

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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Upcoming Events

October 1

Board Meeting

Meet Video Conference
8:00 pm

October 12

Buddy Walk

Cecil D. Andrus Park, Boise
11:00 am

October 12

AIM/Cool Club

Buddy Walk, Boise
11:00 am

October 14

Mom's Night Out!

Cafe Zupas, Nampa
7:00 pm

October 19

Lil' Buddies/Best Buds

Zoo Boise Spooktacular, Boise
6:00 pm

October is Down Syndrome Awareness Month! The 2019 Buddy Walk Is Here!



After months of hard work from the Buddy Walk Committee, as well as the fundraising done by our team captains, the Buddy Walk is here!

Join us on October 12, at Cecil D. Andrus Park in Boise!

On-site registration will be available from 9:00 to 10:30 am, \$20 for adults*/\$15 for children.

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

The walk starts at 11 am and there will be live entertainment, raffle prizes, bounce houses, games, and food trucks after the walk at Cecil D Andrus Park until 2:00 pm.

Will-Call T-shirt Pickup

It's not too late to get your Buddy Walk t-shirts. If you missed the t-shirt pick-up, they will be available the morning of the walk from 9:00 to 10:30 am.

Live Entertainment

- MC & Music by 101.9 The Bull
- Maddie Zahm
- Buddy Walk Dance Crew
- Miss Amazing
- President's speech
- Down syndrome certificates
- Dance party!

Food Trucks

- Idaho Pizza Company
- Bang on the Wall Burgers
- Slow River Coffee

Raffle items:

- Airline tickets
- Baked goods
- Restaurant gift cards
- And more!

Activities:

- Vendor tables
- Bounce houses
- Strider bikes
- Face painting
- Games
- Prizes
- And more!

Buddy Walk Route

Our Buddy Walk will start at Cecil D. Andrus park, do a loop through downtown, and end up back at Andrus Park for the celebration.

Questions? Contact the Buddy Walk Committee at buddywalk@idahodownsyndrome.org.



Social Groups

Lil' Buddies/Best Buds

Join the Lil' Buddies and Best Buds for an *un-boo-lievable* time at Zoo Boise for **Spooktacular**, Saturday, October 19 from 6:00 pm to 9:00 pm.



Wear your Halloween best, and meet us at Zoo Boise at 5:45 pm. We will enter the zoo together at 6:00 pm.

"Spooktacular is a merry-not-scary fun-fest for the whole family! This is your chance to visit and experience the zoo at night! Spooktacular will feature a variety of fun Halloween displays, activities, special entertainment, and animal encounters all designed for families."

TVDSA will pay for each child with Down syndrome plus one parent or

caregiver. Additional admission can be purchased at the gate for \$10 for adults, \$8 for seniors, \$7 for children (ages 3 to 11). Children ages 2 and under are free.

Friends of Zoo Boise members do not receive free admission for this event. However, they do receive \$1.00 off admission. Also, if your child with Down syndrome is age 2 or under, TVDSA will pay admission for one sibling or adult companion.

To RSVP for this event please contact Julie McConnel at 208-830-798 or j.mcconnel@idahodownsyndrome.org.

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

For more information about Best Buds, contact bestbuds@idahodownsyndrome.org.

Cool Club/Adults in Motion (AIM)

It's Buddy Walk time AIM & Cool Club!

AIM and Cool Club members, family and friends, please join us for the 17th Annual TVDSA Buddy Walk!

Let's meet up and celebrate together on Saturday, October 12!!

The walk begins at 11:00 am; Brenda and Kathy will be there around 10 am. Look for us, and we will follow an easy loop through beautiful downtown Boise that ends back at Cecil D. Andrus

Park where there will be raffle prizes, bounce houses, live entertainment, dancing, food trucks, and more

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 AIM, contact Kathy Brilz at aim@idahodownsyndrome.org by email or text/phone: 208-863-1423.

TVDSA at Chipotle!

Join us at the Chipotle at 2161 N Eagle Rd. Suite 100 in Meridian on **Tuesday, October 15** from 4:00 to 8:00 pm.

Mention TVDSA to your cashier and 33 percent of the proceeds will be donated to TVDSA!



Parent Groups

Mom's Night Out!

Hello Amazing TVDSA Moms!



For the next Mom's Night Out, we will head west to Nampa.

We will be going to Café Zupas located at 1709 Caldwell Blvd, Nampa, ID 83651.

It will be held on Monday, October 14 at 7:00 pm. Please RSVP by text no later than Friday, October 11, so I can let the restaurant know how many will be coming. Also, if you RSVP and then can't make it, please send me a text. It helps keep the number more accurate for the restaurant. TVDSA will pay for your dinner and a soda.

Thanks to all the moms who came out to Oak Barrel of Eagle in September. Look forward to seeing you all again in October.

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

D.A.D.S.

With the Buddy Walk in October, D.A.D.S. will take October off, but . . .

D.A.D.S. will attend a Boise State football game Saturday, November 16. RSVP to Scott by October 1 to reserve your ticket so you can see the Broncos beat New Mexico!

For more information about D.A.D.S., contact Scott Gluch at dads@idahodownsyndrome.org.

Down Syndrome Diagnosis Network (DSDN) Rockin' Mom Retreat

By Julie McConnel & Mary Hacking

In September, we had the privilege of attending the DSDN Rockin' Mom Retreat in Nashville, TN. The **DSDN** "supports parents who have recently received a diagnosis for their child or unborn baby by connecting them to other families touched by Down syndrome." Through age- and special condition-related groups on the Facebook platform, parents are connected with others with similar circumstances for encouragement, support and sharing of information in a close knit, private way.

The annual retreat provides parents the opportunity to meet face to face, deepen their connections with one another and learn from knowledgeable speakers and break out session facilitators.

Keynote Speakers

Timothy Shriver, Chairman of the Special Olympics kicked off the retreat by encouraging all moms in attendance to continue advocating for their children to create an inclusive mindset. Parents of those with disabilities spread the attitudes of empathy, everyone belongs and to marshal courage in the face of injustice.

Mr. Shriver also spoke about the shifting focus of the Special Olympics in response to current issues facing individuals with disabilities today — the issues of exclusion, injustice, inactivity and intolerance.

The other two keynote speakers, Madra Sikora and Liza Kindred focused on the topic of self-care, reminding the moms in attendance that it is hard to care for others when we don't take time to care for ourselves. They offered simple tips like remembering to stay hydrated, quick meditation and breathing techniques to relieve stress and build energy, removing negative self-talk from our inner monologue, taking time to enjoy our children instead of feeling

like we aren't advocating enough, and reminding us that getting away (a night out or trip away from our families) can do a lot to renew and refresh us on our journeys.

Breakout Sessions

In a breakout session about the Special Olympics, it focused on the changes taking place in the program. Rather than only serving those with disabilities, Special Olympics is shifting to a program for everyone, a place where everyone belongs together.

One such program is the Unified Sports program. The program encourages individuals with intellectual disabilities and their typical peers to participate in sports together. When everyone belongs, and everyone participates, we can break down barriers of exclusion and segregation. Inclusive sports create natural friendships and increase our understanding of one another.

We also discussed the Young Athletes program through Special Olympics. Like Unified Sports, Young Athletes encourages children of all abilities to learn and play together. Children ages 2 to 7 learn skills, such as teamwork, taking turns, and following directions. Our facilitator requested input from us moms on how to expand the Young Athletes programs in our hometowns. We were able to provide feedback about our local resources to help the Special Olympics generate participation in the program.

Another breakout session focused on how parents can fundraise for organizations that support people with Down syndrome and their families, be it national organizations or their local DSAs. The facilitator stressed the importance of going to companies who have connections to the Down syndrome communities to ask for specific sponsorships or donation

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Upcoming IncludeAbility Events

IncludeAbility Inc., promotes the inclusion of youth (K through 12) with physical and/or intellectual challenges through youth sports and other activities.

Check out these awesome upcoming all-ability events!

- **Sunday, October 13, 2019**
YMCA Harrison Classic
- **Sunday, October 27, 2019**
Boise Marathon Kids Fun Run

Learn out more about these events or sign up at the [IncludeAbility events webpage!](#)

From the Board

We're looking forward to seeing everyone at the Buddy Walk. Remember, although online registration is over, you can always register the morning of the walk. We can't wait to celebrate at the 2019 Buddy Walk. See you all there!

Take time to take another look at TVDSA's mission. We've refreshed the wording to better reflect why we do what we do; and note, we now have a vision statement, too.

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

Free Home Depot Workshop for Kids with Special Needs!

On Saturday, October 19, from 9 am to noon, head over to the Home Depot at 1100 S Progress Ave in Meridian for a free workshop for kids with special needs. The workshop is geared to provide a fun, quiet, low-stress environment to kids with special needs and abilities. Materials and kits will be provided at no cost.

Workshops, Webinars & Scholarships



IDAHO PARENTS UNLIMITED INC.
SERVING IDAHO FAMILIES WITH
EXCEPTIONAL CHILDREN SINCE 1985

Cyber Safety, Students with Disabilities

In Person

October 9, 2019

6:00–7:30 pm

4619 W Emerald Ste E, Boise

Go to the [IPUL website](#) to register.

Webinar

October 09, 2019

10:00 am or 6:00 pm

([Click here to register.](#))



November 7 & 8, 2019

Boise Center on the Grove

850 W. Front Street, Boise

Celebrating the Spectrum

The Western Partnerships Conference on Human Services provides quality disability and mental health training to human service professionals, teachers, counselors, parents, self advocates, and community members who serve and support individuals with developmental disabilities and mental illness.

Training sessions provide innovative, cutting-edge techniques and information in the disability services field to our attendees. Speaker presentations offer new ideas, insights and strategies to inspire and challenge our audience. Our sessions empower attendees to put into practice what they learn, interact with each other and find inspiration. The conference provides an exciting forum for the exchange of practical knowledge and new strategies.

Learn more and register to attend at the [conference website](#).

Idaho Department of Health and Welfare (DHW) Developmental Disability (DD) Programs

The Idaho DHW offers two programs to help families with members who have disabilities, one for **children** and another for **adults**.

Changes are coming to the children's program. Find out more about the **Children's DD Services Enhancement Project at the DHW website**.

If you are transitioning your children into the adult program, the DHW is offering a class on **November 6, 2019**, Noon to 1:30 pm, Boise DHW, 1720 Westgate Dr. Suite D.

To RSVP, contact Laura Banks at 208-475-5094 Laura.Banks@dhw.idaho.gov or Hadley Goff at 208-334-0920 Hadley.Goff@dhw.idaho.gov

TVDSA Scholarship Information

Workshop Scholarship

TVDSA supports members 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](#) to apply.

Educational Scholarship

This program offers up to \$1,000 per year to a self advocate seeking higher education.

More details and an online form will be available soon.

Join TVDSA Today!

If you are not currently a member or you wish to renew your membership, you can do so **online with the TVDSA Membership Form**. You can contact us at membership@idahodownsyndrome.org to verify your membership status.

Rockin' Mom Retreat

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levels. Many companies have giving goals, and often are unsure of where to donate their funds. They also mentioned going to service organizations like the Lions, Elks, or Rotary clubs (to name a few), who have yearly giving requirements and are often looking for nonprofits to fund. They also stressed how using our personal stories can be a powerful tool when gathering donations.

Liz Plachta, Executive Director and Cofounder of Ruby's Rainbow, held a breakout session focused on her organization and discussing how parents can help their children seek post-secondary education goals, be it in a college setting, vocational training, or other job training opportunities. She spoke of the importance of listening to our children to help them find and fulfill their dreams, instead of yielding to societal expectations or pushing them in a direction they may not want.

Much of our time at the retreat was spent connecting with other moms who are on a similar journey raising and advocating for their child or children with Down syndrome. Through the entire event, we were encouraged to continue our mission of raising awareness, supporting inclusion and declaring the worthiness and value of all, regardless of diagnosis. We came home from the retreat refreshed and inspired!

And a special thank you to TVDSA and the workshop scholarship they provide to members. It helped cover some of the travel expenses for the weekend, making it possible for us to attend.

Next year the Rockin' Mom Retreat will be in Denver, Colorado, September 11 and 12. We hope to have more rockin moms from our area join us at the retreat next year!

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 the future.

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 eight 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, fundraising, 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



Halloween Challenges for Kids With Sensory Processing Issues and How to Help

understood.org

Español

Halloween puede ser complicado para los niños con dificultades del procesamiento sensorial. Desde los disfraces incómodos hasta los ruidos inesperados y la música aterradora, ¡los detonantes pueden estar escondidos en lugares insospechados! Sin embargo, con un poco de planificación y creatividad usted puede evitar muchos problemas potenciales y lograr que su hijo se divierta.

Estos son algunos retos comunes y cómo ayudar:

Sensaciones Extrañas y Desconocidas

Las decoraciones de telarañas y las máquinas de humo pueden molestar a los niños con sensibilidades táctiles. Y estar cerca de calabazas que han sido vaciadas puede ser difícil para los que son sensibles a los olores y las texturas. Pero existen maneras de manejar esas dificultades.

Considere llevar a su hijo a la sección de Halloween de una tienda grande. Allí puede presionar botones para acostumbrarse a los ruidos y a las luces sinistras. También puede tocar y experimentar diferentes decoraciones para decidir cuáles quiere evitar durante las festividades y cuando salga a pedir golosinas.

Lea el artículo completo en understand.org.

Our Mission

To enhance the quality of life for persons with Down syndrome by promoting inclusive environments as well as advocating respect, dignity, and appropriate supports for people with Down syndrome to ensure that the world sees them as we do — Equal.

Our Vision

A world where full inclusion is a reality rather than a goal.

Board of Directors

President George Taylor
Secretary and Membership Jen Rice
Treasurer and Spanish Contact Lucy Olmos
Community Outreach Chair Charmaine Thaner

English

Halloween can be tough for kids with sensory processing issues. From uncomfortable costumes to sudden noises and spooky music, triggers may be hiding in unexpected places! But with a little planning and creativity, you can sidestep Halloween's potential problems and make it a fun experience for your child.

Here are some common Halloween challenges—and how to help.

Strange and Unfamiliar Sensations

Decorations like fake cobwebs and mist from fog machines can bother kids with tactile sensitivities. And being around pumpkin “guts” can be hard for those who are sensitive to smells and textures. But there are ways to tackle these issues.

Consider taking your child to explore the Halloween section of a local big-box store. He can press buttons to get used to loud noises and spooky lights. He can also touch and experience different decorations to see which ones he'd like to avoid during festivities or when he's out trick-or-treating.

Read the full article at understood.org.