

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

## In this Issue

TVDSA In-Person Activity Update . . .	1
News from the Board . . . . .	1
TVDSA Upcoming Events . . . . .	1
Courageous Kids Climbing Upcoming Events . . . . .	2
Registration Open for NDSC 2021 Convention . . . . .	2
Facebook Show: Catch the Replay . .	2
Mission/Vision Statements. . . . .	2
Join TVDSA Today . . . . .	2
How to Deal with Sibling Rivalry . .	3
Board Information . . . . .	3

## TVDSA Upcoming Events

### May 4

#### **Board Meeting**

Google Meet, 8:00 pm

### June 1

#### **Board Meeting**

Google Meet, 8:00 pm

## TVDSA In-Person Activity Update

The TVDSA Board has been discussing our hopes of starting in-person activities. There are many things to consider—the mandates and restrictions in place on the government level, the safety of and risks for our TVDSA community, as well as the comfort level of our event organizers.

Our social group leaders will contact participants if and when events start to occur in their groups, but please be patient and understand that each group is different and some may be able to meet while others may not.

TVDSA is made up of volunteers giving their time and effort, and we cannot and will not ask any of our volunteers to do any activities they do not feel comfortable or safe doing. We are finalizing procedures for in-person activities and we ask that any person participating in an in-person TVDSA

event or activity comply with the final protocols.

To receive updates with the most recent information about your social groups, be sure that you are signed up to get email notifications on our website.

As a reminder, these are our current social groups:

- Lil Buddies (0–5 years)
- Best Buds (6–12 years)
- Cool Club (13–18 years)
- Adults In Motion (18+)
- Moms Night Out
- D.A.D.S.

If you have any questions, please contact the Board at [board@idahodownsyndrome.org](mailto:board@idahodownsyndrome.org).

*Stay Positive, Stay Healthy, Stay Safe.*

## News from the Board

### **TVDSA Annual Picnic**

The TVDSA Annual Picnic has been cancelled due to COVID restrictions still in place for large groups.

In lieu of that, we will still hold our annual mailing in June with the year summary and voting and this will be wrapped up with a giveaway. More details on the giveaway and how to participate will be forthcoming.

### **TVDSA Golf Tournament**

The TVDSA Golf Tournament has been canceled as well. Logistically it was too tough to pull off the way we had in the past with restrictions still in place. We are exploring a virtual golf tournament, but we are unsure what that will look like. Watch for additional updates to come.

### **Social Groups**

We really miss you all, and the weather is more beautiful each day. We are

*(continued on page 3)*



# Courageous Kids Climbing Upcoming Events

Courageous Kids Climbing has a free climbing event coming up in Boise on Sunday, May 16 from 10 am to noon.

The event will be held at the Wings Center at 1875 Century Way, Boise, ID 83709.

This is a free event for people between the ages of 3-months and 103-years with special needs, physical or developmental, to experience rock wall climbing. (To date, the oldest climber is 72!) Courageous Kids can accommodate anyone under 300-pounds, regardless of challenges!

At this point, there is one courageous climber signed up and still have room for another nineteen climbers.

A climbing schedule will come out as the event gets closer. Remember, reservations are required!

Find out more information about the event from their [website](#) or email [JeffRiechmann@cs.com](mailto:JeffRiechmann@cs.com).

To complete your registration and reserve a spot, make sure you complete the [registration packet](#).

If you cannot make this event, Courageous Kids Climbing will be back in Boise on September 11.

## Registration Open for the NDSC 2021 Convention

For decades, the National Down Syndrome Congress (NDSC) Convention has been the largest gathering in the world of people with Down syndrome, their families, and the professionals that serve the community.

This legacy continues at the NDSC 49<sup>th</sup> Annual Convention. The 2021 convention will feature the new CVENT event software that will put the entire convention in the palm of your hand or on your laptop—all on one platform. There is no need to download multiple apps or search emails for the link to attend the next workshop. This new platform will provide even more

attendees access all in one place!

The CVENT Attendee Hub allows registered attendees access to workshops, the NDSC Advocacy Training Boot Camp, the GLOBAL Research & Medical Care Roundtable, Virtual Visits, College Fair, the Virtual Exhibit Hall, Virtual Happy Hour, Plenary, the NDSC General Membership Meeting, and the 321 Zoom Dance!™ Party all with a single registration! There are no additional registration forms or RSVPs required. See all that is included in your registration by visiting the [NDSC Convention website](#).



## Facebook Show: Catch the Replay!

*“We never segregate the people we value.”*

So well said by our guest and self-advocate Bridget Brown on our recent Facebook show.

Come catch the replay on [TVDSA's Facebook page](#).

We chatted with Dr. Paula Kluth, an expert on inclusive practices, and also with Nancy and Bridget Brown from Butterflies For Change.

You'll get a sneak peek about an upcoming short online course starting in May with Dr. Kluth and Illume Learning!

Register for the course at [this link](#).

## 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.

## 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.

## News from the Board

(continued from page 1)

very close to easing into events as they make sense and can meet our requirements. Be on the lookout for more information for your respective groups via email and social media.

### Board of Directors

#### President

George Taylor

#### Vice President &

#### Community Outreach Chair

Charmaine Thaner

#### Secretary & Membership

Jen Rice

#### Treasurer & Spanish Contact

Lucy Olmos

### Contact Information

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Syndrome Association

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208-945-7448

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



## How to Deal With Sibling Rivalry

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

### Español

En cualquier familia con más de un hijo, probablemente los niños compitan por la atención de sus padres. Estas son algunas de las razones del porqué y cómo usted puede ayudar a mantener la paz.

#### 1. A mí me dan menos atención.

**Cómo surge:** Los niños que piensan y aprenden de manera diferente, por lo general, requieren más tiempo y atención de sus padres.

**Qué puede hacer:** Quizá usted no puede hacer que todo sea igual entre sus hijos, y de hecho no es necesario. Pero sí asegúrese de que los demás hijos también sean el centro de su atención. Dedíqueles tiempo uno-a-uno. Si uno de sus hijos obtiene buenas calificaciones o toca un instrumento en la banda de la escuela, asegúrese de estar presente y felicitarlo. Y si las cosas no están yendo tan bien para uno de sus hijos, aborde esa situación también.

#### 2. Las reglas no son justas.

**Cómo surge:** Quizás usted espera mucho del hijo que obtiene buenas calificaciones en la escuela y que siempre se porta bien. Sin embargo, usted acepta las bajas calificaciones y las conductas inapropiadas de su hijo que piensa y aprende de manera diferente.

**Qué puede hacer:** Asegúrese de que su hijo entienda las diferencias en la manera de pensar y aprender de su hermano o hermana y cómo esto afecta a los maestros, a los padres, a los hermanos y al niño en cuestión. Pero también, deje que sepan que usted ama a todos sus hijos sin importar cuáles son sus calificaciones o sus habilidades.

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

### English

Brothers and sisters sometimes resent a sibling with specific issues or struggles. Here are some common reasons why — and how you can help keep the peace.

#### 1. I get less attention.

**How it plays out:** Kids who learn and think differently often require more time and attention from parents.  
**What you can do:** You may not be able to make everything equal between your kids, nor is it necessary. But do be sure the other child gets time in the spotlight. Spend one-on-one time together. If the other child gets a good report card or tries out for the school band, be sure to offer praise for this achievement. And when things aren't going so well for that child, address those needs, too.

#### 2. The rules aren't fair.

**How it plays out:** You expect a lot from the child who gets good grades in school and always behaves well. But you accept lower grades and inappropriate behavior from your child who learns and thinks differently.  
**What you can do:** Make sure kids understand a brother or sister's struggles — and how these struggles affect teachers, parents, and siblings as well as themselves. But also let your child know that you love all of your kids, no matter what their grades or abilities are..

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