



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

February 2015

In this Issue

Upcoming events: (pg. 1)

* March 21st: World Down Syndrome Day Celebration – Dance Party on the Blue

* June 15th-19th the successful iCan Bike Camp is coming back to help individuals with disabilities become independent riders of traditional bikes! Hope you can come as a rider, or volunteer and enjoy the fun!

We also look at diploma tracks, where they lead, and how to use the required transition plan to stay on the track of choice. (pg. 2)

TVDSA STILL needs your help. We have had some great people offer their services, but not enough people to keep those that have, from burning out quickly! PLEASE help in some manner, one project, one area, one board chair. Contact Kristie today! (pg. 3)

TVDSA social groups are doing some fun things in February. Check out page 4 to see what your family member could be part of. (pg. 4)

Monthly and archived TVDSA newsletters are available on our website at: www.idahodownsyndrome.org for viewing and sharing.



Save the date: Saturday, March 21st 2015 World Down Syndrome Day Celebration

Dance Party on the Blue!

BSU is opening the Albertsons Stadium for TVDSA's 3-21 Celebration!

Wear your CRAZY socks to dance on the world-famous Blue Turf. There will be refreshments, a DJ, and many of your friends and family celebrating 3-21 in style!

More information to come in the March newsletter.

Want to help this year's celebration be grand?

Please contact Jason Robles at marketing@idahodownsyndrome.org or at (208) 724-3160

Treasure Valley iCan Bike Camp 2015

June 15th-19th, the [iCan Shine bike program](#) will be back in Idaho at the Homecourt YMCA in Meridian, Idaho to teach individuals with disabilities ages 8 & older how to ride a conventional bike and become a lifelong independent rider.

Rider Registration opens in March! Registration will be open through May 15th, on a first come first serve basis. Only a limited number of slots are available. Cost is \$150.00 for the week long camp for TVDSA members, and \$200.00 for non-members.

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program and a trained staff to teach individuals with disabilities how to ride a bike. Riders attend the same 75-minute session each day for five consecutive days (M-F) whereby they are physically assisted and encouraged by two volunteer "spotters."

Over the course of the 5-day camp the adapted bike is adjusted to gradually introduce more instability in an effort to challenge riders at their own individual pace. Success in learning to ride a bicycle is a major accomplishment. Learning to ride builds confidence and an improved self-image. At the 2014 Treasure Valley iCan Bike Camp 82% of the riders became independent riders of a traditional 2-wheeled bike. We hope to have the same results this year!

For more information, please email Paul Auger at tvicanbike@idahodownsyndrome.org.



TVDSA Calendar of Events

February 3rd:

TVDSA Board Meeting
7:00pm-9:00pm at A New
Leaf Contact: [Kristie Yerger](#)

February 6th:

Lil' Buddies at Isley's house in
Nampa from 11:00am-12:30pm
Contact: [Elisha Jimenez](#)

February 23rd:

AIM & Cool Club are bowling at
Emerald Lanes in Boise at
6:00pm.
Contact/RSVP: [Lynda Wells](#)

February 28th:

Best Buds is going tubing at
Bogus Basin from 3:00pm-
5:00pm. Reservations are
required.
Contact [Joriena Isaacson](#)

March 21st:

**World Down Syndrome Day
Celebration**
Contact: [Jason Robles](#)

Have you Heard?

Idaho Parents Unlimited has moved! Their new office is now located at:

4619 Emerald Suite E
Boise, Idaho

Idaho Parents Unlimited supports, empowers, educates and advocates to enhance the quality of life for Idahoans with disabilities and their families. Idaho Parents Unlimited, Inc. (IPUL) is a statewide organization which houses the Idaho Parent Training and Information Center, the Family to Family Health Information Center, Idaho Family Voices, the Creative Access Art Center and VSA Idaho, the State Organization on Arts and Disability.

IPUL is a valuable contact to help with IEPs, transition, healthcare, self-advocacy, the arts, and much more. They hold monthly webinars and yearly conferences around the state. See page 5 for this month's webinar topic, and information on the secondary transition conference in Moscow and the mini-conference in Pocatello.

Certificate Program v. Regular Diploma - No Way! by Susan Bruce

What graduation track is your child on? If she wants to attend a community college or college, she will need a regular high school diploma! Parents of children with disabilities need to understand the different types of diplomas offered by your school. Will your child receive a regular or standard diploma? Has the IEP team considered the course standards for a regular diploma and determined your child cannot meet them? **Why not?** Is an "alternate diploma" appropriate for your child?

"My child is getting ready for 9th grade. She has an IEP. The school suggested we put her in the certificate program. Is this a good idea?" This is a subject parents need to consider carefully. It has been my experience that the "alternate diploma" is not worth the paper it is written on. Even community colleges require at least a GED. Most employers require a high school diploma, GED, or ask that a prospective employee work toward one of those. Don't settle for an "alternate diploma." Begin with the highest expectation possible for your child. Don't lower that expectation until you extinguish every possibility.

What can a parent do? First, consider what the IDEA says about high expectations in the purposes section. "Almost 30 years of research and experience has demonstrated that the education of children with disabilities can be made more effective by having high expectations for such children and ensuring their access to the general education curriculum in the regular education classroom, to the maximum extent possible..." 20 U.S.C.1400 (c)(5)

This should be done in order for a child to- "meet developmental goals and, to the maximum extent possible, the challenging expectations that have been established for all children; and be prepared to lead productive and independent lives, to the maximum extent possible."

Second, consider the following questions.

- Why does the IEP team feel your child cannot meet course standards in order to receive a regular high school diploma?
- What supports and accommodations were discussed that would help your child receive a regular high school diploma?
- What does your child need in order to meet the same expectations as other students?
- Could your child complete the requirements for the regular diploma by the time he is 21? A student with a disability can receive services until the age of 21 or until he graduates with a regular high school diploma, whichever comes first.
- Would the "alternate diploma" allow your child, to the maximum extent possible, to lead a productive and independent life?
- Is the alternate diploma appropriate for your child's level of functioning?

Third, consider using the transition plan to address the diploma. An IEP should include transition services no later than the first IEP in effect when the student turns 16. Transition services are services that step your child up to moving to the adult world. Transition services should:

- Be designed with a results oriented process.
- Focus on improving the academic and functional achievement of your child to "move" your child from school to post school activities.

Post school activities could include any of the following.

- Postsecondary education (college)
- Vocational education
- Integrated employment
- Continuing adult education (GED, perhaps)
- Adult services
- Independent living
- Community participation

Continued Need for help to keep TVDSA going!

Although the Treasure Valley Down Syndrome Association (TVDSA) has had a good year in 2014 with a lot of productive and successful activities, **without your help, 2015 does not look so positive**. TVDSA would like to continue to help more families and spread more awareness in the community, but without your help the longest-running parent support group in Idaho is in jeopardy of not being able to make it happen. We ask that you help in **one area** of need below.

BOARD MEMBERS NEEDED: Board meetings are held the first Tuesday of every month from 7:00pm-9:30pm. There are currently only 7 of 12 Board of Directors seats filled. **Please HELP!** The board develops the vision for the organization and serves as an advisory panel over the programs TVDSA supports. Although the board can assist, they are not the only workhorses behind each project. Current openings include:

- **Programs Chair** - oversees the different social group activities, filling in when there is a vacancy, assist in the Easter Egg Hunt and Christmas party preparations.
- **Fundraising Chair** - oversees all fundraising events outside of the Buddy Walk, endless opportunities.
- **Community Chair** - oversees the family meetings, sets up involvement in parades and local conferences, and helps oversee the World Down Syndrome Day Celebration and the Summer Picnic.
- **Buddy Walk Chair** (ideally two chairs that will co-chair) - organize and oversee the Buddy Walk committee for the annual Buddy Walk held in October.

Not interested in being a board member? How about **helping out on a sub-committee**? Without help in the committees, board members cannot stay sane and projects cannot succeed:

- **Buddy Walk Committee** - **numerous individuals** are needed to make the Buddy Walk successful each year - areas include: pre-registration, t-shirts, raffle, sponsorships, administrative licenses, food sourcing, event day volunteers, entertainment, plus onsite organization.
- **Family Meetings Coordinator** - someone to help organize discussion topics and speakers, child care and location for the family meetings held the second Tuesday in January, May, September, and possibly November.
- **Cool Club Coordinator** - someone to organize outings in the community for individuals with Down syndrome ages 12-17 (Junior and Senior High school students). Although activities can be monthly, the goal is 6-8 activities through the year plus coordinating a Christmas Celebration with the Adults in Motion in December.
- **ATV Raffle Committee** - **5+ individuals** needed to help organize a new TVDSA fundraiser. An ATV has been donated, and TVDSA will be raffling it off. We need people to organize and sell tickets. ATV will be awarded at the Summer Picnic 2015.
- **Calendar Committee** - **3-5 individuals** are needed for the annual calendar. The calendar takes creativity, time, photography knowledge or willingness to find one at a low price, and organization of the models.

We appreciate you taking the time to consider helping the TVDSA family so we can continue to be a successful non-profit organization, ran completely by volunteers and no paid staff. Your help is priceless and greatly appreciated by all.

Please feel free to contact ANY of our current board members with questions or inquires on any of the above openings.

Sincerely,
2014-2015 Board of Directors



- Kristie Yerger president@idahodownsyndrome.org
- George Taylor vp@idahodownsyndrome.org
- Paul Auger secretary@idahodownsyndrome.org
- Lucy Olmos treasurer@idahodownsyndrome.org
- Lynda Wells advisor@idahodownsyndrome.org
- Jason Robles marketing@idahodownsyndrome.org



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

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

D.A.D.S. will not be gathering in February.

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

MOM'S Night Out!

Moms will not be gathering in February.

For more information or questions, please contact: [Malu Mulholland](#)

2015 Idaho Miss Amazing Pageant

March 27-28th

at the Nampa Civic Center

Tickets are available through the [Nampa Civic Center](#) box office
Adults, Senior and Students: \$10.00
Under 5 years: Free
Family Packs 5/\$35 must be purchased by calling the box office (208) 468-5555

There is still time to apply to be a Participant, or be a Volunteer Right Hand Man! Online application can be accessed at www.missamazingpageant.com.
Deadline to apply is February 15!

Questions contact: [Jennifer Claassen](#)
State Director, Idaho Miss Amazing Pageant, (208) 794-0918

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

Lil' Buddies will be going to Isley's house for snacks and group play on **Friday, February 6th** from **11:00am-12:30pm**. Isley's family lives at 2812 Commanche Street, in Nampa. RSVP is appreciated to [Elisha](#) at 208-871-4780.

Need more information on Lil' Buddies? Please contact [Elisha Jimenez](#).



Best Buds Update (Elementary ages):

Best Buds will be tubing at **Bogus Basin** on **Saturday, February 28th** from **3:00pm-5:00pm**. It is \$12 per person. TVDSA will pay for individuals with Down syndrome. You will need to place a reservation online with a credit card, but it won't be charged until you get there. Once we are there, Jorliena will take care of paying for the kids with Down syndrome. Friends and family are welcome to

come and join the fun! Please go to: <https://secure.bogusbasin.org/tubing/ItemList.aspx> or call (208) 332-5493 and reserve today! They limit the fun to 85 per session – and they can sell out!

Need more information on Best Buds? Please contact [Jorliena Isaacson](#) 208-846-8765.



Cool Club Update (ages 12-17):

Cool Club has been invited to join AIM to bowl on **Monday, February 23rd** at **6:00pm** at **Emerald Lanes** in Boise. TVDSA will pay for those with Down syndrome to bowl. Please RSVP to [Lynda Wells](#) at 208-590-1755 (text) by February 20th, so we can reserve enough lanes.

Need more information on Cool Club? Please contact [Kristie Yerger](#).

Help Wanted: We are looking for a new Cool Club coordinator to take over. If you would like to help organize monthly outings, and fun activities for individuals with Down syndrome ages 12-17 in the Treasure Valley, please contact [Kristie Yerger](#).



Adults in Motion Update:

AIM will be going bowling with Cool Club on **Monday, February 23rd** at **6:00pm** at **Emerald Lanes** in Boise. TVDSA will pay for those with Down syndrome to bowl. Please RSVP to [Lynda Wells](#) at 208-590-1755 (text) by February 20th, so we can reserve enough lanes.

Need more information on AIM? Please contact [Lynda Wells](#).

2015 TVDSA calendars are still available

\$15.00 each

Please contact [Kristie Yerger](#) or complete an [order form online](#) to order.



Conferences, Workshops, Webinars & TVDSA Scholarship Information

The Road to Further Education, Employment, and Independent Living

February 21
Houston Texas

[Registration now open!](#)



IPUL FREE Webinar Series

Tuesday, February 24th
Times: 11:00am-12:00pm
or 3:00pm-4:00pm

Topic: Planning for a Healthy Transition

This training prepares youth for transitioning to adulthood with a goal of independent healthcare management.

[Register Here](#) for the 11:00am
[Register Here](#) for the 3:00pm

DSAIA Conference Connection 2015 Leadership Conference

Promoting Growth, even in the Desert

March 6th-8th
Las Vegas, NV

[Registration is open.](#)

DOWN SYNDROME AFFILIATES IN ACTION

2015 321 eConference
March 21, 22 & 23
10 am to 5 pm (EST)

63 sessions will be presented over the three days. Plus access to recordings for 30 days.

Cost:
Early Bird: \$63 (until 2/1)
Regular: \$75 (until 3/1)
Late: \$85 (after 3/1)

[Click to register](#) or for more [information](#)

PEAL Center's 9th Annual Inclusive Communities Conference

Common Ground: Creating a Community Where All Belong

March 25th
Pittsburgh, PA
Registration opens soon.

<http://pealcenter.org>



IPUL's Regional Mid-Week Mini-Conference

at the Clarion Inn Pocatello, ID

April 14-16th.

[Registration](#) is now open!

All Born (In) Cross-Disability Inclusion Conference

May 2, 2015
Portland, OR

Registration opens soon!
[Northwest Down Syndrome Association.](#)

2015 Tools for Life: Secondary Transition and Assistive Technology Fair

March 2-3, 2015

University Inn Best Western Plus
Moscow, ID

Tools for Life is for transitioning youth with disabilities and all who support them. Attendees include educators, special educators, therapists, counselors, service providers, job developers, other rehabilitation specialists, and **especially high school students with disabilities and their families.**

The theme of the 2015 Tools for Life Fair is College, Post-Secondary Training and Career Readiness. Throughout the two-day event, there will be keynote speakers and presentations around employment, assistive technology, post-secondary education, and self-advocacy/self-direction. An Exhibit Hall will be open both days, from 9:00am to 4:00pm to allow agencies and vendors the opportunity to promote their organizations, share resources, and showcase their products. Look for the Tools Informational Booklet (PDF) to be available soon.

Would you like to be added to our special Tools for Life Fair newsletter to track news about the event and get a copy of the Conference at a Glance and the Program? [Sign Up Here!](#)

Illinois Includes

May 6-7th

If you are an educator, parent, grandparent, therapist, school and district leader, self-advocate, or concerned community member come and share ideas for growing inclusive opportunities in our communities.

Registration opens soon.
www.illinoisincludes.org/

Think College Capacity Building Institute

June 15th & 16th

Boston, MA
Sessions and workshops on inclusive higher education for students with intellectual disabilities.

[Online Registration opens in Jan!](#)

NJCIE's 13th Annual Summer Inclusion Conference

Cultivating Growth Sowing Seeds of Inclusive Education for All
June 24-25th

To be held at Montclair State Univ with National presenters: Dr. Julie Causton & Dr. Patrick Schwarz

Registration opens soon.
njcies-13th-annual-summer-inclusion-conference/

National Down Syndrome Congress Conference

June 25-28th
Phoenix, AZ

Registration will open March 2015
convention.ndscce.ner.org



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 all TVDSA members are eligible.

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



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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

We're on the Web!

See us at:

www.idahodownsyndrome.org

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

Diploma (continued from Page 2)

The transition plan should base transition services on your child's individual needs. The IEP team should consider your child's preferences, interests, and strengths. What does he want to do? If your child wants to attend a community college or college, he will need that regular high school diploma! Transition services should include the following.

- Instruction (address deficit areas)
- Related services
- Community experiences
- Development of employment and other post school living objectives
- Acquisition of daily living skills, if appropriate

Transition services in the IEP must include:

- Appropriate measurable postsecondary goals based upon age appropriate transition assessments, related to training, education, employment, and, where appropriate, independent living skills; and
- The transition services (including courses of study) needed to assist the child in reaching those goals.

Transition services can be special education, if your child needs the services provided as specially designed instruction or a related service in order to benefit from special education! When thinking about transition planning, ask yourself these questions.

- How does your child's transition plan address moving her from the school world to the real world?
- What are your child's preferences?
- What are your child's strengths?
- What does your child want to do after graduation?
- What does your child need in order to help her meet those goals?
- Does your child need remediation in a particular area in order to meet these goals?
- What assessments tools did the school use?
- Are the transition goals in the IEP measurable?
- Where is the data?

IEP teams can develop and use transition plans to help students with disabilities meet the high expectations set for all students. As with every other special education issue, make yourself an expert.

Source: Wrightslaw, Created: 01/12/11

<http://www.wrightslaw.com/info/diploma.cert.no.htm>

Susan Bruce is an education coordinator and parent trainer for South Carolina's Parent Training and Information Center, Parents of South Carolina, Inc. In the last 5 years, Susan has trained over 2000 parents and professionals on the IDEA and effective advocacy skills, empowering them to effectively advocate for appropriate services for students with disabilities. Advocating for her own three children, who are served under the IDEA for the last ten years has made her a dedicated and passionate advocate for students.

The mission of the 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](#)
Vice President: [George Taylor](#)
Advisor: [Lynda Wells](#)
Self-Advocate: [Seth Paetel](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)
Secretary: [Paul Auger](#)
Marketing Chair: [Jason Robles](#)

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](#)