

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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January Events

January 2

Board Meeting

A New Leaf, Meridian
7:00 pm

January 13

Lil' Buddies

Aquarium of Boise, Boise
10:00 am

January 13

Best Buds

Build-A-Bear Workshop, Boise
1:00 pm

January 17

Mom's Night Out

Dickey's BBQ Pit, Nampa
6:30 pm

January 27

AIM/Cool Club

Grinker's Grand Palace, Eagle
12:30 pm

A New Year, a New Look

Happy 2018! In the December 2017 TVDSA Newsletter, Celena Auger said farewell to the newsletter she worked on for many years. She passed the torch to me, Mary Hacking. I would like to thank her for her hard work. I certainly have big shoes to fill as I begin my journey as the newsletter editor.

When Celena and I met to discuss the newsletter, we agreed it was a good time to change its look. The newsletter will continue to include articles and information about our social groups and upcoming workshops and webinars. It will just look different.

I hope to make the newsletter a bit more interactive. Instead of including entire articles, I will publish an introduction along with a link to the entire article. This will not only give us information, but we will also learn

about reliable resources as we search on our own for answers to questions that inevitably arise about Down syndrome.

I would like to invite all members of TVDSA to feel free to contribute content to this newsletter. It is for all of us, and I'd love to know what our members are interested in learning.

Please let me know if you would like to see something in the newsletter, including:

- An article you'd like to share
- A story in the local news featuring our members
- An article you've written
- A topic you wish to learn more about

I will be happy to work with you to get it into an upcoming issue of the newsletter.

How to Plan (& Provide) for a Child with Special Needs

By Brian Robson, thesimpledollar.com

Planning for a lifetime

A report released by the US Census Bureau found 2.8 million American families reported raising two or more children with a disability. Based on the findings of the National Down Syndrome Society, 1 in 700 babies born in the US are diagnosed with Down Syndrome. There are things you can do to ensure your child's needs are met.

We've put together an in-depth look at ways parents can plan for their child's lifetime. These tips are divided up into important milestones in your child's life for easy reference. Remember, this information is not a substitute for consulting a financial professional; it's a resource to further your understanding so you can make informed decisions. . .

Read the full article at
thesimpledollar.com.

Social Groups

Lil' Buddies

Lil' Buddies will swim on down to the **Aquarium of Boise** on Saturday, January 13 at 10:00 am.

Get up close and personal with sharks, rays, sea urchins and sea stars. Check out the puffer fish, the Amazon exhibit, bird aviary and get your hands wet in the tide pool. Even get a look at shark eggs and babies in the shark nursery!

TVDSA will pay the admission for each child with Down syndrome as well as one accompanying adult.

We will meet at the aquarium at 10:00 am and will enter around 10:15 am once everyone has arrived,

and we have paid admission. Please be prompt so we include you in the group!



Bring the whole family! Admission for additional guests is as follows: \$8 for adults, \$4 for children ages 3 to 11, free for children 2 and under.

For more information about Lil' Buddies, contact Julie McConnel at lilbuddies@idahodownsyndrome.org by email or text/call 208-830-7798.

Best Buds

January's Best Buds' adventure will be at the Build-A-Bear Workshop at the Boise Towne Square Mall on January 13 at 1 pm.

Each child with Down syndrome will have a \$30 credit to build a bear or other critter of their choice. After, the Best Buds and their newly built friends will play together.

You must RSVP by January 10 (no late exceptions) for this event.

Contact Danielle Williams at bestbuds@idahodownsyndrome.org by email or text at 208-794-8995 to RSVP or for more information about Best Buds.

We look forward to seeing all of our Best Buds there!



Lil' Buddies and Best Buds sometimes meet together, but some months have separate activities. Members of each group are welcome to join the fun of either group. Feel free to choose the activity that best fits your child's ability and interests, regardless of his/her age.

Cool Club/Adults in Motion (AIM)

On Saturday, January 27,



AIM and the Cool Club will meet at **Grinker's Grand Palace** in Eagle at 12:30 pm.

Join us in the party room for lunch and a trip back in time to play 25c arcade games.

TVDSA will pay for lunch for our AIM/Cool Club member and a guest. We will also provide each AIM/Cool Club member with \$5.00 in arcade money.

Let us know who to look for by contacting Brenda Taylor or Kathy Brilz.

For more information about Cool Club, contact Brenda Taylor at coolclub@idahodownsyndrome.org by email or text/phone: 208-724-5226.

For more information about Adults in Motion, contact Kathy Brilz at aim@idahodownsyndrome.org by email or text/phone: 208-863-1423.

Parents Groups

Mom's Night Out!

Hello Amazing TVDSA Moms, I hope you all had a wonderful holiday season with your friends and families. I can't believe it is 2018 already. Along with a new year comes a time for new beginnings, new resolutions, and hopefully a year full of love, laughter, and happiness.

The next Mom's Night Out! will be at **Dickey's**



BBQ Pit at 16565 N. Marketplace Blvd. Nampa, Idaho 83687 on January 17 at 6:30 pm. TVDSA will pay for your dinner and a soda.

Come out for some good food and laughter and continue to build relationships with other moms who share the same journey as you.

I look forward to seeing you all again.

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

D.A.D.S.

Although Dads Appreciating Down Syndrome (D.A.D.S.) hasn't been meeting regularly, here is a reminder that along with the vibrant mom's group, there is a dad's group for all of the incredible fathers who are a part of TVDSA.

There isn't an activity planned for January 2018, but if you have an activity for the dads, email dads@idahodownsyndrome.org, and we will work to make it happen!



Miss Amazing Idaho Pageant

March 16–17, 2018
College of Idaho, Jewett Auditorium
Caldwell, Idaho

MISS *Amazing*

Miss Amazing events celebrate the abilities of girls and women with disabilities. Miss Amazing serves as a platform for girls and women with disabilities to make new friends,

develop life skills, and dispel commonly held myths about their value and potential. To learn more or register, go to the **Idaho Miss Amazing** website.

Workshops and Webinars

Idaho Parents Unlimited (IPUL) Skills for Effective Advocacy and the Power of a Personal Story

In Person

January 10, 2018

6:00–9:00 pm

4619 W Emerald Ste E, Boise

Go to the **IPUL website** to register.

Webinar

January 30, 2018

11:00 am or 9:00 pm

(Click the time to register.)

Skills For Effective Parent Advocacy—Parents will understand what *advocacy* means, learn the skills necessary to become an effective advocate, what additional resources they may need, and where to go for more information. We can deliver this training for parents, youth, and individuals with disabilities.

Power of a Personal Story—This training is for anyone who would like to learn how to write their story in an effort to create change regarding Idaho's behavioral and mental health system.

TVDSA Scholarship Information

Did you know TVDSA supports members in gathering information at local and national conferences and workshops?

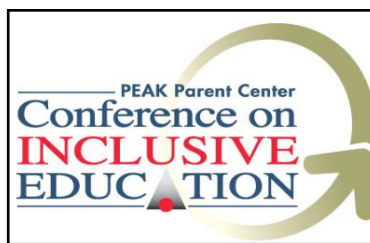
The TVDSA Scholarship program is NOT income based, so all TVDSA members are eligible. See our **scholarship application** for the guidelines and how to apply.



2018 Inclusion Works! Conference

February 4–6, 2018
San Antonio, TX

The *Inclusion Works!* Conference provides learning opportunities for parents, educators, and school administrators to improve skills in collaborating to educate students who qualify for special education services in the regular educational environment with supplementary aids and services. Go to **their website** to register or learn more.



February 8–9, 2018
Denver, CO

PEAK Parent Center's annual Conference on Inclusive Education holds the tools you need to reinvent schools to be places where all students can achieve success! We've been bringing the nation best practice for over 30 years! Go to **their website** to register or learn more.

Volunteers Needed

To continue bringing awareness to the Treasure Valley and 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 2018.

Buddy Walk Volunteers Needed



Happy new year!

It's time to plan the 16th Annual Buddy Walk.

If you would like to volunteer or have any new ideas, please message **Barbara Hiler** by email or text at 208-598-5483.

If you would like to be on the committee, let **Barbara** know. We have a Facebook page for committee members, and she will set up an event page soon.

TV iCan Bike Camp Committee Members

Did you miss participating in the **iCan Bike Camps** in 2014, 2015, and 2016? Do you want it back? We are seeking committee members to bring this activity back to the Treasure Valley. If there is enough interest, the TVDSA board will commit. Contact **Lucy Olmos** for more information and check out **this YouTube video** to see the fun.

(Volunteers Needed *continued on page 4.*)

Volunteers Needed

(continued)

TVDSA seeking FIVE Board Members

Board members meet monthly, 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, community chair, programs chair, and legislative chair. Contact **George Taylor** or any current board member for more information.

TVDSA Librarian

This position involves facilitating the TVDSA library for our members. Responsibilities include bringing a selection of books and materials to TVDSA activities, monitoring check outs, suggesting new purchases, and having access to all the materials. This is not a board position. If you are interested, contact **George Taylor**.

Our Mission

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.

Contact Information

Treasure Valley Down Syndrome Association
PO Box 1404
Meridian, ID 83680
208-945-7448

idahodownsyndrome.org
Facebook and Twitter

Understanding Sensory Processing Issues

By the Understood Team,
understood.org



Español

Si usted está familiarizado con el término *sobrecarga sensorial*, entonces tiene una idea acerca de lo que son las dificultades del procesamiento sensorial. Algunas veces llamadas, trastorno del procesamiento sensorial (SPD). Estas dificultades ocurren porque el cerebro tiene problemas para organizar la información que recibe a través de los sentidos.

Los chicos con dificultades del procesamiento sensorial pueden ser excesivamente sensibles a las imágenes, sonidos, texturas, aromas, sabores y a otros estímulos sensoriales. Esto puede hacer que un viaje a la juguetería o probar un nuevo plato de comidas en un restaurante sea una experiencia abrumadora para ellos. Otros chicos con dificultades del procesamiento sensorial tienen muy poca o nada de sensibilidad a la información que reciben a través de sus sentidos. Esto puede llevar a otra clase de problemas. . .

Lea el artículo completo en understand.org.

English

If you're familiar with the term *sensory overload*, you have an idea what sensory processing issues are. Sometimes called sensory processing disorder (SPD), these issues happen because the brain has trouble organizing information from the senses.

Children with sensory processing issues can be oversensitive to sights, sounds, textures, flavors, smells and other sensory input. This can make a trip to a toy store or trying a new dish at a restaurant an overwhelming experience for them. Other children with sensory processing issues are undersensitive to information they receive through the senses. This can lead to other problems. . .

Read the full article at understood.org.

Board of Directors

President **George Taylor**
Vice President and Fundraising Chair **Brooke Johnson**
Secretary and Membership **Jen Rice**
Treasurer and Spanish Contact **Lucy Olmos**
Buddy Walk Chair **Barbara Hiler**
Self-Advocate Chair **Dylan Thaner**
Board Member: **Charmaine Thaner**