

TVDSA NEWSLETTER



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Upcoming Events

March 21
World Down Syndrome Day!

April 13
Board Meeting
Google Meet, 8:00 pm

—CELEBRATE—

World Down Syndrome Day

World Down Syndrome Day is coming up and TVDSA wants to celebrate it by getting to know our members a little bit better! To celebrate, we'll post about our members on our social media accounts throughout 3/21.

If you'd like to be included, please **fill out our questionnaire** by March 12 and be sure to include a photo of you and your family.

We still have Down Syndrome Pride yard signs available. If you want a yard sign to put up for WDS, we have a member discount of \$10 each or \$15 for non-members. Just send an email to **membership@idahodownsyndrome.org** to get the member discount.

Thank you for all of your support, and don't forget to rock your crazy socks on 3/21!



A Message from the Board: Down Syndrome Diagnosis Information Act (DSDIA)

Hello TVDSA Members!

Recently, the three regional Down syndrome organizations of Idaho have collaborated to form the Idaho Down Syndrome Council (IDSC).

Our current collaborative project is working towards getting the Down Syndrome Diagnosis Information Act (DSDIA) passed in Idaho legislation.

The DSDIA is a piece of legislation that requires hospitals, physicians,

and other health professionals to provide written information at the time of diagnosis about Down syndrome, resources, and support groups to parents who have received a prenatal or postnatal diagnosis of Down syndrome for their baby.

If there are any questions or concerns, please don't hesitate to contact the Board at **board@idahodownsyndrome.org**.

Special Ed Myths Busted!

Have you heard that to be *included*, the student must meet grade-level standards?

That's a myth.

Our guest, New York special education attorney Patrick Radel helped us bust that myth and these other common special education myths:

- Parents are not “experts”
- We don't need to consider inclusion for every student
- A 1:1 paraprofessional is a “restrictive environment”
- This is only about students with disabilities

Tune in for the replay of our live show on **TVDSA's Facebook page**, and learn more about your educational rights.

The information shared is only for legal education and not as legal advice.

Please post any questions or comments you have.

Learn more about Patrick Radel and learn more about his advocacy, check out **his blog**, **contact him** directly, or go to his **Facebook page**.

TVDSA Walk for Down Syndrome Looking for Volunteers

While we have had a few people offer to volunteer this year, we are always looking for more help! If you are interested, let Barbara Hiler know at **walk@idahodownsyndrome.org**, so she can get you access to the TVDSA Walk for Down Syndrome Facebook site. The Walk group is keeping a close eye on the changing guidelines for COVID-19 and adjusting as needed. But for now,

the Walk is on, and we are hoping to get our route back from Capitol to Julia Davis Park.

If any individuals or businesses would like to be a sponsor, have a vendor table, or donate, email **walk@idahodownsyndrome.org** to get them on the list so emails and other mailings get out.



world down syndrome day



A Message to Our Best Buds

Best Buds, and all of our friends at TVDSA, we look forward to the days ahead when we can all spend time together and enjoy each other's company and friendship. I know everyone is getting bigger, and it will be fun to see how everyone has changed. I love that we share pictures and stories on our Facebook pages, and I know we will rebuild those bonds that we've had before and make new friends and of course have awesome adventures. So, hold on hopefully just a little bit longer, and rock those socks and chromosomes and be proud!

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.

Announcements from the National Down Syndrome Congress (NDSC)

2021 NDSC Convention

After much discussion between our Board of Directors, staff, and medical experts, and in response to the feedback that we received from our members through calls, emails, and surveys, we have made the decision to host the 2021 NDSC Convention virtually.

Although we will miss being together for the second year, the well-being of you and your family, our volunteers, vendors, sponsors, speakers, and our staff and Board, must be our first priority. Due to the uncertainty of the vaccine rollout timelines, individual states' vaccine prioritization of people with Down syndrome, and the many health-related and financial concerns our community is still facing, we believe the most responsible decision for the organization and our families is to provide a virtual experience in 2021.

Bringing resources to families is still our top priority. We are excited that our 2021 Virtual Event will be even more robust, interactive, and engaging than last year's successful "Convention from Your Couch," offering even more workshops and Deep Dive sessions. We are also exploring alternative formats that will provide members access to the essential resources and information

they are accustomed to receiving each year at the NDSC Convention.

It is important to note that the date for the 2021 Convention will move to June 21 to 26. We will continue to keep you updated as plans evolve and are finalized. Please look to our website at NDSCCenter.org, [NDSC social media sites](#), and your email inbox for updates and practical resources.

We look forward to gathering and celebrating 50 years of NDSC Conventions in New Orleans next year. In the meantime, we hope you will join us this June for the best online convention you will ever attend!" *

New Program

The National Down Syndrome Congress announces their new program, **Ages and Stages Resource Library and Webinar Series**.

"Ages & Stages is designed to support your family and individuals with Down syndrome across the lifespan.

Whether you are a new or expectant parent, preparing for your next IEP meeting, finding your way through the teenage years and beyond, or preparing for independent living, we've got you covered.

TVDSA's Library Ready for WDS

We know a lot of our members like to take the opportunity to talk with their friends, families, and peers during March to educate more people about World Down Syndrome Day. One of my favorite books to read to my daughter's class is the Elephant and Piggie book *Can I Play Too?* It's a great book for young children to start discussing what being a good friend looks like and how you can include people who might play or interact differently than you.

Remember, TVDSA has a lending library with lots of resources! Check out the full listing of all of our available titles at our [Libib site](#) and if there's something you'd like to borrow, just make sure your membership is current, and send an email to library@idahodownsyndrome.org.

During the month of March, our "librarian" will post some of her favorite books about Down syndrome, kindness, and inclusion on our social media sites—maybe one of them will pique your interest or help start a conversation with a friend, family member, or classmate!

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.



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

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

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. Si la resiliencia no puede medirse siempre por los resultados, ¿cómo darse cuenta si su hijo la tiene? 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 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**

English

People often 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. Kids who learn and think differently have experience with facing challenges and working hard to catch up. If you can't always judge resilience by results, how can you tell if your child has it? 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.