to the Bishop Kelly Football team and EPAC senior company dancers! You all made our celebration even brighter!



Hope to see you all next year on The Blue!



~ Save the Dates! ~

TVDSA Annual Membership Meeting

Monday, May 1st

6:30pm-8:30pm

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



Topic: Been There, Done That: Time to Connect

Learn some tips and strategies from parents that have been where you are. This will be an informal discussion with parents of babies with Down syndrome up to adults with Down syndrome. It'll be a time to share laughs, be honest about worries, and learn from each other.

We will also be recapping the past year and share plans for the upcoming year. TVDSA members will be receiving ballots and renewal applications in the mail soon. Ballots must be received by May 1st to be included.

Childcare will be provided.

For more information, please contact: [Charmaine Thaner](mailto:Charmaine.Thaner@tvdsa.org)

April 3rd:

TVDSA Family Meeting

6:30pm-8:30pm at North End Collective Church

Topic: Neurofeedback and Self-Regulation

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

April 4th:

TVDSA Board Meeting

A New Leaf 7:00pm-9:00pm

Contact: [George Taylor](mailto:George.Taylor@tvdsa.org)

April 8th:

Adults in Motion and Cool Club

Day of creativity at Brill'z Home

2:00pm-4:00pm

Contact: [Brenda Taylor](mailto:Brenda.Taylor@tvdsa.org)

or [Kathy Briltz](mailto:Kathy.Briltz@tvdsa.org)

April 13th:

D.A.D.S.

Dart Warz from 6:45pm-8:00pm

Contact: [Andrew Kopping](mailto:Andrew.Kopping@tvdsa.org)

April 15th:

All Ability Easter Egg Hunt

Winstead Park in Boise from

1:00pm-3:00pm

Contact: [Danielle Williams](mailto:Danielle.Williams@tvdsa.org)

April 26th:

Mom's Night Out!

Smokey Mountain Pizza in Eagle at 7:00pm

Contact: [Reme Echevarria](mailto:Reme.Echevarria@tvdsa.org)

May 1st:

TVDSA Annual Membership Meeting

6:30pm-8:30pm at North End Collective Church

Topic:

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

TVDSA 34th Annual Family Picnic

Wednesday, June 21st

from 6:00pm-8:30pm

at Kleiner Park, Shelter A-1

1900 N. Records Ave. Meridian

Join us at the gazebo near the playground.



**Bring the entire family for an evening of friendship, food and fun!
There will be dancing, music, face painting and more!**

For more information, please contact: [Lynda Wells](mailto:Lynda.Wells@tvdsa.org)

2017 TVDSA Trisomy 21 Open



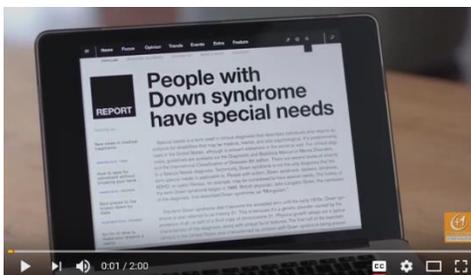
Saturday, July 15th

at Eagle Hills Golf Course.

The 2017 TVDSA Trisomy 21 Open will be a 9:00 am shotgun start with several fun activities throughout 18 holes.

Registration is now OPEN. For details visit
<http://birdeasepro.com/tvdsagolf17>.

For more information on sponsorships or registrations, please contact
[George Taylor](mailto:George.Taylor@tvdsa.org).



NOT "Special Needs"

Ask yourself: what "special needs" does a person with Down syndrome really have? Check out <http://www.notspecialneeds.com> (or click on picture above) to discover a new perspective.

Many Thanks from TVDSA for your dedication and time!

It is with sad heart that we are announcing the exiting of many of our TVDSA board members. We are privileged in knowing and working with each of them, and wish they and their families the best as their focus shifts to other areas of their busy lives. If you see any of these individuals at TVDSA events or in our community, please stop them and say thank you for their dedication in helping TVDSA thrive and make the programs we provide today possible.

Kristie Oakes –



Kristie came to TVDSA first as the Lil' Buddies Coordinator in 2010. She helped organize the first All-Ability Easter Egg Hunt in 2011 with Paul Auger. In June 2011, Kristie joined the board, taking over the Programs Chair and Vice President simultaneously. Kristie then served as the Board President from June 2013-February 2017. During her seven years on the board she also absorbed responsibilities of board chair vacancies. These included marketing, legislative, program chairs as needed, communications committee member, TVDSA Facebook administrator, and Buddy Walk committee member. She also volunteered at the first iCan Bike Camp (2014) as a runner/spotter! Kristie also completed the Partners in Policymaking program in 2016.

Kristie did all of this while raising three wonderful, responsible, and respectable boys, Ethan, Seth, and Caleb. Ethan followed in Kristie's footsteps helping a grand amount with the iCan Bike Camp and Buddy Walks each year. We thank Ethan, Seth, and Caleb for sharing their mother with TVDSA for the last eight years.

Kris Goodwin –



Kris came to TVDSA as the mother-in-law of another (at the time) TVDSA board member, Malu Mulholland. With Malu's involvement as Fundraising Chair and the Buddy Walk committee, Kris was always there to support TVDSA when needed. Kris has been involved with the merchandise table at the Buddy Walk for the past four years! Kris represents both mother and grandmother of individuals with special needs. In September 2015, Kris joined the board and filled the Fundraising Chair that had been vacant after Malu stepped down. Kris helped organize and lead the Disneyland Raffle last year (raising over \$10,000 for TVDSA) in addition to her continued participation in the Buddy Walk committee. Kris is a frequent participant in the Mom's Night Out!

Alix Hilton –



Alix came to TVDSA as a golf tournament committee member in the inaugural golf tournament in 2016. Her expertise in non-profit marketing and her love for her nephew (who happens to have Down syndrome) made the transition to TVDSA Marketing Chair an easy transition. She came in with fresh ideas, energy, and anxious to get to work. Unfortunately for TVDSA, after a short three months, another non-profit (United Way) offered her a job and stole her away to Washington. We wish you the best of luck Alix!

Virginia Berringer –



Virginia moved to Idaho in 2014 from Tennessee. She got herself introduced to TVDSA through Moms Night Out! gatherings. After her son, Matthew, attended the iCan Bike Camp in 2015, Virginia joined the board as Legislative Chair. She kept us informed on the constantly evolving legislation in the monthly newsletter. Virginia also got involved with both the iCan Bike Camp and Buddy Walk committees in 2016. Virginia always represented the level head. She always took the time to stop and try to understand all sides of a discussion. Virginia is also a busy mother of three boys (soon to be four) and recently made another move, this time to Hawaii. We thank Virginia and her family for giving her time to help TVDSA events be a success.

As many may recall both Lynda Wells (board member and advisor) retired in November and Jason Robles (Marketing Chair and 2015 Buddy Walk Chair) retired earlier last year. Many thanks again to Lynda & Jason!

With all of the changes, there are many board seats open and available. As you have read above, many started on a committee then moved into the board, but that is not a requirement. If you have an interest, please contact George Taylor at vicepresident@idahodownsyndrome.org.



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Social Groups Page

Moms Night Out!

Thank you to all the moms who come to Moms Night Out! Our group continues to grow and I love that more and more moms continue to come out each month. I thoroughly enjoy talking and laughing with each and every one of you. I look forward to this day every month.

Our next moms night out will be at **Smoky Mountain Pizza** in Eagle located at 127 E State St, Eagle, ID 83616 on **Wednesday April 26th at 7:00pm**. TVDSA will pay for pizza and a soda. Please RSVP before April 24th so I can let the restaurant know how many people will be attending.

Please RSVP to Reme Echevarria by email at moms@idahodownsyndrome.org or by text 208-866-4095.



Best Buds and **Lil' Buddies** will be celebrating Easter in style at the **7th Annual All-Ability Easter Egg Hunt**, Saturday, **April 15th** from 1:00pm-3:00pm at Winstead Park in Boise.

Bring your Easter basket and get ready to have some great fun. The Easter Egg Hunt is an all-ability egg hunt for the family and friends of TVDSA.

Best Buds & Lil' Buddies

There will be separate egg hunt areas for different ability levels. Plenty of eggs for everyone!

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



Cool Club & Adults in Motion

Cool Club and **AIM** will be gathering for a **day of creativity** on Saturday, **April 8th** from 2:00pm-4:00pm. Kathy Britz will be hosting at her home located at 1004 S. Latah in Boise.

TVDSA will pay for supplies for you and a guest to create your own a glow-in-the dark lantern with paint, glitter, stars, planets, moons, or fairy's.

When your masterpiece is complete, to satisfy your hunger, you will create yourself a tasty

yogurt parfait, complete with recipe so you can make it again for yourself, friends or family.

Please **RSVP by April 5th** to Brenda Taylor by email or text/phone.

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

For more information about Adults in Motion (AIM), please contact [Kathy Britz](mailto:Kathy.Britz@tvdsa.org) or phone: 208-863-1423.

D.A.D.S. is BACK!

Dads Appreciating Down Syndrome (D.A.D.S.) is back with a vengeance!

Come join the DADS group for an evening of "nerf ninja" fun on **Thursday, April 13th** between **6:45pm and 8:00pm**. After the festivities are done we will swing by Sonic to enjoy a milk shake and relive our "Dart War" stories.

Please RSVP by Monday, April 10th with [Andrew Kopping](mailto:Andrew.Kopping@tvdsa.org) by email or phone/text: (208) 350-9908. If you will be attending, please go online and fill out the Dart Warz [waiver](#).

For more information on D.A.D.S. please contact Andrew at DADS@idahodownsyndrome.org.

TVDSA April Family Meeting

Monday, April 3rd

6:30pm-8:30pm

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

Topic: Neurofeedback and Self-Regulation

Presented by Dr. Todd Woodward of Cognitive Solutions.

Most children and adults, particularly our special needs children, have some type of neurological dysregulation. Come learn how Neurofeedback helps the brain learn to self-regulate in a more normal pattern.

Childcare will be provided.

Questions?

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



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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](#)!



Support TVDSA through Idaho Gives Day 2017:

Idaho Gives is a statewide online giving blitz for 24 hours. It's a day to celebrate the awesome work of Idaho's nonprofits and benefit from the power of many. Idaho comes together—be a part of it! **On May 4, 2017** make a contribution to one or more of the nonprofits you love, or find a new one to support!

Your donations make TVDSA eligible for additional multipliers and special awards for the awards pool. Donate early and often to help us maximize our awards.

TVDSA hopes you will select TVDSA as your nonprofit cause this year!

[Link to TVDSA Idaho Gives](#)



Interested in Helping TVDSA?

Here are some current openings to volunteer:

- **Buddy Walk Chair and Committee Members:** Seeking dedicated people to make the 2017 Buddy Walk a success. Please contact [George Taylor](#) for more details.
- **TVDSA Board Members:** Seeking **SIX** individuals willing to serve on the board, meet once a month, and help advance TVDSA's mission. For more information, please contact [George Taylor](#).
- **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. If you are interested please contact [George Taylor](#).

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:

Vice President: [George Taylor](#)
Secretary & Membership: [Paul Auger](#)
Fundraising Chair: [Reme Echevarria](#)
Self-Advocate Chair: [Dylan Thaner](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)
Community Outreach Chair: [Erin Rosenkoetter](#)
Programs Chair: [Andrew Kopping](#)
Board Member: [Charmaine 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](#)