

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

In this Issue

WDSO Celebration	1
A Message from the Board	1
Social Groups	2
Parent Groups	2
Workshops, Webinars & Scholarships	3
Game Changers Idaho/ Little Game Changers	3
Challenger Little League Sign Ups	3
Western Partnership Conference Article	4
Join TVDSA Today!	4
TVDSA Needs Your Help!	4
Parents with High Expectations . . .	5
PEERS Program at Boise State.	5
Mission/Vision Statements.	5
Board Information	5

Upcoming Events

March 3

Board Meeting

A New Leaf, Meridian
7:00 pm

March 15

AIM/Cool Club

Westy's Garden Lanes, Boise,
2:00 pm

March 19

D.A.D.S.

Burger Theory, Nampa
7:00 pm

March 21

World Down Syndrome Day!

Albertsons Stadium, Boise
2:00 pm

World Down Syndrome Day

—CELEBRATION—

Saturday, March 21, 2:00–4:00 pm

ALL ARE INVITED!

Join us for an afternoon of celebration at the Albertsons Stadium at Boise State University! Please enter through the Hall of Fame (next to the big bronze bronco).

Parking is available in the west stadium lot; there will be attendants present to help point you in the right direction.

We'll have an open-house celebration, and light refreshments will be served.



Don't forget to wear your crazy socks all day to support our loved ones with Down syndrome!

Contact **Erin Rosenkoetter** if you want to help with this event.

A Message from the Board

Hello TVDSA Members!

As we've mentioned in previous newsletters, there are a few changes coming to TVDSA this year. We know change can be uncomfortable, but to maintain and improve the programs we currently provide, some refinements and improvements are necessary.

The biggest adjustment is that we will take a break from doing the Buddy Walk this year. Rest assured, our annual walk to celebrate Down syndrome will be back in 2021; but after discussing things with our Buddy Walk organizer, a year-long break is needed to reorganize and recruit more volunteers to keep the walk going. A group of us are meeting to revamp the Buddy Walk timeline and checklist and to create job descriptions for the areas we need help with—we're hoping with clearer descriptions, we'll be able to recruit more volunteers to take leadership roles.

We recognize that the Buddy Walk is a valued event, as a fundraiser for

TVDSA but, more importantly, as a celebration of our loved ones with Down syndrome. We don't want to skip that celebration, so we are planning a (smaller) event in October to get our members and community together—we'll send out more information as the time gets closer.

There will also be changes in membership. We will make membership a requirement to participate in TVDSA Social Groups, so be sure to renew your memberships! We are working on making online membership easier and more streamlined, as well as sending reminders when your membership needs renewal. We are getting a new information management program up and running, so please bear with us as we learn the new software. We are also looking at changes in dues and membership benefits.

If there are any questions or concerns, please don't hesitate to contact the Board at **board@idahodownsyndrome.org**.

Social Groups

Lil' Buddies

We hope to see all our Lil' Buddies at the World Down Syndrome Day celebration at Albertsons Stadium at Boise State on Saturday, March 21!

You do not want to miss this party! We will meet on the center of the blue turf (weather permitting) at 3:00 for a

Lil' Buddies group photo, so be sure to wear your crazy socks.

For more information about Lil' Buddies, contact **Julie McConnel** at lilbuddies@idahodownsyndrome.org or text/phone: 208-830-7798.

Best Buds

Come rock your socks off at Boise State at TVDSA's World Down Syndrome Day Celebration on Saturday, March 21 with all our friend's and families!

Make sure to find Danielle Williams for a special treat for Best Buds that show

up for this event! Don't forget your crazy socks! ♥ ♥ ♥

For more information about Best Buds, contact bestbuds@idahodownsyndrome.org.



Cool Club/Adults in Motion (AIM)

Let's Bowl!

Strike up some fun and have a ball at the Cool Club and AIM bowling party.



The Cool Club and AIM will be going bowling on Sunday, March 15 from 2:00 – 4:30 pm at Westy's Garden Lanes.

TVDSA will pay for two games of bowling and shoe rental for those with

Down syndrome and a guest. There will also be snacks and drinks.

Let us know if you can spare the time and RSVP to Brenda Taylor or Kathy Brilz by Wednesday, March 11 so we can reserve enough bowling lanes.

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 Adults in Motion, contact **Kathy Brilz** at aim@idahodownsyndrome.org by email or text/phone: 208-863-1423.

Save the Dates!

Lil' Buddies/Best Buds

Save the date for our Spring Fling on April 11 at 2:00 pm. More info to come and we hope to see you there as we welcome springtime!

Cool Club/Adults in Motion (AIM)

On April 11, AIM & Cool Club are planning an afternoon adventure at Roystone Hotsprings, about 45 minutes from Boise in Sweet, ID.

Look for more information in the April newsletter.

Parent Groups

Mom's Night Out!

Hello Amazing TVDSA Moms!

We will not be having a Mom's Night Out in March. Instead, mark your calendars to celebrate World Down Syndrome Day on March 21 from 2 to 4 pm at Boise State. It is a fun event, and it is on a Saturday this year. Therefore, you will have more time to rock your socks. Also, March is the month for spring break so plan a trip, do some crafts or fun event(s) with your kids and make it a memorable time for the whole family.

Thanks to all the moms who came out to Island Kine Grinds in February. The next Mom's Night Out will be in April, place and time TBD.

Make it a great day!

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 meet at Burger Theory for dinner at 16245 N Merchant Way in Nampa at 7 pm on Thursday, March 19. RSVP to Scott by March 12.



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



Miss Amazing Idaho Pageant

March 20–21, 2020
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, go to the [Idaho Miss Amazing website](#).

Sign up for Game Changers Idaho/ Little Game Changers

Game Changers Idaho is a new, local nonprofit that offers a variety of sports, reaching out to kids (grades preK through 12) and Special



Education programs in the Treasure Valley so everyone can represent their school colors in sports.

Game Changers Idaho believes every child, regardless of ability, should have every opportunity to play sports to their fullest potential. We want our participants to create friendships, to be included into team sports, and to show what they are truly capable of doing.

Find out more about the organization or sign up a student athlete at gamechangersidaho.com.

Little Game Changers is holding its next sports clinic on April 25, so sign up you 3 to 5 year old now. Activities for Game Changers (K through 12) are ongoing.

Watch a news story on Little Game Changers (ages 3 to 5) [here](#) and catch some familiar faces!

Workshops, Webinars & Scholarships



IDAHO PARENTS UNLIMITED ^{††} INC.
SERVING IDAHO FAMILIES WITH
EXCEPTIONAL CHILDREN SINCE 1985

Getting and Keeping the First Job

Webinar

March 4, 2020
Times TBA

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

All Born (In) Conference

April 18, 2020
Portland, OR

The annual All Born (in) Conference is an exciting day for parents, caregivers, and professionals working to end segregation in neighborhood schools and the community. It's a day of celebrating community and learning how to use Universal Design for Learning and best practices to reach and teach every child. Share, learn, and make connections so that we can all go forth to open the eyes of the wider community to the fact that our children are all born "in".

Featuring workshops, plus national keynote speakers, panel discussions, entertainment, art sale, and much more!

Lean more at the [All Born In website](#).



DSDN Rockin' Retreats

Get ready to reserve your spot for the Down Syndrome Diagnosis Network (DSDN) Rockin' Retreats (for moms and dads).

Registration for both retreats opened in February, and both conferences are already more than half full! Click the links below for more information.

DSDN Rockin' Dad Retreat:

Kansas City, MO, August 7–8

DSDN Rockin' Mom Retreat

Denver, CO, September 11–12

Scholarships are available to help pay for registration and travel expenses for both retreats. Apply [here](#).

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

This program offers up to \$1,000 per year to a self advocate seeking higher education.

More details and an online form will be available soon.

Challenger Baseball Little League Sign Ups

Little League is for Everyone! Challenger Baseball is Little League's adaptive baseball program for individuals 5 years and older with physical and intellectual challenges.

Challenger Little League means fun, friendship, and equality. Everyone is welcome, no one is turned away!

The season runs from mid-April through June and ends with a family picnic.

Registration has begun and will continue through March 15 or until teams are full, so register early at the [Challenger Baseball website](#).

Western Partnership Conference: Three presentation Take-Aways

by Erin Rosenkoetter, e.rosenkoetter@idahodownsyndrome.org

It was my great honor to represent TVDSA at our sponsorship booth at the Western Partnership Conference this past fall. After two full days of learning, I walked away with many gems and new insights. In this article I will briefly highlight three of the outstanding presentations I was able to attend.

Trauma-Informed Supports for People with Intellectual Disabilities, Presented by Karyn Harvey, PH. D

In this presentation, Dr. Harvey explained that many of our loved ones with disabilities experience trauma on a regular basis. From big “T” traumatic events, such as neglect and sexual abuse, to little “T” traumas, such as discrimination and exclusion. She showed what effects this trauma has on our loved ones, and then presented some hands-on ways to deal with these effects. The biggest take-away I left with was her constant reminder that we must praise CHARACTER, not behaviors. Our loved ones need to know that we love them for WHO they are, not what they are (or are not) doing.

Sesame Streets’ new Muppet, Julia!

Our keynote speaker the first day was from Sesame Street! Rocio Galarza, Assistant Vice President in the US Social Impact Department at Sesame Workshop, introduced us to the newest Muppet, Julia—a girl with Autism. In her message, Ms. Galarza shared the many resources that are available through Sesame Street—it is far more than just a public television show!

At sesamestreetincommunities.org, they offer free storybooks, videos, daily routine cards, articles and pintables on a variety of topics, to include Autism, foster care, addiction, family homelessness and incarceration.

The main message I heard, and absolutely LOVED, was that “if you have met one individual with Autism, you have met ONE individual with Autism. We must see the AMAZING in every individual.”

Hope As A Skill Understanding Suicide in America, Presented by David Rudd, PH.D., Univ. of Memphis

Dr. Rudd shared the frightening statistics of suicide rates in the U.S. and how he is trying to make a difference in this area. He explained the importance of keeping treatment simple, and building a capacity for hope. He provided some practical suggestions of ways to reduce suicidal thoughts/risk:

1. **3X5 cards:** Anything that is hopeful, helpful, or useful...write it down and read it every day!
2. **Reasons to live list:** Create this list and keep it with you at all times, add to it often.
3. **Get out of your head:** When feeling down, do something to distract your thoughts...go for a run, call a friend, bake, read, etc.
4. **Call if you need help:** Idaho just adopted a three-digit suicide hotline number. Call 211, then press 3.

For more information on any of these topics, please feel free to contact me via email at erin@rosenkoetter.com.

Join TVDSA Today!

If you are not currently a member or you would like to renew your membership, you can do so **online with the TVDSA Membership Form**. You can contact us at membership@idahodownsyndrome.org to verify your membership status.

TVDSA Needs Your Help!

Volunteer Positions Available Now

To continue bringing awareness to the Treasure Valley and have the activities and events TVDSA is known for, **we need your help!**

TVDSA is committed to smart-growth, and cultivating a network of volunteers to support current and future programs and activities for years to come.

Each month, the newsletter will highlight a position available within the organization. Take a look and see if you are the person we are looking for!

If you are interested or have any questions about this positions, contact **George Taylor** or any current board member for more information. If you have ideas for ways you can help TVDSA, let us know!

Administration & Information Manager

Responsibilities include the following:

- Maintain accurate membership records and lists.
- Write and send annual Christmas cards to current members, sponsors, and donors.
- Promptly send thank-you notes to donors and sponsors.
- Send annual meeting letter in May to current members, donors, and sponsors.

Thank you for considering this position, and keep an eye out for future opportunities!

Our Mission

To enhance the quality of life for persons with Down syndrome by promoting inclusive environments as well as advocating respect, dignity, and appropriate supports for people with Down syndrome to ensure that the world sees them as we do — Equal.

Our Vision

A world where full inclusion is a reality rather than a goal.

Board of Directors

President

George Taylor

Vice President & Community Outreach Chair

Charmaine Thaner

Secretary & Membership

Jen Rice

Treasurer & Spanish Contact

Lucy Olmos

Contact Information

Treasure Valley Down
Syndrome Association

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

idahodownsyndrome.org



Parents with High Expectations

A Parent's Vision and High Expectations are Powerful

pacer.org

Español

Su visión y las altas expectativas para el futuro de su hijo son poderosas— y las investigaciones muestran que pueden tener un impacto en el éxito escolar de su hijo. Este particular tipo de participación de los padres en la educación ayuda a su hijo a creer en el poder de la educación.

Desde el tiempo en que su hijo empieza la escuela hasta que se gradúa de la preparatoria (high school), sus expectativas y su creencia en la importancia de la educación pueden motivar a su hijo a realizar sus propios sueños. Los padres que esperan que sus hijos terminen high school y asistan a la universidad o a un programa vocacional comunican esa creencia en varias formas.

Es importante hablar de sus esperanzas y sueños para la educación de su hijo en forma temprana y regular con él—aún en Kindergarten nunca es muy temprano para empezar. Estas conversaciones le dejan saber a su niño que la educación es importante para su familia.

Lea el artículo completo en pacer.org.

English

Your vision and high expectations for your child's future are powerful—and research shows that they can have an impact on your child's school success. This particular type of parent involvement helps your child to believe in the power of education.

From the time your child begins school until he or she graduates from high school, your expectations and your belief in the importance of education can motivate your child to fulfill his or her own dreams. Parents who expect their children to finish high school and attend college or a vocational program communicate that belief in many ways.

It's important to discuss your hopes and dreams for your child's education early and regularly with him or her—even kindergarten isn't too early to start! These conversations let your child know that education is important to your family.

Read the full article at pacer.org.

Catch the Replay of TVDSA's Facebook Live: PEERS Program at Boise State

College is a possibility for students with intellectual and developmental disabilities. And now, there are inclusive college opportunities in Idaho!

Boise State University is initiating a two-year certificate program for students with intellectual disabilities.

Catch the replay of **TVDSA's Facebook Live chat** with Jeremy Ford, Ph.D. from Boise State to hear about the new opportunities there.

Find out more about the **PEERS program**.

