



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

April 2015

In this Issue

It is Spring! The World Down Syndrome Day Celebration was a great success. View photos from the event on our Facebook page, and tag yourself in your picture! Thank you to Jason Robles for his hard work and to BSU for welcoming us on the BLUE!

Next week is the TVDSA Easter Egg Hunt, we hope to see everyone at the new location!

Articles included in this month's issue: 10 Ways to Improve Literacy in Older Children and Autism and Down Syndrome, a dual-diagnosis.

Did you notice we had cancelled our January Family Meeting? We are making it up to you in April. New Location AND new day of the week! Hope to see you on Thursday, April 9th to learn about Feeding issues with individuals with Down syndrome.

Please consider JOINING the 2015 Buddy Walk Committee. We need a large number of volunteers to make this work! Contact: [Kristie Yerger](#).

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

5th Annual All-Ability Easter Egg Hunt

April 4th from 10:00am-12:00pm

at Settler's Park in Meridian

****NEW LOCATION!****



TVDSA invites all elementary and younger kids, and their families to join us. There will be separate egg hunt areas for different ability levels. Plenty of eggs for everyone!

Back by popular demand: Big prize eggs, bunnies, and the Meridian Fire Department with a fire truck to explore. We will also have face painting & games.

Directions: NW corner of Ustick and Meridian Road (3245 N. Meridian Rd.)

For more information or to help with this event, please contact: [Elisha Jimenez](#) or [Jorliena Isaacson](#) (208)846-8765.



Your Ride is Waiting!

Win a 2015 White Polaris 570 Sportsman EPS

Automatic, 4x4 AWD, 44HP, with Power Steering
Retailing at \$7,399.00

TVDSA is covering the sales tax, title and doc fee!

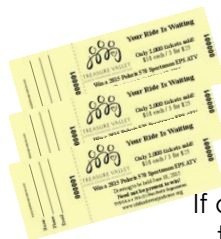
Tickets only \$10.00 each or 3 for \$25.00

Only 2,000 tickets available!

Proceeds benefit TVDSA programs and services.

Help sell tickets for TVDSA and win!

If an individual with Down syndrome assists in the selling of the winning raffle ticket, they win a \$50 Visa Gift Card!



WE NEED YOUR HELP SELLING TICKETS at the **Motorcycle Show April 17-19th** and **Experience Idaho on May 2nd** at **Expo Idaho** in Garden City, **please call (208)954-7448** to volunteer **a couple hours** that weekend!

Contact Paul & Celena Auger and Chris Brady at atv@idahodownsyndrome.org to get bundles of tickets to sell to your family, friends, co-workers, & neighbors!

Drawing will be held at the TVDSA Family Picnic

June 10th at Kleiner Park in Meridian
Need not be present to win!

To purchase tickets:

- Email: atv@idahodownsyndrome.org
- Call: (208)954-7448
- Visit: Carl's Cycles at 5550 West State Street in Boise



TVDSA Calendar of Events

April 3rd-4th:

Alice in Wonderland 7:00pm & 2:00pm (Saturday only) at Jewett Auditorium at College of Idaho in Caldwell. Dream Weaver Musical will donate \$2.00 for every ticket sold to TVDSA.

April 4th:

TVDSA All Ability Easter Egg Hunt 10:00am-12:00pm at Settler's Park, Meridian
Contact: [Elisha Jimenez](mailto:Elisha.Jimenez)

April 7th:

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

April 9th:

TVDSA Family Meeting at 7:00pm at Boise First Church – Nazarene.
Contact [Ann Hedelius](mailto:Ann.Hedelius)

April 12th:

Hispanic Outreach Social at 4:00pm at Smoky Mountain Pizza & Pasta in Eagle.
Contact: [Lucy Olmos](mailto:Lucy.Olmos)

April 18th:

Home Depot Workshop for Kids with Disabilities
9:00am-12:00pm ALL AGES!
Meridian, Free

April 24th:

DADS at Idaho Pizza in Eagle at 6:00pm Contact: [Gus Olmos](mailto:Gus.Olmos)

May 7th:

Idaho Gives Day 2015
Please consider making TVDSA your charity this year.

May 14th:

TVDSA Annual Meeting 7:00pm
Contact [Ann Hedelius](mailto:Ann.Hedelius)

June 10th:

TVDSA Family Picnic & ATV Raffle winner will be announced at Kleiner Park in Meridian
Contact: [Lynda Wells](mailto:Lynda.Wells)

June 15th-19th:

Treasure Valley iCan Bike Camp Contact: [Paul Auger](mailto:Paul.Auger)

Treasure Valley iCan Bike Camp 2015

June 15th-19th, the [iCan Shine bike program](http://icanshine.org) 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 now open! 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. Registration forms can be found online at: <http://icanshine.org/-boise-id/>

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.



10 Ways to Improve Literacy with Your Older Child with Special Needs in the Community by Becca Eisenburg

Many older children, adolescents and adults with developmental disabilities have varying literacy skills. Some individuals are literate, and others struggle with literacy, even into adulthood. From my perspective, you are never too old to learn how to read. I want to discuss ten easy ways to improve literacy when out in the community during regular daily tasks. No pen and paper needed and all free!

1. Street signs

Point out street or community signs within your community. Some of these signs can be when on the road or in a public place (e.g. library, post office, hospital, etc.). Review words such as "stop", "police", "restroom", "men", "women", "exit", etc. When out in the community, point out these words to your child so that they can begin recognizing the words over time.

2. Take out menus

Pick up some take out menus from your favorite restaurants around your community. Review vocabulary and discuss the varying foods on the menu. If your child can read the words on the menu, he or she can be more independent in making a choice when dining at a restaurant.

3. At the Post Office

The post office can be an optimal place for a literacy activity. The next time you are at the post office, point out key words to your child such as "priority mail", "express mail", etc. You can even take a couple of labels home to practice reading and filling out (e.g., certified mail receipts).

4. At the Grocery Store

Point out key words in the grocery store. Each aisle sign has different words such as "cookies", "crackers", "cereal", etc. Take some photos of the names of the aisles so you can practice at home.

Continued on Page 6

Autism in Down syndrome is not typical autism

An increasing number of children with Down syndrome are being diagnosed as also having autism or autistic spectrum disorder (ASD). Research is exploring the prevalence and the characteristics of autism and autistic spectrum disorders in people with Down syndrome, and informing more reliable diagnosis. More research is needed to better understand these dual diagnoses and to identify effective ways to support development and learning for these children.

What educational research has shown

An increasing number of children with Down syndrome are being diagnosed as also having autism or autistic spectrum disorder (ASD). Autism is a complex disorder and children with the diagnosis do not all have the same symptoms or difficulties.[1,2] Those with autism are at the more severely affected end of the ASD spectrum.

There have been a number of recent studies reporting varying rates of autism among children with Down syndrome possibly because of different diagnostic measures and different numbers of children in the studies. These suggest that about 16-19% of children with Down syndrome also have ASD and some 8-9% have autism, although some indicate higher rates.[3]

Diagnosis of ASD is based on symptoms in three domains: social impairments, communication impairments and repetitive behaviors and should only be carried out by experienced clinicians using standardized assessments. The diagnosis is more difficult to make in children with intellectual disability and there is a significant risk of false positives - in other words, a diagnosis of autism that is not correct.[4,5]

While there is now no doubt that children with Down syndrome can also have ASD, it is not clear that the pattern of symptoms that they show are the same as other children with ASD. A recent UK study with the largest sample of children with Down syndrome and ASD evaluated to date (183 participants) illustrates this.[5] Children with both Down syndrome and ASD showed less impairment on the Communication Domain in imitation, use of gestures and imitative social play than individuals with ASD but not Down syndrome. On the Reciprocal Social Interaction Domain, children with Down syndrome and ASD showed less impairment in eye gaze, social smiling, shared enjoyment, offering comfort, social overtures and response to other children's social approaches. However, on the Restricted, Repetitive and Stereotyped Patterns of behavior there was only one difference. The children with Down syndrome and ASD showed a greater tendency to exhibit compulsions or rituals than the other children with ASD. Otherwise they showed the same behaviors as others with autism.

Children with Down syndrome may also show behaviors associated with ASD even though they do not have ASD. For example, another UK study reported that compulsive behaviors, insistence on sameness and restricted preferences were as common in children with Down syndrome without ASD as in those with ASD.[6] These behavioral traits could lead to incorrect diagnoses of ASD for some children with Down syndrome.

When children with Down syndrome and ASD are compared with children with Down syndrome who do not have an ASD, the children with Down syndrome and ASD are likely to be more severely cognitively delayed and to exhibit more behavior difficulties.[3,4]

How this is helping

A better understanding of the prevalence and characteristics of ASD and autism among children with Down syndrome is helping families and professionals recognize and diagnose the condition more accurately, and to recognize the differences between autism in children with Down syndrome and among otherwise typically developing children.

Research suggests that repetitive behaviors, liking sameness and restricted preferences are common behavior traits in all children with Down syndrome - with and without ASD - and therefore, on their own, not indicative of autism.

Research suggests that parents and practitioners should make full use of the children's social strengths and strengths in imitation and gesture to develop their social interaction and communication skills in the early years.

Unanswered questions

Future research is needed to:

- identify the most reliable assessments for diagnosing autism among children with Down syndrome
- further explore the atypical profile of symptoms in children with Down syndrome and ASD to inform more effective developmental and educational interventions
- better understand the progress of children with Down syndrome and autism over time



Source: <http://www.dseinternational.org/en-us/education21/10/>
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TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

Hispanic Outreach Social

Sunday, April 12th at 4:00pm
at Smoky Mountain
Pizza and Pasta
127 E. State Street, Eagle, ID

Come enjoy dinner provided by TVDSA and make new friends! We welcome anyone interested in providing support for Spanish Speaking families in our community.

For more information or questions, please contact: [Lucy Olmos](#)

TVDSA Family Meeting

Thursday, April 9th
7:00pm-9:00pm

at Boise First Church – Nazarene
3852 N. Eagle Rd., Boise

****NEW LOCATION & on Thursday****

Speaker: Pediatric Speech Therapist, Jennifer Dahms, MS/CCC-SLP, BCS-S

Topic: Feeding concerns in children with Down syndrome.

Free Childcare Available

For additional information, please contact [Ann Hedelius](#).

Lil' Buddies & Best Buds Update:

Please join **Lil' Buddies** and **Best Buds** for the 5th Annual **All-Ability Easter Egg Hunt, April 4th from 10:00am-12:00pm** at Settler's Park in Meridian. This event is FREE to all attendees. Bring your family and friends. There will be separate areas for different ability levels. And new strides to ensure ALL children will leave with prizes/candy!

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

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

DADS Gathering:

Calling all DADS: we have reservations at **Idaho Pizza Company** in Eagle on **Friday, April 24th at 6:00pm**. Idaho Pizza is located at 78 E. Eagle River St. in Eagle. This is a social gathering for the Dads group.

TVDSA will provide the pizza. Dads bring topics to discuss, or enjoy a break from the busy family schedule.

For more information on Dads: please contact [Gus Olmos](#).

Alice in Wonderland

[Dream Weaver Musical](#) performance of Alice in Wonderland is on **April 3rd at 7:00pm** and **April 4th at 2:00p** and **7:00pm** at the Jewett Auditorium at

College of Idaho in Caldwell. Dream Weaver Musical will donate \$2.00 for every ticket sold to TVDSA. Click [here](#) to purchase tickets.

We Need YOUR help for the Buddy Walk in 2015!

TVDSA needs your help on the Buddy Walk Committee!

It appears we may have some generous leaders, now we need to supply them with a large supporting team.

The Buddy Walk is the main fundraiser for TVDSA and greatest opportunity to spread Down syndrome awareness in our community. This fabulous event has been held for 12 straight years in the Treasure Valley.

In addition, 2015 is the 20th Anniversary of the National Down Syndrome Society's launch of the Buddy Walk in 1995.

Please consider helping us keep this grand tradition in the Treasure Valley. Every little bit helps!



Please Contact: Kristie Yerger at president@idahodownsyndrome.org with any interest or questions.

Conferences, Workshops, Webinars & TVDSA Scholarship Information

IPUL's Regional Mid-Week Mini-Conference

at the Clarion Inn Pocatello, ID

April 14-16th.

The Idaho Parents Unlimited Regional Mini-Conference is held every other year and in a different region of the state to best meet the needs of families throughout Idaho who have children and youth with disabilities and special health care needs. **This conference is free to families!**

Conference details, draft agenda, and registration can be found at: <http://www.ipulidaho.org>
Registration is now open!

IPUL FREE Webinar Series

Tuesday April 28th
Times: 11:00am-12:00pm

Topic: **I Wish I Knew Then What I Know Now**

At this workshop, a panel of experienced parents of children with disabilities will share insights they gained while raising and educating their children. Participants will be encouraged to ask questions and share their own insights and experiences as well.

Contact: [Amy Ireland](#)
[Register Here](#)

All Born (In) Cross-Disability Inclusion Conference

May 2, 2015
Portland, OR

[Registration](#)
Now Open!



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/



#WDS D15



#WDS D15

Think College Capacity Building Institute

June 15th & 16th

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

[Online Registration open!](#)

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.
[ncjie-13th-annual-summer-inclusion-conference/](#)

National Down Syndrome Congress Conference

June 25-28th
Phoenix, AZ

Registration will open March 2015
convention.ndscconter.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.

WORLD DOWN SYNDROME DAY CELEBRATION 2015 Wrap Up: A lot of Fun and Big Success!



#WDS D15

Were you a part of our Dance Party on the Blue?

Over 300 guests attended this free event at Boise State's Albertsons Stadium. We danced on the field and took photos in the #WDS D15 Photo Booth. The pictures were shared online to represent TVDSA's contribution to the worldwide celebration.

This event was made possible by the hard work of our Board and our team of volunteers. The funding was made possible by the money raised through the Buddy Walk. This is just one way we serve our community, by hosting events where our members can make connections! Please consider becoming a part of our Buddy Walk team, and contact us today to let us know you can help.

View the WSD Photo Album at www.facebook.com/TVDSA and don't forget to tag yourself in your picture.

Free Home Depot Workshop for Kids with Special Needs!

When: Saturday: April 18th from 9:00am – 12:00pm

Where: Meridian Home Depot at 1100 S. Progress Ave, Meridian ID

This free workshop is geared to provide a fun, quiet, low stress, warm, and welcoming environment for kids with special needs of all ages and abilities. Various materials and kits will be provided for the enjoyment of all!





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](#)!

IDAHO
GIVES

MAY 7, 2015

Support TVDSA through Idaho Gives Day 2015:

Idaho Gives is a special day for philanthropy across Idaho. May 7th is a day for Idahoans to come together with one voice of support for our nonprofits, big and small. A day for you to find your passion, donate to your favorite causes and share in the excitement!

Join us at <http://idahogives.razoo.com/story/Tvdsa> **May 7, 2015** to make a contribution to the nonprofit you support. Last year Idaho raised \$782,862 from 7,566 unique donors who gave to 576 nonprofit causes. **TVDSA hopes you will select TVDSA as your nonprofit cause this year.**

Literacy in the Community (continued from page 2)

5. At the Pharmacy

Point out key words in the pharmacy. A pharmacy can be a scary place for a person who has limited literacy skills. We depend on our literacy skills significantly when reading labels of medications. I think many parents fear that their child might take a medicine they weren't supposed to because they misread the medicine label.

6. Public Transportation

Point out key words when on public transportation. For example words like "downtown", "uptown", "open", "closed", "limited", "express", etc. Being able to read these words can make the difference when travel training an individual.

7. Circulars

Take a circular! Circulars can be an excellent therapy tool because it contains pictures and words. Beyond literacy, they can also be used to work on money management.

8. At the Mall

When you are shopping at the mall, point out the names of the stores and your child's favorite restaurants in the food court. Learning these words can be useful not only to increase independence, but it can also improve safety skills in case your child gets lost.

9. Receipts

Keep your receipts! The next time you get a receipt, review it with your child. Have them read the names of items bought, the store you bought it from and any policies such as a return policy, etc. This can also be an ideal activity for money management.

10. At the Movies

Movie words! When at the movies, have your child read the movies from the monitor at the ticket counter. This can be an excellent exercise that is motivating and functional!

Special Needs Resources March 18, 2015, Becca Eisenberg, MS, CCC-SLP
<http://www.gravitybread.com/>

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](#)

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](#)