



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

October 2017

In This Issue

Fall (or maybe even winter) is in the air, and just around the corner is the 2017 TVDSA Buddy Walk. Come rain, snow, or shine, we hope to see everyone at Capitol Park for our 15th Annual Buddy Walk! If you didn't get registered, on-site registration will be available from 9:00am-10:30am at Capitol Park. Please review the different route this year, due to the large amount of construction on Capitol Blvd. We have also included a lot of details about our celebration on page 2.

National Bullying Prevention Month is a campaign in the United States founded in 2006 by PACER's National Bullying Prevention Center. The campaign is held during October and unites communities nationwide to educate and raise awareness of bullying prevention.

Included in this month's newsletter read about how you can support your children, if you think they may be the target of bullying. IPUL will also host a Bullying Prevention workshop. Details can be found on page 5.

TVDSA welcomes Brooke Johnson to the TVDSA Board as the new Fundraising Chair.

Social group activities for October can be found on page 4.

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

You're Invited to the 15th Annual TVDSA Buddy Walk

Event: Saturday, October 14th

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

Walk from Capitol Park at 11:00am

Celebrate at Julia Davis Park until 2:00pm

SPECIAL ANNOUNCEMENT:

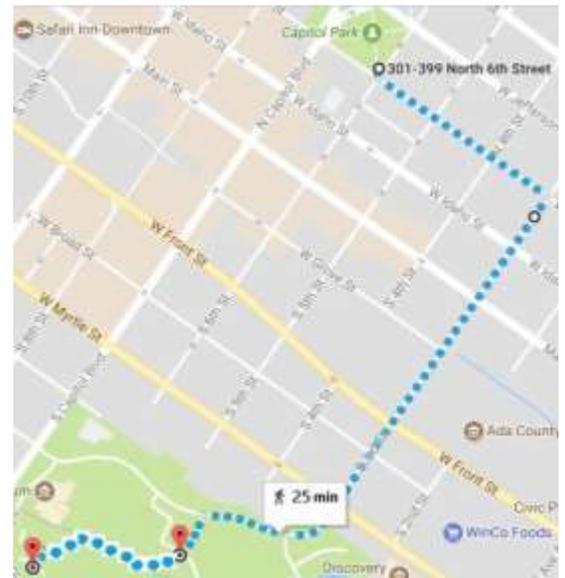


Due to the current construction on Capitol Blvd, the **route** from Capitol Park to Julia Davis Park will be **different** this year!

We will leave from the southeast corner of Capitol Park, head east on Bannock to 3rd Ave, take 3rd Ave into Julia Davis Park, then left at the zoo entrance and take the newly paved path through the park, over to the Gene Harris Bandshell.

We will also need to heed the traffic lights as we proceed down 3rd Ave.

Unfortunately, the total distance for our walk has increased. Please bring strollers/wagons/chairs for those that may need them.



Online Registration is now closed.

Team donations may still be made online through October 14th.

Same Day (On-Site) Registration will be open from 9:00am-10:30am at Capitol Park (corner of Bannock and 6th)

Same-day prices will be \$20 for adults and \$15 for children

**Please note that we can't guarantee a t-shirt for same-day registrants – shirts offered may be from previous years*

Please read page 2 for more details all about the activities at Julia Davis Park.

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

TVDSA Calendar of Events

October 3rd:

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

October 14th:

TVDSA 15th Annual Buddy Walk
Starts at Capitol Park at 11:00am,
ending at Julia Davis Park.
Celebration until 2:00pm
Contact: [Barbara Hiler](#)

October 18th:

Mom's Night Out! Johnny Carino's
at 7:00pm
Contact: [Reme Echevarria](#)

October 19th:

Chipotle Fundraiser 4:00pm-8:00pm
at 2126 N Eagle Rd location. Show
the flyer or mention TVDSA and
Chipotle will donate 50% of
proceeds to TVDSA!

October 21st:

Lil' Buddies & Best Buds at Boise Zoo
Spooktacular at 5:45pm
Contact: [Julie McConnel](#) or
[Danielle Williams](#)

October 28th:

AIM & Cool Club at The Berry Ranch
1:00pm-3:00pm
Contact: [Brenda Taylor](#) or [Kathy Brilz](#)



**TVDSA would like to send a
warm thank you to
Kathie Snow
of Disability is Natural!**



Kathie spent her night off with
TVDSA and spoke on:
**Inclusive Communities:
Organize for Change**

We learned every person is born
included!
Those in attendance gained
valuable information to take
back to their families and
situations.

And, thank you Charmaine
Thaner, for setting this up!

More 2017 TVDSA Buddy Walk Details:

Celebration at Julia Davis Park 11:30am-2:00pm

This Year's Food Truck Vendors:

Idaho Pizza, Blimpie, Scotty Dogs, Bang on the Wall Burgers and
Tucanos Brazilian Lemonade

Twelve Vendor Tables to visit:

C.K. Quade Law, PLLC, Collaborative Special Ed Advocacy,
Chatterbox Pediatric Therapy Center, Treasure Valley Autism Society,
Boise Speech and Hearing, Lullaby Waters, Speech Tree, Idaho
Parents Unlimited, Children's Therapy Place, Advocates for Inclusion,
Advanced Therapy Care, and Community Partnerships of Idaho

Raffle:

Tickets can be purchased at both Capitol Park and Julia Davis Park.
One ticket for \$5.00 or 5 tickets for \$20.00 You will need to drop your
tickets into the bags in front of the stage at Julia Davis Park, for the
prize packages you are interested in. Basket items include:
Disneyland Park passes for 4, ski passes, BSU football tickets, romantic
evening package, restaurant gift cards, movie tickets, and more!

Fun for the Kids:

- Bounce houses
- Mini Joys Horses
- Strider Bikes obstacle course
- Games for the kids: Kids can play games for FREE throughout the
park for prizes
- Face painting: Free face painting for anyone interested

Closing ceremony Dance Party:

After the on-stage entertainment has concluded, we will close out
the walk with the annual stage dance party, open to everyone,
starting at approximately 1:30pm!

****We ask that participants do NOT go up on stage during our
entertainment. Everyone will be invited up at the closing. Before
then, anyone is welcome to dance below the bandshell, in front of
the stage.**

Thank You to the 2017 Buddy Walk Sponsors:



Bullying, Disability Harassment, and the Law

Bullying behavior can become "disability harassment," which is prohibited under Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990. According to the U.S. Department of Education, disability harassment is "intimidation or abusive behavior toward a student based on disability that creates a hostile environment by interfering with or denying a student's participation in or receipt of benefits, services, or opportunities in the institution's program" (U.S. Department of Education, 2000).



Disability harassment can take different forms including verbal harassment, physical threats, or threatening written statements. When a school learns disability harassment may have occurred, the school must investigate the incident(s) promptly and respond appropriately. Disability harassment can occur in any location that is connected with school—classrooms, the cafeteria, hallways, the playground, athletic fields, or school buses. It also can occur during school-sponsored events (Education Law Center, 2002).

What Parents Can Do

If you believe a child with special needs is being bullied:

- Be supportive of the child and encourage him or her to describe who was involved and how and where the bullying happened. Be sure to tell the child that it is not his or her fault and that nobody deserves to be bullied or harassed. Do not encourage the child to fight back. This may make the problem worse.
- Ask the child specific questions about his or her friendships. Be aware of signs of bullying, even if the child doesn't call it that. Children with disabilities do not always realize they are being bullied. They may, for example, believe that they have a new friend although this "friend" is making fun of them.
- Talk with the child's teacher immediately to see whether he or she can help to resolve the problem.
- Put your concerns in writing and contact the principal if the bullying or harassment is severe or the teacher doesn't fix the problem. Explain what happened in detail and ask for a prompt response. Keep a written record of all conversations and communications with the school.
- Ask the school district to convene a meeting of the Individualized Education Program (IEP) or the Section 504 teams. These groups ensure that the school district is meeting the needs of its students with disabilities. This meeting will allow parents to explain what has been happening and will let the team review the child's IEP or 504 plans and make sure that the school is taking steps to stop the harassment. Parents, if your child needs counseling or other supportive services because of the harassment, discuss this with the team. Work with the school to help establish a system-wide bullying prevention program that includes support systems for bullied children. As the U.S. Department of Education (2000) recognizes, "creating a supportive school climate is the most important step in preventing harassment."
- Explore whether the child may also be bullying other younger, weaker students at school. If so, his or her IEP may need to be modified to include help to change the aggressive behavior.
- Be persistent. Talk regularly with the child and with school staff to see whether the behavior has stopped.

Getting Additional Support

If a school district does not take reasonable, appropriate steps to end the bullying or harassment of a child with special needs, the district may be violating federal, state, and local laws.

For more information, contact:

[The U.S. Department of Education Office for Civil Rights](#) Phone: (800)-421-3481

[The U.S. Department of Education Office of Special Education Programs](#) Phone: (202) 245-7468

[The U.S. Department of Justice Civil Rights Division](#) Phone: 1-877-292-3804

Source: Stopbullying.gov

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!

For the next **Mom's Night Out**, we will head to Meridian to enjoy some Italian food at **Johnny Carino's** (3551 E Fairview Ave.). It will be held on **Wednesday, October 18th** at **7:00pm**. We will be enjoying a family-style meal paid for by TVDSA.

Please **RSVP by Oct.13th** so I can let the restaurant know how many of us there will be that night.

A big thank you to all TVDSA moms for everything you do for your families day in and day out. You truly are amazing women who deserve a night out to be pampered and enjoy a meal cooked by someone else. I look forward to seeing you all again.

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

Chipotle Fundraiser

October 19th
4:00pm-8:00pm

2126 N Eagle Rd location

Show the flyer (on page 5) or mention TVDSA and Chipotle will donate 50% of proceeds to TVDSA!

Invite your friends, family members, spread the word at school, places of employment, medical and therapy clinics, etc. The more people who participate, the more money for TVDSA!



Lil' Buddies & Best Buds

Best Buds and **Lil' Buddies** will be celebrating the fall season with a trip to **Zoo Boise's Spooktacular Saturday, October 21st!** Bring the whole family and come join us for a fun night at the zoo. Be sure to wear your Halloween costume for an extra spooktacular time!

"This walking tour will feature a variety of fun Halloween displays, activities, and a few animal encounters all designed for younger children. Spooktacular will also present a black light Halloween dance party, mascot meet - and - greets, professional magic, obstacle course, the Bone Yard, mini hay bale maze, a chance to hang out in the Bat House at night, and much much more!"

TVDSA will pay admission for each individual with Down syndrome and one parent or caregiver. We

will **meet outside the zoo gates at 5:45 pm** and plan to begin the tour and fun together at 6:00 pm!

It could be a chilly night so be sure your costume keeps you warm enough and that your shoes are good for walking!

Regular admission is \$7.25 for Adults, \$6.00 for Children ages 3-11, Free for Children under 3, and \$6.00 for Seniors. Friends of Zoo Boise receive \$1 off admission to this event.

Please RSVP to Julie McConnel for Lil' Buddies or Danielle Williams for Best Buds.

If you have any questions about **Lil' Buddies**, please feel free to contact [Julie McConnel](#) or call: 208-830-7798.

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



Adults in Motion and Cool Club will be going out to **The Berry Ranch** on **Saturday, October 28th** from **1:00pm to 3:00pm**. The Berry Ranch is located on the corner of Hwy 20/26 and Franklin, in Nampa. Come out and enjoy a fun time going through the straw maze, seeing the farm animals, going on a hayride, and picking your own pumpkin.

TVDSA will pay for a pumpkin and hayride for those with Down syndrome, and a guest. TVDSA will also provide some snacks to share for the group.

If other people would like to join the fun, the prices are as follows (not inclusive of sales tax).

- Preschool (1-4 years old) = \$4.60
- K-2nd grade = \$6.10
- 3rd-6th grade = \$7.30
- 7th grade through adult = \$9.80
- Adult hayride, no pumpkin = \$3.50
- Babies under one year old get a free "baby" pumpkin!

Please **RSVP** to Brenda Taylor or Kathy Brilz by Thursday, **October 26th** 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, October 11th
 from 6:00pm-9:00pm
 at Idaho Parents Unlimited
 4619 W. Emerald, Ste. E, Boise

Topic: Bullying Prevention (Parents & Youth)

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](#)

Not available the 11th? How about attending the same workshop in webinar format?

Tuesday, October 31st two times available: [11:00am](#) and [9:00pm](#)

Please register online (click time interested in) and learn how to prevent bullying.

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



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.

Halloween Costume Ball Benefiting Special Olympics Idaho

Saturday, October 28th
4:00pm-10:00pm
 199 E. 52nd Street, Boise



Halloween Costume Ball:

Door Prizes • Raffles • Music / Dancing • Costume Contest
 Food / Beverages and more!

Admission: \$5.00 Adults • \$3.00 Children 12 & under

All Proceeds Benefit Special Olympics Idaho!
[Click here for your tickets](#)

CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support Treasure Valley Down Syndrome Association. Come in to the Chipotle at **2126 N. Eagle Rd. Suite 100** in Meridian on **Thursday, October 19th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Treasure Valley Down Syndrome Association.



If placing an order online during your fundraiser, please note you must choose the pay-in-store option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

Come for a free trial class!

Exceptional Movers

ADAPTIVE DANCE CLASS FOR KIDS!

WHEN:
TUESDAYS 6:00-6:30

WHERE:
DANCE ARTS ACADEMY
 2989 E. Copper Point Dr. Meridian
 off Eagle Rd. between Overland and Victory

REGISTER:
WWW.DANCEARTSBOISE.COM

Only \$35 a month!

Suggested ages 6-14



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](#)!



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 FOUR 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 represent. Current, available board positions include: Marketing Chair, Programs 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 at the bottom of this page) to ask questions or get more information.



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.](#)

TVDSA is seeking a new Librarian. This is not a board position. 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:

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](#)
Fundraising Chair: [Brooke Johnson](#)
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](#)