

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## Upcoming Events

### July 7

#### Board Meeting

Google Meet, 8:00 pm

## 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.

## GiGi's Playhouse Online!

**GiGi's Playhouse** delivers free educational, therapeutic-based and career development programs for individuals with Down syndrome, their families and the community, through a replicable playhouse model.

During this time, they have extensive on-line programs for all ages at **GiGi's at Home**.

## TVDSA Summer Updates

### TVDSA Events

We have canceled all in-person TVDSA events indefinitely given the current pandemic situation. This sadly includes our annual summer picnic and the Trisomy 21 golf tournament.

### Annual Letter

The annual president's letter, membership renewal, and board ballot have been emailed and/or mailed. Please respond as soon as possible.

### Activities

Remember, when social group activities resume, they will be limited to current members only, so please turn in your forms and pay your dues! If

you have not received a membership form or ballot, email [membership@idahodownsyndrome.org](mailto:membership@idahodownsyndrome.org).

### October Event

We hope to have a small event to celebrate our loved ones with Down syndrome in October, if the current pandemic situation allows. If an in-person event isn't possible, we'll plan an online celebration. If you are interested in helping organize this event, email Jennifer Rice at [j.rice@idahodownsyndrome.org](mailto:j.rice@idahodownsyndrome.org).

*Stay Positive, Stay Healthy, Stay Safe.*

*TVDSA Board of Directors*

## Buddy Walk News

As a reminder, **we are not holding the TVDSA Buddy Walk this year**. We are using this time to regroup and reorganize to ensure the 2021 Buddy Walk is the best it can be!

With that in mind, **WE NEED YOUR HELP!** The Buddy Walk is a huge event, and we need volunteers to keep it going. Here are some of the positions and committees we need help with:

**FOOD:** Getting in touch with and organizing our food vendors.

**SPONSORS:** Reaching out to potential Buddy Walk sponsors, keeping track of the different sponsorship levels.

**T-SHIRTS:** Deciding the design and color of our shirts, handling printing, sorting, and distribution of shirts.

**VOLUNTEERS:** Recruiting and organizing volunteers for the day of the Buddy Walk.

### MARKETING:

Getting the Buddy Walk information out to the media and the general public, printing and distributing flyers, brochures, and posters.

**RAFFLE:** Getting donations from local businesses for the raffle, organizing the raffle the day of the Buddy Walk.

This is just a handful of the areas we need assistance with. If you want the Buddy Walk to be a success in 2021, consider volunteering your time and helping out! If you are interested in volunteering or just want more information, please email Barb Hiler at [buddywalk@idahodownsyndrome.org](mailto:buddywalk@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.

### Board of Directors

#### President

George Taylor

#### Vice President &

#### Community Outreach Chair

Charmaine Thaner

#### Secretary & Membership

Jen Rice

#### Treasurer & Spanish Contact

Lucy Olmos

### Contact Information

Treasure Valley Down  
Syndrome Association

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[idahodownsyndrome.org](http://idahodownsyndrome.org)



## 6 Ways the COVID Crisis Can Help Kids Build Strengths and Skills

[understood.org](http://understood.org)

### Español

La crisis del COVID-19 ha causado mucho estrés, interrupciones y pérdidas para los niños y las familias. La educación a distancia ha tenido un gran impacto, algunos niños han progresado y otros han tenido dificultades. El cierre de muchos lugares ha restringido las formas en que los niños aprenden y prosperan fuera de la escuela.

Pero la pandemia también ha creado oportunidades. Tener más tiempo y un horario más flexible durante el día facilita que los niños puedan explorar nuevos intereses y adquirir nuevas destrezas. También permite que los padres y cuidadores detecten fortalezas en los niños que antes no habían notado.

Descubrir y celebrar las fortalezas puede ayudar a todos los niños durante esta crisis, y especialmente a los que piensan y aprenden de manera diferente.

Estas son seis maneras en que la pandemia puede ayudar a los niños a desarrollar fortalezas.

1. Más tiempo para la creatividad.
2. Menos presión para desarrollar habilidades para la vida.
3. Nuevas maneras de mejorar las habilidades sociales.
4. La oportunidad de desarrollar habilidades para enfrentar los problemas.
5. Más espacio para intentar, fallar y aprender.
6. Nuevas formas de aprender empatía.

Lea el artículo completo en [understood.org](http://understood.org).

### English

The COVID-19 crisis has caused lots of stress, disruption, and loss for kids and families. Distance learning has had a major impact. While some kids have thrived, others have struggled. And shutdowns have restricted the ways kids can learn and succeed outside of school.

But the pandemic has also created opportunities. Having more time and flexibility during the day means kids can explore new interests and gain new skills. It also allows parents and caregivers to pick up on strengths they hadn't seen before in their child.

Discovering and celebrating strengths can make a big difference to all kids during this crisis. But it's especially important to those who learn and think differently.

Here are six ways the pandemic can help kids build strengths.

1. More time for creativity.
2. Less pressure when working on life skills.
3. New ways to improve social skills.
4. A chance to build coping skills.
5. More space to try, fail, learn.
6. New ways to learn empathy.

Read the full article at [understood.org](http://understood.org)