



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

In This Issue

It's Summer! School is out, the kids are at home – what do you do?

This issue has some suggestions for you. Read through 101 Fun Things to do with Kids this Summer starting on page 3. There are at least a handful of things for everyone! Don't forget to add to your summer list, attending the annual Family Picnic this month, and registering for the TVDSA Trisomy 21 Open happening in July.

Have a great start to a great summer!

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

Newsletter Editor: [Celena Auger](#)

June 2017

TVDSA 34th Annual Family Potluck 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. (Same location as last year.)

Please bring a side dish, salad, or a dessert!

TVDSA will provide chicken, rolls, utensils, paper plates, & drinks (water & pop).

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](#)

TVDSA Needs YOUR HELP!

In order to continue to bring awareness to the Treasure Valley and continue to have the activities and events TVDSA is known for, **we need help!**

These activities / events do not put themselves on.

It takes many hours from many volunteers.

Without help, TVDSA may have to cut programs and events in the future.

Please think about where YOU may be able to help!

Here are some current openings to volunteer:

- **Buddy Walk:** Barbara Hiler saved the 2017 Buddy Walk by taking on the event leadership this year. She cannot do this alone! She is seeking dedicated people to make the 2017 Buddy Walk a success. Please contact Barbara Hiler at buddywalk@idahodownsyndrome.org to offer your help!
- **TVDSA Board Members:** Seeking **FOUR** individuals willing to serve on the board, meet once a month, and help advance TVDSA's mission. Available board positions include: Marketing Chair, Vice President, and Fundraising. Please contact [George Taylor](#).
- **Technology Committee:** If you are a professional technology expert or just a self-made techie, we can use your input. Our website is outdated and needs help in making it more useful to our members. Please contact [George Taylor](#).
- **Golf Tournament:** TVDSA will be hosting our 2nd Annual Golf Tournament in 2017 and needs volunteers to help with the event. This is expected to be our second largest fundraiser this year. If you are interested, please contact [George Taylor](#).
- **Awareness Calendar:** Each year TVDSA tries to put together an awareness calendar, to be available at the Buddy Walk in October. If you are interested in helping organize, shoot, or distribute calendars, please contact: [Erin Rosenkoetter](#).

TVDSA
Calendar of Events

June 6th:

TVDSA Board Meeting
7:00-9:00pm at A New Leaf
Contact: [George Taylor](#).

June 10th:

Lil' Buddies Messy Madness
9:00am-10:00am in Caldwell
Contact: [Julie McConnel](#)

June 13th:

Mom's Night Out! at Applebee's
7:00pm-9:00pm
Contact: [Reme Echevarria](#)

June 17th:

All social groups: Adults in Motion, Cool Club, Best Buds, and Lil' Buddies
Galactic Day at Zoo Boise gathering at 9:45am
Contact: [Brenda Taylor](#)

June 21st:

TVDSA Annual Family Picnic
6:00pm-8:30pm
Contact: [Lynda Wells](#)

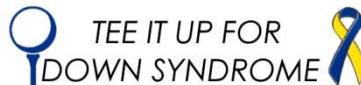
"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

—Christopher Reeve



~ Save the Dates! ~

2017 TVDSA Trisomy 21 Open



Saturday, July 15th

at Eagle Hills Golf Course, Eagle Idaho

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

Registration is now OPEN.

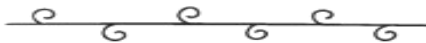
Early Registration: \$85.00 per player, **before June 5th**

Only 5 days left for early registration - Don't miss out - REGISTER TODAY!

Late Registration: \$100 per player, after June 5th
Registration includes Green Fees, Carts, Lunch, and more.

For details visit <http://birdeasepro.com/tvdsagolf17>.

For more information on sponsorships or registrations, please contact [George Taylor](#).



National Speaker to Present to TVDSA

Thursday, September 14th

from 6:30pm-8:30pm

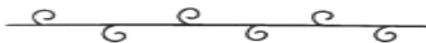
at St. Luke's Meridian (downstairs meeting rooms)

Kathie Snow, national speaker, author of Disability is Natural

Topic: Inclusive Communities—Organize for Change

Every person is born included! Common sense community-organizing strategies can lead to positive change to ensure our communities welcome and include all.

For more information, please contact: [Charmaine Thaner](#)



2017 TVDSA Buddy Walk



Saturday, October 14th

Starting at Capital Park (in front of Capitol Building)

Ending at Julia Davis Park, Boise

Onsite Registration and Will Call: 9:00am-10:30am

Walk starts at Capital Park at 11:00am

Fun, Raffle, and Entertainment at Julia Davis Park until 2:00pm

We need LOTS of help organizing and making this year's Buddy Walk a successful and grand time for all in attendance. If interested in being part of the Buddy Walk Committee, please contact: [Barbara Hiler](#).

101 Fun Things to Do with Your Kids This Summer

Summer may be a time to relax, but tell that to kids who are bouncing off the walls or shrieking "I'm bored." As parents we want each summer to be more memorable than the previous, and with that comes the need for a few new ideas -- especially if your child is too young to go to a summer camp. It can also be a challenge to limit the electronics in the technology world we live in. Here's a bucket list of items to choose from.

As you sift through the suggestions, it is important to remember to set a routine for kids with disabilities. They learn to know what to expect, and will be less anxious with trying something new. It is also fun to name different days of the week to set the routine, like "Taco Tuesday," "Friday Pizza Night," "Family Fun Monday."

1. Bake cookies for ice cream sandwiches.
2. Volunteer at a nature center.
3. Make a photo journal or a family yearbook.
4. Have a luau in the backyard.
5. Visit the beach and collect shells.
6. Make a fort out of cardboard boxes.
7. Visit a farmer's market.
8. Stage an A to Z scavenger hunt, where you have to find something that starts with every letter.
9. Pick berries (huckleberries can usually be found the beginning of July).
10. Have a picnic at a state park.
11. Make ice cream.
12. Go canoeing at a local lake.
13. Build a sandcastle.
14. Write and illustrate your own book.
15. Forget cooking -- set up an ice cream sundae buffet for dinner.
16. Clean up trash at a local park.
17. Have a backyard campfire...or just use the grill! Roast hot dogs on sticks, pop popcorn and finish off with s'mores.
18. Make homemade pizza.
19. Go for a walk and then make a collage from nature objects you find along the way.
20. Head to a creek and look at the ducks.
21. Set up a lemonade stand.
22. Have a water balloon fight.
23. Practice your origami skills and make objects to hang from the ceiling.
24. Go biking on a trail.
25. Interview an older relative about what life was like when they were young.
26. Plan a picnic at a local park -- or in your backyard.
27. Print out a list of children's books that have won Caldecott Medals. Visit the local library throughout the summer and try to read as many of those as you can.
28. Create salad spinner art: Place circles of paper inside a cheap salad spinner, dab tempera paints on top, cover and spin away.
29. Practice making interesting shadow puppets and then put on a show with your characters.
30. Plant a garden of herbs and veggies.
31. Make a sidewalk chalk mural.
32. Go ice blocking (sledding) in the grass with a towel covered block of ice.
33. Have an outdoor painting party using huge canvases or cardboard.
34. Visit a fish hatchery.
35. Plant a butterfly garden with flowers.
36. Pretend to be pirates for a day -- dress up in costumes, plan a treasure hunt and talk like a pirate.
37. Make an indoor sandbox using colored rice: mix 4 cups of rice with 3 tablespoons of rubbing alcohol and a few drops of food coloring and let dry overnight.
38. Turn the backyard into a carnival -- set up a face painting area and games like ring toss.
39. Make totem poles out of paper towel rolls and decorate them.
40. Visit a museum you've never been to.
41. Make a giant hopscotch or Twister game on the lawn (with spray paint) or driveway (with chalk).
42. String beads into jewelry.
43. Make a bird house out of Popsicle sticks.
44. Learn about stargazing and identify as many constellations as possible -- find local astronomy groups for kids.
45. Create leis with wildflowers.
46. Go fossil hunting near a lake.
47. Break out your baseball gloves and start a game, sandlot style.
48. Make paper boats and race them in a kiddie pool using straws to propel them.





TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

Moms Night Out!

Moms Night out will be at **Applebee's** in Meridian (1460 N Eagle Road) on Tuesday, **June 13th** at **7:00pm**. Come and join other moms who share the same journey as you. You will find out that you are not alone. Many other moms share the same experiences that you are going through. It is a great time to put the stresses of life aside and give yourself a night out to laugh and enjoy dinner cooked by someone else.

Please **RSVP by June 9th** so I can let the restaurant know how many moms will be coming.

Thanks for everyone who came to Tucano's in May. It was a lot of fun and it was nice to see all the new moms that came out that night.

Please RSVP to [Reme Echevarria](#) by email or by text at 208-866-4095.



Lil' Buddies

Lil' Buddies will be gathering for a sensory experience with art, **Messy Madness** at Kreation Station on **Saturday, June 10th** from **9:00am-10:00am**. Kreation Station is located at 113 S 7th Ave in Caldwell.

We will have a white paper "canvas" on the padded floor and all the supplies for a messy time!

The paint is slippery so children must remain seated on their bottoms or crawl. There is NO walking on the mats. The paint is washable and non-toxic. Bring an old towel and wipes to clean up your child at the studio. The paint is easiest to clean if left to dry on your child and washed at home.

TVDSA will pay for each child with Down syndrome. Space is limited to 12 children. Siblings can attend as space is available for \$10.60 each.

Please **RSVP by June 5th** to [Julie McConnell](#).

If you have any questions about **Lil' Buddies**, please feel free to contact [Julie McConnell](#).



All Groups: AIM, Cool Club, Best Buds & Lil' Buddies

The Adults in Motion, Cool Club, Best Buds, and Lil' Buddies groups are ALL going to enjoy **Galactic Day at Zoo Boise**, on Saturday, **June 17th**.

We will meet at the front of Zoo Boise **at 9:45am** and then enter at 10:00am sharp. Activities include photo-ops with Star Wars 501st Legion characters, Band Wars – Star Wars themed entertainment, Q&A with actors from your favorite movies and TV shows, explore and learn about animal superpowers, Star Wars themed exhibit walk, Galactic themed enrichments for the animals, temporary tattoos and face painting, and much more! We welcome you to dress as your favorite superhero, princess, or Galactic character!

TVDSA will pay for the Zoo admission for each individual with Down syndrome and a guest. **Please RSVP to Brenda Taylor by June 15** so we know who to look for. The fun will be strong with this one!

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

For more information about Adults in Motion (AIM), please contact [Kathy Briz](#) or phone: 208-863-1423.

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

If you have any questions about **Lil' Buddies**, please feel free to contact [Julie McConnell](#).



Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop
Tuesday, June 13th
 from 6:00pm-9:00pm
 at Idaho Parents Unlimited
 4619 W. Emerald, Ste. E, Boise

Topic: Families are Important (Early Childhood)

This workshop will give families an overview of Early Intervention Services, Screening evaluation, the Individualized Family Service Plan Process, and child and family outcomes.

[Please RSVP](#)

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

45th Annual National Down Syndrome Congress (NDSC) Convention
July 20-23rd, 2017
Sacramento, California

Online registration and the hotel block **NOW OPEN**.
 Register soon!
 Historically they have sold out!

For more information and details visit: [link](#)

TVDSA will accept scholarship applications to attend this event. These are limited in number and are first come first served.

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 PARENTS UNLIMITED
2017 POP-UP CONFERENCE
 AKA MID WEEK MINI CONFERENCE

FREE FAMILY FRIENDLY EVENT

FEATURING
Zot Artz
ARTS FOR ALL
ALL-DAY ACTIVITIES

June 22nd
Red Lion Riverside
Boise, Idaho

9 am Registration Begins
 Coffee/ Continental
 Breakfast

10 am Welcome &
 Opening Remarks

10:20am-4:30pm
 30-minute
 Breakout Sessions

12 pm Lunch - Keynote

5 pm Closing Plenary

BREAKOUT SESSIONS
SENSORY FRIENDLY COMMUNITY /
CREATING A SENSORY FRIENDLY
DIET / READING IS FOR ALL /
GETTING ORGANIZED /
INCLUSIVE CLASSROOMS / ARTS
IN EDUCATION / ABLE ACT /
LONG-TERM PLANNING /
FATHER'S PANEL /
CONVERSATIONS WITH SELF
ADVOCATES

Register
 click here or visit
www.ipulidaho.org

342-5884
parents@ipulidaho.org

Idaho Parents Unlimited, Inc
 Assisting Families of Children with Disabilities
 and/or Special Health Care Needs
 Serving Idaho Families Since 1985

101 Fun Things this Summer (Continued from page 3)

49. Play mini-golf -- or set up a course in your driveway by laying different size containers on their sides.
50. Make your own colored sand and create sand art.
51. Get a map of the United States and mark off all the exciting places you want to visit -- create the ultimate road trip.
52. Set up a net and play badminton and volleyball.
53. Visit an amusement park or water park.
54. Wade through a stream and search for minnows or tadpoles.
55. Go zip-lining.
56. Have a tricycle race at the park.
57. Investigate an ethnic grocery store and make lunch using interesting spices and kid-friendly international recipes.
58. Visit a fire station.
59. Collect rocks and paint them to use as paperweights or pet rocks.
60. Go roller skating.
61. Visit a zoo or aquarium to learn about animals.
62. Run through the sprinklers.



Continued on pg. 6



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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](#)!



101 Fun Things this Summer (Continued from page 5)

63. Blend your own smoothie.
64. Set up a bike wash and raise money for a local charity.
65. Batter up at a batting cage.
66. Let kids paint the sidewalk or patio with plain old water and sponge brushes. When their creation dries, they can begin again.
67. Bake cupcakes in ice cream cones and then decorate them.
68. Assemble a family cookbook with all your favorite recipes.
69. Go horseback riding.
70. Make popsicles in Dixie cups using fruit juices.
71. Catch fireflies in a jar (and let them go at the end of the night).
72. Stage your own Summer Olympics with races, hurdles and relays.
73. Create a backyard circus -- kids can pretend to be animals and dress up as clowns.
74. Decorate bikes and have a neighborhood Fourth of July parade.
75. Take a sewing/crochet/knitting class.
76. Make Mexican paper flowers using different colored tissue paper.
77. Go to a flea market.
78. Volunteer at an animal adoption organization.
79. Visit a retirement home and read stories to residents.
80. Attend an outdoor festival or concert.
81. Pick a nearby town to visit for the day.
82. Visit a cave.
83. Get a map of your area, mark off all the local parks -- then visit them, take pictures and vote for your favorite.
84. Take in a fireworks exhibit.
85. Make crafts with recyclable items like stickers using old photos, magazines and repositionable glue.
86. Make your own hard-to-pop bubbles with 1 cup of distilled water, 2 tablespoons of Dawn dish soap and 1 tablespoon of glycerin.
87. Paint canvas sneakers with fabric paint pens or acrylic paint.
88. Create three dimensional buildings using toothpicks and mini marshmallows.
89. Make bird feeders by covering pine cones with peanut butter and rolling in birdseed.
90. Paint with ice by freezing ice cube trays with washable tempera paint.
91. Create unusual s'mores by experimenting with ingredients like cookies, bananas, flavored marshmallows and white chocolate.
92. Have a fancy tea party.
93. Make a giant slip-n-slide with a painter's tarp and shaving cream.
94. Go camping in the backyard or at a campsite.
95. Let kids paint each other with washable tempera paint, then wash it off in the sprinklers.
96. Visit a national park and help the kids earn a junior ranger badge.
97. Go to a ballgame and teach your kids (and yourself!) how to keep a scorecard.
98. Set up a tent in the backyard to use as a summer playhouse.
99. Take a free kid's workshop at stores like Lowe's, Home Depot or Pottery Barn.
100. Have a game night with charades, Pictionary and bingo.
101. Take a boring brown paper bag and have kids brainstorm creative things to do with it -- you'll be surprised at how many things you can come up with.



Source: Care.com By Ilene Jacobs

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: [George Taylor](#)
Secretary & Membership: [Jen Rice](#)
Buddy Walk Chair: [Barbara Hiler](#)
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](#)