



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

November 2017

In This Issue

Thank you everyone who was able to come out last month for the annual TVDSA Buddy Walk. Despite the cold start and a new route, it was a success and fun for all.

November means the holidays are just around the corner. TVDSA will host both a Snackin' with Santa on December 2nd (for the two younger age groups) and a Christmas Party December 9th (for the two older groups). We hope to see everyone at one of them! Most of the social groups also have activities this month. Please see page 4 for more details.

TVDSA sponsors a variety of activities throughout the year. On pages 2 and 5 are some pictures and a letter from two of the recent activities that TVDSA supported.

On page 3, you will find an article on accessing the general education curriculum. This is a very small excerpt from [IEP and Inclusion Tips for Parents and Teachers](#) by Eason and Whitebread. Please follow the link to read more about preparing for the IEP meeting, tracking progress, friendships, disagreements, and more!

TVDSA would like to thank Julie McConnel for organizing the Chipotle Cause an Effect fundraiser the 19th of October. Thank you for everyone who was able to enjoy dinner out and support TVDSA that night! Over \$425 was raised for TVDSA! Thank you!

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

THANK YOU

Thank you to all who supported our friends and family members with Down syndrome, either in person or in spirit, at the 2017 TVDSA Buddy Walk. It was a great event and I can't wait until next year. Our numbers are in, and we had 1592 registered walkers. Our wonderful raffle made over \$3,300! There are still some strangling invoices, but it appears we made over \$30K overall!!!

A very special thank you to my Buddy Walk Committee this year. All you guys did an AWESOME job getting everything done this year and all the obstacles we overcame (i.e.: new route)!! I couldn't have done it without you! Thank you!

If anyone is interested in being part of this integral part of TVDSA each year, please contact me. We will start planning the 2018 Buddy Walk the first of the year. Most communication is via computer with occasional in person meetings. We would love to have some new committee members with fresh ideas to help it grow and be even better next year!

- [Barbara Hiler](#), TVDSA Buddy Walk Chair

Thank You to the 2017 Buddy Walk Sponsors:



TVDSA Calendar of Events

November 4th:

Best Buds Build a Rocket at 1 Love Church, Boise 10:00am-12:00pm
Contact: [Danielle Williams](#)

November 7th:

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

November 11th:

Lil' Buddies play date at Kaleidoscope Pediatric Therapy 10:00am-11:30am
Contact: [Julie McConnel](#)

November 11th:

AIM & Cool Club Bowling at Big Al's 2:00pm-4:30pm
Contact: [Brenda Taylor](#) or [Kathy Brilz](#)

November 29th:

Mom's Night Out! Mongolian of Eagle at 7:00pm
Contact: [Reme Echevarria](#)

December 2nd:

Snackin' with Santa 4:00pm-7:00pm
Contact: [Julie McConnel](#) or [Danielle Williams](#)

December 9th:

Cool Club & AIM Christmas Party
Details to be shared soon!
Contact: [Brenda Taylor](#) or [Kathy Brilz](#)

Mark your calendars:

Snackin' with Santa

Saturday, December 2nd
4:00pm - 7:00pm
The Grange

203 5th Avenue South, Nampa



Bring the whole family and come celebrate the Christmas season with **Lil' Buddies** and **Best Buds**! We will have food, cookie decorating, crafts, a gift exchange, raffle prizes, and more! Santa himself will also be coming all the way from the North Pole, so be sure to bring your camera!

This will be a **potluck dinner**, so if your last name starts with:

A - G please bring a hot dish or appetizer
H - O please bring a salad or finger food
P - Z please bring a dessert



Please supply an ingredient list or recipe to display with your dish so that those with food allergies can make appropriate choices.

For each child participating in the **gift exchange**, please bring a new, wrapped gift, valued between \$5.00 and \$10.00 that would be enjoyed by either a boy or a girl. Also please label each gift with the appropriate age group - Lil' Buddies or Best Buds.

For the parents, there will be some excellent prizes up for grabs in the **raffle!** Just to name a few, there will be a \$50 value gift basket from Dutch Bros, Baskin-Robbins ice cream cake vouchers, golf passes with cart rental at Terrace Lakes, hot springs passes, Power Rangers tickets (including front row seats!), and much more! Tickets are **\$5.00 each or 5 tickets for \$20.00** and can be purchased ahead of time by contacting [Danielle](#) or [Julie](#). Tickets will also be on sale at the party and you do not need to be present to win!

Be sure to watch the Lil' Buddies and Best Buds Facebook page for more information. You can also contact [Danielle Williams](#) at (208) 794-8995 or [Julie McConnel](#) at (208) 830-7798.



Congratulations



These were two of the top winners of the art contest presented by the Department of Health and Welfare Children's Developmental Disability Services. All participants of the program across the state of Idaho were invited to participate. (Due to privacy policies, we are unable to publish artists' names of the winning pieces.)

TVDSA donated gift cards to several of the winners across the state.

Ensuring Access to the General Education Curriculum

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 classroom, to the maximum extent possible" . . . *Individuals with Disabilities Education Improvement Act of 2004, Section 601.*

Ensuring access to the general education curriculum means providing students with disabilities access to the same curriculum and educational environment as that provided to all students. Successful access results from the implementation of appropriate supports, strategies, services, and validated programs and practices. Access to the general education curriculum, by students with disabilities, is legally mandated by IDEA.

Curriculum Design and Modification Please Note: Modifications are done by the teaching staff. The information presented here is to help you understand how they work so you can better advocate for your child.

1. Start out by asking if the student can do the lesson the same way as the rest of the class. Don't assume that every lesson will need to be modified.
2. Only use one-to-one adult assistance if you have already tried less restrictive supports, such as small group learning, peer tutoring, augmentative communication, picture schedules, and so on.
3. Build collaboration time between special education and regular education personnel into the IEP to be sure there is time to adequately plan modifications.
4. Use picture schedules for young children to avoid dependence on adults to alert them to what is coming next.
5. To begin to teach independent organizational skills, color code loose papers in middle schoolers' planners by subject. For example, all science papers have a red dot on the top, social studies papers have a green dot, and so on so the student can independently organize their planner.
6. When modifying students work, be sure to maintain the core idea of the lesson. For example, if you are reading a story, assigning only some of the pages would prevent the student from answering comprehension questions related to the entire story. Try books on tape or scanned text so the student learns the most important content.
7. Follow a continuum when modifying work. Example:
 - a. Can the student do what the rest of the class is doing? If not, then determine the following:
 - b. Can the student be given extra cues or prompts (such as highlighted text, or verbal prompts from teacher) to accomplish the goals of the lesson? If not, then:
 - c. Can the student get assistance from a peer to complete the lesson? If not, then:
 - d. Can the student work in a cooperative learning group with adult assistance? If not, then:
 - e. Can the student work on the same lesson with direct adult assistance? If not then:
 - f. Can the student work on a modified version of the lesson, accomplishing the most important objectives of the lesson? If not, then:
 - g. Can the student work on an alternate activity that accomplishes the goals of the lesson? And so on
8. Use the principles of universal design to create plans that will meet the needs of a diverse group of students. Universal design is the design of activities and environments to be usable by all students, to the greatest extent possible, without the need for adaptation or modification.
9. Pay attention to the environment. Some children may need to move around more than other children, or may need quiet space to work without distractions. Also consider special seating, study carrels, providing space for movement or breaks or providing help to organize work space.
10. Consider testing accommodations to be sure students have a chance to show what they know. For example, allowing additional time, reading test to student, accepting short answers, etc.
11. Consider behavioral supports such as rest breaks, teaching child how to make friends, functional behavioral analysis and teaching independence skills.
12. Consider the theory of multiple intelligences from Howard Gartner when planning lessons for diverse learners.

Some Activities Under the Eight "Intelligences" Include:

- Linguistic — read about it, write about it, talk about it, and listen to it.
- Logical-Mathematical — quantify it, think critically about it, conceptualize it.
- Visual-Spatial — see it, draw it, visualize it, color it, mind-map it.
- Bodily-Kinesthetic — build it, act it out, touch it, get a gut feeling for it, dance it.
- Musical — sing it, rap it, listen to it.
- Interpersonal — teach it, collaborate on it, interact with respect to it.
- Intrapersonal — connect it to your personal life, make choices with regard to it.
- Naturalist — sense it, feel it, experience it, relate it, think globally about it, be an activist about it.



Don't feel like you are taking a disproportionate share of resources when insisting on a quality education for your child. Remember that there are reciprocal benefits of inclusive education.

All children benefit from inclusive education!



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Social Groups Page

Mom's Night Out!

Hello Amazing TVDSA Moms!

For the next **Mom's Night Out**, we will be heading to **Mongolian** of Eagle. It is located next to the Eagle Albertsons. You will be creating your own feast. You will choose from several meats, noodles, veggies and sauces to complete your own dinner. It will be held on **Wednesday November 29th** at **7:00pm**.

Please RSVP by email to [Reme Echevarria](mailto:RemeEchevarria@tvdsa.org) or by text 208-866-4095 by November 27th so the restaurant will know how many of us will be there.

I want to thank all of the moms who come out to Mom's Night. Thank you for sharing information to help other moms who share the same journey. November is a time of thanks, and I also want to say thank you to each and every TVDSA mom for all you do for your family and friends. You truly are amazing women who I am blessed to have in my life.

Look forward to seeing you all again.

For more information on Mom's Night Out! Contact: [Reme Echevarria](mailto:RemeEchevarria@tvdsa.org).



Many of our TVDSA groups have their own private Facebook pages where families can connect, share information, and get to know each other better. If you would like to be a part of the Lil' Buddies, Best Buds, Cool Club, A.I.M. or TVDSA Moms private Facebook page, email the coordinator for that group, and they will send you an invitation. Hope to see you on Facebook!

Lil' Buddies

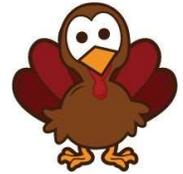
Come join all the **Lil' Buddies** for a **playdate** at **Kaleidoscope Pediatric Therapy**, on **Saturday, November 11th** from **10:00am-11:30am**. Kaleidoscope is located at 7211 W Franklin Rd. in Boise.

We will have the use of their facility to play and explore the climbing wall, ball pit, tumbling mats, toys and more! A couple of the therapists will be on hand to play with the kids as well, but this is NOT a therapy session, just a chance for the Lil' Buddies to play together in a safe and fun environment.

This event is free of charge and siblings are welcome to attend. We do have to cap attendance at 20 children, so please RSVP right away.

We look forward to playing with you at Kaleidoscope!

If you have questions about Lil' Buddies or would like to RSVP please contact: [Julie McConnel](mailto:JulieMcConnel@tvdsa.org) or call (208) 830-7798.



Best Buds

Best Buds will be **building rockets** Saturday, **November 4th** from **10:00am-12:00pm** at 1 Love Church, located at 5405 S Five Mile Rd. in Boise. **Best Buds invites Cool Club and AIM to join** them if interested!

Rocket supplies have been generously donated by the STEM program, Engineering for Kids! Engineering for Kids is proud to inspire children to build on their natural curiosity by teaching engineering concepts through hands-on learning.

This will be fun for all ages (6 & up). Bring your friends and siblings.

Although RSVP is not required, please let Danielle know you are coming, so she can be certain to have enough supplies for everyone.

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

Adults in Motion & Cool Club

Let's Bowl!

Strike up some fun and have a ball at the **Cool Club** and **Adults in Motion** bowling party on **Saturday, November 11th** from **2:00pm - 4:30pm** at Big Al's.

TVDSA will pay for 2 games of bowling and shoe rental for those with Down syndrome and a guest. There will also be appetizers and drinks provided along with prizes awarded.

Let us know if you can spare the time and RSVP to Brenda Taylor or Kathy Brilz by Wednesday, November 8th so we can reserve enough bowling lanes.

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

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

Workshops, Webinars & TVDSA Scholarship Information

IPUL Workshop
Wednesday, November 8th
 from 6:00pm-9:00pm
 at Idaho Parents Unlimited
 4619 W. Emerald, Ste. E, Boise

Topic: Parent & Professional Collaboration

Because of the different strengths parents and professionals bring to collaboration, there are different actions each can take to make the relationship more productive.

This workshop will discuss what both parents and professionals can do to strengthen these relationships.

[Please RSVP](#)

Not available the 8th? How about attending the same workshop in webinar format?

Tuesday, November 28th two times available: [11:00am](#) and [9:00pm](#)

Please register online (click time interested in) and learn how to strengthen the relationship within the team.

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.



IPUL ON A ROLL TOUR 2017

SOUTHWEST IDAHO

November 1st
 Tools For Your Toolbox 9am-12pm
 Fruitland Community Partnerships of Idaho
 141 N. Whitley Ave. Ste. 14 Fruitland, Idaho 83619

November 2nd
 Tools For Your Toolbox 10am-12pm
 Caldwell Public Library
 1010 Dearborn St. Caldwell, ID 83605

November 2nd
 Tools For Your Toolbox 1-3pm
 Mountain Home Community Partnerships of Idaho
 1993 East 8th S. North Mountain Home, Idaho 83647

SOUTHWEST IDAHO

Tools For Your Toolbox
 This comprehensive workshop will cover information to help families understand services available to children with disabilities from birth to 21.

- Early Childhood Services (Infants and Toddlers)
- Transitioning from Infant Toddler Services to School Early Intervention Services
- IDEA (Individuals with Disabilities Education Act) special education and related services
- Effective Advocacy
- Coordinating Your Child's Health Care—Care Notebooks/Home Files
- Parent and Professional Collaboration

Register to Attend: email parents@ipulidaho.org **Call** (208) 342-5884 **or online at** <http://ipulidaho.org/register-for-ipul-s-on-a-roll-tour-central-idaho>

Dear members of the Treasure Valley Down Syndrome Association:

We want to express our gratitude for being such a wonderful partner for the 2017 Conference "Fortaleciendome Para Ser Exitoso" on October 7th, 2017.

Your donation was used to pay for childcare expenses for the children of the families who attended. Childcare was instrumental in assuring that these parents could focus on learning. We were fortunate to have your support. The families gave us great feedback, and some of the comments included that they loved the environment, the child-care, the presenters, the information packages, and the music. We definitely appreciate your donation, and hope to continue working with you for future events.

THANK YOU! - Las Señoras



The conference was held at the Hispanic Cultural Center of Idaho. The information presented included various topics about services for individuals with developmental disabilities. All the information was presented in Spanish.



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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](#)!

Help Wanted

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!](#)

Without additional support, future programs and activities are at risk of not being held in the upcoming year!

TVDSA is seeking FOUR Board Members:

Board members meet once a month, advocate for those with Down syndrome, and help advance TVDSA's mission. Board members may serve on additional committees as their chair or position may represent. Available board positions include: Marketing Chair, Programs Chair, and Legislative Chair. Please contact [George Taylor](#), or any current board member (listed on at the bottom of this page) to ask questions or get more information.

TV iCan Bike Camp Committee Members:

Did you miss out on participating in the iCan Bike Camps in 2014, 2015 or 2016? Do you want it to come back? We are seeking committee members to commit to bringing this activity back to the Treasure Valley. If enough interest, the TVDSA board will commit. Please contact [Lucy Olmos](#)!

TVDSA Librarian:

Interested in helping facilitate the TVDSA Library for our members? Responsibilities: Bring the selection of books and materials to TVDSA activities, monitor check outs, suggest new purchases, and have access to ALL the materials! To view a list of all the current titles [click here](#). This is not a board position. 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:

President: [George Taylor](#)
VP & Fundraising Chair: [Brooke Johnson](#)
Secretary & Membership: [Jen Rice](#)
Treasurer & Spanish Contact: [Lucy Olmos](#)

Community Outreach Chair: [Erin Rosenkoetter](#)
Buddy Walk Chair: [Barbara Hiler](#)
Board Member: [Charmaine Thaner](#)
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](#)