

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

In this Issue

TVDSA Welcomes New Board Members and Social Group Leader .	1
Social Groups	2
Social Group Attendance Policy and Membership	2
Register for the NDSC Convention .	2
IPUL Monthly Training: IEP Roadmap	2
Idaho Gives 2022 Almost Here	3
DSDIA Now Law	3
Membership Directory Coming	3
From the Board.	3
Mission/Vision Statements.	4
Join TVDSA Today.	4
The IEP Meeting: An Overview.	4
Board Information	4

TVDSA Upcoming Events

April 5

Board Meeting

Google Meet, 7:30 pm

April 14

Lil' Buddies

Ann Morrison Park, Boise

10:30 am

April 22

Best Buds

Pojos, Boise

5:30 pm

April 23

AIM/Cool Club

Westy's Garden Lanes, Boise

2:00 pm

TVDSA Welcomes New Board Members and a Social Group Leader!

TVDSA is excited to announce our new volunteer leaders, Vice President Perrine Blakley, Member Programs Coordinator Angela Cochems, and Lil' Buddies Coordinator Tove Bracilano.

Perrine Blakley is our new Vice-President. She'll join the Board for our monthly meetings and we're excited to have her on board.

Perrine Blakley is a mother of two children: Isaac who is seven with Down syndrome, and Caroline who is five. She was raised in Honolulu, Hawaii and moved to the mainland to attend college at the University of San Francisco where she majored in English Writing and met her husband, Jason. She and Jason then worked as owner-operators of a "boutique motel" in South Lake Tahoe, California before moving to South Bend, Indiana for graduate school where she graduated with a Master of Nonprofit Administration degree. In 2014, they moved to Boise, Jason's hometown, and shortly thereafter Isaac was born. They have been members of TVDSA ever since. Perrine works as Senior Director of Development in the College of Business and Economics at Boise State University where she is a major gift fundraiser. She enjoys the outdoors, cooking, and snuggling the family's two-year-old English Cream Retriever, Maisie.

Angela Cochems is our new Member Programs Coordinator and will serve on the board. She'll help by overseeing all of our social programs and making

sure our social leads have everything they need to succeed.

Angela Cochems is excited to take on the role of Programs coordinator for TVDSA. She is a former IT analyst who now is a full time at home Mom to her three sons. She currently volunteers as the lead event coordinator for her neighborhood HOA and along side her husband Rob Cochems has volunteered in other capacities for TVDSA over the last six years. She looks forward supporting and expanding TVDSA's social programs.

Tove Bracilano is taking over Lil' Buddies and will plan group activities for our youngest members.

Tove is very excited to be the new Lil' Buddies coordinator this year!

She is mom to 2-year-old Noah, her sweet busy, curious, social butterfly who is music and animal obsessed and also a huge lover of books and sign language!

She was born and raised in Washington state and moved with Noah and his dad to Boise in 2020 so that her parents could dote on and spoil their first grandchild face to face.

After 2 years of stay at home mom and pandemic baby life, she is ready to get out and explore the area with some new friends!

I look forward to meeting you all and please reach out anytime with event requests, scheduling concerns or any questions and I'll do my best to plan some fun!

Social Groups

Lil' Buddies

Let's do some **Music and Movement** with the Boise Main Library! staff at Ann Morrison Park on Thursday, April 14 at 10:30 am. This program is designed for children ages 0–5 and their caregivers. It is sure to get you moving and grooving with your whole body!

This program is located near the **Old Timer's Shelter**.

As this is the Boise Public Library's program, we will follow their protocols. Masks are not required at this time, but attendees are encouraged to bring

a blanket to help socially distance. Storytime attendees will be expected to follow current

City of Boise health and safety guidelines.

If the weather is nice enough, we'll hang out after Music and Movement and have some fun with bubbles and snacks! Come and enjoy some (hopefully) beautiful spring weather and meet our new Lil' Buddies organizer, Tove Bracilano. Please **RSVP by April 11.**



Best Buds

Join Best Buds at Pojos Family Fun Center for an Easter party and treats on Friday, April 22 at 5:30 pm!

Each child with Down syndrome and one guest will receive:

- 2 Slices of Pizza
- Refillable Soft Drinks
- 20 Game Tokens
- 2 Hours of Unlimited Rides on Bumper Cars and/or Carousel

If you would like to bring an extra guest and get the same package deal, it will be \$13 for each additional person payable at the beginning of the event. Please have exact change or a check made out to TVDSA.

To get our group discount, we need our participants to wear a TVDSA or Buddy Walk t-shirt — if you do not have a TVDSA shirt you can make one!

Please RSVP by April 20 by texting Danielle Williams at 208-794-8995. Just text the first and last name of the participant with DS and the # of people coming (Please let me know if you think you'll want additional wristbands). You will receive a link to RSVP online with the official TVDSA website. Happy Easter and hope to see lots of our Best Buds there!



Cool Club/Adults in Motion (AIM)

Strike up some fun and have a ball at the Cool Club and AIM bowling party! We will bowl at Westy's Garden Lanes on Saturday, April 23 at 2:00 pm.

TVDSA will pay for two games of bowling and shoe rental for those with



Down syndrome and one guest. There will also be snacks and drinks.

This is one of our favorite activities so let us know if you can spare the time.

Please **RSVP** by Wednesday, April 20 by using the online event registration for Cool Club or AIM from the TVDSA's program page.

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

Social Group Attendance Policy and Membership

TVDSA no longer requires a health waiver to be filled out or temperature checks. We also no longer have restrictions requiring masks or limiting attendance. We will still have PPE available to those who still choose to use it and will encourage distancing as appropriate.

Activities are only open to current TVDSA members. If you need to renew your membership using the **TVDSA Membership Form** or check your membership status, please email membership@idahodownsyndrome.org.

Register for the NDSCS Annual Convention

The NDSCS 50th Annual Convention will be held June 23–26, 2022 in New Orleans.

Registration is now open for early-bird registration until April 11 and online registration closes June 1.

There are tons of informative sessions to attend and the event is fun for the whole family.

Remember, active TVDSA members are eligible to receive a grant of up to \$500 per membership to attend. Contact us for more information.



Idaho Parents Unlimited (IPUL) Monthly Training—IEP Roadmap

Webinar

April 19, 2022, 12:30 pm MST
([Click here to register.](#))

Participants will be taken on a tour of Special Education using Idaho's Individualized Education Program (IEP) as the map, and IPUL staff as their guides.

Idaho Gives 2022 Is Almost Here!

TVDSA will participate in Idaho Gives 2022 on May 2–5. This is a state-wide giving event to raise funds and awareness for TVDSA.

We need individuals interested in being a peer fundraiser. We are also interested in talking to anyone who has family or friends who live in Europe or Africa. Please contact George at president@idahodownsyndrome.org.



DSDIA is Now Law

TVDSA is proud to announce that through our partnership with **Idaho Down Syndrome Council** (IDSC), Bill 1270 (DSDIA) was signed into Idaho law on March 21, World Down Syndrome Day. The law takes effect July 1, 2022. The DSDIA passage is the culmination of two years work on the part of IDSC, and we are proud to be a part of that.

DSDIA ensures parents receive up-to-date, fact-based information regarding Down syndrome at the time of diagnosis. This is a crucial step to a wider goal of better education of Idaho

healthcare providers regarding the proper delivery of diagnosis information for a positive and uplifting result.

IDSC is a group that was formed with the purpose of unifying resources and raising Down syndrome awareness across the entire state of Idaho. IDSC founding members include TVDSA as well as our friends at Eastern Idaho Down Syndrome Family Connect (EIDS) and Down Syndrome Connections Northwest (DS Connections).

Member Directory Coming

There is currently a project in work to create a TVDSA Member Directory. This will be an *opt-in* directory where current members will give their consent for information to be shared.

TVDSA member and former Board President, Kristie Oakes, will develop a directory for current TVDSA members to ensure they have access to one another.

Friendship is very important to everyone, and peers are the best way to form lasting relationships. By giving access to their contact information, along with the age of the individual(s) with Down syndrome to our current members, we can provide them with the information necessary to achieve these friendships.

There will be more information available as this project progresses and the first step will be the opt-in form. If you are not currently a member you can join online.



From the Board

We are busy springing into good weather and fun activities coming up for 2022. We're so excited to see more of our members, friends, and families. Read below for some updates for what is going on with TVDSA now and in the next few months.

COVID Requirements Update

TVDSA is happy to announce we have made considerable changes to our protocols moving forward. We still require sanitation procedures and will encourage healthy environment habits.

Generally speaking, we are changing to an "enhanced normal" status.

This means that most of the requirements have been lifted, however, please be mindful of good hygiene habits and personal space. Some participants may still choose to use PPE and distance.

Respect others choices and be kind.

Communication Preferences

TVDSA has many topics for communication. To make sure you only get the information that you want, you can verify/update your communication preferences using our **Stay in the Loop** form on the TVDSA website.

Let us know if you have any questions.

TVDSA Walk For Down Syndrome

TVDSA is happy to announce we will hold an in-person walk for 2022.

We are working on some additional details and will be looking for volunteers soon.

Check the website and future communications for updates. If you are not sure you are on the correct email lists, you can update your communication preferences using the **Stay in the Loop** form.

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

Vice President

Perrine Blakley

Secretary & Membership

Jen Rice

Treasurer & Spanish Contact

Lucy Olmos

Members Programs Coordinator

Angela Cochems

Contact Information

Treasure Valley Down
Syndrome Association

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

idahodownsyndrome.org



The IEP meeting: An overview understood.org

Español

El propósito de una reunión del IEP es discutir, desarrollar y revisar el IEP de un estudiante.

Las escuelas están obligadas a organizar una reunión del IEP anualmente para revisar el progreso del estudiante.

Sin embargo, los padres pueden solicitar una reunión del IEP en cualquier momento para tratar asuntos específicos:

La reunión del IEP es una de las partes más importantes del proceso de educación especial. En esta reunión, el personal de la escuela y los padres se reúnen para discutir, desarrollar y revisar el IEP del estudiante. Se aseguran de que el IEP satisfaga sus necesidades.

Existen reglas para las reuniones del IEP sobre quiénes pueden participar y qué sucede en ellas. La mejor manera de entender estas reglas es recordar el propósito de la reunión. Se trata de un esfuerzo conjunto entre la escuela y los padres para planificar la educación especial de un estudiante.

Lea el artículo completo en understand.org.

English

The purpose of an IEP meeting is to discuss, develop, and review a student's IEP.

Schools are required to hold an annual IEP meeting each year to look at a student's progress.

However, parents can request an IEP meeting at any time for specific issues.

The IEP meeting is one of the most important parts of the special education process. In this meeting, school staff and parents come together to discuss, develop, and review a student's IEP. They make sure the IEP meets the student's needs.

There are rules for IEP meetings. They cover who must attend and what happens. The best way to understand these rules is to remember the goal of the meeting. The school and parents are working together to plan a student's special education experience at school.

Read the full article at understood.org.

