



TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

September 2017

In This Issue

In September, we have an excellent speaker coming to Boise and talking about Inclusive Communities. We hope you have it on your calendar and have registered using the link to the right! In this newsletter on page 3 & 6 you will find an article written by Kathie Snow, about First Person Language.

We are only a month away from the Annual TVDSA Buddy Walk! Have you registered your team? Ask family members, friends, co-workers, neighbors to join us for this year's celebration. We hope to see you and many new faces this year! More details are found on page 2.

Page 4 lists our activities for this month. Many of the social group coordinators have set up private Facebook group pages to share, reach out, and keep connected with others. Please contact any of the group coordinators if you wish to be added to the private group Facebook page.

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

Do you want your child to live the life of their dreams?

Come get energized and let Kathie Snow, international speaker and author, give you concrete ideas to create inclusive opportunities for your child!

Those that have already registered – please note change in location!

Inclusive Communities: Organize For Change

Every person is born included! Learn common sense community organizing strategies to create positive change to ensure our communities welcome and include all.

\$15 per person for non-members of TVDSA.



Kathie Snow,
national speaker,
author of
*Disability is
Natural*

FREE for members
of TVDSA!
Family Membership
only \$10.00



When: Thurs., Sept. 14th, 6:30 - 8:30 pm

Where: St. Lukes, BOISE

Anderson Center South Tower

190 E. Bannock St. Room: Ada 3

REGISTER at this link

<https://goo.gl/h1qBPR>

Questions, email

c.thaner@idahodownsyndrome.org



Encourage your friends to join us and come discover how new attitudes and perceptions will change the lives of our children.

Current TVDSA members Register for FREE: Your registration is free for you and any adults in your family. Simply [click here](#), enter your email, click on Next and follow the registration steps. Your membership will be verified and you'll be sent a confirmation email that you successfully registered.

Join TVDSA and come for FREE: Even if you don't have a family member with Down syndrome, you're welcome to join TVDSA (need not have a family member with Down syndrome to be a member.) [Click here](#), enter your email address, click on Next and follow the registration steps. You'll be given a link to join TVDSA and pay online for the \$10.00 annual Family Membership. You'll be sent a confirmation email that you're registered to hear Kathie Snow speak.

OR pay \$15.00 per person: If you're not interested in joining TVDSA, [click here](#), enter your email address, click on Next and follow the registration steps. You'll pay the \$15.00 registration fee online, and then you'll receive a confirmation email that you're registered to hear Kathie Snow share valuable tips and strategies for creating inclusive communities.

If you have any questions about the event, contact Charmaine Thaner at c.thaner@idahodownsyndrome.org

Join us for the 15th Annual TVDSA Buddy Walk

Event: Saturday, October 14th

On-site registration and will call pick up 9:00am-10:30am

Walk from Capital Park at 11:00am

Celebrate at Julia Davis Park until 2:00pm

It is NOT too late to register online!

Check out our **NEW** webpage and register online through September 30th for lowest prices at:

<http://tvdsa.ezeventsolutions.com/BuddyWalk/page/Home/>

TVDSA Members with Down syndrome can register for **FREE!**

Please email: registration@idahodownsyndrome.org
for the coupon code for TVDSA members!

Live Entertainment • Raffle • Games • Prizes • Food
Bounce Houses • Vendor Row • Merchandise • Fun for ALL!

Early T-shirt pick-up will be available for those that register before September 22nd. Date and location will be emailed to the team leaders.

Questions? Please contact: [Barbara Hiler](#).

More Details:

- Raffle items include: Disneyland Park Passes for 4, Ski passes, BSU Football Tickets, restaurant gift cards, movie tickets, bowling, and more!
One ticket for \$5.00 or 5 tickets for \$20.00
- Food truck vendors with Buddy Walk Specials will offer food choices. Bring cash with you as food is not included with registration.
- Games for the kids: kids can play games for FREE throughout the park for prizes.
- Bounce Houses for fun by all!
- Face Painting: Free face painting for anyone interested.
- Dancing: close out the walk with the annual stage dancing, open to everyone, **starting at approximately 1:30pm!**

Thank You to the 2017 Buddy Walk Sponsors:



TREASURE VALLEY
DOWN SYNDROME
ASSOCIATION



C.K. QUADE LAW, PLLC



September 5th:

TVDSA Board Meeting

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

September 9th:

Lil' Buddies & Best Buds Touch a Truck 10:00am in BSU East Stadium Parking Lot followed by play date at Julia Davis Park at 11:30am.
Contact: [Julie McConnel](#)

September 9th:

Country, Line & Swing Dance Lessons at Boise Square Dance Hall 7:15pm-11:00pm
Contact: [Kathy Briz](#)

September 12th:

Mom's Night Out! at Mazzah Mediterranean Grill at 6:00pm
Contact: [Reme Echevarria](#)

September 14th:

Kathie Snow : Inclusive Communities at St. Luke's Boise
Contact: [Charmaine Thaner](#)

September 26th:

D.A.D.S. at Fast Lane at 7:00pm
Contact: [George Taylor](#)

October 14th:

TVDSA 15th Annual Buddy Walk
Starts at Capital Park, ending at Julia Davis Park.
Contact: [Barbara Hiler](#)



A Few Words about PEOPLE FIRST LANGUAGE by Kathie Snow

We invite you to come listen to Kathie Snow in person, September 14th (details on page 1).

People with disabilities constitute our nation's largest minority group. It is also the most inclusive: all ages, genders, religions, ethnicities, sexual orientations, and socioeconomic levels are represented.

Yet the only thing people with disabilities have in common is being on the receiving end of societal misunderstanding, prejudice, and discrimination. And this largest minority group is the only one that anyone *can join, at any time*: at birth, in the split second of an accident, through illness, or during the aging process. If and when it happens to you, how will you want to be described?

Words Matter! Old and inaccurate descriptors perpetuate negative stereotypes and generate an incredibly powerful attitudinal barrier – *the greatest obstacle facing individuals with disabilities*. A disability is, first and foremost, *a medical diagnoses*, and when we define people by their diagnoses, we devalue and disrespect them as individuals. Do you want to be known primarily by your psoriasis, gynecological history, or the warts on your behind? Using medical diagnoses incorrectly – as a measure of a person's abilities or potential – *can ruin people's lives*.

Embrace a new paradigm: "Disability is a natural part of the human experience..." (U.S. Developmental Disabilities / Bill of Rights Act). Yes, *disability is natural*, and it can be redefined as a "body part that works differently." A person with spina bifida has legs that work differently, a person with Down syndrome learns differently, and so forth. People can no more be *defined* by their medical diagnoses than others can be defined by gender, ethnicity, religion or other traits!

A diagnosis may also be used as a *sociopolitical passport* for services, entitlements or legal protections. Thus the *only places* where the use of a diagnosis is relevant are medical, educational, legal, or similar settings.

People First Language puts the person *before* the disability, and describes what a person *has*, not who the person *is*. Are you "cancerous" or do you have cancer? Is a person "handicapped/disabled" or does she "have a disability"? Using a diagnosis as a defining characteristic reflects prejudice, and also robs the person of the opportunity to define himself.

Let's reframe "problems" into "needs." Instead of, "He has behavior problems," we can say, "He needs behavior supports." Instead of, "She has reading problems," we can say, "She needs large print." "Low Functioning" or "high-functioning" are pejorative and harmful. Machines "function;" people live! And let's eliminate the "special needs" descriptor – it generates pity and low expectations!

A person's self-image is tied to the words used about him. People First Language reflects good manners, not "political correctness," and it was started by individuals who said, "We are *not our disabilities!*" We can create a new paradigm of disability and change the world in the process. Using People First Language is right – *just do it now!*

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DisabilityisNatural.com

See page 6 for a Few Examples of People First Language!

For the full 4 page article on People First Language, written by Kathie Snow – please [click here](#).
People First Language also available in: ([Spanish](#)), ([Portuguese](#)), and ([Russian](#))



Many of our TVDSA groups have their own private Facebook pages where families can connect, share information, and get to know each other better. If you would like to be a part of the Lil' Buddies, Best Buds, Cool Club, A.I.M. or TVDSA Moms private Facebook page, email the coordinator for that group and they will send you an invitation. Hope to see you on Facebook!

Social Groups Page

Mom's Night Out!

Hello Amazing TVDSA Mom's!

Hope your summer was full of adventure, fun and lots of sun.

For the next Mom's Night Out, we will be heading to the **Mazzah Mediterranean Grill** in the Albertsons Marketplace in Boise (1772 W. State Street) for some Gyros. It will be held on **Tuesday September 12th at 6:00pm.**

Please **RSVP by Friday, Sept. 8th** so I can let the restaurant know how many of us there will be that night.

Look forward to seeing all of you again.

For more information on Mom's Night Out! Contact: [Reme Echevarria](#).

D.A.D.S.

"Let's go to the Races!"

Calling all DADs - Bring your inner racer and join us at **Fast Lane**, Indoor Cart Racing in Boise, for a few laps around the track.

We will be at Fast Lane on **Tuesday, September 26th** at 7:00pm. Join us for some fun racing and some camaraderie with other Dads.

TVDSA will cover the cost of two races and a pit pass for each Dad that wants to attend. Fastest lap time wins a prize.

Please **RSVP** to [George Taylor](#) no later than **September 18th** to reserve a spot.

Lil' Buddies & Best Buds

Lil' Buddies & Best Buds September Field Trip

Meet up with your **Lil' Buddies** and **Best Buds** for the **Touch-a-Truck Event!**

"Touch-A Truck is a family friendly community event offering children a unique, educational and hands-on learning experience to explore trucks of all types. Vehicles of all shapes and sizes are available for children to sit in, climb on and marvel at. Vehicle drivers/operators are also present to explain to the children how the vehicles work and what purpose they serve in our community. Local businesses and food/beverage vendors will also be on site for your convenience.

We will meet **Saturday, September 9th at 10:00 am** at the BSU East Stadium Parking Lot.

Look for the yellow and blue balloons to find our group.

Touch-A-Truck will be followed by a **play date** just across the Boise River at the **Julia Davis Park Playground** at 11:30 am. Bring a sack lunch if you'd like to stay for a picnic.

There is NO shade in the BSU parking lot so bring hats, sunscreen, strollers with covers, etc. TVDSA will provide bottled water and snacks. For the playdate and picnic, bring your park blankets and chairs along with your sack lunch.

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

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

Adults in Motion & Cool Club

WANTED: all Cowboys & Cowgirls for Country, Line & Swing dance LESSONS!

Lessons will be followed by a social dance put on by the Treasure Valley Country Western Dance Association at **Boise Square Dance Hall** (6534 W Diamond St. in Boise) **September 9th.**

Adults in Motion and **Cool Club** will be gathering for a night of dancing and fun. No dance experience needed, no partner required.

TVDSA will pay for the dance lessons/dance for those with Down syndrome, and a guest. TVDSA will also provide some fixin's (snacks to share) and water for the group. You may also bring your own non-alcoholic beverages.

This is a community event so invite your family and friends. All ages are welcome. Cost for family and friends is \$5.00 a person, \$15.00 per family at the door.

The group will meet at 7:15pm, please be on time, the dance lessons begin at 7:30pm. After the lesson, practice what you have learned with open Social (country) Dancing until 11:00 pm.

Please **RSVP** to Brenda Taylor or Kathy Brilz **by Friday Sept 8th** so we know who to look for.

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 Brilz](#) or phone: 208-863-1423.

Workshops, Webinars & TVDSA Scholarship Information

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

Topic: Success with the IEP

This training 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](#)

Not available the 13th? How about attending the same workshop in webinar format? Tuesday, September 26th two times available: [11:00am](#) and [9:00pm](#)

Please register online (click time interested in) and learn how to support your child during the IEP process.

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

TVDSA presents Kathie Snow of Disability is Natural
Inclusive Communities: Organize for Change

Thursday, September 14th 6:30pm-8:30pm
St. Luke's Boise

Every person is born included!
 Learn common sense community organizing strategies to create positive change to ensure our communities welcome and include all.

Free for TVDSA Members! \$15.00 per person for non-members.

[Register here today!](#)



October 5th & 6th
BSU, Student Union Building

[Register Now](#)

Early Bird Registration (\$20 discount)
 through Sept 1st !

www.idahopchs.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.

TVDSA Library

Did you know that TVDSA has a large library full of information for parents, therapists, and individuals with Down syndrome of all ages?

This service is **FREE** to ALL TVDSA members!

To view a list of all of the current titles available in the TVDSA library – [click here.](#)

For more information on the opportunity to check out a book or when and where to browse the current selections available, Contact: Scott or Kristin Gulch at library@idahodownsyndrome.org



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 YOUR HELP!](#)

TVDSA is seeking FIVE Board Members:

Board members meet once a month, advocate for those with Down syndrome, and help advance TVDSA's mission. Board members may serve on additional committees as their chair or position may include. Current, available board positions include Marketing Chair, Programs Chair, Fundraising Chair, Membership Chair, Legislative Chair, and Vice President.

Without additional support, future programs and activities are at risk of not being held in the upcoming year!

Please contact [George Taylor](#), or any current board member, (listed on page 6) to ask questions or get more information.



A Few Examples of PEOPLE FIRST LANGUAGE by Kathie Snow

Say:

Instead of:

Children/adults with disabilities

He has a cognitive disability

She has autism.

He has Down syndrome.

She has a learning disability.

He has a physical disability.

She uses a wheelchair.

He receives special ed services.

People with disabilities.

Communicates with her eyes/device.

Congenital disability / brain injury

Accessible parking, hotel room, etc.

Handicapped, disabled, special needs

He's mentally retarded.

She's autistic.

He's Down's / mongoloid.

She's learning disabled.

He's a quadriplegic / crippled.

She's confined to / wheelchair bound.

He's in special ed; a special ed kid.

Normal or healthy people.

Is non-verbal.

Birth defect / Brain damaged

Handicapped parking, hotel room, etc



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](#)!



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](#)

Board Member: [Charmaine Thaner](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)

Community Outreach Chair: [Erin Rosenkoetter](#)

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](#)