

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

## In this Issue

TVDSA is Looking for Volunteers! .	1
Social Groups .....	2
COVID Protocols.....	2
Park Passes .....	2
IPUL Monthly Training: Positive Behavior Interventions and Support .....	2
Miss Amazing .....	2
Mission/Vision Statements.....	3
Join TVDSA Today.....	3
Ten Free Ways to Relax and Bond with Your Child .....	3
Board Information .....	3

## TVDSA Upcoming Events

### February 1

#### **Board Meeting**

Google Meet, 7:30 pm

### February 12

#### **Best Buds**

Eagle Island State Park, Eagle, ID  
Time TBD

## TVDSA is Looking for Volunteers

TVDSA has always been a volunteer-run organization. Right now we need our community's help to keep TVDSA up and running. We need people dedicated to the TVDSA mission of advocating for the inclusion, respect, dignity, and appropriate supports for individuals with Down syndrome. We need you!

If you are interested in any of the following positions or would like more information, please contact Jennifer Rice at [secretary@idahodownsyndrome.org](mailto:secretary@idahodownsyndrome.org).

### **Volunteer Positions Available**

#### **Lil' Buddies Organizer**

The Lil' Buddies program is our social group for children ages 0–5 and their families. Your main responsibility would be planning age-appropriate social activities for the group, as often as you like. Past activities have included home playdates, meetings at the park, and swim time at the pool. The perk of being the organizer is you can plan everything around your own schedule!

#### **Annual Walk for Down Syndrome Organizer**

TVDSA's annual Walk for Down Syndrome (formerly the Buddy

Walk) is our largest fundraiser and a wonderful event bringing together our Down syndrome community and celebrating our loved ones. We need someone with great organizational skills to lead our dedicated Walk committee. There is a timeline and a checklist of tasks to follow and the Board will be there to help you every step of the way.

#### **Programs Coordinator**

Our Programs Chair oversees all of our social programs, including Lil Buddies, Best Buds, Cool Club, and Adults In Motion. Your responsibilities would include making sure program chairs are fulfilling their duties, adhering to their established budget, and have the resources, tools, and volunteers that they need to be successful.

#### **Vice-President (Board Position)**

The Vice-President serves as a member of the TVDSA Board and assists the President when necessary. The Board meets virtually on the first Tuesday of every month to discuss and vote on organizational matters.

If you've ever wondered how you can make a difference in your community, please consider volunteering with TVDSA!

# Social Groups

## Best Buds

Bundle up!

Best Buds are going Tubing!

**When:** February 12

**Where:** Gateway Park 165 S. Eagle Island Pkwy Eagle Idaho 83616.

**Time:** TBD.

Updates will be given to those who RSVP and are on Best Buds Facebook page. Participants and adults will be required to wear masks and follow our current COVID protocols.

RSVP with these three steps

1. RSVP by TEXT to 208-794-8995. Include the name of the person who has Down syndrome and who will assist them.

2. RSVP on TVDSA's site
3. No more than two days before the event sign the COVID-19 waiver.

The rules are here to keep everyone safe, so please don't be a party pooper. We are limited to 50 people per event so there will be a cut off. RSVP in ASAP to reserve your place.

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



## Cool Club/ Adults in Motion (AIM)

Greetings all!

We hope you and your families are staying healthy.

At this time Brenda and Kathy have made the decision to post pone the in-person gathering of AIM and Cool Club. We are heartbroken to have

to wait to see you all back in person again. However, keeping everyone and their families safe is our priority.

We will reevaluate monthly and keep you updated in the newsletter.

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

## Miss Amazing Idaho Pageant

**April 3-4, 2022**  
**Nampa Civic Center**  
**Nampa, Idaho**



Registration is open now; the deadline to register is March 1.

Register by February 15 for a chance to win a Human Bean Gift Card and Miss Amazing Hoodie, a \$60 value! If you have already registered, you are already entered to win!

Miss Amazing events celebrate the abilities of girls and women with

disabilities. Miss Amazing serves as a platform for girls and women with disabilities to make new friends, develop life skills, and dispel commonly held myths about their value and potential. To learn more, go to the **Idaho Miss Amazing website.**

## 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.

## Park Passes

Did you know that people with disabilities qualify for free parking passes at National and Idaho State parks?

TVDSA sometimes has events at state parks (like the Best Buds event this month at Eagle Island State Park), and having the pass makes it easier, cheaper, and quicker to get into the park for the fun to begin.

Find out more information at the websites below:

- **Idaho State Parks Passport**
- **Federal Recreational Lands Passes**

## Idaho Parents Unlimited (IPUL) Monthly Training—

**Positive Behavior Interventions and Supports**

**Webinar**

**February 8, 2022, 12:30 pm MST**  
**(Click here to register.)**

We'll cover:

- When sticker charts just never worked.
- What happens when a child has an incident at school?
- Functional Behavioral Assessments
- And your questions!



## 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

## Contact Information

Treasure Valley Down  
Syndrome Association

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

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



## Ten Free Ways to Relax and Bond with Your Child

**understood.org**

### Español

A veces es difícil enfocarse en las alegrías de ser padres, especialmente cuando se es padre de un niño que piensa y aprende de manera diferente. Pero es importante encontrar tiempo para divertirse juntos. Ponga en práctica estas ideas para relajarse y estrechar el vínculo con su hijo.

#### 1. Comuníquese diariamente.

Encuentre tiempo para celebrar diariamente las habilidades no académicas de su hijo, sus logros y cualidades.

#### 2. Lean juntos.

Leer un cuento con su hijo puede ser muy divertido. Permítale que elija el libro, ya sea impreso, electrónico o un audiolibro para leerlo juntos o para que usted se lo lea. El argumento y cuán largo sea el libro no es tan importante como el tiempo que pasen juntos.

#### 3. Hagan ejercicio.

Hacer ejercicio con regularidad no solo reduce el estrés, también mejora el estado de ánimo y es bueno para la salud. Establezca un horario para caminar, nadar, montar en bicicleta o hacer deportes. También podrían tomar una clase de algún deporte juntos.

#### 4. Cocinen juntos.

Cocinar una comida nutritiva proporciona energía a nuestros cuerpos y cerebros. Incluir a los niños en su preparación ¡podría hacer que se entusiasmen en sentarse a cenar!

#### 5. Planee salidas juntos.

Túrnense para planear salidas mensuales solamente ustedes dos. Organizar y participar en el plan propuesto por cada uno puede ser muy placentero para ambos, sobretodo si el énfasis está puesto en lo que al otro le gustaría hacer.

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

### English

Day-to-day stresses can make it hard to find time to have fun together — but it's important for every member of the family. Try these free and easy ideas for relaxing and bonding with your child.

#### 1. Connect daily.

Take time out every day to connect with your child. Keep it positive and focus on non-academic skills, accomplishments, or qualities.

#### 2. Read together.

It can be fun to share a story with your child. Let kids choose a print, digital, or audiobook for the two of you to read together or that you can read aloud. The content and length of the book aren't as important as the shared time.

#### 3. Break a sweat.

Regular exercise reduces stress, plus it can also improve moods and make hearts healthier. Set a regular time to walk, hike, swim, ride bikes, or play sports. Let your child choose the activity and keep it fun.

#### 4. Cook up a good time.

Nutritious food fuels our brains and our bodies. Getting kids involved in preparation might even make them excited to sit down to dinner!

#### 5. Plan dates.

Take turns planning monthly dates. Look online for information about free local events. Arranging and experiencing each other's plans can feel great for both of you, especially if you focus on what the other might really enjoy.

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