



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

In This Issue

We made it through Thanksgiving, and Christmas is around the corner! Another year is almost under our belt and a New Year is near. We hope to see you at one of the TVDSA holiday celebrations during the next couple of weeks. (See pages 1 and 2 for details).

Have you considered adding a New Year's resolution to volunteer more? Maybe for TVDSA? We have numerous openings for you to choose from! (See page 6)

We ask that you consider listing TVDSA as your favorite non-profit on Amazon Smile and at Fred Meyer as we head into the shopping season. What a wonderful and easy way to support TVDSA without any additional cost to you.

TVDSA wishes you and your family the best for the holidays!

We will see you in 2018!

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

Retiring Newsletter Editor: [Celena Auger](#)

December 2017



Snackin' with Santa

Saturday, December 2nd

4:00pm - 7:00pm

The Grange

203 5th Avenue South, Nampa

Remember to bring the whole family to celebrate the Christmas season with Santa, Lil' Buddies and Best Buds TOMORROW!

We will have food, cookie decorating, crafts, a gift exchange, raffle prizes, and more! Santa himself will also be coming all the way from the North Pole, so be sure to bring your camera!

This will be a **potluck dinner**, so if your last name starts with:

A - G please bring a hot dish or appetizer

H - O please bring a salad or finger food

P - Z please bring a dessert

Please supply an ingredient list or recipe to display with your dish so that those with food allergies can make appropriate choices.

For each child participating in the **gift exchange**, please bring a new, wrapped gift, valued between \$5.00 and \$10.00 that would be enjoyed by either a boy or a girl. Also please label each gift with the appropriate age group - Lil' Buddies or Best Buds.

Remember to bring some extra cash for the raffle! Tickets are \$5 each or 5 for \$20. You won't want to miss the chance to win one of these awesome prizes!

Questions contact [Danielle Williams](#) at (208) 794-8995 or [Julie McConnel](#) at (208) 830-7798.

TVDSA Calendar of Events

December 2nd:

Snackin' with Santa 4:00pm-7:00pm
Contact: [Julie McConnel](#) or
[Danielle Williams](#)

December 5th:

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

December 9th:

**Cool Club & AIM Dinner and
Holiday Lights** 5:00pm
Contact: [Brenda Taylor](#) or [Kathy Brilz](#)



Merry Christmas and Happy New Year

We are getting ready to start planning the **2018 TVDSA Buddy Walk**. Anyone who has ideas or would like to be part of the committee needs to contact [Barbara Hiler](#), Buddy Walk Board Chair.

Starting in January we will be corresponding by Facebook (Buddy Walk Committee page) and also by email.

If you would like to be part of this planning or part of the information process send Barbara a message via an [email](#) or text 208-598-5483.



Dinner and Holiday Lights

Saturday, December 9th

5:00pm

Dinner at The Ram, Downtown
Winter Garden A Glow

Join Adults in Motion and Cool Club for a festive evening on the town to celebrate the holidays in style. We will have dinner at The Ram restaurant, in downtown Boise, and then enjoy the beautiful Winter Garden a Glow at the Idaho Botanical Gardens.

This dazzling, festive display has almost 300,000 lights arranged throughout the botanical gardens and is sure to amaze you! Special guests Santa and his reindeer Prancer will visit from the North Pole and the Holiday Express, a G-scale model train, will wind its way through the glowing winter wonderland.

TVDSA will pay for dinner and admission to the Idaho Botanical Garden for those with Down syndrome and one guest.

Please meet promptly at 5:00 pm at The Ram. Holiday dress is encouraged and make sure to dress warmly for the Winter Garden a Glow.

Please RSVP by Tuesday, December 5th as dinner reservations are required. Please contact [Brenda Taylor](#) phone: 208-724-5226
[Kathy Brilz](#) phone: 208-863-1423.



You can help TVDSA earn donations just by shopping with your Fred Meyer Rewards Card!



Here is how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards card to TVDSA at www.fredmeyer.com/communityrewards searching by name or by Non-profit (NPO) number **93128**.
- Every time you shop and use your Rewards Card you are helping TVDSA earn a donation!
- You still earn your Rewards Points, Fuel Points and Rebates just as you do today.



Editor Signing Off

Dear TVDSA Family,

For the past eight years I have had the pleasure of gathering and organizing the TVDSA newsletter. When I joined the Communications Committee in March of 2010, TVDSA had a quarterly, post-mailed newsletter stuffed with information. The fearless leaders (board members) then (Sara, Leslie, and Diana) had dreams of going electronic and being able to communicate activities and events more frequently and effectively. They forgave that I had no experience in this field, but I was willing to learn and spend the time needed to get the job done. After 94 newsletters, and two different formats, I have decided that I am going to step away from this role. It is with heavy heart that I say good-bye to something that, although took a lot of time and effort, is a part of me and my monthly routine.

Over the years I have tried my best to share articles for all ages of development, but my passion, for my own daughter and other children with the same attribute, is inclusion. Thus, you have had that drilled into you month after month. I hope you forgive me. It is easier to find articles to recommend when they are of interest to you first. I even made sure to share one more inclusion article in this month's newsletter. The most fulfilling newsletter for me was our bi-lingual newsletter in November 2013. We published our newsletter in both English and Spanish. It was hard work! But it was also very fulfilling, even before TVDSA got national recognition from DSAIA for our work. Thank you, Lucy, for being my co-editor on that one!

Many claim I always knew what was going on – well, I had to – I had to make sure we didn't forget the many meetings, activities, celebrations, fundraisers, etc. throughout the year and be able to share the information with you. Even if I wasn't on a committee I had to know what was going on. It helped being married to a board member! Things I may not have known were often shared with me by him.

If you know me personally, you know I am always “all in” on a project I help with. I almost get obsessed. Alongside of my husband, Paul, we have helped with many TVDSA events, numerous years on the Buddy Walk committee, leading the ATV raffle, and three years as the iCan Bike Camp directors. I believe Paul would agree the most fulfilling event that will forever live in our hearts is the iCan Bike Camp. We both love the bike camp and the joy in the participants faces as they achieve something they never thought possible. We love to hear the stories afterwards from parents of how the bike camp changed the participant's self-confidence altogether. We love when Baylee (first year graduate) is the first to ask to go on a family ride every spring.

The reason someone volunteers their time to a project is to fulfill a passion. One of my passions is and always will be, is my daughter, Baylee. Baylee has taught me so much more than anyone else has in the past two decades. I have learned to see the world through a different lens than ever before. I've had to let my “bubble” down for her invasion and her great hugs.

I am amazed at the fact that she turns 18 next year! Where is my little baby? The next chapter of her life will be beginning soon. I don't know really what that will mean, but I need to be available to adapt. Paul and I both have stepped back from many projects to prepare ourselves. It is only easier because I believe in the next editor's commitment to continue the purpose of the TVDSA newsletter.

Baylee talks of going to college. She talks of her dreams and fears, just like other teenagers do at this time in their lives. It scares me and excites me at the same time. I get to have the same “feelings” as other parents whose children don't have that little “extra” – I get to worry about whether she is making the right decisions and did I prepare her enough. It is going to be hard to let go – but my mom assures me that it was the same when I left for college (and she would remind me, I went 32 hours away).

As I say goodbye to the newsletter and my intense involvement with TVDSA – I will not disappear completely – I'll be around. Something will spark an interest or I will see some of you at the Mom's Night Out! (when I need a “mommy break”).

THANK YOU for allowing me to do my thing all these years!
- Celena Auger

Thanks



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Social Groups Page

Mom's Night Out!

Hello Amazing TVDSA Moms!

We will not be gathering before the end of the year.

I want to thank all of the moms who have come out to one or more of the Mom's Night Out! evenings in 2017. I've enjoyed getting to know each of you. Thank you for sharing information and helping other moms who share the same journey. You truly are amazing women who I am blessed to have in my life.

I look forward to seeing you in 2018! Have a great Christmas – may it be filled with joy and happiness, and memories to last a lifetime.

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



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!

Lil' Buddies & Best Buds

Lil' Buddies and Best Buds will kick off the holiday season with **Snackin' with Santa** on Saturday, **December 2nd** (TOMORROW!) from **4:00pm-7:00pm**. Please see page 1 for all the details!

If you have questions about Lil' Buddies or would like to RSVP please 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

Join **Adults in Motion** and **Cool Club** for a festive evening on the town. We will have dinner at **The Ram** and then enjoy the beautiful **Winter Garden a Glow** at the Idaho Botanical Gardens. Please see page 2 for all the details!

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.



What is Inclusion?

Inclusion is a philosophy of education based on the belief in every person's inherent right to fully participate in society. It implies acceptance of differences and access to the educational experiences that are fundamental to every student's development.

When effectively implemented, research has demonstrated academic and social benefits for all students - both those who have special needs as well as typical students. Friendships develop, typically-developing students are more appreciative of differences and students with disabilities are more motivated. True acceptance of diversity will ultimately develop within the school environment and is then carried into the home, workplace, and community.

They reported that the following factors had the most significant relationship to successful inclusion experiences: • Teacher preparation; • Format of the curriculum (lesson plans and materials); • Classroom management and curricular style of the teacher; • Collaboration between special and general education; • Parental confidence in professionals; • Attitude of professionals (open-mindedness, enthusiasm and confidence were cited as helpful character traits for successful inclusion); and • Contact, encouragement from and friendships with peers.

Source: DSAWM Educator Manual, [Supporting the Student with Down Syndrome in your Classroom](#) The Down Syndrome Association of West Michigan, 2010, insert from page 6

Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop

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

Topic: Stop Spinning Your Wheels - Advocacy and Coordination Skills for Your Child's Special Health Care Needs

You will learn about the patient-centered, comprehensive, coordinated approach to health care for children and youth with special health care needs. Participants will be given tools to identify their particular needs and how to talk with their child's providers to ensure a system of coordinated care. Parents will also be given information and training on what "advocacy" means, learn the skills necessary to be an effective advocate, and what additional resources they may need and where to go for more information.

[Please RSVP](#)

Not available the 13th? How about attending the same workshop in webinar format?

Tuesday, December 26th two times available: [11:00am](#) and [9:00pm](#)

Please register online (click time interested in) and learn how to navigate your child's health care needs.

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



February 4-6th, 2018
San Antonio, TX

The Inclusion Works! provides learning opportunities for parents, educators, and school administrators to improve skills in collaborating to educate students who qualify for Special Education services in the regular educational environment with supplementary aids and services.

For more information, [click here.](#)



February 8-9th, 2018
Denver, CO

PEAK Parent Center's annual Conference on Inclusive Education holds the tools you need to reinvent schools to be places where all students can achieve success! We've been bringing the nation's best practices for over 30 years!

For more information, [click here.](#)

Miss Amazing Idaho Pageant

March 16-17, 2018
College of Idaho – Jewett Auditorium
2112 E. Caldwell Blvd.
Caldwell, ID 83605

Miss Amazing events celebrate the abilities of girls and women with disabilities. Miss Amazing serves as a platform for girls and women with disabilities to make new friends, develop life skills, and dispel the commonly held myths about their value and potential.

To learn more or to register, [click here.](#)

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.

Support us when you shop this holiday season

Buy your gifts and holiday essentials
at smile.amazon.com.
You shop. Amazon donates.

amazonsmile



Shop for everyone on your gift list this holiday at smile.amazon.com/ch/94-3169648 and Amazon donates to Treasure Valley Down Syndrome Association.

AmazonSmile is a simple and automatic way for you to support TVDSA every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to TVDSA.

Visit smile.amazon.com and select Treasure Valley Down Syndrome Support Group as your favorite charity "BEFORE" you start shopping and TVDSA will receive 0.5% of the purchase price from your eligible AmazonSmile purchases.



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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](#)!



Volunteers Needed

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!**

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

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 represent. Available board positions include: Marketing Chair, Community Chair, Programs Chair, and Legislative Chair. Please contact [George Taylor](#), or any current board member (listed on at the bottom of this page) to ask questions or get more information.

TV iCan Bike Camp Committee Members:

Did you miss out on participating in the iCan Bike Camps in 2014, 2015 or 2016? Do you want it to come back? We are seeking committee members to commit to bringing this activity back to the Treasure Valley. If enough interest, the TVDSA board will commit. Please contact [Lucy Olmos](#)!

TVDSA Librarian:

Interested in helping facilitate the TVDSA Library for our members? Responsibilities: Bring the selection of books and materials to TVDSA activities, monitor check outs, suggest new purchases, and have access to ALL the materials! To view a list of all the current titles [click here](#). 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](#)
Treasurer & Spanish Contact: [Lucy Olmos](#)
Self-Advocate Chair: [Dylan Thaner](#)

VP & Fundraising Chair: [Brooke Johnson](#)
Buddy Walk Chair: [Barbara Hiler](#)
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](#)