



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

## In This Issue

May is upon us, the school year will begin to wind down soon, and summer is around the corner.

In this month's issue you will find information about our Annual Membership Meeting where we will recap the past year, discuss the future and then host a panel of parents that are willing to share their experiences with you. Come with questions for any age development level. You need not be a member to attend, but it is a great time to become a TVDSA member for \$10.00.

On page 3, we included an article on common, useful, and important IEP terms to learn, keep, and review before your next IEP meeting.

Be sure to check out the details on Page 4 for this month's social activities for Lil' Buddies, Cool Club, Adults in Motion, Mom's Night Out!, and DADS.

Idaho Parent's Unlimited will be hosting their annual mid-week conference in the Treasure Valley this year! This rotates around the state each year. Take advantage, register, and mark your calendars to attend this free conference while it is in this area. More information can be found on Page 5 or on the IPUL website: [www.ipulidaho.org](http://www.ipulidaho.org).

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

Newsletter Editor: [Celena Auger](#)

May 2017

## TVDSA Annual Membership Meeting

Monday, May 1<sup>st</sup>

6:30pm-8:30pm

North End Collective Church, Boise  
1723 W Eastman St., Boise



### Topic: **Been There, Done That: Time to Connect**

Learn some tips and strategies from parents that have been where you are. This will be an informal discussion with parents of babies with Down syndrome up to adults with Down syndrome. It'll be a time to share laughs, be honest about worries, and learn from each other.

We will also be recapping the past year and share plans for the upcoming year. TVDSA members should have received ballots and renewal applications in the mail. Ballots must be received by May 1<sup>st</sup> to be included.

Childcare will be provided.

For more information, please contact: [Charmaine Thaner](#)



## Support TVDSA through Idaho Gives Day 2017:

Idaho Gives is a statewide online giving blitz for 24 hours. It's a day to celebrate the awesome work of Idaho's nonprofits and benefit from the power of many. Idaho comes together—be a part of it! **On May 4, 2017** make a contribution to one or more of the nonprofits you love, or find a new one to support!

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.

TVDSA needs your donation to continue to enhance and support our Down syndrome community.

TVDSA hopes you will select TVDSA as your nonprofit cause this year!

[Link to TVDSA Idaho Gives](#)

May 1<sup>st</sup>:  
**TVDSA Annual Membership Meeting**  
6:30pm-8:30pm at North End  
Collective Church  
Topic: Parent Panel  
Contact: [Charmaine Thaner](#)

May 2<sup>nd</sup>:  
**TVDSA Board Meeting**  
7:00-9:00pm at A New Leaf  
Contact: [George Taylor](#).

May 10<sup>th</sup>:  
**Lil' Buddies**  
Meridian Library at 11:30am  
Contact: [Julie McConnel](#)

May 13<sup>th</sup>:  
**Adults in Motion and Cool Club**  
Community Service Project & Lunch  
10:00am  
Contact: [Brenda Taylor](#)  
or [Kathy Briltz](#)

May 13<sup>th</sup>:  
**Buddy Walk Committee Kick-Off  
Lunch** 1:00pm at Idaho Pizza, Boise  
Contact: [Barbara Hiler](#)

May 18<sup>th</sup>:  
**D.A.D.S.**  
Bowling at Pinz at 7:00pm  
Contact: [Andrew Kopping](#)

May 23<sup>rd</sup>:  
**Mom's Night Out!**  
Tucanos Brazilian Grill at 7:00pm  
Contact: [Reme Echevarria](#)

June 21<sup>st</sup>:  
**TVDSA Annual Family Picnic**  
6:00pm-8:30pm  
Contact: [Lynda Wells](#)

## 2017 Buddy Walk Committee Kick-Off Lunch

May 13<sup>th</sup> from 1:00pm-3:00pm  
Idaho Pizza  
1677 S Broadway Ave, Boise

**Open to Everyone** who would like to help make this year's Buddy Walk, on October 14<sup>th</sup>, a grand event. There are a lot of areas you can help in. Whether you help a little or a lot, the more volunteers, the less work for all of us!

Please RSVP to [Barbara Hiler](#) by email or by text: 208-598-5483, so we know you are coming and don't start without you!

# ~ Save the Dates! ~

## TVDSA 34<sup>th</sup> Annual Family Picnic



**Wednesday, June 21<sup>st</sup>**

from 6:00pm-8:30pm  
at Kleiner Park, Shelter A-1  
1900 N. Records Ave. Meridian

Join us at the gazebo near the playground. (Same location as last year.)



Please bring a side dish or a dessert!

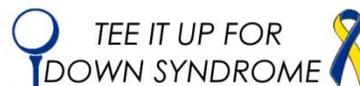
TVDSA will provide chicken, rolls, utensils, paper plates, & drinks (water & pop ).

**Bring the entire family for an evening of friendship, food and fun!  
There will be dancing, music, face painting and more!**

For more information, please contact: [Lynda Wells](#)



## 2017 TVDSA Trisomy 21 Open



**Saturday, July 15<sup>th</sup>**  
at Eagle Hills Golf Course

The 2017 TVDSA Trisomy 21 Open will be a 9:00am shotgun start with several fun activities throughout 18 holes.

Registration is now OPEN. For details visit  
<http://birdeasepro.com/tvdsagolf17>.

For more information on sponsorships or registrations, please contact  
[George Taylor](#).



## National Speaker to Present to TVDSA

**Thursday, September 14<sup>th</sup>**

from 6:30pm-8:30pm  
at St. Luke's Meridian (downstairs meeting rooms)

**Kathie Snow, national speaker, author of Disability is Natural**

**Topic: Inclusive Communities—Organize for Change**

*Every person is born included! Common sense community-organizing strategies can lead to positive change to ensure our communities welcome and include all.*

For more information, please contact: [Charmaine Thaner](#)





## IEP Terms to Know

- The terms used in and about IEPs are the language of special education.
- Only some of these terms will appear in the IEP document.
- Learning these terms early in the IEP process will help you in the long run.

Does your child have an [Individualized Education Program](#) (IEP)? If this is a new development, you may run into some language you're not familiar with. Here are key terms you'll see and hear as you work with the [IEP team](#).

**Accommodation:** This is a change to or in your child's learning environment. Accommodations can help her learn and then show what she's learned without having her challenges get in the way. For instance, if your child takes longer to answer questions, she might be allowed extra time to take a test. Even with accommodations, kids are expected to learn the same content as their peers.

**Annual goals:** The IEP document lists the academic and functional (everyday) skills the IEP team thinks your child can achieve by the end of the year. These goals are geared toward helping your child take part in the general education classroom. [IEP goals need to be realistic and measurable.](#)

**Assistive technology (AT):** Any device, equipment or software that helps your child work around her issues. AT can help your child learn, communicate, and function better in school. AT ranges from simple tools (like highlighters) to high-tech software (like apps that read text aloud).

**Behavior intervention plan (BIP):** A plan designed to teach and reward positive behavior. Typically, the plan uses strategies to prevent and stop problem behaviors. It may also have supports and aids for the child. A BIP is often included as part of an IEP. To get a BIP, a child must have a [functional behavioral assessment](#).

**Disability:** A condition recognized by the law. To qualify for an IEP, your child must have a disability that is one of the [13 categories](#) listed in the Individuals with Disabilities Education Act. Kids' learning and attention issues usually fit into one of three categories: (1) specific learning disability, (2) other health impairment (ADHD) and (3) speech or language impairment.

**Due process:** A formal process for resolving disputes with a school about special education and IEPs. Due process isn't the only way to resolve a dispute. There are [other options](#), like mediation and filing a state complaint.

**Extended school year services (ESY):** Some students receive [special education](#) services outside of the regular school year, such as during the summer or, less commonly, during extended breaks like winter break.

**General education curriculum:** This is the knowledge and skills that all students throughout a state are expected to master. The curriculum varies from state to state.

**Individuals with Disabilities Education Act (IDEA):** The nation's special education law. IDEA is a federal law that guarantees all children with disabilities access to a [free and appropriate public education](#).

**Least restrictive environment (LRE):** Students with documented disabilities must be taught in the least restrictive environment. This means they must be taught in the same setting as students without documented disabilities as much as possible. The school must offer services and supports to help a child with an IEP succeed in a general education classroom.

**Modification:** A modification is a change in what a student is expected to learn and demonstrate. For example, a teacher might ask the class to write an essay that analyzes three major battles during a war. A child with a modification may only be asked to write about the basic facts of those battles. [Modifications are different from accommodations](#)

**Parent report:** This is a letter you write. It's a good way for you to document your child's strengths, struggles, and success at school, at home, and in the community. By sharing the report with your child's IEP team, you give them a more complete view of your child.

**Progress reporting:** How a school will report to you on your child's progress on annual goals. This is specified in the IEP.

**Present level of performance (PLOP, PLP, PLAFF, and PLAAFP):** This is a snapshot of how your child is doing right now. PLOP describes your child's academic skills (such as reading level) and functional skills (such as making conversation or writing with a pencil). The school prepares this report for the IEP meeting. This is the starting point for [setting annual IEP goals](#).

**Standards-based IEP:** This alternative to the traditional IEP is only used in some states. A standards-based IEP measures a student's academic performance against what the state expects of other students in the same grade.



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## Social Groups Page

### Moms Night Out!

May is Mother's Day month so we are heading East to **Tucanos Brazilian Grill**. We will experience the Brazilian tradition of grilling, or CHURRASCO (shoe-HAS-ko), a fusion of South American and European cultures. From its birth in the Pampas or grasslands of Brazil, to the sparkling beaches of Rio de Janeiro. This will be a great experience whether you have been to this restaurant before or not. Come join us for a fun evening on **Tuesday, May 23 at 7:00pm**. TVDSA will pay for dinner, sodas, or Tucanos Brazilian lemonade.

This is TVDSA's way of saying thank you moms for all your hard work day in and day out. You deserve a night out where you can enjoy the evening with other moms who share the same journey as you.

Please RSVP to [Reme Echevarria](mailto:Reme.Echevarria@idahodownsyndrome.org) by email or by text at 208-866-4095 by May 19th, so I can let the restaurant know how many will be coming.



**Lil' Buddies** will be meeting at the **Meridian Library** for the **Let's Play Program** in the large conference room, Wednesday, **May 10<sup>th</sup>** at **11:30am**. The Meridian Library is located at 1326 W. Cherry Lane.

The program runs from 11:30am to 12:30pm. Afterward we will go to Storey Park for a sack lunch play date (please bring your own lunches).

### Cool Club & Adults in Motion

The Cool Club and Adults in Motion groups will come together for a day of giving back to their community.

We will meet at **Capital High School** located at 8055 W Goddard Rd, Boise, ID 83704 on **Saturday, May 13<sup>th</sup>** at **10:00 am**. Please meet at the front of the school where we will kick off our service project for the year. We will be pulling weeds, picking up debris and planting some flowers. Please bring gloves if you have them. TVDSA will supply other items needed for the project.



### D.A.D.S.

Come join the DADS group for a night of bowling at **PINZ** in Meridian on Thursday, **May 18<sup>th</sup>**. We will meet **at 7:00pm**.

TVDSA will provide the games, shoe rental, and some refreshments for the dads who are able to join us.

Please RSVP to Andrew by Monday, May 15<sup>th</sup> so we can reserve the appropriate number of lanes.

For more information on D.A.D.S. please contact Andrew at [DADS@idahodownsyndrome.org](mailto:DADS@idahodownsyndrome.org) or (208) 350-9908.

### Lil' Buddies

I'm hoping moms or dads will come with their little ones and offer input into what type of activities they'd like to see scheduled and what days of the week/times work best.

If you have any questions about **Lil' Buddies**, please feel free to contact [Julie McConnel](mailto:Julie.McConnel@idahodownsyndrome.org).



After we have spruced up the school, we will then go out to lunch at a nearby restaurant (Chinden and Glenwood area) of the groups choosing. TVDSA will pay for lunch for each individual with Down syndrome and a guest.

Please RSVP by May 11<sup>th</sup> to Brenda Taylor at 208-724-5226 or [coolclub@idahodownsyndrome.org](mailto:coolclub@idahodownsyndrome.org) so we know who to look for.

For more information about Cool Club, please contact [Brenda Taylor](mailto:Brenda.Taylor@idahodownsyndrome.org) by email or text/phone: 208-724-5226.

For more information about Adults in Motion (AIM), please contact [Kathy Brill](mailto:Kathy.Brill@idahodownsyndrome.org) or phone: 208-863-1423.

### Best Buds

Best Buds will be taking the month off in May and will be back in June.

Happy May Everyone!

If you have any questions about **Best Buds**, please feel free to contact [Danielle Williams](mailto:Danielle.Williams@idahodownsyndrome.org) or call: 208-794-8995.



## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### IPUL Workshop

**Wednesday, May 10<sup>th</sup>**

from 6:00pm-9:00pm  
at Idaho Parents Unlimited  
4619 W. Emerald, Ste. E, Boise

#### **Topic: Positive Behavior Interventions and Supports**

This training will teach parents about their child's behaviors, functional behavior assessments, and behavior interventions.

[Please RSVP](#)

To contact IPUL: 208-342-5884 or  
[parents@ipulidaho.org](mailto:parents@ipulidaho.org)

Are you unable to attend on May 10<sup>th</sup>?  
Attend the **IPUL Webinar** on the same topic,  
**Tuesday, May 30<sup>th</sup>** either at  
[11:00am](#) or [9:00pm](#)

Additional Webinars through IPUL this month:

#### **Topic: Stop Spinning Your Wheels (Webinar)** **Tuesday, May 16<sup>th</sup> at 11:00am**

You will learn about the patient-centered, comprehensive, coordinated approach to health care for children and youth with special health care needs. Participants will be given tools to identify their particular needs and how to talk with their child's providers to ensure a system of coordinated care. Parents will also be given information and training on what "advocacy" means, learn the skills necessary to be an effective advocate, and what additional resources they may need and where to go for more information.

To register for this webinar, [click here](#).

## Born This Way, Season 3 Premiers May 16<sup>th</sup> at 8:00pm on A&E



The hour-long show, which won an Emmy last year for outstanding unstructured reality program, offers a lens into the world of seven individuals with Down syndrome and their families as they navigate their paths to independence.

Over the course of the new 10-episode season, there will be "job changes, new living arrangements and evolving romantic relationships," A&E said.

In addition, the show will add a new viewpoint this season by documenting a family raising a 3-year-old named Rocco who has Down syndrome.

## IDAHO PARENTS UNLIMITED 2017 POP-UP CONFERENCE AKA MID WEEK MINI CONFERENCE

**FREE FAMILY FRIENDLY EVENT**

FEATURING  
**Zot Arts**  
ARTS FOR ALL  
ALL DAY ACTIVITIES



**June 22nd**

**Red Lion Riverside  
Boise, Idaho**

**9 am** Registration Begins  
Coffee/ Continental  
Breakfast  
**10 am** Welcome &  
Opening Remarks  
**10:20am-4:30pm**  
30-minute  
Breakout Sessions  
**12 pm** Lunch - Keynote  
**5 pm** Closing Plenary



**BREAKOUT SESSIONS**  
SENSORY FRIENDLY COMMUNITY /  
CREATING A SENSORY FRIENDLY  
DIET / READING IS FOR ALL /  
GETTING ORGANIZED /  
INCLUSIVE CLASSROOMS / ARTS  
IN EDUCATION / ABLE ACT/  
LONG TERM PLANNING /  
FATHER'S PANEL /  
CONVERSATIONS WITH SELF  
ADVOCATES

Register  
click here or visit  
[www.ipulidaho.org](http://www.ipulidaho.org)

342-5884  
[parents@ipulidaho.org](mailto:parents@ipulidaho.org)

### 45<sup>th</sup> Annual National Down Syndrome Congress (NDSC) Convention July 20-23<sup>rd</sup>, 2017 Sacramento, California

Online registration and the hotel block  
**NOW OPEN.**  
Register soon!  
Historically they have sold out!

For more information and details visit:  
[link](#)

*TVDSA will accept scholarship  
applications to attend this event.  
These are limited in number and first  
come first served.*

### 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  
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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](#)!

## IEP Terms (Continued from page 3)

**Special education:** Specially designed instruction to meet the unique needs of your child. It should be designed to give her access to the general education curriculum. The instruction is provided at no cost to you.

**Supplementary aids and services:** These are supports to help your child learn in the general education classroom. They can include equipment or assistive technology, like audiobooks or highlighted classroom notes. They may also include training for staff to help them work with your child.

**Related services:** Any support services your child needs to benefit from special education. One possible example is transportation. Another is occupational therapy.

**Transition plan:** This part of the IEP lays out what your teen must learn and do in high school in order to succeed as a young adult. She and the IEP team develop the plan together before it kicks in at age 16. The transition plan includes goals and activities that are academic and functional. But they extend beyond school to practical life skills and job training.

Keep this list of terms handy for future reference. You may also want to learn the [key terms that describe your child's rights](#).

### Key Takeaways

- Review this list of terms before each IEP meeting to refresh your memory.
- Not all of these terms will apply to your child's IEP.
- Ask the IEP team to explain any terms you don't understand.

*Source: [Understood](#), reviewed by: [Amanda Morin](#) is a parent advocate, a former teacher and the author of [The Everything Parent's Guide to Special Education](#).*

## Interested in Helping TVDSA?

### Here are some current openings to volunteer:

- **Buddy Walk Committee Members:** Seeking dedicated people to make the 2017 Buddy Walk a success. Please contact [Barbara Hiler](#) for more details.
- **TVDSA Board Members:** Seeking **FIVE** individuals willing to serve on the board, meet once a month, and help advance TVDSA's mission. Please contact [George Taylor](#).
- **Technology Committee:** If you are a professional technology expert or just a self-made techie, we can use your input. Please contact [George Taylor](#).
- **Golf Tournament Committee:** TVDSA will be hosting our 2<sup>nd</sup> Golf Tournament in 2017 and needs volunteers to help organize the event. If you are interested please contact [George Taylor](#).

*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:

Vice President: [George Taylor](#)  
Secretary & Membership: [Paul Auger](#)  
Fundraising Chair: [Reme Echevarria](#)  
Programs Chair: [Andrew Kopping](#)  
Board Member: [Charmaine Thaner](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)  
Community Outreach Chair: [Erin Rosenkoetter](#)  
Buddy Walk Chair: [Barbara Hiler](#)  
Self-Advocate Chair: [Dylan Thaner](#)

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](#)