

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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Upcoming Events

May 5
Board Meeting
Google Meet, 8:00 pm

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.

GiGi's Playhouse Online!

GiGi's Playhouse delivers free educational, therapeutic-based and career development programs for individuals with Down syndrome, their families and the community, through a replicable playhouse model.

During this time, they have extensive on-line programs for all ages at **GiGi's at Home**.

TVDSA COVID-19 Updates

Hello TVDSA Family and Friends.

We hope during these uncertain times of the Coronavirus pandemic you are all doing well and staying safe — whatever that means for you. We realize everyone has a different story and “new normal”, so we know not everyone will behave or interact in the same way. We all probably know someone who is an essential worker and seems to be going about their day unchanged and we also know high-risk people who need to be extra cautious. Wherever you land on that spectrum, remember we should always assume positive intent of others and above all, be kind. If you have a concern with someone, don't be afraid to address it, but be kind. If someone is too close to you in the store, ask them to back up, but be kind. Our demographic, more than most, knows the power of kindness — it is a great equalizer.

As far as TVDSA events and when we may get back to “our regularly scheduled program”, we have added a **page to our website** that contains information on upcoming events, status and our guidance for making decisions about holding events. Visit that site for up-to-date details; however, TVDSA will err on the side of caution to support the most vulnerable in our groups. TVDSA will follow the State of Idaho guidance regarding the stages to return to normal, or perhaps the new “normal”.

We look forward to seeing you all in person as soon as possible, and until then, visit us on social media and stay in contact with your respective groups as best you can.

Stay Positive, Stay Healthy, Stay Safe.
TVDSA Board of Directors

Idaho Gives 2020 Donate Now!

Idaho Gives is off and running. We were caught a little off guard when they expanded the dates from just one day (May 7) to two weeks starting on April 23. Many of you may have seen some earlier emails, but we are just getting started.

TVDSA needs your help and NOW is the time to give! Both due to the COVID-19 pandemic canceling other planned fundraising events and the cancelation of the TVDSA Buddy Walk this year (our largest fundraising event), we are more in need than ever.



Idaho Gives is a unique opportunity for both TVDSA and you, to participate in an event that incorporates additional prize pools to multiply your donations and qualify TVDSA for additional

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Idaho Gives Update

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awards. All of these will allow TVDSA to continue supporting our loved ones who happen to have Down syndrome.

Please review the **TVDSA Idaho Gives website** before completing your donation. You will find specific guidance related to contest times and requirements for each prize and how you can make the biggest impact with a little extra effort.

We hope you will use this opportunity to maximize your already outstanding support of TVDSA to continue our mission.

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.

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



7 Examples of Focus “Wins” When Your Child Is Learning at Home

understood.org

Español

A muchos niños que tienen dificultad para enfocarse les cuesta aprender a distancia. No es de sorprender, dadas todas las distracciones que conlleva aprender en casa (además de tener que lidiar con la crisis del COVID-19). Pero eso no lo hace menos frustrante o desalentador.

Por eso es importante notar y celebrar cuando su hijo tiene algún logro de concentración. Incluso las victorias más pequeñas pueden ayudar a los niños a sentirse mejor consigo mismos en una situación difícil.

No obstante, tal vez necesite ajustar sus expectativas, al menos a corto plazo. Realizar un poco más deberes que la última vez o tomar un descanso un poco más breve puede que no parezca gran cosa. Incluso puede que su hijo haya retrocedido con respecto a donde estaba antes de esta crisis. Pero es importante reconocer esos avances.

Estos son algunos ejemplos de logros de concentración cuando su hijo está aprendiendo en casa.

1. Escucha la presentación en línea del maestro durante 5 minutos seguidos (o 5 minutos más que ayer).
2. Termina la mitad de los ejercicios de matemáticas o realiza más problemas que la última vez antes de cambiar a otra cosa.
3. Hace la mayor parte de la tarea sin tener que volver a revisar partes de la lección.

Lea el artículo completo en understood.org.

English

Many kids who struggle with focus have a hard time with distance learning. It's not surprising, given all the distractions that come with learning at home (while also coping with the COVID-19 crisis). But that doesn't make it any less frustrating and discouraging.

That's why it's important to notice and celebrate when your child has any success with focusing. Even the smallest wins can help kids feel better about themselves at a time when things are difficult.

You may need to adjust your expectations, though—at least in the short term. Completing just a little more work than last time or taking a slightly shorter break may not seem like a big deal. They may even be a step back from where your child was before this crisis. But they're important wins to recognize.

Here are some examples of what a focus win might look like when your child is learning at home.

1. Your child listens to the teacher's online presentation for 5 minutes straight (or 5 minutes longer than yesterday).
2. Your child gets halfway through the math packet or does a few more problems than last time before switching to something else.
3. Your child does most of the homework without having to re-watch parts of the lesson.

Read the full article at understood.org