

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## Upcoming Events

### October 6

#### Board Meeting

Google Meet, 8:00 pm

### October 10

#### Giving Drive Facebook Live

Facebook, 11:00 am

## Create Your Giving Team Today!

Our first ever TVDSA Giving Drive is going on now! **Create your team** and encourage your friends and family to donate to your team, support TVDSA, and have the chance to win some great prizes. If you don't want to create a team, you can also **donate directly** to the event—everyone who donates \$21 or more will be entered to win one of three \$20 Amazon gift cards. See below or our website for a complete list of rules and prizes.

TVDSA relies on donations from our members and community to fund our programs and scholarships. Please help us keep our programs going by donating to our Giving Drive today!

Our Giving Drive ends Sunday, October 4 at 11:59 pm, and our winners will be announced Saturday, October 10 during our **Facebook Live event** at 11 am, so start giving TODAY!

## PRIZES

### Top Fundraising Team Leader:

\$400 VISA gift card

### 2<sup>nd</sup> Place Fundraising Team Leader:

\$100 VISA gift card

**All other team leaders who raise \$100 or more** will be entered into a drawing for a \$50 Amazon gift card.

We will also award three \$20 Amazon gift cards to three randomly drawn donors who give a donation of \$21 or more. (One entry per donor.)

## Rules

1. All checks MUST be received by Sunday, October 4 for money to be counted toward totals for prizes.
2. Online donations close Sunday, October 4 at 11:59 pm. Winners will be announced at our Facebook Live event on Saturday, October 10 at 11 am. Winners will also be notified by the email they used to donate.
3. One prize per donor.
4. Prizes will be mailed within two weeks after the announcement of winners.

## Order Your TVDSA Yard Sign

TVDSA created yard signs to promote Down syndrome awareness! There are two designs, and they are 12-inches by 18-inches and come with a wire stake.

Each sign is \$15 (\$10 for current members). Email Jennifer Rice at [j.rice@idahodownsyndrome.org](mailto:j.rice@idahodownsyndrome.org) to order your sign today!

We will not be able to ship the signs, but we will have pick up dates in Meridian, Boise, and Nampa throughout October.



# October is Down Syndrome

## Awareness Month [pediatricsoffranklin.com](http://pediatricsoffranklin.com)

October is Down Syndrome Awareness month; it raises awareness of this common disorder and advocates for acceptance and inclusion of people with Down syndrome.

Here are 12 facts about Down syndrome you may not know:

1. Down syndrome is named for Dr. John Langdon Down, who described the disorder in the 1860s. The name Down syndrome was not standardized until 1975.
2. Down syndrome is the most common condition involving chromosomes, occurring approximately in one out of every 691 births.
3. More than 400,000 people live with Down syndrome in the US.
4. The most common type of Down syndrome is trisomy 21, which is an extra copy of the 21<sup>st</sup> chromosome. The other two types are translocation and mosaicism, which account for around 5% of cases.
5. While incidences of Down syndrome correlate with the mother's age, around 80% of Down syndrome babies are born to mothers under the age of 35.
6. Nothing a parent does or does not do causes Down syndrome during pregnancy—it occurs randomly.
7. Down syndrome occurs in both sexes and across socioeconomic classes.
8. Individuals with Down syndrome live long, happy lives. The life expectancy for individuals has increased from 25 years in 1980 to over 60 years today.
9. Down syndrome leaves people with an increased risk of some medical conditions, including congenital heart defects, respiratory issues, hearing problems, Alzheimer's disease, leukemia, and thyroid disorders.
10. Students with Down syndrome are included in many classrooms across the country. In the past, special needs classes were the only option for learners with Down syndrome, but today experts recommend full or partial inclusion in standard classes.
11. While individuals with Down syndrome experience cognitive delays, they are often mild to moderate. Most people with Down syndrome lead fulfilling and productive lives.
12. Down syndrome is a little-understood disorder. While researchers are aware of what this condition is, we know little about what causes it or how symptoms develop. There is hope that future research can lead mitigation of some symptoms.

## ALL IN! Including Students with Down Syndrome in Pre-K—12 Schools: A One-Day Virtual Extravaganza

### Who is it for?

- Parents of children and students with Down syndrome
- Educators who want to learn to create more inclusive classrooms
- People serving students PreK–12th grade

### WHEN?

November 19, 2020, 9:00-4:00 ET

Register at the [Inclusive Schooling website](#).

### Where?

This livestream event can be attended anywhere in the world through your computer, mobile device, or smartphone. We'll use the ZOOM app.

### What Does it Cost?

For \$129 you have front row seats to the live sessions and lifetime access to recordings of all the sessions and can replay your favorites any time.

## Mindful Techniques to Help Reduce Parenting Stress

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

### Español

Ser padre puede ser un trabajo agotador. Las diferencias en la manera de pensar y aprender podrían agregar más estrés, ya sea que le preocupe la integración social de su hijo, la próxima reunión con el equipo del IEP o cualquier otro asunto.

Por eso es importante tener estrategias que lo ayuden a relajarse. Dar una caminata u otro tipo de ejercicio son buenas opciones. Otra alternativa es la llamada “conciencia plena”: calmar su mente para poder estar presente en el momento. Esa técnica requiere tiempo y paciencia pero funciona. A continuación le presentamos tres métodos simples que puede utilizar en su vida diaria.

1. Enfóquese en su respiración.
2. Sintonícese con su cuerpo.
3. Relajación consciente.

[Lea el artículo completo en understood.org.](#)

### English

Parenting can be a stressful job. Learning and thinking differences might add to that stress—whether you worry about your child fitting in, your next meeting or other issues.

That's why it's important to have strategies to help you relax. Taking a walk and exercising are great options. Another option is called “mindfulness”: calming your mind to be more present in the moment. This can take a little time and patience, but it can be worth the effort. Here are three simple strategies you might try using in your daily life.

1. Focus on your breath.
2. Tune in to your body.
3. Try conscious relaxation..

[Read the full article at understood.org](#)

## 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.

## Hello Best Buds!

I hope this message finds everyone well. Even though we can't have any events yet, we can still share pictures and messages through our [Facebook page](#).

Remember to check out our group page as we try to get some ideas together for when we can start getting together again in person. We miss all of your beautiful faces and can't wait to see you all. Hugs!

*Danielle Williams*

*Best Buds Coordinator*

## 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](mailto:membership@idahodownsyndrome.org) to verify your membership status.

## Volunteer Spotlight: Jennifer & Mark Rice

Our daughter, Charlotte, was born early at 27 weeks. We had an inkling she might have Down syndrome based on preliminary clues our doctor had seen but never got any sort of confirmation before I went into labor.

When she was born, there were so many other complications that Down syndrome seemed really trivial as far as things we should be concerned about. But as she got healthier, it was something that started worrying me. What did Down syndrome mean? What things would she be able to do? How different was this going to be from what I had been expecting? We received a welcome basket from TVDSA, which gave us a lot of information about Down syndrome and I was excited there was a network of people waiting to help us and give us guidance. What I think helped the most was one of the NICU nurses knew another parent of a child with Down syndrome and asked me if I'd like her phone number. I was quick to say yes and talking to another parent who was already going through this journey really helped to ease my mind even further. She told me all the things her son could do and what an amazing kid he is and encouraged me



Jennifer and Mark with their children Charlotte and Caleb and friend Mickey.

to join TVDSA to meet other parents and other individuals with Down syndrome.

Once Charlotte was healthy enough to go out, we started attending playdates and meeting other members. TVDSA has provided us with a network of knowledge, support, and friends and we are so grateful for everything we have gained from being involved.

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

