

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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TVDSA Upcoming Events

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

December 7

Board Meeting

Google Meet, 7:30 pm

Remember TVDSA for Year-End Giving

After all the Thanksgiving events, Black Friday and Cyber Monday hustle and bustle, it is time to give back.

This year we are fundraising to raise awareness and support our programs.

Check out **our donation website** to donate, you can contribute to the organization at any amount.

Other Ways to Give

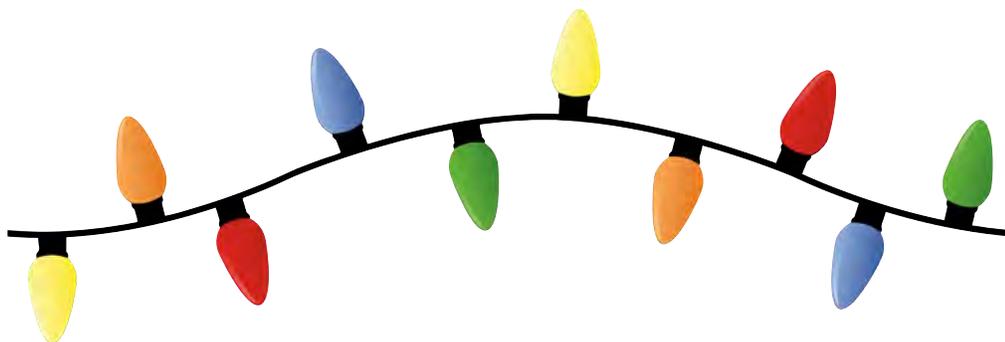
As we work on our holiday shopping, keep TVDSA in mind! You can help TVDSA earn donations by shopping with AmazonSmile and Fred Meyer Community Rewards.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to TVDSA. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Click the image below to sign up, then start shopping!



With Fred Meyer Community Rewards, link your Fred Meyer Rewards Card to TVDSA, and when you shop, you earn a donation from Fred Meyer to TVDSA. Click the image below for more information.



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 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 to 8 pm. We will meet outside the Flying M coffee house in Caldwell (724 Arthur St) for check in.

Santa and Mrs. Claus will be there for pictures and free give giveaways!

After we visit Santa, families will receive a gift card to Flying M. We will walk around and look at all the beautiful lights in downtown Caldwell.

Wagons, strollers, and warm clothing are recommended.

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.

Notes from the Board

TVDSA Needs Your Help!

TVDSA is looking for members to serve on our board. For TVDSA continue our tradition of fantastic programs for people with Down syndrome and their families, we need additional board members to assist with projects, especially a Programs Chair. The board meets monthly via Google Meets.

If this sounds like something you would be interested in, please contact Jennifer Rice at secretary@idahodownsyndrome.org for more information.

COVID Protocols

As TVDSA continues to come back together for events and programs, please remember to review our **TVDSA COVID Protocols** for in-person activities. These protocols will help our members stay healthy and safe, and will ensure we can keep planning activities for us to come together.

Merry Christmas, Happy New Year, and we hope to see everyone more in 2022.

Idaho Parents Unlimited (IPUL) Monthly Training— Dispute Resolution Services for Special Education

Webinar
December 15, 2021, 6:30 pm MST
(Click here to register.)

Join IPUL for a discussion of dispute resolution services for special education in the state of Idaho. We will discuss reasons why dispute resolution may be needed, options for resolving conflicts, and rights and responsibilities.

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 to verify your membership status.

Board of Directors

President

George Taylor

Secretary & Membership

Jen Rice

Treasurer & Spanish Contact

Lucy Olmos

Contact Information

Treasure Valley Down Syndrome Association

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idahodownsyndrome.org



How to Make the Holidays More Fun for Your Child

understood.org



Español

Las tradiciones familiares pueden añadir mucha alegría y significado a las celebraciones de fin de año. Pero algunas de las actividades que usted disfruta puede que no sean apropiadas para su hijo que piensa y aprende de manera diferente.

Si su hijo tiene diferencias con el procesamiento sensorial, tomarse una foto con Santa podría ser estresante. Si tiene TDAH, estar presente en el desfile navideño podría ser complicado.

La idea de que sus tradiciones de tanto tiempo no sean adecuadas para su hijo puede ser desalentador, pero usted no tiene que renunciar a ellas totalmente. Piense si puede reinventarlas para que se adapten a toda la familia.

¿Cómo puede lograr que su hijo quiera tener esa experiencia año tras año? Estas son algunas preguntas que puede hacerse:

- ¿Qué actividades podrían **desarrollar las destrezas** de su hijo y sus intereses?
- ¿Hay actividades que debería evitar, ya que podrían dirigir la atención a sus desafíos?
- ¿Por qué es importante esta tradición? ¿Qué partes son las más importantes y qué cambios puedo hacer para preservarlas?
- Pregunte a su hijo: “¿Qué es lo que te gusta de esta tradición? ¿Qué es lo que no te gusta? ¿Qué podría mejorarla?”

Lea el artículo completo en understand.org.

English

The holidays can be hard for kids who learn and think differently. Things that are supposed to be fun — special holiday meals, chitchat with friends and relatives — can be stressful. There may be unspoken (or even spoken) comparisons to other kids. All these demands can lead to behavior problems.

One way to avoid problem behavior is by planning for holiday challenges ahead of time. With these worksheets, you and your child can do that together.

The worksheets list common holiday challenges. One worksheet has challenges your child may face in a typical year. The other worksheet has challenges of the 2021 holiday season due to the continuing coronavirus pandemic.

Choose one worksheet. Then work with your child to mark off the challenges that apply — or come up with different things that are hard during the holidays. Then fill out the chart for each challenge.

You may have to help your child come up with strategies. For ideas, explore tips to help with:

- **Gift exchanges**
- **Social situations** (may not apply to the 2021 holiday season)
- **Food sensitivities**
- **Restrictive clothing**
- **Cabin fever**
- **Understanding and joining holiday traditions**

Read the full article at understood.org.