



TVDSA Newsletter

July 2017

Newsletter Editor: [Celena Auger](#)

In This Issue

The heat is on in Idaho, but TVDSA isn't staying inside. We hope that everyone had fun at the annual TVDSA Family Picnic last month. It was a grand time for all that attended. Thank you Lynda Wells for organizing this every year!

Our next BIG event is the 2nd Annual TVDSA Trisomy 21 Open. Whether you enjoy the sport of golf, or just want to come enjoy the festivities, we hope to see you mid-July. We will hope for slightly cloudy skies and a slight breeze to keep the air moving.

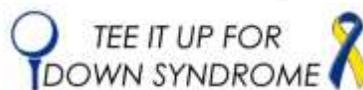
It is also time to start getting your team together for this year's Buddy Walk, October 14th. Our new registration site is up and working. Lowest registration prices available until August 31st.

Please take a moment and read the article on page 3 by a local high school student, Tegan Maestretti, who dedicated a high school class last year to "Spread the Word to End the Word" and it earned her a trip to nationals. She gives hints on how to take the campaign to your schools too.

Page 4 has all of the TVDSA "outdoor" activities planned for July – hope to see you at one or more of them.

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

2017 TVDSA Trisomy 21 Open



Saturday, July 15th

at Eagle Hills Golf Course, Eagle Idaho

Register Today!

Many Thanks to our 2017 Title Sponsor - **Western Trailers** - for their support.

Registration is still OPEN.

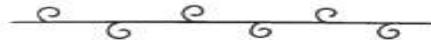


The 2017 TVDSA Trisomy 21 Open will be a 9:00am shotgun start with several fun activities throughout 18 holes.

Registration: \$100 per player. Discounts available for sponsors. *Registration includes Green Fees, Carts, Lunch, and more.*

For details visit <http://birdeasepro.com/tvdsagolf17>.

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



TVDSA 34th Annual Family Picnic Recap

We had beautiful weather, enjoyable conversation with wonderful families, epic dancing, family games, prizes won by many, great food, and an overall fun night.

Thank you Lynda Wells and her family for organizing, setting up, tearing down, and making sure we all enjoyed ourselves!



Whether you were there or not, we hope to see you next year!

July 2nd:
Boise Hawks Ball Game at 6:45pm
Contact: [Brenda Taylor](#)



July 4th:
TVDSA Board Meeting - cancelled
Contact: [George Taylor](#).

July 8th:
Lil' Buddies & Best Buds – Babby Farms 9:30am in Caldwell
Contact: [Julie McConnel](#)

July 15th:
TVDSA Trisomy 21 Open at Eagle Hills Golf Course 9:00am Shotgun start. Contact: [George Taylor](#)

July 19th:
Mom's Night Out! at Crackle Barrel in Nampa 7:00pm-9:00pm
Contact: [Reme Echevarria](#)

August 5th:
Paddle Board and Beach Picnic Party at Idaho River Sports (Quinn's Pond) 10:30am-2:00pm
Contact: [Brenda Taylor](#)

~ Save the Dates! ~

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.



Join TVDSA! Only \$10.00 per family.



Kathie Snow,
national speaker,
author of
Disability is Natural

When: Thursday, Sept. 14th,
6:30 – 8:30 pm

Where: St. Lukes, Meridian

FREE for TVDSA members.
\$15 per person for non-TVDSA members

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

2017 TVDSA Buddy Walk

Saturday, October 14th

Starting at Capital Park (in front of Capitol Building)

Ending at Julia Davis Park, Boise

Priority Online Registration Now Open – through August 31st!

The first 2 teams to have 21 REGISTERED and PAID walkers and the first 2 teams to raise \$521 will win RESERVED tables at the Buddy Walk!

Check out our **NEW** webpage and register today to take advantage of the lowest registration prices, at:

<http://tvdsa.ezeventsolutions.com/BuddyWalk/page/Home/>

TVDSA Members with Down syndrome can register for FREE!

Please email: registration@idahodownsyndrome.org
for the coupon code for TVDSA members!

Onsite Registration and Will Call: 9:00am-10:30am

Walk starts at Capital Park at 11:00am

Fun, Raffle, and Entertainment at Julia Davis Park until 2:00pm



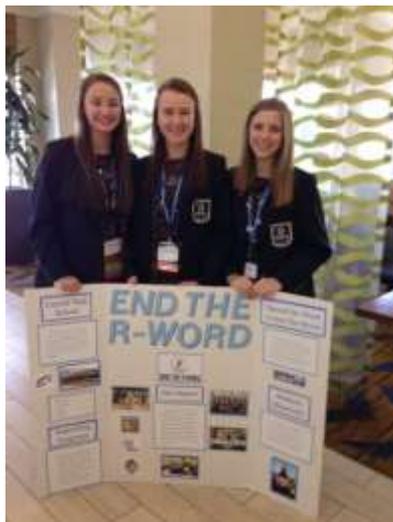
We need LOTS of help organizing and making this year's Buddy Walk a successful and grand time for all in attendance. If interested in being part of the Buddy Walk Committee, please contact: [Barbara Hiler](#).



Spread the Word to End the Word by Tegan Maestretti

This spring I was given the opportunity to compete at the national DECA competition in Anaheim, California after placing first at the state level competition in Idaho. TVDSA awarded me a scholarship that helped fund some of my expenses for that trip. My team and I created a project with the goal of ending the r-word. We wanted to change the culture of our school and make it a more accepting community for everyone.

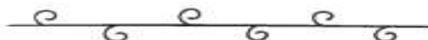
As a team, we did several things to accomplish this. We had an end the word pledge signing at school where students signed a commitment to not use the r-word. We placed many posters in the hallways bringing attention to the problem with an option to make changes by not using the word. We ran a social media campaign using Twitter, Instagram, and Facebook. This proved to me just how powerful social media can be.



With the project, we were able to bring the cause to the attention of a lot of students and staff. I learned that most people don't use the r word with intent to harm others, they just don't realize the harm they are doing when using the word. When the project was explained and brought to people's attention, they wanted to change.

For the competition, this project contained a 30 page report and a 15 minute presentation about what we did to support the cause. At nationals, there were thousands of students representing all 50 states. Our poster board explaining a plan of what we did to make a change was available for all to see. We also included a pledge sheet for people to sign to commit to not using the r-word. It raised the awareness level of many people outside of our school and outside of our state.

I hope the exposure from our project spurred others to make a change in their own community. I also hope to continue to better the lives of people with disabilities with future projects.



Exposure and Experience by Kathie Snow of Disability is Natural

How often do we presume a child or adult with a disability is incapable, incompetent, unable to learn, and so forth? Have we considered that perhaps the person has had no exposure to or experience with the situation?

"Sara" talked to me about her son with a disability, "Tommy," describing how far behind he was compared to his brother and other children (without disabilities). During our conversation, it became apparent that Tommy had not had the same opportunities as his brother or other children. Because Tommy spent his life in segregated, self-contained environments at school and in special sports activities, he did not have exposure to and experience with education in a general ed classroom, as well as ordinary age-appropriate and inclusive community, social, or recreational activities. Tommy hadn't learned how to: get along in the real world, make decisions, be responsible, make friends, be safe, or a myriad of other typical skills that are routine for children without disabilities.

This lack of exposure and experience during Tommy's childhood will, in general, cause him to be ill-equipped for a successful life as an adult. He will have learned only how to survive in self-contained, segregated environments. And instead of looking at what we did or didn't do, we (Tommy's family members, teachers, professionals, and/or others in his life) effectively "blame the victim:" Tommy can't (do-this-or-that) because he has (type of disability). [Click here to continue.](#)

Kathie Snow is a national speaker and author of [Disability is Natural](#). She will be speaking in Boise in September. Be sure to mark your calendars, and plan to hear her wisdom/philosophy in person.



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

Social Groups Page

Moms Night Out!

Hello Amazing TVDSA Moms,

For the next Moms Night Out! we will be heading west again for some country style cooking. We will be heading to **Cracker Barrel** in **Nampa** located at 16853 N. Marketplace Blvd, I-84 & Midland Blvd. on **Wednesday, July 19th at 7:00pm**. They have a country store to shop at before or after dinner as well.

Come and join other moms who share the same journey as you. You will find out that you are not alone. Many others moms share the same experiences that you are going through. It is a great time to put the stresses of life aside and give yourself a night out to laugh and enjoy dinner cooked by someone else.

Please **RSVP by July 14th**, so I can let the restaurant know how many moms will be coming. RSVP to [Reme Echevarria](mailto:Reme.Echevarria@tvdsa.org) by email or by text at 208-866-4095.



Come out with **Lil' Buddies** and **Best Buds** to see the animals at **Babby Farms** on **Saturday, July 8th**!

Babby Farms is home to a number of exotic and domestic animals and we will have the chance to pet and even feed many of them! Get up close and personal with the camel, zebra and kangaroo! Watch the lemurs play! Visit with a yak and the ponies!

We will **meet** outside the gift shop **at 9:30 am** and plan to enter the park at 10:00 am. There is a playground for the children to enjoy while we wait to enter.

Bring along a sack lunch if you'd like to stay and play together after we see all the animals!

Admission is free for any child with Down syndrome. TVDSA will pay

admission for ONE parent or adult companion to accompany each child with Down syndrome. TVDSA will also provide one bag of food for the animals and one PONY RIDE for each child with Down syndrome. Regular admission is \$10.50 for adults (12 and up), \$8.00 for children (ages 4 - 11), \$7.50 for seniors (55 and up), and free for children 3 and under. Additional pony rides are \$3.00.

Please **RSVP by July 5th** to [Julie McConnel](mailto:Julie.McConnel@tvdsa.org).

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

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

Adults in Motion & Cool Club



The **Adults in Motion** and **Cool Club** are going to the ball park to root for the home team at **Memorial Stadium** in Boise on **Sunday, July 2nd**.

We will meet at Memorial Stadium at **6:45 pm** where you can pick up your tickets by the will call booth. Game time is 7:15 pm and plan on staying to enjoy a post-game fireworks show. *Tickets have already been purchased – we hope you RSVP'd!*

In August: Adults in Motion and Cool Club will be gathering for a **Paddle Board** and **Beach Picnic Party** at Idaho River Sports (**Quinn's Pond**) on **Saturday, August 5th** from **10:30am to 2:00pm**.

Come try one of the fastest growing water sports in the world, stand up paddle boarding. People of all ages, skill levels, and experience can be up and riding in no time. If standing isn't for you though, you can also sit on the board with/without another person. Additional volunteers will

be there to assist. You can also bring your own water equipment (kayaks, tubes, etc.).

TVDSA will pay for the paddle board rental up to 2 hours for those with Down syndrome. This includes paddle board, paddle and life jacket. TVDSA will also provide sandwiches, chips, cookies, and drinks.

Please wear swim wear and bring a towel, chair, and sunscreen. Come join us for all or any part of the event. We will be meeting behind Idaho River Sports.

Please **RSVP to Brenda Taylor by July 26th** so we can plan the rentals and food or know who to look for.

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

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



Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop

Wednesday July 12th

from 6:00pm-9:00pm

at Idaho Parents Unlimited
4619 W. Emerald, Ste. E, Boise

Topic: Support and Resources / Parent Meet Up

Come ask our Parent Education Coordinators about anything, and meet other parents.

[Please RSVP](#)

To contact IPUL: 208-342-5884 or
parents@ipulidaho.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.

We Need YOUR HELP!

In order to continue to bring awareness to the Treasure Valley and continue to have the activities and events TVDSA is known for, **we need your help!**

Please think about where **YOU** may be able to help!

Here are some current openings to volunteer:

- **Buddy Walk:** Barbara Hiler saved the 2017 Buddy Walk by taking on the event leadership this year. She cannot do this alone! She is seeking dedicated people to make the 2017 Buddy Walk a success. Please contact [Barbara Hiler](#) to offer your help!
- **TVDSA Board Members:** Seeking **FOUR** individuals willing to serve on the board, meet once a month, and help advance TVDSA's mission. Available board positions include: Marketing Chair, Vice President, and Fundraising. Please contact [George Taylor](#).
- **Technology Committee:** If you are a professional technology expert or just a self-made techie, we can use your input. Our website is outdated and needs help in making it more useful to our members. Please contact [George Taylor](#).
- **Awareness Calendar:** Each year TVDSA tries to put together an awareness calendar, to be available at the Buddy Walk in October. If you are interested in helping organize, shoot, or distribute calendars, please contact: [Erin Rosenkoetter](#).



We are really excited to let you know that TVDSA is a part of the Macy's Shop for a Cause Charity Challenge. It's a friendly fundraising campaign launched by Macy's where local charities across the country compete to raise the most money with the top teams winning grand prize cash donations.

If ALL starts on July 11th at 10:00am and a total of \$300,000 will be given away to organizations in the Challenge. We're ready to raise as much money as we can so we can win the \$100,000 grand prize donation.

Donors win too! As a thank you for donating \$5 or more, **each donor will receive an exclusive savings pass to shop at Macy's during the annual Shop for a Cause event, August 10th - August 13th.**

The best part of the Challenge is that even if TVDSA doesn't win any of the grand prize money, the money you donate during this campaign will directly go towards TVDSA for future projects/activities.

How You Can Help

Please consider joining our team as a fundraiser. By setting up a fundraiser for our cause and reaching out to your network of supporters, you can help us make an even bigger impact and get us closer to that grand prize.

It takes less than five minutes to set up a fundraiser. All you have to do is [Go Here](#) and click 'Fundraise for This Campaign.' You do NOT have to wait until July 11th! You can do it today!

If for some reason you can't fundraise for our campaign, we'll reach out when the Challenge launches to ask you to give to our cause. Every donation makes a difference, no matter how big or small.

Thank you in advance for your support.

TVDSA Paint Nite #2

Did you miss the last one? Here's Your Chance!



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](#)!



Sunday, August 6th
3:00pm-5:00pm

Big Al's in Meridian
1900 N. Eagle Rd.
Meridian, ID

Tickets are \$45.00 each
\$15.00 of each ticket
goes back to TVDSA!

Inviting all creative spirits! Explore your inner artist while raising money for TVDSA!

Raise your glass to a NEW kind of night out! Paint Nite® invites you to create art over cocktails at Big Al's in Meridian. Grab your friends and spend two hours drinking, laughing, and flexing your creative muscles, all while giving back to TVDSA. There's no experience necessary and we'll provide all the supplies, so you don't have to worry about a thing (except having a great time!). Participants must be of legal drinking age (21+). Food and drink may be purchased at the event.

The event begins promptly at 3pm. Please arrive no later than 2:45pm and allow extra time to find parking and get settled. If you're coming with a group (yay, how fun!) make sure you arrive early to get seats together.

Tickets can be purchased here: <https://www.paintnite.com/events/-1197544>

We hope you'll join TVDSA for an afternoon of painting, laughing and socializing all while giving back to TVDSA and increasing awareness around Down syndrome so that the whole community will accept and recognize the greatness we see in our loved ones, not just the differences.

For more information please contact Reme Echevarria at moms@idahodownsyndrome.org or call 208-866-4095.



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: [George Taylor](#)
Secretary & Membership: [Jen Rice](#)
Buddy Walk Chair: [Barbara Hiler](#)
Self-Advocate Chair: [Dylan Thaner](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)
Community Outreach Chair: [Erin Rosenkoetter](#)
Programs Chair: [Andrew Kopping](#)
Board Member: [Charmaine 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](#)