

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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Upcoming Events

May 4

AIM/Cool Club
Ceramica, Boise
10:30 am

May 7

Board Meeting
Video Conference
8:00 pm

May 11

Lil' Buddies
Kristin Armstrong Municipal Park,
Boise, 11:00 am

May 15

Mom's Night Out!
Game Changer Improv, Meridian
7:00 pm

May 18

Best Buds
New York Richies, Boise
11:30 am

Support TVDSA through Idaho Gives Day 2019

Idaho Gives is a statewide, 24-hour giving day on Thursday, May 2, 2019, and it's all online!

Every year people across Idaho come together to support Idaho's nonprofits. It's a day to celebrate the amazing and crucial work nonprofits do throughout our state.

On May 2, make a contribution to TVDSA and consider donating to other nonprofits you love, or find a new one to support.

When you donate to TVDSA, you support its mission 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.

Check out the **Idaho Gives TVDSA web page** to donate and discover

how your donation will be used to enhance and support our Down syndrome community in the Treasure Valley.



During the day, TVDSA will have a booth at the Village from noon to 3 pm. We'll pass out M&Ms, ribbon wands, and lists with ways to create an inclusive community.

Stop by and see us, and stay awhile to share your experiences as a member of the Down syndrome community. Several non-profits will be there with booths, so come check it out and see how other fantastic organizations work to make Idaho the greatest state.

Follow us on **Facebook**, **Instagram**, and **Twitter** for updates leading up to and the day of Idaho Gives.

2019 TVDSA Trisomy 21 Open

The 2019 Trisomy 21 Open will be held Saturday, July 20 at the Eagle Hills Golf Course.

We tee off at 9:00 am with a shotgun start and with plenty of fun activities on all 18 holes.

To register, go to **birdeasepro.com/tvdsagolf19**.

Early Registration
\$85.00 (May 15–June 15)

Regular Registration

\$100.00 (June 16–July 14)
Registration includes green fees, carts, lunch, and more.

For more information about the tournament, sponsorship opportunities, or registrations, email **George Taylor**.



Social Groups

Lil' Buddies

Happy (un)Birthday, Lil' Buddies!

Bring the whole family to Kristin Armstrong Municipal Park in Boise on Saturday, May 11, at 11 am, for a birthday celebration for all our Lil' Buddies (no matter when their actual birthday is).

We will have cake, snacks, drinks, games and a gift exchange for the (un)birthday boys and girls! Please bring a non-gender specific, wrapped gift appropriate for a child age 0 to 5 and valued at \$10 or less. Older siblings who would like to participate, please bring a wrapped gift labeled with the

appropriate age range.

Bring your park chairs and blankets for your family along with a picnic lunch if you'd like to stay and eat together. Municipal Park is very large so look for the balloons and signs near the playground to find our group.

Please RSVP to Julie by May 8. Hope to see you at the party!

For more information about Lil' Buddies, contact Julie McConnel 208-830-7798 or lilbuddies@idahodownsyndrome.org.



Best Buds

Calling all Best Buds Superheroes!



Join us, May 18, 11:30 am to 1:30 pm, at New York Richies at 5865 N. Glenwood in Boise.

This is Danielle's last event, so please come to this special event. The kids will make superhero capes so they can continue to be the heroes of our community by spreading love and joy everywhere they go!

We'll have lots of yummy stuff to eat and drink as we enjoy each other's friendship and make life-long memories.

Each child with Down syndrome can bring one guest.

If you wish to have more than one child make a cape, please bring \$6 to cover the cost.

You may bring more people, but they will need to buy their pizza and drinks.

Please RSVP by text by May 14 and include the child's name, how many will attend the party, and if you need extra capes.

For more information about Best Buds, email Danielle Williams at bestbuds@idahodownsyndrome.org or text 208-794-8995.

Cool Club/Adults in Motion (AIM)

On Saturday, May 4, from 10:30 am to 12:30 pm, please join us for a few hours of creativity, fun, friends and a snack in the party room at **Ceramica** in Boise.

Cool Club and AIM participants who RSVP'd on or before April 23* get to choose an item to paint/glaze. A dedicated Ceramica staff will assist us with painting techniques, but you can paint your piece as wild or mild as you like. The piece will be fired and brought to the next event, or you can make arrangements with Kathy for pick-up after a week.

If parents and staff want to join in, a table for six, outside the party room

will be reserved. You'll purchase, paint, and pick-up a pottery piece (most pieces cost between \$15.00 to \$40.00). All parents and staff need to RSVP by April 23*.

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

For more information about AIM, contact **Kathy Brilz** at aim@idahodownsyndrome.org by email or text/phone: 208-863-1423.

*If you missed the RSVP deadline, please call Kathy or Brenda. We may have an opening if anyone cancels.



Parent Groups Mom's Night Out!

Hello Amazing TVDSA Moms!

The next Mom's Night Out is going to be a funny one. You all will be belly laughing throughout

this event. **Game Changer Improv** is doing a full show just for TVDSA Moms!



The show will be on Wednesday, May 15 at 7:00 pm at the Treasure Valley Children's Theatre 440 W. Pennwood St Suite 100, Meridian, ID.

This show will keep you laughing for two straight hours. If you haven't laughed in awhile now is your chance to treat yourself to some fun.

Please RSVP by May 10 so I can let them know how many will attend. If you RSVP and then cannot make it, please let me know by text.

TVDSA is paying for the show. There will be no dinner at this event. So, please eat before you come. Also, bring some cash to buy some items from their concessions. All proceeds from concessions sales goes to the Treasure Valley Children's Theatre.

Thanks to all the moms who came to TGI Fridays in April. Look forward to seeing you all again in May.

For more information, contact Reme Echevarria at moms@idahodownsyndrome.org or text/call 208-866-4095.

D.A.D.S.

D.A.D.S. will not be meeting in May, but stay tuned for more fun activities in the coming months.

For more information about D.A.D.S., contact Scott Gluch at dads@idahodownsyndrome.org.

Workshops, Webinars & Scholarships



Positive Behavior Interventions and Supports

In Person

May 8, 2019

5:30–7:00 pm

4619 W Emerald Ste E, Boise

Go to the **IPUL website** to register.

Webinar

May 28, 2019

11:00 am

This training will teach parents about their child's behaviors, functional behavior assessments, and behavior interventions.

Camp Partnerships

July 14–18, 2019

Trinity Pines in Cascade

July 21–25, 2019

**River Canyon Retreat
Garden Valley, ID**

Camp Partnerships is an annual event since 1996, put on by Community Partnerships of Idaho, Inc. It is an exciting opportunity for adults with disabilities to enjoy a fun, relaxing vacation.

To find out more about the camp and to register, check out the **Camp Partnerships website**. Registration ends June 14, so sign up now!



National Down Syndrome Congress (NDSC) Convention

June 27–30, 2019

**Lawrence Convention Center
Pittsburg, PA**

Each year, thousands of people from across the globe attend the NDSC Annual Convention. For most, it's to hear the latest information from world-renowned experts. For others, it's a great vacation. However, for nearly all, there's the one-of-a-kind NDSC "giant family reunion" feeling that permeates the convention weekend.

Who Attends?

The convention weekend is comprised of several different conferences and programs and is designed for:

- Parents and family members
- Self-advocates (individuals with Down syndrome)
- Professionals
- Community advocates

To find out more about the convention, check out the **NDSC Convention website**.

TVDSA Scholarship Information

Workshop Scholarship

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.

Educational Scholarship **NEW!**

TVDSA is happy to announce a new Self-advocate Educational Scholarship. This new program will offer up to \$1,000 per year to a self advocate seeking higher education.

More details and an online form will be available soon

Idaho Department of Health and Welfare (DHW) Developmental Disability (DD) Programs

The Idaho DHW offers programs to help families with members who have disabilities.

There are two programs, one for **children** and another for **adults**.

Changes are coming to the children's program. Find out more about the **Children's DD Services Enhancement Project at the DHW website**.

If you are transitioning your children into the adult program, the DHW is providing classes to help answer questions.

Here are the upcoming dates, locations, and times:

- **May 15, 2019**
Noon to 1:30 pm
Boise DHW
1720 Westgate Dr. Suite D
- **July 17, 2019**
Noon to 1:30 pm
Nampa DHW
823 Park Centre Way
- **September 18, 2019**
Noon to 1:30 pm
Boise DHW
1720 Westgate Dr. Suite D
- **November 6, 2019**
Noon to 1:30 pm
Boise DHW
1720 Westgate Dr. Suite D

To RSVP to any of these meetings, contact either:

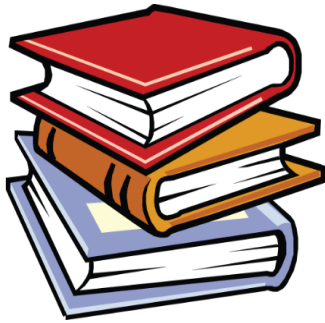
- Laura Banks at 208-475-5094
Laura.Banks@dhw.idaho.gov
- Hadley Goff at 208-334-0920
Hadley.Goff@dhw.idaho.gov

Check out the online TVDSA Library

Remember to come check out the new online TVDSA Library at tvdsa.libib.com.

You can read short descriptions of each item, see what is available, check out resources, and place holds.

I'll send out requested items every Monday through media mail. Every current TVDSA member can check out items for up to three months.



To access the library for the first time, follow these simple steps:

1. Click **Patron Log In**.
» A pop-up window displays.
2. Click **Need Password?**
3. Enter your email address.
» A password is sent to your email.
4. Use the system-generated password to log in.
5. To change your password, go to the Patron Page under Edit Profile.

If there are any questions or problems, don't hesitate to contact me at library@idahodownsyndrome.org.

People with Down Syndrome Never Stop Learning

By The Harvard Gazette, news.harvard.edu

When expectant parents learn their child will be born with Down syndrome, they invariably have questions about what this diagnosis will mean for their son or daughter and for the rest of their family. When will their child be able to walk, to speak clearly, to care for most basic needs? Will he or she be able to hold a job, to live or travel independently? A new study from investigators at Mass General Hospital for Children (MGHfC) and colleagues in the Netherlands is providing answers to some of those questions.

"More and more parents are opting for prenatal testing during their pregnancies, and if they learn about a diagnosis of Down syndrome, they want to know real-life answers to such questions," says Brian Skotko, the Emma Campbell Endowed Chair on Down Syndrome at Massachusetts General Hospital (MGH), director of the MGH Down Syndrome Program, and senior author of the study published online in American Journal of Medical Genetics Part A. "Contrary to some public beliefs,

people with Down syndrome never stop learning, and functional skills can still be attained and improved well into adulthood."

While previous studies have looked at the development of specific skills by people with Down syndrome, most of them have been small, and several were based in countries where limited support services can restrict the potential of children with Down syndrome. The current study combines the results of surveys taken of more than 2,600 families in the U.S. and the Netherlands.

The U.S. survey, sent in 2008 and 2009 to families involved with six nonprofit Down syndrome organizations across the country, asked parents to rank their child's functional abilities in 11 areas — walking, eating, speaking, grooming/personal hygiene, reading, writing, preparing meals, working at a job, dating, traveling independently, and living independently.

Read the full article at news.harvard.edu.

From the TVDSA Board

We are sad to say good-bye to our Best Buds organizer, Danielle Williams. Danielle has been the program leader for Best Buds since October 2015 and has done an amazing job with her creative ideas and hard work. We're going to miss you, Danielle! Thank you for everything you've done for TVDSA!

With Danielle stepping down, we are in need of a new Best Buds organizer. If you have a child between the ages of 6 and 12 years old, being Best Buds organizer is a great way to help them meet other kids the same age, as well as their families! Get-togethers can be as simple as a play date at someone's house, playing at the park, or grabbing a snack at a local restaurant. Also since you're in charge, events can be planned around your schedule.

If you'd like more information about leading our Best Buds program, please contact the TVDSA board at board@idahodownsyndrome.org.

Keep an eye out for our Annual Notification in the mail. Included will be a Board Member Election Ballot as well as a Membership Renewal Form. If you're not sure if you need to renew your membership, please e-mail membership@idahodownsyndrome.org.

Keeping your membership current is important—it helps us know the number and demographics of the families we are serving and also helps us to plan our fundraising and events for the year.

Save the Date!

Summer is speeding towards us, and that means the TVDSA Annual Picnic is just around the corner!

Join us, Wednesday, June 19 at 6 pm at Kleiner Park. Look for more details in next month's newsletter.

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



Help Your Child Develop Positive Self-Esteem

By Amanda Morin, understood.org

Español

- Desarrollar la autoestima es particularmente importante para los chicos con dificultades de aprendizaje y de atención.
- La autoestima está relacionada con qué tan capaz y valioso se siente su hijo.
- Facilitar maneras de que su hijo reconozca sus destrezas lo ayuda a desarrollar su autoestima.

La autoestima es cuánto se valoran los chicos a sí mismos y qué tan importantes creen que son en su mundo. Desarrollar la autoestima es importante para todos los chicos, pero puede ser difícil para los chicos que tienen dificultades de aprendizaje y de atención. Esto se debe a que la autoestima está relacionada con lo capaces que los chicos se sienten. Generalmente, los chicos con dificultades de aprendizaje y de atención tienen que esforzarse más para progresar en la escuela y suelen tener dificultades sociales.

Lea el artículo completo en understand.org.

English

- Positive self-esteem is especially important for kids with learning and attention issues.
- Self-esteem is tied to how capable and valuable your child feels.
- Giving your child ways to recognize strengths helps to boost self-esteem.

Self-esteem is how much kids value themselves and how important they believe they are in their world. Developing positive self-esteem is important for all kids. But it can be harder for kids with learning and attention issues. That's because self-esteem is tied to how capable kids feel. Kids with learning and attention issues often have to work harder to make progress in school. They may struggle socially, too.

You can help your child develop positive self-esteem by praising her efforts and helping her recognize and use her strengths.

Read the full article at understood.org.

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

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