

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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Upcoming Events

November 5

Board Meeting

Meet Video Conference
8:00 pm

November 9

AIM/Cool Club

Rake Up Nampa, Nampa
9:30 am

November 16

D.A.D.S.

Boise State Football Game, Boise
Time TBD

November 20

Mom's Night Out!

Goodwood BBQ, Boise
6:30 pm



2019 Buddy Walk a Great Success!

Thank You!

Another Buddy Walk has come and gone. . . Thank you to all the committee members and board members who helped make this walk successful!

- Barbara Hiler (chair)
- Angela Cochems
- Julie McConnell
- Lucy Olmos
- Kaitlin Palmer
- Jenn Rice
- Danielle Smith
- Charmaine Thaner

looking for someone to chair the event for 2020. We have a group of experienced committee members who can help; so while it is a big job, you'll have plenty of support.

And even if chairing isn't for you, we're always looking for more volunteers for this event. It's TVDSA's biggest event and fundraiser of the year. No matter your talents or expertise, we'll be able to put them to good use!

If you'd like to get involved for next year, email buddywalk@idahodownsyndrome.org.

2020 in Our Sights

You wouldn't believe it, but we're already planning how to make next year's walk bigger and better! We're



Social Groups

Lil' Buddies/Best Buds

Best Buds and Lil' Buddies are taking November off. Keep an eye out for an announcement for our December activity. It will be a holly-jolly good time!

We're so thankful for all of you sharing your lil' turkeys with us throughout the year. We're grateful for the community we've built to share our achievements and help when one of us needs a hand.

For more information about Lil' Buddies, contact **Julie McConnell** 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)

The Cool Club and AIM will give back to their community by participating in Rake Up Nampa on Saturday, November 9.



An annual service project is a requirement of our groups mission. We hope to see our participants (and family or staff) take part in this event to give back to the community.

We will rake with Brenda's sorority group, Xi Beta of Beta Sigma Phi, and form a team to rake up leaves and clean up the yards of seniors or people with disabilities that need assistance.

The time will be around 9:30 am; however, the exact time and place will not be known until the week of the event. The specific time and place information will be emailed to participants who RSVP.

Please bring gloves and a rake if you have them and dress warmly. TVDSA will supply snacks and other supplies needed for the project. After our service project is completed, we will go out to lunch in the area. TVDSA will pay for lunch and a soft drink for each individual with Down syndrome and one guest.

Please RSVP by November 4. Participants will earn another pin for their lanyard for this activity.

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.

Parent Groups

Mom's Night Out!

Hello Amazing TVDSA Moms!

The next Mom's Night out we are heading to Boise. We will be going to Goodwood BBQ located at 7849 W Spectrum St, Boise, ID 83709. It will be held on Wednesday, November 20 at 6:30 pm.



Please RSVP by text no later than Friday, November 15, 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 Cafe Zupas in October. I'm looking forward to seeing you all again in November.

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

D.A.D.S.

Six of our awesome D.A.D.S. will attend a Boise State football game Saturday, November 16. We can't wait to watch the Broncos beat New Mexico!

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



Workshops, Webinars & Scholarships



Rights and Responsibilities: Resolving Disagreements

In Person

November 13, 2019
10:00 am or 6:00 pm
4619 W Emerald Ste E, Boise

Webinar

November 13, 2019
10:00 am or 6:00 pm

Go to the **IPUL website** to register for either event

American Education Week November 18 to 22, 2019

The National Education Association was one of the original sponsors of this week to showcase the accomplishments and needs of public education.

Each day during the week will be a day to recognize important people. A quick search on Pinterest for Teacher Gifts will give you many low cost, creative ideas to show your appreciation to all key people in our schools.

- Monday, November 18, 2019: Kickoff Day
- Tuesday, November 19, 2019: Parents Day
- Wednesday, November 20, 2019: Education Support Professionals Day
- Thursday, November 21, 2019: Educator for a Day
- Friday, November 22, 2019: Substitute Educators Day



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.



From the Board

Thank you all for making the 2019 Buddy Walk such a smashing success! Without the dedicated work of Barbara Hiler and the entire Buddy Walk committee, the walk would not have been possible.

Not only is the Buddy Walk a fun party, it's also TVDSA's biggest fundraiser of the year. So whether you put together a big team, gathered raffle items, urged family and friends to donate or walk, or simply decided to walk for the first time this year, we appreciate you and your contribution. And we hope you are inspired to do bigger and better things next year!

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 one thing you excel at, lend us your talent and make a difference today!

Also, as 2019 wraps up, please keep TVDSA in mind as you plan your holiday giving, especially on Giving Tuesday (November 27). Your donation helps TVDSA reach its 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 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.



November 20 & 21, 2019
Boise State University
Student Union Building
1910 West University Dr.

2019 Idaho Transition Institute: **Strengthening Connections**

The 2019 Idaho Transition Institute serves as a powerful opportunity for school district and charter teams to connect with partnering Idaho agencies and institutions of higher education offering transition resources and experiences to students with disabilities. With an array of transition focused experts and leaders on hand, school and community teams will go through a facilitated planning process toward developing an annual road map for maximizing transition opportunities and outcomes for the students they serve; while also participating in focused breakout and keynote sessions.

Keynote Speaker

Carol Barkes, MBA, CPM

A thought leader in neuroscience-based communication, conflict resolution, and best selling co-author of the book *Success Breakthroughs*. Carol Barkes has a passion for helping people work together with mutual understanding and empathy.

Her approach to team collaboration and planning is brain-based, fresh, relevant, and highly effective.

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



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**](#).

Meet Julia

As part of the conference, there will be a special meet and greet and photo opportunity with Julia from Sesame Workshop!

Idaho Public Television and Blue Cross of Idaho will bring Julia to Boise on November 7, 2019 at the Boise Centre on the Grove. Sensory friendly children's activities will also be available for children who have registered.

There are a limited number of time slots to have a picture taken with Julia, so [**sign up now!**](#)



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Check out the TVDSA Library

Did you know that TVDSA has a library? Current members are able to borrow from our catalog which includes DVDs, books and other materials about sign language, behavior, IEPs, social skills, advocacy, aging, and much much more!

We have an online TVDSA library that has all of our books CDs and DVDs listed on the libib website, [**tvdsa.libib.com**](http://tvdsa.libib.com). Along with the title, there is a short description of item, whether it is available. You can check out items and place holds.

If you have questions about libib or have suggestions for books, DVDs, or other materials you think would be a good addition to our library, email Jennifer Rice at [**secretary@idahodownsyndrome.org**](mailto:secretary@idahodownsyndrome.org).



Join TVDSA Today!

If you are not currently a member or you would like to renew your membership, you can do so [**online with the TVDSA Membership Form**](#). You can contact us at [**membership@idahodownsyndrome.org**](mailto:membership@idahodownsyndrome.org) to verify your membership status.

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.

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.

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



How to Have Meaningful Family Dinners

understood.org



Español

Las familias de hoy están más ocupadas que nunca. Cada uno tiene diferentes horarios y, entre el trabajo y cuidar a los niños, usted podría sentirse que no tiene el tiempo ni la energía para sentarse a comer en familia.

Tener a un hijo con dificultades de aprendizaje y de atención puede hacer parecer las cenas familiares incluso más complicadas. Sin embargo, hay beneficios reales al sentarse a cenar en familia y también hay maneras de que este proceso sea más fácil.

Por qué las Cenas Familiares Son Importantes

Los estudios muestran que los niños que tienen cenas familiares regularmente tienen promedios más altos en la escuela y mejor autoestima. Las cenas familiares regulares podrían también estar vinculadas a índices menores de abuso de drogas, depresión y embarazo en la adolescencia.

Comer juntos puede ser particularmente muy bueno para los niños con dificultades de aprendizaje y de atención. Al alejarlos de distracciones como los juegos de video, las cenas familiares podrían ayudar a que se enfoquen en la comida y en las conversaciones durante la cena. Además, si los niños tienen dificultades con las tareas de la escuela, las cenas familiares podrían ser un descanso para ellos.

Lea el artículo completo en understand.org.

English

Families today are busier than ever. Everyone's on a different schedule. And between work and taking care of the kids, you may feel you don't have the time or energy for a sit-down family dinner.

Having a child with learning and thinking differences can make family dinners seem even harder. But there are real benefits to sitting down to dinner as a family. And there are ways to make the process easier.

Why Family Dinners Are Important

Studies show that kids who have regular family dinners have higher grade point averages and more self-esteem. Regular family dinners might also be linked with lower rates of drug abuse, depression and teenage pregnancy.

Eating together can be especially beneficial for kids with learning and thinking differences. By taking them away from distractions like video games, family dinner may help them focus on the meal and dinner conversation. And if they struggle with homework, regular dinners can be a welcome break.

Read the full article at understood.org.

Board of Directors

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