

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## Upcoming Events

**November 10**

**Board Meeting**

Google Meet, 8:00 pm

## 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@idahodownsyntax.org** to verify your membership status.



## TVDSA Giving Drive Winners

Congratulations to the TVDSA Giving Drive Winners!

**Top Fundraising Team:**  
Waylon's Warriors

**2nd Place Fundraising Team:**  
Henry's Helpers

**Random drawing of all teams that raised over \$100:**

Kyree's Krew

**Random drawing of three donors who donated \$21 or more:**

- Saul Hernandez
- David Cochems
- Jerry Taylor

Thank you to everyone who donated and helped raise money this year! With your help, we met our fundraising goal and raised \$5,058 for TVDSA!



Waylon  
from  
Waylon's  
Warriors



Henry  
from  
Henry's  
Helpers

## Volunteers Needed for 2021 Buddy Walk

Planning for Buddy Walk 2021 is starting soon, and we need volunteers!

The Buddy Walk is a HUGE undertaking and requires a large number of people working behind the scenes to make it happen. We are in particular need of committee leads. Some of the committees we need leaders for are:

- Food—Contact and organize food vendors
- Sponsorships—Reach out to local businesses for sponsorships
- T-Shirts—Design, order, and distribute Buddy Walk t-shirts
- Entertainment—Arrange for and organize the entertainment

- Volunteers—Arrange for and organize the day-of volunteers
- Marketing—Get the word out about the Buddy Walk through radio spots, brochures, and posters.

If you would like to donate your time and effort, please contact our Buddy Walk chair, Barbara Hiler at **buddywalk@idahodownsyntax.org**.



## TVDSA Needs Your Help!

TVDSA is looking for someone to manage our social media accounts!

Our social media manager would be responsible for posting to our Facebook, Instagram, and Twitter accounts one to two times a week, and more often during the months of March and October.

We're looking for someone who can create interesting, informative, and fun posts about Down syndrome, TVDSA, and our Treasure Valley community. If this sounds like something you would be interested in, please contact Jennifer Rice at [secretary@idahodownsyndrome.org](mailto:secretary@idahodownsyndrome.org) 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.

## Contact Information

Treasure Valley Down Syndrome Association

PO Box 1404  
Meridian, ID 83680  
208-945-7448

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



## How to Have Meaningful Family Dinners

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