

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## TVDSA Upcoming Events

### July 6

**Board Meeting**  
Canceled

### July 24

**AIM/Cool Club**  
Stephen Guerber Park, Eagle  
1:00 pm

### August 3

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

## TVDSA Summer Updates

### TVDSA Events

We are slowly bringing back in-person activities. Lil' Buddies had their first event in June, and we're thrilled to have AIM and Cool Club getting started this month. We're moving carefully and watching the ever-changing news on COVID-19.

We hope to keep expanding our events, but some of our larger events (the annual summer picnic and Trisomy 21 Golf Tournament) are canceled for this year, and the TVDSA Walk for Down Syndrome will be virtual. Watch for more information about the Walk over the next few months.

### Annual Letter

The annual president's letter, membership renewal, and board ballot

have been emailed and/or mailed. Please respond as soon as possible.

### Activities

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](mailto:membership@idahodownsyndrome.org).

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

*Stay Positive, Stay Healthy, Stay Safe.*

*TVDSA Board of Directors*

## Tickets Going Quick for Albertsons Boise Open

It's not too late to get your tickets for the Albertsons Boise Open, and support TVDSA! The 32<sup>nd</sup> Annual Albertsons Boise Open, August 19–22, will be held 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.

The tournament features three nights of exciting CONCERTS AFTER GOLF on Thursday and Friday nights (Saturday is sold out) 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.



# Social Groups

## Lil' Buddies

Hey, Lil' Buddies! We hope to see you soon at upcoming play dates and other activities!

We have missed you all so much and are excited to begin meeting again as safely as possible. Be sure to join our private **Lil' Buddies Facebook group**, or watch your email for upcoming events.

## Best Buds

Hello Best Buds! We are working to have some awesome events this year.

Please join our **TVDSA Best Buds Facebook** page so you can learn about events and other information. Also, take a moment to comment on the page to request some activities you'd like to participate in.

## Cool Club/Adults in Motion (AIM)

We are excited to announce that we are having a social get together! It's been over a year, you have been missed, and we are looking forward to celebrating in person!

We will be gathering at **Stephen Guerber Park**, Sunrise picnic shelter on **Saturday, July 24, 1-4 pm**. The park is located at 2200 E Hill Road, Eagle, Idaho. It has a splash pad and a playground.

Bring a towel, swimsuit (or clothes that can get wet) sunscreen and a chair if needed.

Because of COVID, please read through **TVDSA's safety protocols** and requirements for in-person activities. Before RSVP-ing, carefully review these protocols to ensure you understand and agree to abide by them at our gathering.

**RSVP IS REQUIRED**, and we will limit attendance to 26 total (participant and 1 guest). Due to safety precautions, drop-ins will NOT be permitted.

Remember, current TVDSA members are invited to attend our Lil Buddies activities and we will keep you posted regarding safety protocols. Please feel free to contact me at **[lilbuddies@idahodownsyndrome.org](mailto:lilbuddies@idahodownsyndrome.org)** if you have any questions. We cannot wait to play together again!

We will resume our activities in August!

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.

For more information about Best Buds, email **[bestbuds@idahodownsyndrome.org](mailto:bestbuds@idahodownsyndrome.org)**

**WHO:** Current TVDSA Cool Club and AIM participants and one guest (parent, staff or responsible adult).

**WHAT:** Chill gathering at the park with friends and a shaved ice treat from SNOWIE

**WHEN:** Saturday, July 24, 1 to 4 pm

**WHERE:** Stephen Guerber Park  
Sunrise picnic shelter  
2200 E Hill Rd  
Eagle, ID 83616

Contact Brenda Taylor at **[coolclub@idahodownsyndrome.org](mailto:coolclub@idahodownsyndrome.org)** or Kathy Brilz at **[aim@idahodownsyndrome.org](mailto:aim@idahodownsyndrome.org)** to RSVP by Wednesday, July 21, and they will reply to confirm your RSVP.

Activities are only open to current TVDSA members. If you need to renew your membership or check your membership status, please email **[membership@idahodownsyndrome.org](mailto:membership@idahodownsyndrome.org)**

## 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.

## McCall 4<sup>th</sup> of July Fun

**ICE SKATING:** Up to 15 people with special needs are encouraged to join us for a FREE ice-skating opportunity at the Manchester Ice and Events Center. This event will run from 11:00 am until noon. Reservations are required.

**FIREWORKS SHOW:** In partnership with the City of McCall Parks and Recreation Department, we will be setting up a FREE, ADA-compliant viewing area for the evening's fireworks show over Payette Lake. Set up will begin at 9:00 pm on the patio/overlook above the restrooms at Legacy Park – between the Hotel McCall and the lake. The fireworks show will start around 10:00 pm.

To reserve a spot for either event, register at **[courageouskidsclimbing@gmail.com](mailto:courageouskidsclimbing@gmail.com)**, and check out the **Courageous Kids Climbing Facebook page** 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.

## 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.

### 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)



## Summer Learning: How to Help Your Child Keep Skills Strong

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

### Español

A muchos niños les entusiasman las vacaciones de verano porque se liberan de las obligaciones escolares. No hay duda de que tener vacaciones los beneficia. Regresar a clases relajado y descansado favorece el aprendizaje.

Sin embargo, a muchas familias les preocupa que sus niños pierdan habilidades importantes durante el verano. (Algunas personas llaman a ese retroceso académico “summer slide”). Y hay quienes también se preocupan por el retroceso académico debido al COVID .

Estas son algunas maneras de ayudar a su hijo a seguir aprendiendo durante las vacaciones, sin privarse de la diversión.

- **Lectura de verano para niños que piensan y aprenden diferente**
- **Más allá de los libros: 6 cosas divertidas para leer**
- **12 aplicaciones y juegos educativos para los estudiantes de primaria durante el verano**
- **6 juegos y apps educativas para pre y adolescentes durante el verano**
- **Programas educativos de verano para niños que piensan y aprenden diferente**
- **7 objetos para practicar matemáticas que usted podría tener en casa**
- **Descargar: Cadena de fortalezas para su hijo**

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

### English

Lots of kids love summer vacation because they don't have to worry about schoolwork. And that's a good thing. When kids go back to school relaxed and well rested, they're better equipped to learn.

But lots of families worry about their kids losing important skills over summer break. Some people call this the “summer slide.” And some may be concerned about the COVID slide, too.

Here are some ways to help your child keep learning over the summer — without sacrificing the fun.

- **Summer reading for kids who learn and think differently**
- **Beyond Books: 6 Fun Things for Kids to Read**
- **12 summer learning apps and games for grade-schoolers**
- **6 summer learning apps and games for tweens and teens**
- **Summer learning programs for kids who learn and think differently**
- **7 Math Tools for Grade-Schoolers You Can Find at Home**
- **Strengths chain: Hands-on activity to help kids identify their strengths**

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