

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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Upcoming Events

February 2

Board Meeting

Google Meet, 8:00 pm



Calling all Volunteers for the TVDSA Walk for Down Syndrome

Planning for our annual **TVDSA Walk for Down Syndrome** (formerly the Buddy Walk) is underway and we are in desperate need of committed volunteers. The walk is an enormous undertaking and for it to be successful, we need people to help. We have specific areas that we need individuals to take charge of and if we are not able to fill these positions by February 15, we are concerned we will have to pare down certain parts of the celebration or, worse, not be able to hold the Walk for Down Syndrome at all in 2021 (This is, of course, provided COVID restrictions allow us to hold a walk).

These are the areas that we most need assistance in:

Sponsors

Responsibilities include:

- Emailing/ mailing out of sponsorship packets and follow up
- Collection of sponsorship donations
- Arranging plaques for sponsors
- Arranging signage/banners for sponsors
- Ensuring appropriate recognition of sponsors at the walk

Entertainment

Responsibilities include:

- Arranging entertainment at the beginning of the walk (e.g., hosts/emcees, music, clowns)
- Arranging entertainment at end of Walk (e.g., cheer squads, dance teams, speakers, musical guests, dancing, awards, president's speech)



- Arranging DJ
- Developing a script/timeline for entertainment
- Arranging games
- Arranging jump houses

Food Trucks

Responsibilities include:

- Contacting vendors
- Confirming and following up with vendors
- Day of arrangements—times, placement, parking, etc.

Raffle

Responsibilities include:

- Requesting donations of raffle items from local businesses
- Organizing items into baskets/prize lots
- Pre-sale of tickets (if feasible)
- Day-of ticket sales
- Day-of raffle organization/distribution of prizes

A lot of the work has started in these areas, we just need you to get us to the finish line. If you are interested in helping or know someone you think would be a good fit, please contact Barbara Hiler by February 15 at walk@idahodownsyndrome.org.

Individuals with Down Syndrome Should Get Vaccinated for COVID-19 Early, CDC Recommends wbur.org

The Centers for Disease Control and Prevention is recommending individuals with comorbidities get vaccinated from the coronavirus early, which now includes those with Down syndrome.

Back in December, the CDC added people with Down syndrome to its list of those at high risk from severe illness resulting from COVID-19, alongside the elderly and the obese.

People with Down syndrome aren't more likely to contract the coronavirus, but if they do, they have a greater risk of developing severe symptoms, says Joaquin Espinosa, executive director of the Linda Crnic Institute for Down Syndrome. The increased risk is linked to trisomy 21, the genetic disorder that causes Down syndrome.

People with Down syndrome who develop COVID-19 are four times more likely to be hospitalized and 10 times more likely to die from the disease, he says.

"The increased risk conferred by Down syndrome in terms of COVID-19 hospitalization and mortality is equivalent to adding 40 years to your birth certificate," he says. "Individuals with Down syndrome in their 40s and 50s are seeing rates of hospitalization and mortality similar to the general population in their 80s and 90s."

Those findings are based on data from

the United Kingdom published in the Annals of Internal Medicine, Espinosa says. Data from the National COVID Cohort Collaborative shows similar trends for Down syndrome patients who have contracted COVID-19 in the U.S.

"We also have many other scientific lines of evidence suggesting that individuals with Down syndrome [who contract COVID-19] are going into this hyperinflammation, this super response to the virus that would create a number of complications," he adds, referring to the cytokine storm immune response observed in some COVID-19 patients.

Espinosa says the Crnic Institute is working in collaboration with the Global Down Syndrome Foundation to ensure states give Down syndrome patients priority when it comes to vaccine distribution.

"I think the data is definitive to adopt the recommendation that individuals with Down syndrome be given priority," he says. "Now the work ahead is to ensure that the various states also adopt the CDC guidelines."

When can I get vaccinated?

Currently, Idaho plans to vaccinate high-risk individuals ages 16 to 64 starting in March or early April. These guidelines change, so check the [Idaho Coronavirus website](http://www.idahodownsyndrome.org) for updates.

Join Us for A Virtual Family Meeting

Our guest, Patrick Radel, is passionate about people with disabilities' rights and represents New York families in special education law matters.

Pat will discuss five common special education myths and help parents understand their rights.

We'll be live on Wednesday, Feb. 10, from 2:00–3:00 p.m. Mtn. Time.

Join us on [TVDSA's Facebook page](https://www.facebook.com/tvdsa).

The replay will be available on TVDSA's Facebook page.



Patrick G. Radel
Special Education Attorney

Celebrate WDSO 2021 with Us!

World Down Syndrome Day is coming up on Sunday, March 21, and sadly, we will not hold an in-person party this year.

To celebrate online, we want to take the opportunity to get to know our members better! Be on the lookout for emails with more details in the coming weeks.

Other ways to show your Down Syndrome pride for WDSO is to wear your crazy socks and to put up a TVDSA Yard Sign!

If you haven't purchased your Yard Sign yet, we still have them available for \$15 each on our website. Contact [Jennifer Rice](mailto:jenniferrice@idahodownsyndrome.org) for our \$10 discounted price for current TVDSA members.



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](https://www.idahodownsyndrome.org). You can contact us at membership@idahodownsyndrome.org to verify your membership status.

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 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

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idahodownsyndrome.org



Six Signs Your Child is Resilient understood.org

Español

Las personas suelen decir que los niños son resilientes. No obstante, la pandemia ha creado obstáculos que nunca antes habían tenido que enfrentar. Si su hijo está teniendo dificultades o se está atrasando en la escuela debido a la pandemia (o alguna otra razón), puede que a usted le preocupe que no pueda ponerse al día.

Muchos niños están teniendo dificultades en estos momentos, tanto en lo académico como en lo emocional. Algunos necesitarán tiempo y apoyo para recuperar algunas habilidades o aprender estrategias nuevas. Esto es especialmente cierto para los niños que piensan y aprenden de manera diferente. En muchos casos, el aprendizaje a distancia ha dificultado que los niños obtengan el mismo nivel de apoyo que recibían cuando las clases eran presenciales.

Pero la resiliencia no es acerca de ponerse al día o de “volver a la normalidad”. No significa ser positivos todo el tiempo o no molestarse nunca. La resiliencia es superar los contratiempos y aprender de ellos. Y los niños que piensan y aprenden de manera diferente tienen experiencia enfrentando desafíos y con tener que esforzarse para salir adelante.

Estas son seis señales de resiliencia en los niños.

1. Pedir ayuda
2. Reconocer sus fortalezas
3. Aprender de los contratiempos
4. Creer que las cosas mejorarán
5. Establecer metas
6. Retomar y volver a intentarlo

Lea el artículo completo en understand.org.

English

People say kids are resilient. But the pandemic has created hurdles that kids have never faced before. If your child is struggling or falling behind because of the pandemic (or for some other reason), you may worry that bouncing back will be difficult.

Lots of kids are having a hard time right now, both academically and emotionally. Some will need time and support to regain skills or learn new strategies. That's especially true for kids with learning and thinking differences. In many cases, distance learning has made it hard for kids to get the same level of support they get during in-person learning.

But resilience isn't about catching up or “getting back to normal.” It doesn't mean always being positive or never feeling upset. Resilience is about learning from setbacks and coming away from them with something positive. And kids who learn and think differently have experience with facing challenges and working hard to catch up.

Below are six signs of resilience in kids.

1. Asks for help
2. Recognizes strengths
3. Sees lessons in setbacks
4. Believes things will improve
5. Sets goals
6. Goes back and tries again

Read the full article at understood.org.

Board of Directors

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