

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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Upcoming Events

February 4

Board Meeting

A New Leaf, Meridian
7:00 pm

February 8

AIM/Cool Club

Idaho Steelheads/CenturyLink Arena,
Boise, 6:30 pm

February 19

Mom's Night Out!

Island Kine Grind, Nampa
6:30 pm

February 22

Lil' Buddies

The Sensory Playce, Boise
10:00 am

February 22

Best Buds

Urban Air, Meridian
2:00 pm

World Down Syndrome Day —SAVE THE DATE—

TVDSA's 2020 World Down Syndrome Day Celebration

Thursday, March 21
2:00–4:00 pm

Open-house celebration at Albertsons Stadium at Boise State University.

Contact **Erin Rosenkoetter** if you want to help with this event.



Ruby's Rainbow Scholarships Open for 2020

Ruby's Rainbow's goal for 2020 is to help people rockin' that extra chromosome to go for their dreams of higher education and independence.

The 2020 application is now open. We offer larger scholarship amounts (up to \$10,000) that must be used in full within one academic year.

We are excited to continue offering our online application option again this year, along with our PDF version! You can also print out the PDF version to use for reference or a rough draft, and then use the online version to type in your final answers, upload your supporting documents and submit.

We absolutely love learning about all the incredible things people with Down syndrome across the country are doing!! We look forward to hearing from and learning more about you!

If there are any questions, reach out to **Liz@rubysrainbow.org!** Visit our **website** for more information:

Scholarship Requirements

- This grant is for individuals with Down syndrome who are 18 years of age or older, or will be 18 by July 1 of the application year.
- Desire and intent to enroll or continue enrollment in a class or program that will enhance your life through employment, independent living or life skills, or interests in any other areas.
- Provide copy of high school diploma or equivalent (certificate of completion) or transcripts if graduating in spring 2020.
- Individuals who were previously awarded a Ruby's Rainbow scholarship may now apply the following year by filling out our **Re-Apply Application**.



Social Groups

Lil' Buddies

Come play with the Lil' Buddies at The Sensory Playce Gym for Kids in Boise on February 22 at 10:00 am. It's located at 1471 S Vinnell Way in Boise.

Enjoy the specialty swings, slides, trampolines, climbing structures, sensory toys, crash mats, and zip line with the whole family. We'll have snacks available in the party room too.

TVDSA will pay for each child with Down syndrome, and adults are free. Siblings are welcome to attend for \$8.00 per child.

If you have not been to The Sensory Playce before, you'll need to sign a

waiver. You can **download and print the waiver here**, and bring it with you to the event, or you can fill it out when you arrive.



We hope to see you at The Sensory Playce!

RSVP to Julie McConnel at 208-830-7798 or lilbuddies@idahodownsyndrome.org by Wednesday, February 19.

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

Best Buds

Come enjoy an afternoon of fun and adventures with your friends. On February 22, at 2:00 pm, we'll be making memories and friendships that will last a lifetime at Urban Air at 3876 E Lanark St. in Meridian.



TVDSA will pay for each child with Down syndrome, and there is no charge for parents to watch. I will have a couple of older teen

helpers to help us with kids, but if you have a paid caregiver who assists your child one-on-one, please let me know.

RSVP by February 20 to Danielle by text at 208-794-8995. Please include your first and last name.

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

Cool Club/Adults in Motion (AIM)

Note: Due to the pre-purchase tickets, this is a reminder for participants who previously RSVP'd and received a confirmation.

Cool Club and AIM will cheer on the Idaho Steelheads as they take on the Utah Grizzlies on Saturday, February 8.

We'll meet promptly at 6:30 pm at the main CenturyLink Arena entrance at 233 S. Capitol Blvd, in Boise. Kathy or Brenda will hand out tickets until 6:50 pm.

TVDSA will pay for the ticket and meal deal (hot dog, small Pepsi beverage, and bag of Lay's chips) for those with Down syndrome and a guest. You may bring additional spending money for

souvenirs or other concessions at the game. If you have other people who want to come, they'll need to purchase tickets on their own. We'll be in section 115.



Parking is on your own and is available on the street or in any of the downtown parking garages. If you have your cow bells from the Buddy Walk, bring them so we can make noise! Hockey can be loud so make sure that works for you.

This is a ticketed activity which required a prior RSVP to attend. We do not get our money back if you change your mind. If you are ill and unable to

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Parent Groups

Mom's Night Out!

Hello Amazing TVDSA Moms!

How about a trip to Hawaii?

Oh, wait, the budget will not cover that. So instead, let's head to Nampa for a little taste of authentic



Hawaiian food. We will be going to Island Kine Grinds located at 140 Caldwell Blvd. in Nampa. It will be held on Wednesday, February 19 at 6:30 pm.

Please RSVP by text **no later** than Friday, February 14, 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 the Matador in Meridian. Look forward to seeing you all again in February.

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

D.A.D.S.

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

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

Miss Amazing Idaho Pageant

March 20–21, 2020

College of Idaho, Jewett Auditorium
Caldwell, Idaho

MISS *Amazing*

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,

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

Workshops, Webinars & Scholarships



Understanding Idaho Medicaid and Navigating Systems

Webinar

February 12, 2020
Times TBA

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

9th Annual Family Caregiver Conference

February 15, 2020

Student Union Building at
Boise State University

Come and learn from inspiring speakers and build your toolbox of care strategies and knowledge.

Time: 8:00 am to 5:00 pm

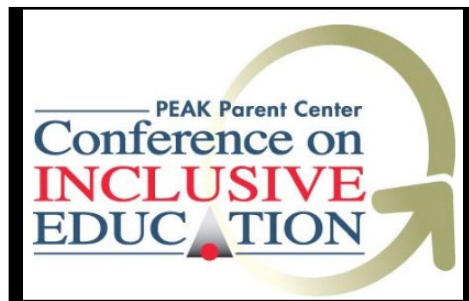
Place: Student Union Building at Boise State University

Cost: \$25.00 (includes conference, resource expo, lunch, and parking)

Learn more and register at [their website](#).

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.



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! 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.

Cool Club/AIM (continued)

attend, let us know ASAP. There may be a waiting list, and we want others to have a chance to attend.

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.

From the Board

Hello to all TVDSA members, volunteers and families. January has sped by, and we're excited to see all the events coming our way, social club activities, parent activities, as well as a few proms, Miss Amazing, and more! It's just the beginning of 2020, and we know there are even more spectacular TVDSA events coming this year!

These events would not happen without TVDSA's 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!

As you start making summer plans, consider the **2020 National Down Syndrome Congress Convention**. The 48th Annual Convention will be held in New Orleans, Louisiana, June 25 – 28, 2020. See the [NDSC website](#) 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



Night to Shine Coming Soon!

Night to Shine is a prom night experience for people with special needs ages 14 and older.

On February 7, **Calvary Chapel** in Boise, together with other churches across the country, will host a Night to Shine from 6:00 to 10:00 pm.

Every guest of Night to Shine enters this complimentary event on a red carpet complete with a warm welcome from a friendly crowd and paparazzi. Once inside, guests receive the royal treatment, including hair and makeup stations, shoe shining stations, limousine rides, corsages and boutonnieres, a karaoke room, a catered dinner, prom favors for each honored guest, a Respite Room for parents and caretakers, and, of course, dancing! The highlight of the night comes when every one of the Night to Shine guests is crowned a king or queen of the prom!

Volunteers Needed!

Volunteers are needed to assist the attendees and coordinators for food, fundraising, social media, etc.

We want to get the word out so attendees can sign up for their tickets.

If you are interested in volunteering, to the **volunteer site** to learn more.



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