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Upcoming Events

December 3

Board Meeting

A New Leaf, Meridian
7:00 pm

December 12

Lil' Buddies/Best Buds

Woodland Kids, Boise
6:00 pm

December 14

AIM/Cool Club

Idaho Pizza Company, Eagle
6:00 pm

December 18

Mom's Night Out!

Tucanos Brazilian Grill, Boise
6:30 pm

Developmental Disabilities and First Responders—A Community Approach

by Reme Echevarria r.echevarria@idahodownsyndrome.com

The next few months will feature articles written by TVDSA members who attended the Western Partnerships Conference on Human Services.

Sherri Cameron is a police officer with Boise Police Department. She trains first responders (i.e., law enforcement, fire, and emergency medical services) on what to do/what not to do when encountering an individual with a disability. She has a son, who has a disability, and developed this training in response to the interactions he's had with first responders.

Sometimes, when people see behaviors from an individual with a developmental disability they think are atypical, they call the police. Individuals with disabilities do not always know when there is danger. To ensure their needs are being met and they are safe, create a card with the following information:

- Individual's name
- Diagnosis/medical concerns/medications
- Calming techniques
- Communication methods (PEC cards, laptop, verbally, sign language [ASL] etc.)
- How they understand what is told to them (limit amount of words, pause and allow process time)
- Triggers (being restrained, physical contact)
- Sensory issues (loud noises, bright lights, etc.)

- How to de-escalate the individual
- Emergency contact(s)
- Address
- Phone number
- Picture of the individual

Keep a card with the information in the glove box of your car, as well as on a card in the individual's wallet with his or her driver's license or state identification. If they drive, teach the individual to hand the card and their driver's license to the officer if they get pulled over so officer has the information he needs to better interact with the individual from the beginning. Also, give all caregivers this information for their cars if they transport the individual in case something happens and the parents are not around.

If you call dispatch due to a medical emergency, give them as much information as possible. All the information in the list above is good to tell them. Dispatch will relay the information to the first responders.

If the individual does not like loud noises or has sensory issues, let dispatch know to turn the sirens off when they come to your house or when they transport the individual. Let them know if the individual does not like to give eye contact and to not interfere with self-stimming. Let them know if the individual needs things explained to them before anything is done to them.

(Continued on page 3)

Social Groups

Lil' Buddies/Best Buds

Come celebrate a magical Christmas season with Lil' Buddies and Best Buds on Thursday, December 12, 6–8 pm at

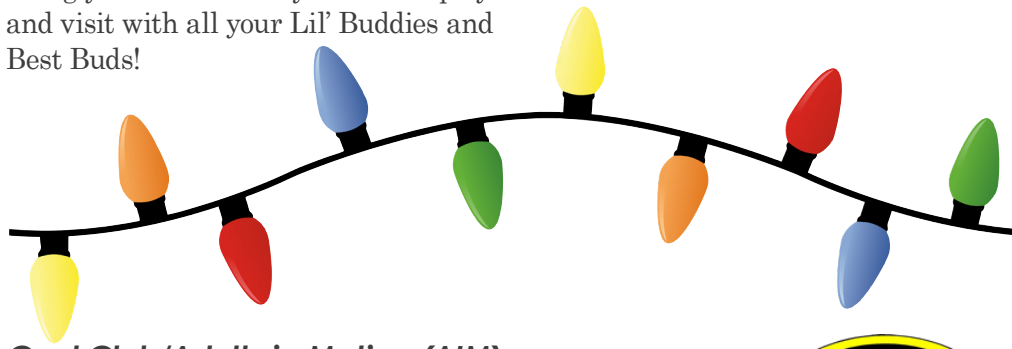


Woodland Kids in Boise at 10487 W Fairview Ave.

We'll have very special guests Santa Claus and Mrs. Claus visiting, so wear your holiday best and practice your smile! Woodland Kids will provide a forest wonderland where kids can explore and use their imagination playing with all the nature-inspired, eco-friendly toys. There is even a special area for babies and non-walkers to play safely away from the bigger kids.

There will be light snacks and drinks, cookies to decorate, a quiet room to color or just take a break, a gift exchange and, of course, time with Santa and Mrs. Claus.

Bring your whole family and come play and visit with all your Lil' Buddies and Best Buds!



Cool Club/Adults in Motion (AIM)

Join AIM and Cool Club for a joy-filled evening to celebrate the holidays. We'll have dinner at **Idaho Pizza Company** in Eagle at 78 Eagle River St, followed up with a gift exchange and dessert on Saturday, December 14 at 6:00 pm.

For those who wish to participate in a gift exchange, please bring an age-appropriate, wrapped gift that both male and female participants will enjoy (gift cards, movie tickets, socks, mugs etc.) in the price range of \$5 to \$10.

TVDSA will pay for dinner and a soft

What to bring:

Gift Exchange Item: Bring one wrapped gift appropriate for a girl or boy for each child in your family that will participate in the exchange—price range \$5 to \$10.

Grip Socks: Woodland Kids **REQUIRES ALL ATTENDEES (ADULTS AND CHILDREN)** to wear full-grip socks. These can include trampoline socks or any type of socks with a non-slip bottom. We have found them available at Dollar Tree. Woodland Kids will also have socks available for purchase for \$3.00/pair.

To save time, please fill out the **online waiver** for Woodland Kids before the event.

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**.

drink for those with Down syndrome and one guest. Please RSVP by Sunday, December 8.

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!

I can't believe it is already December. I hope you all had a great Thanksgiving with your families!



For the next Moms Night Out, we will head to Boise for dinner at **Tucanos Brazilian Grill** located at 1388 South Entertainment Ave., Boise, ID 83709 on Wednesday, December 18 at 6:30 pm. Be sure to bring your appetite!

Please RSVP by text no later than Friday, December 13, 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 to keep the number accurate for the restaurant. TVDSA will pay for your dinner and a soda.

Thanks to all the moms who came out to Goodwood in November. I'm looking forward to seeing you all again in December.

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

D.A.D.S.

Thanks to everyone who braved a brisk fall night to watch the Bronco game last month.

D.A.D.S. will not meet in December, but keep an eye out for more plans in 2020!

Have a very Merry Christmas and Happy New Year!

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

Workshops, Webinars & Scholarships



IDAHO PARENTS UNLIMITED ⁴⁸ INC.
SERVING IDAHO FAMILIES WITH
EXCEPTIONAL CHILDREN SINCE 1985

Positive Behavior Interventions and Supports

In Person

December 11, 2019

Time TBD

4619 W Emerald Ste E, Boise

Webinar

December 11, 2019

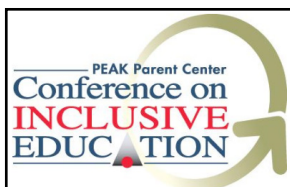
Time TBD

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

February
20–21, 2020
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.



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.

Developmental Disabilities and First Responders

(Continued from page 1)

If the individual has wandered off, let dispatch know what the individual is wearing, along with the information listed above. Also, let the first responders know what happened before the event that prompted the call.

Teachers, counselors, school resource officers (SRO) etc., need to know about your child, too. This way they can give information to first responders if you are not there at the time of an incident. Include SROs in 504/IEP meetings and ensure the SRO has a behavior plan for your child.

The more information that is given to first responders is key to keeping individuals safe and ensures they are taken care of without extra trauma.

First responders are being trained in Ada County so they know what to do when they encounter an individual with a disability, whether it is at the scene of an accident, or an issue that happened at school or at home. Law enforcement in Ada County have sensory kits in their cars in case an individual has sensory issues. Educate family members with disabilities about first responders and have them meet police, fire, and emergency medical personnel whenever possible. You can visit all local first responders' locations as well.

If you have any questions, contact: Sherri Coronado (Cameron) at 208-861-1770 or

doublec.educator@gmail.com.

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** to verify your membership status.

From the Board

The TVDSA Board wishes everyone the happiest of holidays, and we could not be more excited for 2020!

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!



The Board would like to give a big "THANK YOU" to all the volunteers that helped us in 2019—we could not do it without you all! We also want to give a special shout out to all of the dedicated Social Group Leads and Newsletter Editor for their work throughout the year!

Also, as 2019 wraps up, please remember TVDSA as you plan your holiday giving. Without donations, our events would be at risk of disappearing.

Getting to know the families of TVDSA is the best gift we could ever think of, so thank you for continually giving that gift throughout the year. When we build our community, we strengthen our mission and come closer to our ideal world where full inclusion is a reality.

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.

Holiday Events around the Valley

Free Home Depot Workshop for Kids with Special Needs!

On Saturday, December 21, 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.

Come visit Santa and his reindeer dog for a free event in a quiet, low-stress room.

Santa arrives at 10 am. Bring the entire family for pictures with Santa.

The workshop is geared for kids with special needs and abilities. Materials and kits are provided at no cost.



IPUL and Santa at The Sensory Playce

IPUL and the Sensory Playce are teaming up to provide opportunities for parents to chat with IPUL staff (bring questions about IEPs, Katie Beckett, etc.) while their kids play.

Join us on Tuesday, December 17 from 3 to 7 pm for this fun free event.

Santa will be on hand from 5:00 to 7:00 pm. IPUL staff will be there beginning at 3:00 pm! Chat with Santa and get your picture taken. And don't worry about waiting in line, we'll use a number system).

RSVP here if you plan to attend so they know how many people to expect.



Capitol Contemporary Gallery Group show and Ornament Auction (Benefitting IPUL's Work of Art Program)

This December, Capitol Contemporary Gallery will have a group show of work by our 2019 gallery artists, hosting a charity silent auction event of unique artist made ornaments to benefit IPUL, and unveiling a new artwork by Sue Latta that will be installed on the building's exterior.

The celebration, auction, and unveiling will be on First Thursday, December 5, from 5 to 9 pm. The group show is free and open to the public and will run through December 30.

Charity Ornament Auction Event

Unique artist ornaments will be auctioned during December's First Thursday until 8 pm and 100% of ornament proceeds will benefit this year's charity, IPUL Work of Art Program.

IPUL helps families with disabilities to access services and meet their disability needs, and The Work of Art Program is a program that specifically trains young adults with disabilities in job-related skills to help transition from school to work.

DSDN DOWN SYNDROME DIAGNOSIS NETWORK DSDN Rockin' Retreats

Get ready to reserve your spot for the Down Syndrome Diagnosis Network (DSDN) Rockin' Retreats (for moms and dads).

Registration for both retreats opens February 2, 2020, and spaces go quickly. Click the links below for more information.

DSDN Rockin' Dad Retreat:
Kansas City, MO, August 7-8

DSDN Rockin' Mom Retreat
Denver, CO, September 11-12

Help TVDSA while You Shop!

As we work on our holiday shopping, keep TVDSA in mind! You can help TVDSA earn donations by shopping with AmazonSmile and Fred Meyer Community Rewards.

Amazon donates 0.5 percent of the price of your eligible AmazonSmile purchases to TVDSA. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Click the image below to sign up, then start shopping!



With Fred Meyer Community Rewards, link your Fred Meyer Rewards Card to TVDSA, and when you shop, you earn a donation from Fred Meyer to TVDSA. Click the image below for more information.



Remember TVDSA for Giving Tuesday, Dec. 3

December 3 is #GivingTuesday. After all the Thanksgiving events, Black Friday and Cyber Monday hustle and bustle, it is time to give back.

This year we are fundraising to raise awareness and support our programs.

Check out **our website**, and follow us on social media for more information.

Mark your calendar, and help us reach our \$5000 goal.

You can contribute to the organization at any amount. Donate online to support TVDSA for Giving Tuesday on December 3, 2019.

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 serving 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 Make the Holidays More Fun for Your Child

understood.org

Español

Las tradiciones familiares pueden añadir mucha dicha y significado a las celebraciones decembrinas. Pero algunas de las actividades que usted disfruta puede que no sean apropiadas para su hijo que piensa y aprende de manera diferente.

Si su hijo tiene diferencias con el procesamiento sensorial, tomarse una foto con Santa podría ser estresante. Si tiene TDAH, estar presente en el desfile navideño podría ser complicado.

La idea de que sus tradiciones de tanto tiempo no sean adecuadas para su hijo puede ser desalentador, pero usted no tiene que renunciar a ellas totalmente. Piense si puede reinventarlas para que se adapten a toda la familia.

- ¿Cómo puede lograr que su hijo desee tener esa experiencia año tras año? Estas son algunas preguntas que puede hacerse:
- ¿Qué actividades podrían desarrollar las destrezas de su hijo y sus intereses?
- ¿Hay actividades que debería evitar, ya que podrían dirigir la atención a sus limitaciones?
- ¿Por qué es importante esta tradición? ¿Qué partes son las más importantes y qué cambios puedo hacer para preservarlas?
- Pregunte a su hijo: "¿Qué es lo que te gusta de esta tradición? ¿Qué es lo que no te gusta? ¿Qué podría mejorarla?"

Lea el artículo completo en understand.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



English

Family traditions can add a lot of joy and meaning to the holidays. But some of the activities you've always looked forward to may not work for your child with learning and thinking differences.

If she has sensory processing issues, for instance, picture taking with Santa might be stressful. If she has ADHD, sitting through the holiday pageant could be hard.

The idea that your long-standing traditions aren't a good fit for your child can be disappointing. But you may not have to give up the traditions entirely. See if you can reinvent them so they work well for the entire family.

- How can you make the experience something your child looks forward to year after year? Here are some questions to ask:
- What activities might build on your child's strengths and interests?
- Are there activities you should avoid that might draw attention to her weaknesses?
- Why is this tradition important? What pieces of it matter most and what changes can you make that will preserve them?
- Ask your child, "What do you like about this tradition? What isn't working for you? What might make it better?"

Read the full article at understood.org.