

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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Upcoming Events

January 7

Board Meeting

A New Leaf, Meridian
7:00 pm

January 11

Lil' Buddies

Aquarium of Boise
10:00 am

January 11

AIM/Cool Club

Eddie's Restaurant/Overland Park
Theaters, Boise
12:30 pm

January 15

Mom's Night Out!

Matador, Meridian
6:30 pm

January 26

Best Buds

The Village, Meridian
Time TBA

Using the TEACCH Method for New Skill Development

by Lucy Olmos l.olmos@idahodownsyndrome.com

With the new year upon us, it's time to set new goals and get back to a structured routine for myself and my family. I'm looking forward to implementing more structure back into our daily routine, including helping my daughter be more independent with her morning and bedtime routines. I plan to use the information I learned about the TEACCH method during my participation at the recent Western Idaho Partnerships Conference.

The TEACCH method helps individuals with developmental disabilities learn new skills. TEACCH is an evidence-based academic program that focuses on supporting visual learners.

TEACCH is centered on five basic principles: physical structure, visual structures, work tasks, work systems, and visual schedules. TEACCH focuses on structure and visual supports that help with language comprehension, communication, and self-management. These supports includes visual schedules using objects, photos, icons, or written words. The TEACCH method can help individuals of all ages at various developmental levels. It can be implemented at work and school to help teach skills and structure and assist with speech and language development.

Shortly after the conference, I decided to add more structure to my daughter's after school routine. I used a visual schedule to establish an after school routine she could follow with minimal prompting. The key motivator with

TEACCH is positive reinforcement once the task or routine is completed. With the help of a visual schedule, my daughter increased her independence with the steps she needs to take to put her items away when she gets home from school. When we started using the schedule, she liked placing a star next to the picture of each task she completed. When she completed all the tasks on the schedule, she earned her free time. This is her favorite part of course! It also serves as a great motivator for the days she struggles to stay on task. In a few days, she mastered the routine and looks forward to earning her free time every day. This visual schedule will come in handy when we go back to school after a long two-week break!

I encourage parents to learn more about TEACCH to develop individualized and fun ways for your loved one learn a new skill. There is a lot of information online, including templates and various examples on Pinterest or Instagram. There are also great websites that explain how this method is used in several settings. Below are some links for resources to get you started. I hope this information is helpful and encourages you to set new goals for this year to help your child develop new skills and establish routines.

What is the TEACCH method?
The TEACCH Approach (YouTube)
TEACCH Intro (YouTube)

Social Groups

Lil' Buddies

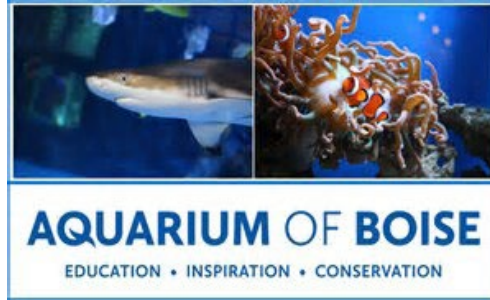
Come join the Lil' Buddies for an undersea adventure at the Aquarium of Boise at 64 N Cole Road! Come see and touch over 250 species of animal and marine life.

We'll meet at the aquarium at 10:00 am on Saturday, January 11 in the party room. After snacks, a simple craft, and some time to visit with our friends, we will explore the aquarium.

Please RVSP by Wednesday, January 8 to Julie McConnel at lilbuddies@idahodownsyntax.org or 208-830-7798.

Hope to see you there!

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



Best Buds

Come use your imagination and talk to animals just like Dr. Dolittle! We will see the movie Dolittle. After, we'll go to dinner to talk about our favorite part of the movie! We will meet at the Village in Meridian on January 26 in the afternoon.

TVDSA will pay for the movie and dinner for each person with Down syndrome and one guest. If you would like popcorn or sodas at the movies please bring your own money to purchase these or other items.

We will have an exact time for the movie a few days before the event. The

restaurant will be a surprise!

Please RSVP for this event by January 20, no exceptions, by text only to Danielle Williams at 208-794-8995.

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



Cool Club/Adults in Motion (AIM)

Cool Club and AIM will gather for an afternoon lunch and a movie on Saturday, January 11.

Please join us for lunch at Eddies Restaurant at 7067 W Overland Road in Boise at 12:30 pm. Eddies serves breakfast all day and has a great selection of burgers, sandwiches, and salads.

We'll then go next door for a movie at the Overland Park Cinema. The official movie and time will not be announced until the Thursday before, so stay tuned!

TVDSA will



pay for lunch and a soft drink along with admission to the movie which includes a drink and popcorn for those with Down syndrome and one guest. Participants may wish to bring spending money to purchase other snacks at the movie.

Come out for an afternoon lunch, movie or both! We would love to see you there. Please RSVP to Brenda Taylor text/call 208-724-5226 by Thursday, January 9.

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

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

Parent Groups

Mom's Night Out!

Hello Amazing TVDSA Moms!

Hope all of you had a wonderful holiday season with your families. I can't believe it is a New Year, nor can I believe it is the year 2020. It seems like just yesterday we were all worried about the year 2000.



For the next Moms Night Out, we'll head to Meridian. We will be going to The Matador at the Village located at 3690 E Monarch Sky Ln. on Wednesday, January 15 at 6:30 pm.

Please RSVP by text no later than Friday, January 10 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 Tucanos in December. I'm looking forward to seeing you all again in January.

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

D.A.D.S.

D.A.D.S. will not meet in January, but plan on a night out in February. Details will be in next month's newsletter.

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

Workshops, Webinars & Scholarships



Working for Change: The Power of a Personal Story

Webinar

January 8, 2020
10 a.m. & 6 p.m.

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

When you are trying to make changes to systems, policies, or rules, your story is your superpower! Come learn how to craft an effective one with IPUL*.

This training will help you understand the power of advocacy, and why it is important when working with systems that impact your children that you have an effective personal story that others can relate to.

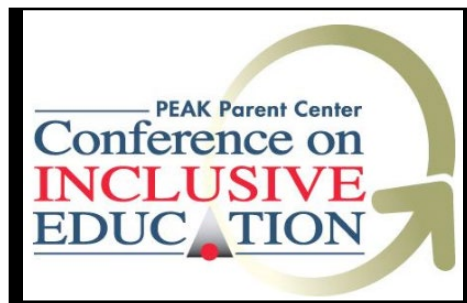
Join TVDSA Today!

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.

Miss Amazing Idaho Pageant

March 20–21, 2020
College of Idaho, Jewett Auditorium
Caldwell, Idaho

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,



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.



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

From the Board

Hello to all TVDSA members, volunteers and families. We had a pretty good year in 2019 and did have a few challenges as well. The Board has been discussing for a while now how to best balance what we do and ensuring that TVDSA can prosper in the years ahead.

2020 will be a year of changes for TVDSA—some big, some small, and more behind the scenes to improve both our communications and streamline our processes to serve our community to the best of our ability.

Over the next several months, watch the newsletter and emails for announcements and updates on these changes as well as some introductions of some new folks helping us to serve you better. May you all have a Happy and prosperous 2020!

Save the Dates!

2020 National Down Syndrome Congress Convention

Join the thousands of people who will attend the 48th Annual Convention in New Orleans, Louisiana, June 25 – 28, 2020. See the **NDSC website** for more information.

Night to Shine

Night to Shine is a prom night experience for people with special needs ages 14 and older. To learn more about the event, register, volunteer or donate, go to **calvaryboise.com** for more information.

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.

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 Help Your Child Set a New Year's Goal—and Stick With It

understood.org

Español

Idealmente, los propósitos para el nuevo año enseñan a los niños cómo decidir sus metas y lograrlas. Esto puede ser particularmente valioso para aquellos que piensan y aprenden de manera diferente. Su hijo puede que necesite ayuda para decidir metas razonables que será capaz de alcanzar.

Establecer una meta para el próximo año

A pesar de lo atractivo que es alcanzar una meta, es fácil desviarse del camino. Ayude a su hijo a idear un plan sostenible siguiendo las mismas pautas que son usada para los objetivos del IEP:

Específica: El propósito debe incluir la meta de su hijo, la habilidad que él está trabajando y cómo piensa lograrla.

Medible: Su hijo deberá hacer un seguimiento de su progreso usando un gráfico o reportándose a usted regularmente.

Alcanzable: La meta debe ser ambiciosa pero realista, algo que mejorará las habilidades de su hijo pero que no lo abrume.

Orientada a los resultados: La resolución deberá explicar qué será capaz de hacer una vez que logre su meta.

Con límite de tiempo: El propósito debe especificar un período de tiempo razonable para lograrlo, y puede incluir metas más pequeñas en el camino (los pequeños logros pueden ser muy motivadores).

Lea el artículo completo en understand.org.

English

Ideally, New Year's resolutions teach kids how to set and work steadily toward goals. That can be especially valuable for those who have learning and thinking differences. But your child may need some help creating meaningful goals she'll be able to stick with.

Creating a New Year's Goal

However appealing an end goal is, it's easy to get sidetracked. Help your child craft a sustainable plan by following the same SMART guidelines you would use for an IEP goal:

Specific: The resolution should include your child's goal, the skill she's working on and how she'll achieve it.

Measurable: She should track her progress—on a chart or in regular check-ins with you.

Attainable: The goal should be ambitious but realistic—something that will stretch your child's skills but not overwhelm her.

Results-oriented: The resolution should explain what she'll be able to do once she reaches her goal.

Time-bound: Your child's resolution should specify a reasonable time frame and can include mini-goals along the way (mini-successes can be very motivating).

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