

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## TVDSA Upcoming Events

### October 1-8

#### **Walk for Down Syndrome**

### October 5

#### **Board Meeting**

Google Meet, 8:00 pm

### October 9

#### **Walk for Down Syndrome Day Online Event**

### October 16

#### **Best Buds**

Linder Farms, ID  
1:30 pm

## The 2021 Walk for Down Syndrome is Here!

The TVDSA Walk for Down Syndrome is a great opportunity for those of us who love someone with Down syndrome to share our feelings with everyone we know! Yes, the walk is the biggest fundraiser of the year for TVDSA, but it's also a vehicle for creating community awareness.

This year we have decided to celebrate our Walk for Down Syndrome virtually to ensure the safety and health of all our members and friends.

All teams will celebrate with your own Walk with your team members anytime between **October 1 and 8**. You choose the route and distance for your own event and be sure to share pictures and videos with us so we can experience your celebration along with you!

As always, we will have prizes for raising money and incentives for getting creative with your team. Most importantly we hope that you will **HAVE FUN!**

On October 9, we will have a grand virtual event where we will share pictures and videos of our teams and award prizes for some of the best team photos! We will also announce the highest fundraising team and the largest team and award prizes. And you won't want to miss the fantastic entertainment from musicians and self advocates that we have planned

exclusively for TVDSA Walk for Down Syndrome participants!

Be sure to check out our silent auction as well!

We hope you will all join us for the 19<sup>th</sup> Annual TVDSA Walk for Down Syndrome!

### **Walk Media Submissions**

Once you complete your team event, you can submit your pictures through the **TVDSA Walk for Down Syndrome webpage**.

### **Thank You to the Walk Committee**

A huge thanks goes out to the hard work done by the Walk committee:

- Angela Cochems
- Jen Rice
- Danielle Smith
- Charmaine Thaner
- Julie McConnel
- Barbara Hiller

The committee has gone above and beyond to make the Walk virtual and successful.

The committee is happy to welcome new members for 2022 and hope our Walk for Down Syndrome will be in-person again. If you have ideas for next years walk, we'd love to have you as part of the committee.

Look for the call for volunteers in 2022 or email [walk@idahodownsyntax.com](mailto:walk@idahodownsyntax.com).



# Social Groups

## Lil' Buddies

Lil' Buddies will not have an in-person activity for the month of October so we can focus on the TVDSA Walk for Down Syndrome. We hope to see how your team celebrated at the TVDSA Facebook event on October 9!

Lil' Buddies will also take a break from social activities for the winter. With colder temperatures, we won't be able to plan outdoor events. We want to help keep all our Lil' Buddies healthy, so we will hope to play together again in the spring!

## Best Buds

Best Buds will be going to Linder Farms on October 16. Please come in costume for this event.

You must meet at the entry gate to get your tickets at 2:30 pm and for a group photo. Remember, you must RSVP and sign your waiver 24 hours before the event.

TVDSA will pay for your child with Down syndrome and one caregiver, and I will be given some tokens for rides. There will be an option to buy additional wristbands and entry fees at the park for anybody else you would like to bring. The group needs to enter together at the same time, so please arrive early to make those purchases if necessary.

If you have any questions, call Danielle at 208-794-8995, and thank you. I look forward to seeing you all in October!

Please review the **guidelines for TVDSA social group activities and event RSVP** from the TVDSA website.

TVDSA's COVID waiver can be filled out and signed up to 48 hours before the event. Having the completed waiver done ahead of time ensures the event will start on time for all the best buds.

For more information about Best Buds, email [bestbuds@idahodownsyndrome.org](mailto:bestbuds@idahodownsyndrome.org)



## Cool Club/ Adults in Motion (AIM)

Happy Down Syndrome Awareness Month! This is the month we celebrate you, your abilities and your amazing accomplishments!

We hope our participants join us for the virtual TVDSA Walk for Down Syndrome in October. We will not be having a separate gathering this month.

This is our 19<sup>th</sup> walk, and we look forward to seeing videos and pictures of you, your family and friends walking in our community and neighborhoods spreading awareness by being you.

Please post your videos or pictures on our **TVDSA Facebook page**.

## From the Board Thank You, Charmaine!

Charmaine Thaner has been involved with TVDSA for many years and has been on the Board since 2017.

This month, Charmaine decided to take a step back and step down from her role as Vice President on the TVDSA Board to



spend more time with her grandchildren and focus on her business, Collaborative Special Education Advocacy (CSPEDA). Luckily, she is still willing to give her time to TVDSA by coordinating our monthly Facebook Live meetings. Thank you, Charmaine, for the time, expertise, and love you have given to TVDSA through the years!

With Charmaine stepping down, we are in need of new board members!

We have several positions open — Vice President, Marketing, Fundraising, and Self-Advocate.

If you have ideas on how to make TVDSA even better, consider joining the TVDSA Board. We meet the first Tuesday of every month at 8:00 pm. If you're interested, email us at [board@idahodownsyndrome.org](mailto:board@idahodownsyndrome.org).

## Idaho Parents Unlimited (IPUL) Monthly Training— Self-Advocacy for Youth Webinar

**October 13, 2021, 6:30 pm MST**  
([Click here to register.](#))

Join IPUL during Bullying Prevention Month for a conversation about how kids and youth can advocate effectively for themselves.

# Scholarship Spotlight:

## Julie McConnel/National Down Syndrome Congress Annual Convention

This year, thanks to a scholarship from TVDSA, I attended the virtual National Down Syndrome Congress Annual Convention. The Convention provided a wealth of up to date, useful information for families of individuals with Down syndrome of all ages, including Deep Dive sessions where participants could interact with the speaker and ask questions live.

My boys are right in the early stages of learning to read, so I was intrigued to attend the ABC's of Effective Reading Instruction session led by Dana Halle from the Down Syndrome Association of Orange County.

Dana shared this quote from Sue Buckley of DSEI — Reading “is the single most effective way to help children overcome the learning difficulties associated with Down syndrome” and is a strength for most students with Down syndrome.”

Because visual learning is also a strength of most individuals with Down syndrome, sight word reading is a great place to start. Dana suggested using simple books with high interest, high-use sight words and reading them frequently to your child. Then using picture flash cards, work to add those sight words to your child's vocabulary. For instance, read a book that features a cat and show your child a flash card photo of the cat and make sure they can identify it.

Then using multiple picture representations of the sight words, work on matching two cards with the same picture. Once that is mastered, you can

introduce the sight word alongside the photo. For example, show the flashcard with the printed word “cat” and then allow your child to match it to another printed word “cat.”

Next, you can begin to work toward matching the word with the picture. Dana recommends the teacher model rather than correct. So when your child makes a mistake, rather than letting them know they were incorrect, just model the correct answer or task. Also, when learning a skill is brand new, by giving your child only one possible answer at first, they will not have errors which will build their confidence. You can add more options as their skills progress.

Finally, once your child has mastered matching a printed word with its corresponding picture, you can begin providing just the printed word. At first you might just give your child two flashcards with different printed words on each and ask your child, “Show me which one says cat.” As they become more confident you can add more options.

In general, when it comes to reading instruction and other types of instruction, Dana recommends three important considerations from Christopher Lemons from Vanderbilt when using any existing programs with a student with Down syndrome:

1. Provide an easier starting point.
2. Provide increased time to apply new skills.
3. Provide increased visual support.

*One of the many programs that TVDSA has is a scholarship program that is specifically designed to help families attend conferences to help support their family member with Down syndrome, up to \$500 per year, per TVDSA membership.*

*If you are interested in participating in the scholarship program, contact us at [scholarship@idahodownsyndrome.org](mailto:scholarship@idahodownsyndrome.org).*

## 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 some facts about Down syndrome you may not know:

1. Down syndrome is named for Dr. John Langdon Down, who described the condition in the 1860s. The name Down syndrome was not standardized until 1975.
2. Down syndrome is the most common condition involving chromosomes, occurring in approximately 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 21st 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. While individuals with Down syndrome experience cognitive delays, they are often mild to moderate. Most people with Down syndrome lead fulfilling and productive lives.

## 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.

## 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.

## Board of Directors

### President

George Taylor

### Secretary & Membership

Jen Rice

### Treasurer & Spanish Contact

Lucy Olmos

### Programs Chair

Kristie Oakes

## Contact Information

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## What is Self-Advocacy? [understood.org](http://understood.org)

### Español

La mayoría de las personas tienen idea de lo que significa “defenderse por sí mismo”, pero es útil definirlo. Se refiere a la habilidad de comunicar cuáles son nuestras necesidades.

Ser un buen defensor de sí mismo tiene grandes beneficios para los niños y adultos que piensan y aprenden de manera diferente. Las personas con esa habilidad tienen más probabilidades de que les vaya bien en la escuela, en el trabajo y en la vida. Suelen sentirse seguras de lo que están aprendiendo y haciendo.

Defender nuestros intereses desarrolla la independencia. También empodera a las personas para encontrar soluciones a problemas que otros podrían no haber notado.

El acto de defenderse por sí mismo incluye tres elementos clave:

1. Entender sus necesidades.
2. Saber qué tipo de apoyo podría ayudarlo.
3. Comunicar esas necesidades a otros.

Este es un ejemplo sencillo. Supongamos que usted es un estudiante que tiene problemas con la escritura y está inscrito en una clase de historia que requiere tomar muchos apuntes.

Si usted es un buen defensor de sí mismo, entiende que tomar apuntes va a ser difícil. Sabe que tener información impresa con antelación puede ayudar. Por lo tanto, usted le comunica al maestro su dificultad y le solicita información impresa. Si el maestro dice que no, usted sabe que puede comunicarse con un consejero u otra persona para obtener ayuda.

**Lea el artículo completo en [understood.org](http://understood.org).**

### English

Most people have some idea of what “self-advocacy” is, but it helps to define it. At its heart, self-advocacy is the ability to communicate what your needs are.

Being a good self-advocate has big benefits for kids and adults who learn and think differently. People who know how to self-advocate are more likely to do well in school, work, and life. They often feel confident in what they’re learning and doing.

Self-advocacy also creates independence. And it empowers people to find solutions to problems that others might not be aware of.

Self-advocacy has three key elements:

1. Understanding your needs
2. Knowing what kind of support might help
3. Communicating these needs to others

Here’s a simple example. Say you’re a student who struggles with writing. But you’re in a history class that requires taking a lot of notes.

If you’re a strong self-advocate, you understand that taking notes is going to be a challenge for you. You know that support like pre-printed notes may help. You communicate your challenge to the teacher, and ask for pre-printed notes. If the teacher says no, you know you can reach out to a counselor or other person for help.

**Read the full article at [understood.org](http://understood.org).**