



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

December 2013

## In this Issue

Between dressing up for Halloween, changing clocks back for Daylight Savings Time, partying over turkey on Thanksgiving and wrapping presents, there is no shortage of big doings in the holiday season. Many parents and children embrace these events with gusto, but for parents of children with special needs, the happenings can create significant disruption and spark some serious trouble. We have included some helpful hints, some reminders of the gifts our loved ones with Down syndrome give us year round, and some light Christmas poems to help you get through this holiday season.

We hope to see you at one or both of the TVDSA Christmas parties, but understand if you and your family just "need a moment."

Happy Holidays!

Monthly and archived TVDSA newsletters are available on our website at: [www.idahodownsyndrome.org](http://www.idahodownsyndrome.org) for viewing and sharing.

## 2013 TVDSA Holiday Parties for all ages!

### Cool Club & Adults in Motion



Saturday, December 7th

6:00 p.m. – 9:00 p.m.

at A New Leaf

2456 N. Stokesberry Pl, Meridian

Come enjoy a Christmas movie, eat pizza & Christmas goodies, partake in an ornament gift exchange, enjoy some music, and enter to win a three-wheeled bicycle.\*

**Please bring:** a \$5.00 wrapped ornament for the exchange and a goodie to share with your friends.

For more information, contact: [Andrew Kopping](#) (208) 350-9908

*\*A lucky Cool Club or AIM member with Down syndrome will win a donated, lightly used Mobo Triton Pro three wheel bike. In order to be eligible to win, interested individuals/families must be a current and paid 2013-14 TVDSA member by November 1, 2013. Winner MUST BE PRESENT to win.*

Questions? Contact: [Paul Auger](#)



### Snackin' With Santa

Saturday, December 14<sup>th</sup>

2:00 p.m. – 4:00 p.m.

at A New Leaf

2456 N. Stokesberry Pl, Meridian



Whether you are a kid or a kid at heart, this is a celebration for you!

Share your wishes with Santa, decorate holiday cookies and socialize with friends over provided snacks.

For more information, contact: [Jennifer Rice](#) or [Malu Mulholland](#)

## TVDSA

Calendar of EventsDecember 3<sup>rd</sup>:**TVDSA Board Meeting**

7:00-9:30pm at A New Leaf

Contact: [Kristie Yerger](#)December 7<sup>th</sup>:**Cool Club & AIM Holiday****Party** 6:00pm- 9:00pm at A

New Leaf. Contact:

[Andrew Kopping](#)December 14<sup>th</sup>:**Snackin' with Santa** from

2:00pm-4:00pm at a New

Leaf. Contact: [Jennifer](#)[Rice](#) or [Malu Mulholland](#)December 19<sup>th</sup>:**MOMS Holiday Dinner** at

7:00pm at Carinos, Meridian

Contact: [Carrie Ormsby](#)Holiday Activities  
around the Treasure  
valleyDecember**Santa Express** with Thunder

Mountain, Horseshoe Bend

December:**Winter Garden aGlow** at

the Idaho Botanical

Gardens

December 1<sup>st</sup>-2<sup>nd</sup>:**Canyon County Festival of****Trees** at Nampa Civic

Center

December 3<sup>rd</sup>:**White Christmas** 7:00pm at

The Egyptian Theatre

December 7<sup>th</sup>:**Claus 'n Paws** 10:00am atZoo Boise. The only **FREE****admission** day of the year!December 8<sup>th</sup>:**Family Holiday Concert**

7:30pm at the Morrison

Center for Performing Arts

December 10<sup>th</sup>:**Miracle on 24<sup>th</sup> Street**

7:00pm at The Egyptian

Theatre

December 12-15<sup>th</sup>:**A Christmas Carol** at

Nampa Civic Center

December 20<sup>th</sup>-22<sup>nd</sup>:**The Nutcracker** at the

Morrison Center

**Holiday Inclusion Poem**

Twas the night before Christmas and all through the schools  
No students were present to break any rules  
The budget was written and every dime spent  
with no one quite sure where it all went

The school board was snuggled all safe in their beds  
While visions of budget increases danced in their heads

When all of a sudden there arose such a clatter  
They leaped from their beds to see what was the matter

Away to the board room they went in a dash  
to see who it was that threatened the cash  
And there before them - who did appear?  
With issues they thought finished this year

Once more before them plainly to see  
Were parents of children they called "Special Needs"  
We've done this before and we were quite clear  
So once again tell us why you are here

One of them stepped forward and it soon was apparent  
That this person before them was one informed parent.  
The presentation was prepared with great thought and care  
With federal law quotes that brought them great glares

With a voice loud and clear they were all called by name  
These are not new laws and the meaning is plain  
IDEA, ADA, LRE and 504  
It is time to remind you just like before

We wish you good tidings great hope and good cheer  
The time for inclusion is finally here  
Why won't you listen to this our plight  
To be included is not privilege but right

We want them included right from the start  
To become part of the whole and not kept apart  
We want them included and yes all means all  
Don't make them feel different, don't make them feel small

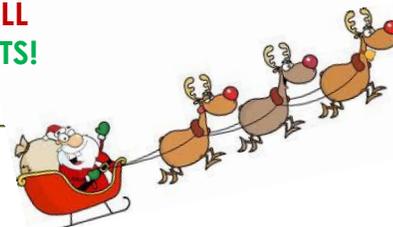
For such a long time the seed has been planted  
why do we still struggle for what to others is granted  
"No not right now but we'll tell you when"  
We've heard that same story again and again

on this the holiest of nights  
we say inclusion is not a privilege but a right  
and on this issue we firmly do stand  
the rights of our children we do now demand

As the meeting concluded ending the night  
It was heard.....

**MERRY CHRISTMAS TO ALL**  
**AND TO ALL EQUAL RIGHTS!**

~ Author Unknown ~





## 31 facts about Down syndrome -- to count down to the end of 2013.

1. People with Down syndrome have 47 chromosomes instead of the typical 46. How does it happen? There is an extra copy of the 21st chromosome.
2. Down syndrome is not an illness or disease (you can't catch it), it is a genetic condition caused by the presence of an extra 21st chromosome. What else is determined by your genetic makeup? The color of your eyes, the color of your hair, or how tall you are.
3. It is Down syndrome, not Downs, and people *have* Down syndrome they are not Down syndrome. Don't say, "Nichole is Downs" say, "Nichole *has* Down syndrome." Down syndrome does not define individuals, it is simply a part of who they are.
4. People don't have "mild" Down syndrome, or "severe" Down syndrome. Ability is not dependent on the condition, but rather the individual. People either have Down syndrome or they don't.
5. Contrary to popular belief, people with Down syndrome are *not* always happy. They experience every emotion you and I do. Trust me.
6. Children with Down syndrome go through the same stages of development as typical children do. The difference? Compared to their peers, it takes kids with Down syndrome longer to achieve milestones. Things like rolling over, sitting, crawling, walking, talking, etc.
7. While there are certain characteristic physical features that set people with Down syndrome apart, people with Down syndrome resemble their families more than they resemble one another. ([Click here](#) to learn more about the physical characteristics of Down syndrome.)
8. A person's facial features do not determine cognitive ability. Just because someone has many of the characteristic physical feature of Down syndrome does not mean they have a lower IQ. Just because someone has soft features of Down syndrome does not mean their IQ is higher.
9. You will get what you expect! Just because a child has Down syndrome it does not mean they are unable to be well behaved or follow directions. Kids with Down syndrome are smart, it takes them a few minutes to recognize expectations, and you will be manipulated to the best of their ability. Trust me.
10. There are three types of Down syndrome. T21 (or non-disjunction) is the most common. All cells have an extra chromosome. Translocation Down syndrome, when part of chromosome 21 becomes attached (translocated) onto another chromosome. Children with translocation Down syndrome have the usual two copies of chromosome 21, but they also have additional material from chromosome 21 attached to the translocated chromosome. Mosaic Down syndrome, where only some cells have an extra chromosome, but other cells in the body are typical.
11. All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses. (From the National Down Syndrome Society)
12. Not all kids/people with Down syndrome are the same. Knowing one person with Down syndrome, does not mean that all people with Down syndrome are the same. We are *all* individuals, *all of us*, regardless of how many chromosomes we have.
13. People with Down syndrome are beautiful.
14. When my daughter was born, several people offered comfort by saying, "She will never know she is different." Here is a fact, most older kids and adults with Down syndrome are aware they have Down syndrome. Once, a young woman with Down syndrome upon meeting my daughter said, "Your daughter has Down syndrome like me because we have an extra chromosome, its chromosome 21."
15. Adults with Down syndrome are not "perpetual children," they are adults, and they happen to have Down syndrome.
16. Kids with Down syndrome do best in an inclusive learning environment, and typical kids do best when they learn about diversity, kindness, and friendship at an early age. Inclusive classrooms teach and benefit *all* kids.
17. People with Down syndrome contribute to their families, their schools, their coworkers, their employers, and society.
18. Siblings of kids with Down syndrome are not affected negatively, on the contrary, most siblings report that their relationships is one of the greatest gifts in their lives
19. Many adults with Down syndrome attend college, have jobs, or marry.





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## Social Groups Page

### MOMS Holiday Gathering

December 19<sup>th</sup> at 7:00pm  
at Carinos  
3551 E. Fairview Ave. Meridian

Moms will be enjoying an evening out for dinner, no cooking, no planning, just relaxing and good company. TVDSA will be purchasing the appetizers for the MOMS attending.

Please RSVP to [Carrie Ormsby](#) by December 15<sup>th</sup> for reservation purposes.



### Dads Appreciating Down Syndrome (D.A.D.S.) Meeting:

There will be **no** D.A.D.S. meeting in December.

We hope you have a safe holiday season spent with family and friends.

For more information about **D.A.D.S.** please contact [Gus Olmos](#)

### TVDSA has opened its very own store on Café Press

You are now be able to get all your TVDSA merchandise online. We have over 200 awesome items such as; shirts, hats, coffee mugs, plates, baby items, Christmas stockings and ornaments.. As an added bonus for your holiday shopping, part of the money goes back to TVDSA. Please visit: [www.cafepress.com/tvdsa](http://www.cafepress.com/tvdsa)

### Lil' Buddies (age birth-5 years) Update:

#### December Gathering:

Lil' Buddies will be participating in **Snackin' with Santa** on **Saturday, December 14<sup>th</sup>** from 2:00pm-4:00pm at A New Leaf, located at 2456 N. Stokesberry Place in Meridian.

Come meet Santa, have your picture taken, tell him your Christmas wish list, decorate holiday cookies and socialize with friends over provided snacks.

Need more information on **Lil' Buddies?** Please contact [Jennifer Rice](#)



### Best Buds (Elementary) Update:

#### December Gathering:

Best Buds will be participating in **Snackin' with Santa** on **Saturday, December 14<sup>th</sup>** from 2:00pm-4:00pm at A New Leaf, located at 2456 N. Stokesberry Place in Meridian.

Come meet Santa, have your picture taken, tell him your Christmas wish list, decorate holiday cookies and socialize with friends over provided snacks.

Need more information on **Best Buds?** Please contact [Malu Mulholland](#)



### Cool Club (Jr./Sr. High)

#### December Gathering:

Cool Club will be joining AIM in a **Christmas Party** on **Saturday, December 7<sup>th</sup> from 6:00pm-9:00pm** at A New Leaf, located at 2456 N. Stokesberry Place in Meridian.

Please bring a \$5.00 wrapped ornament for the exchange and a goodie to share with your friends.

Come enjoy a Christmas movie, eat pizza & Christmas goodies, and partake in an ornament gift exchange.

Need more information on **Cool Club?** Please contact: [Andrew Kopping](#) 208-350-9908



### Adults in Motion (AIM)

#### December Gathering:

AIM will be joining Cool Club in a **Christmas Party** on **Saturday, December 7<sup>th</sup> from 6:00pm-9:00pm** at A New Leaf, located at 2456 N. Stokesberry Place in Meridian.

Please bring a \$5.00 wrapped ornament for the exchange and a goodie to share with your friends.

Come enjoy a Christmas movie, eat pizza & Christmas goodies, and partake in an ornament gift exchange.

For more information about **AIM** contact: [Niculina \(Nina\) Bistriceanu](#)

## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### Idaho Miss Amazing Pageant

**February 8, 2014**

Boise State University

Ages 5-35 with disabilities

[missamazingpageant.com](http://missamazingpageant.com)

### The Arc of Texas 21<sup>st</sup> Annual Inclusion Works! Conference

Engaging ALL students in  
Inclusive Classrooms

**February 9-11, 2014**

Arlington, Texas

[Registration](#) Now Open

### PEAK Conference on Inclusive Education February 13-14, 2014

Denver, Colorado

[Registration](#) is now open!

### [Wrightslaw Conferences](#)

Special Education Law  
and Advocacy

Various dates and locations  
across the U.S. including

**April 3, 2014 in Boise, ID.**

### Down Syndrome Affiliate in Action Leadership Conference

**February 28<sup>th</sup>-March 2<sup>nd</sup>**

Washington D.C.

[Registration](#) is now open!

### 9<sup>th</sup> Annual All Born (in) Conference

**April 5, 2014**

Portland, Oregon

[Registration](#) opens soon.

### TVDSA Scholarships

Did you know that TVDSA supports members in gathering information at local and national conferences and/or workshops?

The TVDSA Scholarship program is NOT income based, so everyone is eligible.

Please see our [Scholarship application](#) for the guidelines and how to apply today.

**LIVE Webinar series** sponsored by the Center on Disabilities and Human Development in collaboration with the Idaho State Department of Education

- **The Common Core State Standards with moderate/severe Disabilities** – Dec. 9<sup>th</sup>: 4:00-6:00pm
- **Comprehensive Planning for Students with Autism** – Feb. 13<sup>th</sup>: 4:00-6:00pm
- **Universal Design for Learning: Curriculum for ALL Learners** – April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> 4:00-6:00pm

<http://www.idahotc.com/forcredit.aspx>



## 31 facts about Down syndrome (continued from page 3)

20. People don't "suffer" from Down syndrome. In a study conducted by Brian Skotko, 99% of adults with Down syndrome reported they were happy with their lives. ([Click here](#) for study).
21. In Brian Skotko study, only 5% of parents reported feeling embarrassed by their child with Down syndrome.
22. If someone you know has a baby born with Down syndrome, say "Congratulations on the birth of your baby!" All life is worth celebrating.
23. Adults with Down syndrome do not live with their parents forever. Many live independently and thrive.
24. Kids and adults with Down syndrome are aware of how people perceive them, and they care. They get their feelings hurt, just like you and I do.
25. People with Down syndrome have hopes and dreams. They too want to make a difference in this world (and they do).
26. One of the most significant challenges for people with Down syndrome is low muscle tone. Low muscle tone affects speech, gross motor skills, and fine motor skills. Speech, physical, and occupational therapy help.
27. The word "retarded" is offensive, it hurts. People with Down syndrome deserve respect.
28. Kids and adults with Down syndrome have much to say. They have thoughts, ideas, and enjoy meaningful conversations. Take the time to listen and be a friend to someone with Down syndrome!
29. Fifty years ago, parents were still encouraged to send their babies born with Down syndrome to mental institutions. That was not too long ago. What you see now is the hard work and determination of parents willing to fight the battle for their children, and for the many that have followed. We have come a long way, as my daughter now sits in a classroom where she is fully included...and accepted. This is worth celebrating!
30. Down syndrome is the most common genetic condition. One in every 691 babies is born with Down syndrome in the United States.
31. Most families are living and loving life with Down syndrome. If you don't know someone with Down syndrome, you are missing out.



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PO Box 1404  
Meridian, Idaho 83680  
208-954-7448

We're on the Web!

See us at:

[www.idahodownsyndrome.org](http://www.idahodownsyndrome.org)

Check us out on  
[Facebook](#) and [Twitter](#)!

## Love, Laugh & Live: The Emotional Side of the Holidays

Holidays are supposed to be special times for the whole family. Most of us grow up expecting them to be memorable and fun. When we have children, we experience these dreams and expectations even more acutely. It's perfectly natural, then, to experience an emotional roller coaster when presented with the challenge of navigating holidays with a child with special needs. One key to managing this inevitably frustrating situation is learning to let go. "You have to be willing to modify certain traditions, or forget them all together," says Barbara Streett, parent of a child with a disability. "What you want or envision may not be the best thing for your child, so you have to change your plan accordingly." With this in mind, therapists suggests that parents set realistic expectations and remind themselves of the following tips: Holidays are about the kids; it's a successful holiday if the kids are happy. When you feel frustrations welling up, take a step back and focus on what you're doing. Allow yourself to be frustrated and anxious; there's no shame in that. Remind yourself that it's OK to let go of certain traditions that just won't work...for now. Remember what your child's "currency" is and use that to interact with him or her. Streett is careful to add that especially at holiday time, the definition of a family meal should be flexible. "If your child doesn't want to eat with everybody else, that needs to be OK; if the child needs to take a break, let him go," she says. "The sooner you stop fighting the fact that these kinds of traditions must be set in stone, the more enjoyable the holiday will be."



Source: Ability Path: <http://www.abilitypath.org>

## TVDSA 2014 Calendars are HERE- in time for the Holidays!

2014 TVDSA calendars are now available for purchase.

Please contact [Erin Rosenkoetter](#) or complete an [order form online](#) to order. Calendars will also be available at the November TVDSA meeting.

Reminder: TVDSA Notecards are also still available. You can purchase a set of 11, with one of each of the prints, or a set of 10, of a single print/month. **Cost: \$7.00** per set.



*The mission of Treasure Valley Down Syndrome Association is to enhance the quality of life for persons with Down syndrome by promoting inclusive environments, providing accurate information to parents, families, and the community, and by advocating respect, dignity, and appropriate supports for people with Down syndrome.*

### Board of Directors:

President: [Kristie Yerger](#)  
Advisor: [Lynda Wells](#)  
Treasurer & Spanish Contact: [Lucy Olmos](#)  
Community Outreach Chair: [Erin Rosenkoetter](#)  
Marketing Chair: [Paul Auger](#)

Vice President and Programs Chair: [Malu Mulholland](#)  
Secretary and Membership Chair: [Audrey Byrum](#)  
Board Member: [Melody Witte](#)  
Buddy Walk Chair: [George Taylor](#)  
Self Advocate: [Seth Paetel](#)

For more information, articles, past newsletters and more, please visit our website: <http://idahodownsyndrome.org>  
Mailing: PO Box 1404 Meridian, ID 83680; Check us out on [Facebook](#) and [Twitter](#)