

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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Upcoming Events

August 4
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.

TVDSA Reminders

Annual Letter

Earlier this summer, the annual president's letter, membership renewal, and board ballot have been emailed and/or mailed. Please respond as soon as possible. Keeping current on your membership will ensure you get communications from TVDSA (e.g., emails and this newsletter). The ballots also let you be apart of how TVDSA is lead, so let your voice be heard.

Activities

Remember, when social group activities resume, they will be limited to current members only, so please turn in your forms and pay your dues! If you have not received a membership form or ballot, email membership@idahodownsyndrome.org.

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

The ADA Turns 30!

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990 by President George H.W. Bush. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to ensure people with disabilities have the same rights and opportunities as everyone else.

The ADA gives civil rights protections to individuals with disabilities similar to those provided to individuals on

the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, state and local government services, and telecommunications. The ADA is divided into five titles (or sections) that relate to different areas of public life.

To join in the celebration, go to adata.org/ada-anniversary for more information about the ADA, events, or resources for the ADA.



Lil' Buddies Virtual Story Time

It has been way too long since we have all been able to get together. I'm sure our Lil' Buddies have been growing tremendously so let's have a virtual play date and story time to catch up!

Bring your family and, if you'd like, your favorite book to share. We will read stories to each other and say hi to our friends we have missed these last

several months. Pajamas are perfectly acceptable attire for this event!

Saturday, August 8, 9:00 am

RSVP to Julie McConnel at j.mcconnel@idahodownsyndrome.org if your plan to attend. Instructions for logging in to the Zoom play date will be sent before the meeting time.



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

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idahodownsyndrome.org



ADA: Protecting Your Child's Civil Rights

understood.org

Español

Entender la Ley para Estadounidenses con Discapacidades (ADA) puede facilitarle que obtenga la ayuda que su hijo necesita. ADA es una ley federal de derechos civiles. Prohíbe discriminar a las personas con discapacidades en el trabajo, la escuela y los espacios públicos.

A continuación, lo que usted necesita saber acerca de ADA.

Si su hijo tiene una dificultad de aprendizaje o de atención, probablemente estará protegido

ADA protege a cualquier persona que tenga “una discapacidad física o mental que limite substancialmente una o más actividades diarias”. Las actividades diarias incluyen cosas como comer, ver, escuchar, hablar, leer, concentrarse, pensar y comunicarse.

Los niños que tienen TDAH, DA, dificultades del funcionamiento ejecutivo, así como otros desafíos, están protegidos por esta ley. Esto es cierto aun si estos niños están siendo tratados con medicamentos o recibiendo otra clase de ayuda. Ellos están protegidos incluso si les está yendo bien en la escuela o en sus empleos.

La ley es muy amplia. Por ejemplo, ADA protege a las personas que utilizan sillas de ruedas y a las que tienen alergias alimentarias, ansiedad, depresión, VIH y diabetes. ADA también protege a cualquiera que fuera discriminado debido a una discapacidad o condición previa (llamada “una historia de impedimento”).

Incluso protege a una persona que otros consideran que tiene una discapacidad. Así que si los maestros piensan que su hijo tiene dificultades de aprendizaje, puede que ADA lo proteja.

Lea el artículo completo en understood.org.

English

Understanding the Americans with Disabilities Act (ADA) can make it easier for you to get your child the help she needs. ADA is a federal civil rights law. It makes it illegal to discriminate against people with disabilities at work, in school and in public spaces.

Here's what you need to know about ADA.

If your child has any learning or thinking differences, she's probably covered.

ADA protects anyone with “a physical or mental impairment which substantially limits one or more life activities.” Life activities include things like eating, seeing, hearing, speaking, learning, reading, concentrating, thinking and communicating.

Children with ADHD, LD, executive functioning issues, as well as other challenges, are protected by this law. This is true even if they're on medication or getting some other kind of help. They're protected even if they're doing fine in school or at work.

The law is meant to be very broad. For instance, ADA covers people who use wheelchairs and people with food allergies, anxiety, depression, HIV and diabetes. ADA also protects anyone who's discriminated against because of a previous disability or condition (called “a record of impairment”).

It even protects a person others regard as having a disability. So if teachers think of your child as having learning differences, your child could be covered.

Read the full article at understood.org