

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

## In this Issue

TVDSA Social Groups to Resume . . .	1
Albertsons Boise Open Returns . . . . .	1
Walk for Down Syndrome Update . . . . .	2
Best Buds Update . . . . .	2
Registration Open for NDSC 2021 Convention . . . . .	2
iCan Bike Registration Now Open . . . . .	2
Join TVDSA Today . . . . .	2
Mission/Vision Statements . . . . .	3
Why Kids Act Out . . . . .	3
Board Information . . . . .	3

## TVDSA Upcoming Events

June 1  
**Board Meeting**  
Google Meet, 8:00 pm



## TVDSA Social Groups to Resume

Hello all you social butterflies! TVDSA will finally resume our social group activities. Given the improvements in the state of the pandemic, TVDSA has decided to slowly resume the social group activities. Not all groups will start right away, but we are now prepared to begin that process.

We have set COVID-19 protocols to guide the gatherings. There will still be some limitations and specific rules to follow. Our #1 priority is the safety and health of our participants and staff, so please help us by complying with all guidance provided.

There will be more details to come, so check for updates on the **TVDSA website** and additional emails will follow.

Protocols and waivers will be found on **our site**, and you can follow up with your specific group leads for possible timelines on gatherings. We look forward to seeing you all!

One final reminder: you must be a current member to participate in all social groups, so now is the time to make sure your membership is up to date. If you have questions about membership or your membership status, email **membership@idahodownsyndrome.org**.

If you have any questions, please contact the Board at **board@idahodownsyndrome.org**.

*Stay Positive, Stay Healthy, Stay Safe.*

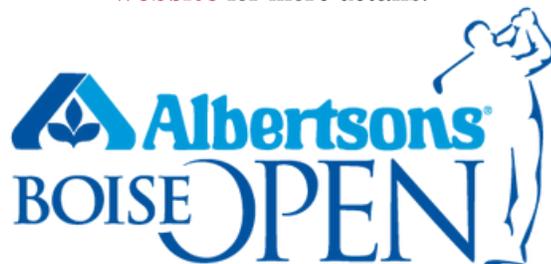
## Albertsons Boise Open Returns; Raise Money for TVDSA

TVDSA is excited to announce the return of the 32<sup>nd</sup> Annual Albertsons Boise Open this August 19–22, at Hillcrest Country Club! Thanks to Albertsons, 100% of all ticket sales will support local Boise charities!

TVDSA is participating again this year with a new, simplified format.

Go to **TVDSA's Boise Open** site to purchase tickets, and encourage your friends and family to do the same.

NEW this year, the tournament will feature three nights of exciting **CONCERTS AFTER GOLF** on Thursday, Friday and Saturday nights on the 18<sup>th</sup> hole at Hillcrest and concert admission is **INCLUDED** with each daily event ticket! Visit the **TVDSA website** for more details.



## Walk for Down Syndrome Update

Although certain COVID-19 restrictions are being lifted around us and throughout the community, the Walk for Down Syndrome Committee and TVDSA Board have decided to host a virtual this year to protect the safety and health of our members!

Although we won't all be gathered together, our Walk Committee is working extremely hard to bring a wonderful fundraiser to our community and families. We hope you understand, and will continue to support our Walk for Down Syndrome, and stay tuned for more info.

## Best Buds Update

Hello Best Buds! I'm excited to see everyone again very soon. We are going to have some awesome events this year.

I ask parents to take a minute to send me a text with your top three activities you've enjoyed in the past, as well as new events that you would like. My phone number is 208-794-8995.

Please join our **TVDSA Best Buds Facebook** page so you can learn about events and other information. We're always looking for more volunteers for TVDSA, so if you're interested let me know, and I will point you in the right direction. Hope to hear from all of you very soon.

Danielle Williams  
Best Buds coordinator

## iCan Bike 2021 Registration Now Open

iCan Bike 2021 will be held in Eastern Idaho again this year! This is a one-week bike camp that teaches individuals with disabilities to ride two-wheeled bicycles. Participants must be at least 8 years old, under 220 pounds, and have at least a 20-inch inseam.

The bike camp will run from Monday, July 5 to Friday, July 9 at Madison High School in Rexburg. Participants come for a 75 minute session each day (they come at the same time each day).

Sessions run from 9 am to 5:35 pm. There are only 35 spots, so don't wait! The camp is \$149 for registered members of EIDS and \$199 for all other participants.

**Register a participant** or **sign up to volunteer** for the bike camp or go to the **EIDS website** for more information.

## 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, June 21 to 26, 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. 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**.

## 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.



## 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.

## 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

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

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



## Why Kids Act Out

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

### Español

Los arrebatos de ira pueden parecer como si surgieran de la nada. Pero a menudo los niños se portan mal porque están teniendo dificultades con algo que no entienden o no saben cómo expresar con palabras.

Estas son razones comunes por las que los niños se portan mal:

1. **Ansiedad:** A menudo los niños se portan mal cuando se sienten ansiosos ante cambios importantes, como la llegada de un bebé a la casa o la muerte de un familiar. También pueden causar ansiedad cosas menores, como un examen o problemas con un amigo.
2. **Cambios en la rutina:** Los niños pueden reaccionar con enojo si no saben lo que está ocurriendo en ese momento o lo que sucederá después.
3. **Dificultad con el autocontrol:** Algunos niños se portan mal porque tienen dificultad para controlar sus impulsos. Esto obstaculiza seguir instrucciones.
4. **Problemas con una asignatura en la escuela:** Cuando los niños se niegan a hacer los deberes escolares, podría ser una manera de decir: “No sé cómo hacer esto”.

Los niños que se portan mal al final del día puede que hayan estado intentando ocultar sus dificultades mientras estaban en la escuela. Se portan mal para mostrar que tienen dificultades y no pueden encontrar las palabras adecuadas para decirlo.

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

### English

Angry outbursts may seem to come out of nowhere. But kids often act out because they're struggling with something they don't understand or know how to put into words.

Here are common reasons why kids act out:

1. **Anxiety:** Kids often act up when they're anxious about big changes, like a new baby at home or a death in the family. Smaller things can cause anxiety too, like a test or trouble with a friend.
2. **Changes in routine:** Kids may respond in anger if they feel like they don't know what's happening now or what will happen next.
3. **Trouble with self-control:** Some kids act out because they struggle to control their impulses. This makes it hard to follow directions.
4. **Trouble with a school subject:** When kids refuse to do schoolwork, that could be their way of saying “I don't know how to do this.”

Kids who act out at the end of the day may have spent the school day trying to hide their struggles. They act out to show they're struggling and can't find the right words to use.

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