

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## July Events

### July Board Meeting

Canceled

### July 7

AIM/Cool Club/  
D.A.D.S.

Meridian Speedway,  
Meridian  
6:00 pm

### July 11

Mom's Night Out!  
Sizzler, Nampa  
7:00 pm

### July 14

Buddy Walk Meeting  
Cecil D. Andrus  
Park, Boise  
1:00 pm

### July 21

Trisomy 21  
Open

Eagle Hills, Eagle  
7:00 am

### July 28

Lil'Buddies/  
Best Buds

Roaring Springs,  
Meridian  
10:30 am

AIM/Cool Club  
Idaho River  
Sports/Quinn's  
Pond, Boise  
10:30 am

## 16<sup>th</sup> Annual TVDSA Buddy Walk is Coming!

### We Need Your Help!

The Buddy Walk is TVDSA's biggest fundraising and advocacy event of the year, and we need a lot of help from you to make it a success. There is a job for everyone! Help secure donations for the raffle, find volunteers, spread the word about the event, as well as other tasks large and small.



TVDSA families, please contact Barbara Hiler at [buddywalk@idahodownsyndrome.org](mailto:buddywalk@idahodownsyndrome.org) to see how you can help!

### Registration Now Open

The **Buddy Walk website** is up and running! Register your team now.

### Priority Registration

June 1 through August 31  
\$10 for Adults\*/\$7 for Children

### Extended Registration

September 1 through September 15  
\$15 for Adults\*/\$10 for Children

TVDSA Members with Down syndrome receive free registration.

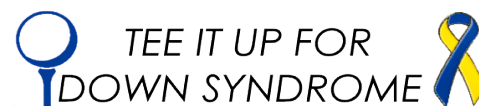
After September 15, online registration will be closed.

On-site registration will be available the morning of the Buddy Walk.

\$20 for Adults\*/\$15 for Children

\*Additional \$2 charge for 2XL and 3XL shirts.

## 2018 TVDSA Trisomy 21 Open Charity Golf Scramble



Help us celebrate individuals with Down syndrome at **Eagle Hills Golf Course** on **July 21, 2018**. Check in starts at 7:00 am.

There will be several prizes to win and lots of fun to be had!

### Register Now!

Go to the registration page for details:  
[birdeasepro.com/tvdsagolf18](http://birdeasepro.com/tvdsagolf18).

### Registration

\$100.00 (through July 14)

Registration includes green fees, carts, lunch, and more.

### NEW for 2018:

### \$20,000 Legend Shootout

Win \$10,000 for a hole-in-one and \$10,000 for TVDSA at the same time!

### Don't Golf? Please Volunteer!

We need volunteers to make this tournament successful. Sign up to volunteer online at [t21open2018\\_vol.eventbrite.com/](http://t21open2018_vol.eventbrite.com/).

For more information about the tournament, sponsorship opportunities, or registrations, email **George Taylor**.

# Social Groups

## Lil' Buddies/Best Buds

Get ready for **Roaring Springs!**

Lil' Buddies and Best Buds will be going to Roaring Springs, Saturday, July 28. We'll meet at the opening gate at 10:30 am, and the park opens at 11 am.

Once in the park, we will gather at the New Barefoot Cove, look for the yellow and blue balloons to find our group. Be sure to bring your water shoes, sunscreen and a towel.

TVDSA will pay admission for one child in Lil' Buddies or Best Buds and one parent/caregiver.

For each child with Down syndrome, TVDSA will also pay admission for one additional paid caregiver.

Please provide proof of employment in the form of a paycheck stub or work ID prior to the event to receive the free caregiver ticket.

Families can buy extra full-day passes for \$20 for other family members.

If your child with Down syndrome is 3 or younger, you may receive their ticket



to use for a parent or sibling.

Please RSVP by July 20, because all tickets will be purchased before the event. Tickets paid for by TVDSA must be used the day of event.

Please text your RSVPs to Danielle Williams (208-794-8995) with the following information:

- Name and age of Child with Down syndrome
- Parent/caregiver name
- Additional paid caregiver name and proof of employment
- Number of additional family member tickets

You will receive a confirmation text and directions on how to pay for any extra tickets at that time.

For more information, contact Danielle Williams for Best Buds at 208-794-8995 or [bestbuds@idahodownsyndrome.org](mailto:bestbuds@idahodownsyndrome.org).

## Cool Club/Adults in Motion (AIM)

Cool Club and Adults in Motion will meet twice in July. There will be no event in August.

Both events require an RSVP by the specified date. If you want these types of events to continue, please RSVP by the date. If you say "yes," please come. We don't get a refund for pre-purchased tickets.

If staff brings a participant, they must stay. We are unable to provide individual care.

### Saturday, July 7

#### Start your engines!

Come and enjoy racing at Meridian Speedway.



We'll meet promptly at the entrance at 6:00 pm. We will purchase tickets in advance, so look for Kathy or Brenda. We'll sit in the "Stinker Stores family section," and it is advised to bring a blanket or cushion to sit on. No outside food or drink is allowed, so bring your own spending money if you want to purchase concession items.

TVDSA will pay for admission for those with Down syndrome and a guest. Parking is available for free by Storey Park or Meridian Speedway has two pay lots for \$5.

Please RSVP to Brenda Taylor or Kathy Brilz by **Wednesday, July 4**, so we can purchase tickets and know who to look for.

*(continued on page 3)*

# Parent Groups

## Mom's Night Out!

Hello Amazing TVDSA Moms!

Hope your summer has been a good one so far, full of adventures, fun, and lots of sun.

On **Wednesday, July 11**, at 7 pm, we'll head to Sizzler in Nampa, 501 Caldwell Blvd.

Please RSVP no later than July 9, so I can



let the restaurant know how many will be coming. TVDSA will pay for your salad bar and a soda.

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 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.

Thanks to everyone who came to The Melting Pot in May. We had a great time. Look forward to seeing you all again in July.

For more information, contact Reme Echevarria at [moms@idahodownsyndrome.org](mailto:moms@idahodownsyndrome.org) or text/call 208-866-4095.

## D.A.D.S.

D.A.D.S. will be joining AIM and Cool Club at Meridian Speedway on Saturday, July 7, at 6:00 pm. TVDSA will pay for each dad to attend. Let Scott know if you are coming ([dads@idahodownsyndrome.org](mailto:dads@idahodownsyndrome.org)) by July 4 so he can secure a ticket for you.

Read more about the evening in the Cool Club/AIM article to the left.

For more information about D.A.D.S., contact Scott Gluch at [dads@idahodownsyndrome.org](mailto:dads@idahodownsyndrome.org).

# Workshops, Webinars & Scholarships

## Support and Resources/ Parent Meet Up



July 11, 2018  
6:00–9:00 pm  
4619 W Emerald Ste  
E, Boise

Go to the **IPUL website** to register. Come ask IPUL's parent education coordinators about anything, and meet other parents.

## 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.

# Partners in Policy Making

By Julie McConnel, [lilbuddies@idahodownsyndrome.org](mailto:lilbuddies@idahodownsyndrome.org).

*Editor's Note: Julie McConnel, TVDSA's coordinator for Lil'Buddies, completed the Partners in Policy program. Here, Julie shares her experience with us.*

I was given the opportunity, thanks to the Idaho Council for Developmental Disabilities (ICDD), to attend an 8-month program called Partners in Policymaking. This leadership training program helps adults with disabilities and parents of children with disabilities become advocates and leaders to shape policies at all government levels that affect the lives of those with disabilities.

Partners in Policymaking was overwhelming in the scope of information I received, revolutionary in how it challenged my way of thinking, and impactful as I was encouraged to help create change at every level (from the individual all the way to the legislative level). It has made me more aware of the needs of individuals who experience disability and the hopes and dreams held by families of children with disabilities.

Each graduate develops a final project to be completed within a year of finishing the program. My project centered around educating early childhood education students about Down syndrome, person-first

language, and inclusive education. However, I feel prepared to participate in advocacy and education to a wide range of disability issues and have a greater understanding of the resources available to adults and families.

Each Partners in Policymaking class is made up of half adult self-advocates and half parents. This opportunity to spend the time getting to know the adults with disabilities was incomparable. Seeing community, education and services through their eyes gave me more insight than I could ever hope to gain as a parent of a child with disabilities, but not one who experiences disability myself. We learned and practiced new skills together, tried hard to take in all the wealth of information together and we played hard together!

Partners was a life changing experience. I am grateful for the opportunity to participate and look forward to use all I've learned to build on the progress that has been made over the years to improve the inclusion and support for individuals with disabilities and their families.

**ICDD will be recruiting for the 2019 Partners in Policymaking soon. Go to their website for more information.**

## Cool Club/AIM (continued from page 2)

**Saturday, July 28**

Join us at our third annual Cool Club and AIM paddle board and beach picnic party on Saturday, July 28 from 10:30



am to 2 pm. People of all ages, skill levels, and experience can be up and riding the paddle board in no time. You can also sit on the board with/without another person. You can also bring your own water equipment (kayaks, tubes, etc.) to use on the pond. Additional volunteers will be there to assist with paddle boarding.

TVDSA will rent 10 paddle boards from 11:00 am to 1:00 pm. Those with Down syndrome have priority use, otherwise they will be open for guest to also use. The rental includes paddle board, paddle, and life jacket.

TVDSA will also provide sandwiches, chips, cookies, and drinks for a picnic.

Please wear swim wear and bring a towel, chair, and sunscreen. The whole family is welcome to join us for all or part of the event. We will meet behind **Idaho River Sports (Quinn's Pond)** along the beach area.

Please RSVP to Brenda Taylor or Kathy Brilz by **July 18** so we can plan the food and know who to look for.

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

For more information about AIM, contact Kathy Brilz at [aim@idahodownsyndrome.org](mailto:aim@idahodownsyndrome.org) by email or text/phone: 208-863-1423.



## Legislative Corner

By Rob Cochems, [legislation@idahodownsyndrome.org](mailto:legislation@idahodownsyndrome.org)

*Editor's Note: TVDSA's legislative chair, Rob Cochems, will have space in our newsletter each month. Along with reaching out to local governments, Rob will keep us up-to-date on any pending legislation that might affect the TVDSA community.*

To get to know local legislators, I decided toward the end of May to contact mayors in the Treasure Valley for an informal interview. I didn't have a set goal, other than just getting TVDSA's name out to local mayors and see where it took me. Since I live in Middleton, I decided it would be good for me to meet my local mayor, Darin Taylor. I plan to reach out to other mayors and will provide a regular update as the interviews occur.

On May 22, I reached out to Mayor Taylor, and next thing I knew, we were scheduled for a meeting on the May 25. When I met with Mayor Taylor, our conversation was open and covered a wide breadth of issues affecting Middleton and TVDSA. I was impressed with the mayor's desire to help include our association into local

events and future planning. From the interview, I had two big takeaways.

One, is that Mayor Taylor would discuss having a sensory-friendly section to Middleton's awesome Fourth of July and Christmas Parades. I will follow up with Mayor Taylor to see how that is going. Second, the mayor wants our ideas. The city is currently in designing two city parks, one in the Kestrel Estates subdivision and the other will be part of Middleton's future River District.

The Kestrel Estate park will feature an 18-hole disk golf course, and Mayor Taylor wanted our ideas to help make this more accessible for all abilities. The River District will have many different features, but the mayor wanted our ideas for the planned Educational Nature Path. The mayor stated he wanted five ideas from us, and I hope to get your feedback. If you are interested in submitting ideas, please contact me at [legislation@idahodownsyndrome.org](mailto:legislation@idahodownsyndrome.org) if you have any questions.

## The Difference between IEPs and 504 Plans

By The Understood team, [understood.org](http://understood.org)

### Español

Tanto los Programas de Educación Individualizados (IEP, por sus siglas en inglés) como los planes 504 proveen ayuda formal a los estudiantes con dificultades de aprendizaje y de atención desde preescolar hasta el grado 12 (K-12). Son similares en algunos aspectos pero muy diferentes en otros. Esta tabla comparativa lo ayudará a entender sus diferencias.

**Lea el artículo completo en [understand.org](http://understand.org).**

### English

Both Individualized Education Programs (IEPs) and 504 plans can offer formal help for K-12 students with learning and attention issues. They're similar in some ways but quite different in others. This chart compares them side-by-side to help you understand the differences.

**Read the full article at [understood.org](http://understood.org).**

## From the TVDSA Board

TVDSA has had a busy summer, and a lot more fun is coming up. We appreciate you all for making us part of your summer.

We had an amazing time at the Annual Picnic on June 27. Thank you to all who attended, and even more thanks to Lynda Wells and her crew of volunteers for organizing the event.

We also have a big thank you to all the volunteers and sponsors to the 2018 iCan Bike Camp. It was a great success with all your help!

TVDSA would not be what it is without its incredible volunteers. Remember, you do not have to run a committee or event. If there is that one thing you excel at, lend us your talent and make a difference today!

**Note:** There will be no board meeting in July. We will see you in August.

## Buddy Walk Meeting

**Saturday, July 14,**  
1 pm at Cecil D. Andrus Park  
(Capitol Park)

Bring your favorite picnic lunch. We'll enjoy the summer sun while going over a lot of details for the walk.

Summer is a busy time of year, but we need all members of the Buddy Walk Committee, as well as any other interested volunteers at this meeting. October will be here in a blink of an eye!



## 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.

### TVDSA Seeking Board Members

Board members meet monthly, advocate for those with Down syndrome, and develop/advance TVDSA's mission. Board members should serve on additional committees, in most cases as their chair. The TVDSA by-laws require a minimum of four board members and a maximum of 12. Currently, there are six seats available.

### TVDSA Seeking Committee Chairs

Committee chairs are not required to be on the Board, but can be if they want to take on the additional commitment. The available committee chair positions available include the following: marketing, communications, library, and programs.

If you are interested or have any questions, contact **George Taylor** or any current board member for more information regarding board or committee positions.

### Contact Information

Treasure Valley Down Syndrome Association

PO Box 1404  
Meridian, ID 83680  
208-945-7448

[idahodownsyndrome.org](http://idahodownsyndrome.org)



## 2018 Treasure Valley iCan Shine Bike Camp a Great Success

By Lucy Olmos, 2018 Bike Camp Director

Thank you to all the sponsors and volunteers who supported the 2018 Treasure Valley iCan Shine Bike Camp. Your support of our organization allowed us to bring this camp back to the Treasure Valley once again to develop independent bike riders and give the participants confidence to last a lifetime!



Your dedication and support helped us provide an amazing and unforgettable opportunity for individuals with disabilities

to learn a new skill that will help them be more fully included in their community. Together we are promoting awareness and inclusion of ALL individuals.

Thank you again for supporting the Treasure Valley Down Syndrome Association and the iCan Shine Bike Camp. We invite you to visit our bike camp Facebook page for photos and videos of the amazing success of the participants: [facebook.com/tvicanbikecamp](https://www.facebook.com/tvicanbikecamp).



### 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.

### Board of Directors

|                                                   |                  |
|---------------------------------------------------|------------------|
| <b>President</b> .....                            | George Taylor    |
| <b>Vice President and Fundraising Chair</b> ..... | Brooke Johnson   |
| <b>Secretary and Membership</b> .....             | Jen Rice         |
| <b>Treasurer and Spanish Contact</b> .....        | Lucy Olmos       |
| <b>Self-Advocate Chair</b> .....                  | Dylan Thaner     |
| <b>Community Outreach Chair</b> .....             | Charmaine Thaner |