

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## TVDSA Upcoming Events

### November 9

#### **Board Meeting**

Google Meet, 8:00 pm

### December 3

#### **Best Buds**

Flying M, Caldwell, ID  
6:30 pm

### December 4

#### **Lil' Buddies**

Indian Creek Plaza, Caldwell, ID  
5:30 pm

### December 4

#### **AIM/Cool Club**

The Village, Meridian, ID  
10:00 am

## 2021 Walk for Down Syndrome Winners

Congratulations to the TVDSA Walk for Down Syndrome Winners!

**Top Fundraising Team:**  
Charlotte's Web

**Largest Team:** Angels for Life

**Best Team Photo:**  
Chuckles and Meatloaf

**Most Creative Team Theme:**  
Maverick Football

**Most Creative Walk Destination:**  
Chuckles and Meatloaf

**Best Team Photo Including a Four-Footed Friend:**  
Charlotte's Web

**Best Team Photo with Youngest "Walker":**  
Angels for Life

Thank you to everyone who donated and helped raise money this year! With your help, we raised \$6,277 for TVDSA!

### **Thank You to the Walk Committee**

A huge thanks goes out to the hard work done by the Walk committee:

- Angela Cochems
- Jen Rice
- Danielle Smith
- Charmaine Thaner
- Julie McConnel
- Barbara Hiller

The committee has gone above and beyond to make the Walk virtual and successful.

The committee is happy to welcome new members for 2022 and hope our Walk for Down Syndrome will be in-person again. If you have ideas for next years walk, we'd love to have you as part of the committee.

Look for the call for volunteers in 2022 or email [walk@idahodownsyndrome.com](mailto:walk@idahodownsyndrome.com).



# Social Groups

## Lil' Buddies

Our Lil' Buddies will meet at Indian Creek Plaza on Saturday, December 4 at 5:30 for some sweet treats and a stroll through the holiday lights at Indian Creek Plaza at 120 S Kimball Ave. in Caldwell.

If you haven't been to visit the lights at Indian Creek, you are in for a treat! From the lighted tunnels to the fire breathing dragon to the spectacular ice skating ribbon, Indian Creek Plaza is so worth the drive to Caldwell! So we hope you bundle up the family and

come meet us for a fun time to get into the holiday spirit!

RSVP is required for this event. Please RSVP directly to Julie at [j.mcconnel@idahodownsyndrome.org](mailto:j.mcconnel@idahodownsyndrome.org) by December 1 and let me know how many people will be in your party.

Please review the **guidelines for TVDSA social group activities and event RSVP** from the TVDSA website.

TVDSA's COVID waiver can be filled out and signed up to 48 hours before the event.

**Lil' Buddies or Best Buds are welcome to attend either of the holiday light events. Please choose the date that works best for you and respond to the appropriate group coordinator.**

## Best Buds

The Best Buds Christmas party will be held December 3, 6:30 pm to 8 pm. We will meet outside the Flying M coffee house in Caldwell (724 Arthur St).

We will have every one sign in when they arrive, each person will be assigned a number and we will draw numbers for prizes.

Each child with Down syndrome will receive a gift from Santa. Siblings will receive a smaller treat from Santa. There will be treats for everyone, so please keep our event to your

immediate family/caregivers and dress warmly.

After we visit with Santa and get our snacks, we will walk around and look at all the beautiful lights in downtown Caldwell.

RSVP is required, as well as signed waiver, for this event on December 1 or 2. Please review the **guidelines for TVDSA social group activities and event RSVP** from the TVDSA website. Please be on time so you don't miss any of the fun!

If you have any questions, call Danielle at 208-794-8995.

## Cool Club/ Adults in Motion (AIM)

Join Adults in Motion and Cool Club in a fun filled morning to celebrate the holidays.

We will meet at The Village at Meridian by the fountain at 10:00 am to 11:30 am on Saturday, December 4. We will have a Snowman Scavenger hunt, letters to Santa and prizes for participants. Please dress warmly.

Please click [here](#) to see TVDSA's COVID-19 safety protocols and requirements for in-person activities.

Before you RSVP, carefully review these protocols to ensure you understand and agree to abide by them

at our gathering. **RSVP IS REQUIRED** and we will be limited to 30 total (participant and 1 guest). Due to safety precautions, drop-ins will NOT be permitted.

Please RSVP by Wednesday, December 1 by only using the online event registration for Cool Club or AIM from the **TVDSA's program page**.

The COVID waiver for Cool Club or AIM required by TVDSA will also need to be completed on or after December 2. This needs to be completed for every adult.

Contact **Brenda Taylor** or **Kathy Brilz** with questions.

## Road Map through Adulthood Conference

Saturday, November 13, 2021

8:00 am to 5:30 pm

EIDS Office at 1675 S Woodruff Ave, Idaho Falls

We are excited to offer our first conference focused on our adults with disabilities. We will have speakers throughout the day covering several different topics such as the transition out of high school, SSI, guardianship, conservatorship, adult services in Idaho, certified family home, supported living, mental health, and other Idaho/national resources.

This conference is for any parent or caregiver that has a 16 year or older person with a disability they care for daily. It is for parents and caregivers only.

A continental breakfast, a snack, and lunch will be provided. If you have specific dietary needs, please bring your own food and snacks.

The conference costs \$40 for one person and includes a resource binder or \$60 for two people that will share one binder. Register [here](#).

If you have any questions please email us at [info@easternidahodownsyndrome.org](mailto:info@easternidahodownsyndrome.org)

## Idaho Parents Unlimited (IPUL) Monthly Training— Children's Developmental Disabilities Services in Idaho

### Webinar

**November 17, 2021, 6:30 pm MST**  
(Click here to register.)

Join IPUL for a conversation about Children's Developmental Disabilities Services in Idaho. We'll be covering topics like the Katie Beckett Waiver, Traditional vs Family Directed Services, Allowable Expenses, and more.

## 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

### Secretary & Membership

Jen Rice

### Treasurer & Spanish Contact

Lucy Olmos

### Programs Chair

Kristie Oakes

## Contact Information

Treasure Valley Down  
Syndrome Association

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

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



## How to Have Meaningful Family Dinners

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



### Español

Las familias de hoy están más ocupadas que nunca. Cada uno tiene diferentes horarios y, entre el trabajo y cuidar a los niños, usted podría sentirse que no tiene el tiempo ni la energía para sentarse a comer en familia.

Tener a un hijo con dificultades de aprendizaje y de atención puede hacer parecer las cenas familiares incluso más complicadas. Sin embargo, hay beneficios reales al sentarse a cenar en familia y también hay maneras de que este proceso sea más fácil.

### Por qué las Cenas Familiares Son Importantes

Los estudios muestran que los niños que tienen cenas familiares regularmente tienen promedios más altos en la escuela y mejor autoestima. Las cenas familiares regulares podrían también estar vinculadas a índices menores de abuso de drogas, depresión y embarazo en la adolescencia.

Comer juntos puede ser particularmente muy bueno para los niños con dificultades de aprendizaje y de atención. Al alejarlos de distracciones como los juegos de video, las cenas familiares podrían ayudar a que se enfoquen en la comida y en las conversaciones durante la cena.

Además, si los niños tienen dificultades con las tareas de la escuela, las cenas familiares podrían ser un descanso para ellos.

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

### English

Families today are busier than ever. Everyone's on a different schedule. And between work and taking care of the kids, you may feel you don't have the time or energy for a sit-down family dinner.

Having a child with learning and thinking differences can make family dinners seem even harder. But there are real benefits to sitting down to dinner as a family. And there are ways to make the process easier.

### Why Family Dinners Are Important

Studies show that kids who have regular family dinners have higher grade point averages and more self-esteem. Regular family dinners might also be linked with lower rates of drug abuse, depression and teenage pregnancy.

Eating together can be especially beneficial for kids with learning and thinking differences. By taking them away from distractions like video games, family dinner may help them focus on the meal and dinner conversation. And if they struggle with homework, regular dinners can be a welcome break.

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