

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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TVDSA Upcoming Events

May 2-5

Idaho Gives

idahogives.org

May 3

Board Meeting

Google Meet, 7:30 pm

May 7

AIM/Cool Club

Nerfed, Boise

11:00 am

May 15

Lil' Buddies

Children's Museum of Idaho, Meridian

12:00 pm

May 21

Best Buds

Steven Guerber Park, Eagle

1:00 pm

Idaho Gives 2022

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.

Idaho Gives is a unique opportunity for both TVDSA and you, to participate in an event that incorporates additional prize pools to multiply your donations and qualify TVDSA for additional awards. All of these will allow TVDSA to continue supporting our loved ones who happen to have Down syndrome.

Please consider donating during the 2022 Idaho Gives campaign. We really appreciate your support!

Help us reach our goal of exceeding 35 unique donors to qualify for the **Surpass the Past** contest.

Reach out to family and friends all around the world to give them



the chance to help out with even a minimum donation. Every one counts!

Review the **TVDSA Idaho Gives website** before completing your donation. You will find specific guidance related to contest times and requirements for each prize and how you can make the biggest impact with a little extra effort.

We hope you will use this opportunity to maximize your already outstanding support of TVDSA to continue our mission.

Albertsons Boise Open Returns; Raise Money for TVDSA

TVDSA is excited to announce the return of the 33rd Annual **Albertsons Boise Open** this August 18-21, at Hillcrest Country Club! Thanks to Albertsons, 100% of all ticket sales will support local Boise charities!

TVDSA is participating again this year. Tickets will be available Tuesday, May 3 at 10:00 am. TVDSA will have a site to purchase tickets, so encourage your friends and family to purchase tickets and support TVDSA.

The tournament will feature three nights of exciting CONCERTS

AFTER GOLF on Thursday, Friday and Saturday nights on the 18th hole at Hillcrest and concert admission is INCLUDED with each daily event ticket! Watch for more details soon.



Social Groups

Lil' Buddies

Lil Buddies is going to the **Children's Museum of Idaho!** Join us on Sunday, May 15 at noon for a great time: being a veterinarian, exploring a pirate ship, cooking a pizza, shopping at the grocery store, and exploring so many other fun exhibits. The museum opens an hour early from noon to 1:00 for the Lil' Buddies group. Their Sensory Hour is a quieter, low-lit environment for kids to explore.

TVDSA will pay admission for the child(ren) with Down syndrome and



one caregiver. Admission for any additional guests can be purchased at the museum for \$9 per person; children under 2 are free.

Please RSVP by May 12 to Tove Bracilano at lilbuddies@idahodownsyndrome.org.

Best Buds

Best Buds, join us at our Hawaiian Luau on May 21st from 1 pm to 4 pm for some tropical fun!



We will meet at Guerber Park in Eagle and will have yummy food and fun activities. This will be Danielle's last event as Best Buds organizer so please stop by to say good-bye!

Please RSVP for this event by texting your name and number of people that will be attending to Danielle at (208) 794-8995.

If you or anyone you know wants to volunteer to run Best Buds, please let us know. It's a fun and rewarding way to see your child and family make life-long friends with people experiencing the same journey as you!

Cool Club/Adults in Motion (AIM)

Join Cool Club and AIM for some shoot-'em-up fun at **Nerfed** in Boise on Saturday, May 7 from 11:00 am to 1:00 pm.

Participants and one guest will enjoy 1.5 hours of Nerf Wars in the two 4,000 sq. ft. arenas fitted with hand-built obstacles and a range of other barriers. All equipment (vest, goggles, nerf guns and bullets) will be supplied. The last 30 minutes we will enjoy some snacks in the party room.

Please **RSVP** by Wednesday, May 4 by using the online event registration for

Cool Club or AIM from the TVDSA's program page. No drop-ins please. Nerfed also requires a waiver which will be emailed to those that RSVP.

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 NDSC Annual Convention

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

Registration is now open until 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—

Creating Change through Parent Voice Policy Advocacy

Webinar

May 17, 2022, 12:30 pm MST

(Click here to register.)

Join IPUL to learn :

- What is Advocacy?
- Legislative Basics
- The Power of Your Personal Story

Register for the Capitol Classic Race

Bring your son or daughter and join IncludeAbility at **Boise's Capital Classic Kids Race** on June 4 at 10 am.

The walk is open to children of all abilities, ages 6 to 14. Walk, run, stroll, whatever way you wish to complete the course. We will have lots of high school athlete volunteers to support to your son or daughter. You can cheer from the sidelines or join the race; you choose.

FREE ENTRY for challenged athletes. Call or text Jennifer for code at 208-602-1810.

The one-mile course starts at the Historic Boise Train Depot and ends at the State Capitol with a Finish Fair in Cecil D. Andrus Park. Everyone is a winner and receives a medal and t-shirt.

We are excited to announce the Treasure Valley Family YMCA and



Saint Alphonsus have teamed up to put on this beloved event. Our organizations' missions are closely aligned and we are eager to work together to improve the health of our community – especially our youth!

IncludeAbility inc. is an organization which promotes the inclusion of youth (K–12) with physical and/or intellectual challenges through youth sports and other activities; focusing on what's possible, not the limitations by including ALL in mainstream sports and events.

IncludeAbility comes from the inspiration of Trace and Jennifer's son Anthony who has Down syndrome. It has been the inclusion in sports that has allowed Anthony to have fun competing with his peers and growing physically, socially and intellectually.

Everyone wins with IncludeAbility. Providing young athletes the opportunity to use their talents to help those who need a push, encouragement or be included.

Packet Pick Up:

Thursday, June 2nd from noon – 7:30pm at Big Al's (1900 N Eagle Rd., Meridian). Racers are required to pick up their race information in advance as there is no packet pick up on race day.

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.

The walk will be held at Indian Creek Plaza, Sunday, October 16. If you wish to volunteer for the walk, contact Jen Rice at **secretary@idahodownsyndrome.org**

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



Eight Steps to Advocating for Your Child at School understood.org

Español

Abogar es hablar en nombre de su hijo (hacer preguntas, plantear inquietudes, pedir ayuda) y también enseñarle a abogar por sí mismo. Hacer estas cosas puede ser incómodo para algunos padres y cuidadores por muchos motivos diferentes.

Cuando las cosas no van bien en la escuela, usted representa a su hijo. Usted conoce sus fortalezas, desafíos e intereses. Abogar ayuda a asegurarse de que reciba el apoyo que necesita para progresar.

Estas son ocho recomendaciones para ayudarlo a abogar por su hijo en la escuela.

1. Comprender lo que significa abogar
2. Saber que está bien hablar
3. Escribir sus ideas
4. Comience por hablar con alguien de confianza
5. Hacer todas las preguntas necesarias
6. No temer mostrar sus emociones, pero sea respetuoso
7. Solicitar ayuda adicional para su hijo
8. Seguir alzando la voz

English

Being an advocate is about speaking up on behalf of your child — asking questions, raising concerns, asking for help — and teaching them to speak up, too. Doing those things can be uncomfortable for some parents and caregivers, for many different reasons.

But when things aren't going well at school, you are a voice for your child. You know your child's strengths, challenges, and interests. Advocating helps make sure your child has the support to thrive..

Here are eight tips to help you advocate for your child at school.

1. Understand what it means to advocate.
2. Know it's OK to speak up.
3. Write down your thoughts.
4. Start by speaking with someone you trust.
5. Ask as many questions as you need to.
6. Don't be afraid to show emotion — but be respectful.
7. Ask about extra help for your child.
8. Keep speaking up.

Read the full article at understood.org.

Lea el artículo completo en understand.org.

