

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## Upcoming Events

### January 1

#### **Board Meeting**

Canceled

### January 12

#### **Lil' Buddies**

The Sensory Playce, Boise  
10:00 am

### January 12

#### **AIM/Cool Club**

Westy's Party Room, Boise  
1:00 pm

### January 16

#### **Mom's Night Out!**

Thai Basil, Meridian  
6:30 pm

### January 20

#### **Best Buds**

Flying M Coffee, Caldwell  
2:00 pm

## Six Steps to Keep from Losing Your Cool

By Erica Patino, M.A., [understood.org](http://understood.org)

### *Español*

Es normal que los padres pierdan la calma algunas veces. Y ser padres de niños con dificultades de aprendizaje y de atención es particularmente complicado. Cuando sienta que se está enojando con su hijo durante una discusión es de gran ayuda tener un plan para calmarse.

Revise los siguientes pasos y personalice su plan cuando se sienta tranquilo. Puede ayudarlo a permanecer calmado en momentos de enojo.

#### **1. Dése cuenta de que se está enojando**

Esto podría ayudarlo a evitar que le diga algo a su hijo de lo que podría arrepentirse. Reconozca cuándo está alcanzando ese nivel de enojo y dígame a su hijo que necesita hacer una pausa.

#### **2. Póngase de acuerdo con su pareja**

Si tiene una pareja, pónganse de acuerdo. Cuando sienta que se está molestando haga una pausa y pídale a su pareja que hable con su hijo, y viceversa.

#### **3. Cumpla las reglas**

Los niños con dificultades de aprendizaje y atención necesitan reglas claras y que sus actos tengan consecuencias. Sea específico y proporcione detalles de lo que pasará si su hijo no se comporta apropiadamente, y cumpla lo que dijo.

Lea el artículo completo en [understand.org](http://understand.org).

### *English*

It's normal to lose your cool sometimes as a parent. And parenting a child with learning and attention issues can be especially tricky. When you feel that you're getting upset with him during a confrontation, having a cool-down plan in place can be a big help.

Review these steps and personalize your plan when you're feeling calm. It can help you stay cool in the heat of the moment.

#### **1. Realize you're getting upset.**

This can help you avoid saying something to your child that you'll regret. Recognize when you're reaching that level and tell him you need a break.

#### **2. Tag-team with a partner if you can.**

If you have a partner, put an agreement in place together: When you're getting upset, you can take a break and he can talk to your child—and vice versa.

#### **3. Go by the rules.**

Kids with learning and attention issues need clear rules and consequences. Be detailed and specific about what happens if your child doesn't behave. Then follow through.

Read the full article at [understood.org](http://understood.org).

*Keeping Cool . . .*  
**is a SUPER POWER!**

# Social Groups

## Lil' Buddies

Come play with the Lil' Buddies at **The Sensory Playce** at 1471 S Vinnell Way in Boise!

We will meet to explore and play at The Sensory Playce on Saturday, January 12 at 10:00 am. We will plan to stay until 11:30 am, but you may stay and play longer, if you'd like.

The Sensory Playce is "a gym for kids filled with specialized equipment usually found in physical, speech, and occupational therapy rooms; a gym that is open and not overstimulating; a gym where kids can work on social skills playing together and engaging in small group classes."

TVDSA will pay for each child with Down syndrome plus one sibling. Parents may accompany their children at no charge. Additional siblings may attend as well for \$8.00 each.

We hope to see you for a fun play date with the Lil' Buddies!

Please RSVP to Julie McConnel at [lilbuddies@idahodownsyndrome.org](mailto:lilbuddies@idahodownsyndrome.org) or text/phone: 208-830-7798 so we know how many friends to expect.



## Best Buds

Happy New Year everyone! Best Buds are getting together on January 20 at **Flying M Coffee** at 724 Arthur St. in Caldwell for hot chocolate and a snack from 2 to 4 pm.



**FLYING M COFFEE**

We can discuss our New Year's resolution and all the great things that happened this Christmas. Each child with Down syndrome can bring one guest. TVDSA will pay for a coffee or hot chocolate and one snack per person. We will also have coloring sheets for the kids! Hope to see all of our best buds there!

RSVP to Danielle Williams at [bestbuds@idahodownsyndrome.org](mailto:bestbuds@idahodownsyndrome.org) or text 208-794-8995.

## Cool Club/Adults in Motion (AIM)

Pop on over for a Cool Club and AIM afternoon at the movies!

Join us on Saturday, January 12 at 1:00 pm at **Westy's Party Room** (5504 W Alworth St) for a movie, pizza, popcorn, and drinks.

We're starting off the new year with a relaxing afternoon and hanging out with our friends. Wear your PJs or sweats, and don't forget your blanket and pillow.

Please RSVP by January 10 so we can plan the food.

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

For more information about Adults in Motion, contact Kathy Brilz at [aim@idahodownsyndrome.org](mailto:aim@idahodownsyndrome.org) by email or text/phone: 208-863-1423.



# Parent Groups

## Mom's Night Out!

Hello Amazing TVDSA Moms!

I hope everyone had a great holiday season with your families. Let's make 2019 a great year full of new adventures, resolutions, goals, etc.

The next Mom's Night Out we are heading to Meridian to go a restaurant loved by many. Come and enjoy some Thai food at **Thai Basil** located at 3161 E Fairview Ave. Ste 110 in Meridian on Wednesday, January 16 at 6:30 pm.



Please RSVP by text or email no later than Monday, January 14, so I can let the restaurant know how many will be coming.

Also, if you RSVP and then can't make it, please send me a text. It helps to keep the number more accurate for the restaurant.

TVDSA will pay for your dinner and a soda. Come out to relax, laugh and converse with other moms who share the same journey as you.

Thanks to all the moms who were able to come to the MNO Surprise at Two Rivers Spa in December. It was very relaxing, and the food was delicious. Look forward to seeing you all again in January.

For more information, contact Reme Echevarria at [moms@idahodownsyndrome.org](mailto:moms@idahodownsyndrome.org) or text/call 208-866-4095.

## D.A.D.S.

D.A.D.S. will not be meeting in January, but keep an eye out for more plans in 2019!

For more information about D.A.D.S., contact Scott Gluch at [dads@idahodownsyndrome.org](mailto:dads@idahodownsyndrome.org).

# Miss Amazing Idaho Pageant

March 15–16, 2019  
College of Idaho, Jewett Auditorium  
Caldwell, Idaho

MISS *Amazing*

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 commonly held myths about their value and potential. To learn more or register, go to the [Idaho Miss Amazing website](#).

## Workshops, Webinars & Scholarships



### Power of a Personal Story

In Person

January 9, 2019  
5:30–7:00 pm  
4619 W Emerald Ste E, Boise

Go to the [IPUL website](#) to register.

Webinar

January 29, 2019  
11:00 am

Learn what advocacy is, why it is important, and why changing systems is important. Parents will learn how to craft an effective personal story tied to an issue, and who can be influenced to make systems changes.



### 2019 Inclusion Works! Conference

February 10–12, 2019  
Denton, TX

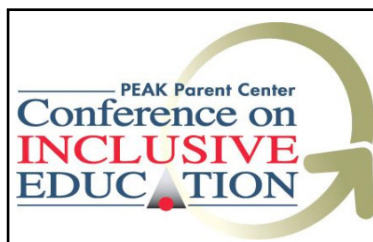
The *Inclusion Works!* Conference gathers national leading experts and creative problem solvers in the field of inclusive special education. Featuring diverse keynote speakers, invigorating panel discussions and interactive workshops, the 2019 Inclusion Works! Conference will offer more opportunities for networking, learning, and discovery than ever before.

Go to [their website](#) to register or learn more.

### TVDSA Scholarship Information

TVDSA supports members gathering information at local and national conferences and workshops.

The TVDSA Scholarship program is not income based, so all TVDSA members are eligible. See our [scholarship application](#) to apply.



February 14–15, 2019  
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 best practice for over 30 years! Go to [their website](#) to register or learn more.

## From the TVDSA Board

The TVDSA Board wishes everyone a very Happy New Year! We are so excited for 2019 and all of the spectacular TVDSA events coming this year!

TVDSA would not be what it is without its incredible volunteers. Remember, you do not have to run a committee or event. If there is one thing you excel at, lend us your talent and make a difference today!

Remember, the January Board Meeting is canceled, but will meet February 5.

## Volunteers needed for Night to Shine

**Night to Shine** is a prom night experience for people with special needs ages 14 and older.

On February 8, Calvary Chapel in Boise, together with other churches across the country, will host a Night to Shine from 6:00 to 9:00 pm.

Volunteers are needed to assist the attendees and coordinators for food, fundraising, social media, etc.

We want to get the word out so attendees can sign up for their tickets.

If you are interested in volunteering, please contact Lara Alexander at 208-869-4644.



## Volunteers Needed

To continue bringing awareness to the Treasure Valley and 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 2019.

### TVDSA Seeking Board Members

Board members meet monthly, advocate for those with Down syndrome, and develop/advance TVDSA's mission. Board members should serve on additional committees, in most cases as their chair. The TVDSA by-laws require a minimum of four board members and a maximum of 12. Currently, there are six seats available.

### TVDSA Seeking Committee Chairs

Committee chairs are not required to be on the Board, but can be if they want to take on the additional commitment. The available committee chair positions available include the following: marketing, communications, fundraising, and programs.

If you are interested or have any questions, contact **George Taylor** or any current board member for more information regarding board or committee positions.

### Contact Information

Treasure Valley Down  
Syndrome Association

PO Box 1404  
Meridian, ID 83680  
208-945-7448

[idahodownsyndrome.org](http://idahodownsyndrome.org)



## Legislative Corner

By **Rob Cochems**, [legislation@idahodownsyndrome.org](mailto:legislation@idahodownsyndrome.org)

This month, there are two announcements TVDSA members should know.

1. Although monthly IPUL trainings are already hosted in-person and via webinar, the in-person training (hosted in the Boise office), will simultaneously webcast statewide with a GoToMeeting.

Hopefully this new format will allow more people to attend IPUL trainings, since they won't be concentrated in three locations.

For more information about this month's training, see page 3 of this month's TVDSA Newsletter, or go to the **IPUL website**.

The GoToMeeting webcast will take place Wednesday, January 9, 2019, from 5:30 to 7:00 pm.

IPUL welcomes people who wish to attend the training in person at their Boise office. People attending remotely via GoToWebinar only need to have a modern web browser to attend.

2. Join people with disabilities, families, providers, legislators, and friends to create a strong Idaho Disability Awareness Community. Disability Awareness Day is now known as Fred Riggers Annual Disability Awareness Day.

Fred Riggers was an example of a true advocate. He began visiting the State Capitol over 17 years ago. He learned that sharing your story could have an impact on decisions that are made.

Fred Riggers Disability Awareness Day is on Tuesday, January 29, 2019, from 9:00 am to 2:00 pm.

The event will be held at the Idaho State Capitol First Floor Rotunda (700 W. Jefferson St, Boise).

For more information about Fred Riggers Disability Awareness Day, by going to the **Idaho Center on Disabilities and Human Development website**.

### Our Mission

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

<b>President</b> .....	George Taylor
<b>Vice President</b> .....	Brooke Johnson
<b>Secretary and Membership</b> .....	Jen Rice
<b>Treasurer and Spanish Contact</b> .....	Lucy Olmos
<b>Self-Advocate Chair</b> .....	Dylan Thaner
<b>Community Outreach Chair</b> .....	Charmaine Thaner