

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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TVDSA Upcoming Events

July 5

Board Meeting

Google Meet, 7:30 pm

July 15

Best Buds

Settler's Park, Meridian

7:00 pm

July 22

Lil' Buddies

South Meridian YMCA, Meridian

11:00 am

July 24

AIM

Emerald Lanes, Boise

1:00 pm

July 29

Mom's Night Out

Peppermint Park, Boise

6:15 pm

August 3

D.A.D.S.

Hugo's Deli, Boise

6:30 pm

Registration Open for the 2022 TVDSA Step Up for Down Syndrome Walk!

Announcing the
2022 TVDSA
Step Up for Down
Syndrome Walk!

Sunday, October 16
at 11:00 am

Indian Creek Plaza,
120 S Kimball Ave,
Caldwell.

Friends, we are so
happy to be back for
an IN PERSON event this year!

We have missed you all so much, so
this year calls for a HUGE celebration!
The TVDSA Step Up for Down
Syndrome will be the DO NOT MISS
event of 2022 with all the changes we
have planned!

Our new venue at Indian Creek
Plaza is a short drive from just about
anywhere in the valley and will
provide us with a scenic walk around
Indian Creek, an awesome stage for
entertainment, plenty of room for
dancing and loads of delicious food
options!

And stay tuned for an announcement
regarding our

VERY SPECIAL MUSICAL GUEST!

Our theme for this year's event is
Walking on Sunshine!



Registration is now OPEN, so
gather your friends and family and join
us to celebrate all those we love who
have Down syndrome. Lace up your
walking shoes, and we will hope for a
beautiful sunny day!

This is the biggest fundraising and
celebratory event of the year for the
Treasure Valley Down Syndrome
Association, so we hope to see you ALL
there!

We cannot wait to celebrate with you!

Want to help with the walk? Email
walk@idahodownsyndrome.org!



Social Groups

Lil' Buddies

Join the Lil' Buddies Friday, July 22 at 11:00 am for an hour-long swim class through Aquability at the YMCA!

This will be an instructor-led class designed for kids ages 0 to 5 with disabilities! Aquability policy requires a 1:1 child to caregiver ratio so siblings will be more than welcome, but every child must have an adult to partner with in the water! Can't wait to see you there!

The South Meridian YMCA is located at 5155 S. Hillsdale Ave.



Please RSVP by Friday, July 19 using the **online event registration form for Lil Buddies**. If you have any questions, reach out to Tove Bracilano at lilbuddies@idahodownsyndrome.org.

Best Buds

Join Best Buds for a Movie Under the Stars!

We'll meet on Friday, July 15 at Settler's Park at 7:00 pm for Meridian Parks and Rec's Movie Night — they'll be showing Scoob! (as in the latest Scooby-Doo movie)

We will provide snacks and drinks for those attending. Please bring a blanket or a low-back camp chair as seating is on the ground. You may also want to bring a flashlight to help you gather your belongings and find your way out of the park after the movie and an extra blanket just in case it gets chilly.

The movie starts at sunset but we will be at the park at 7 pm to save our spaces. The kids can play on the playground or, if it's warm enough, splash in the splash pad. We hope to see you there!

Please RSVP by Wednesday, July 13 so we know how much snacks and drinks to get. To RSVP, **please fill out our RSVP form**. If you have any questions, reach out to Jennifer Rice at j.rice@idahodownsyndrome.org.



Adults in Motion (AIM)

After a brief summer break... AIM is back! Join us on Sunday, July 24 at 1 pm for pizza and bowling at Emerald Lanes. We will enjoy pizza and a few rounds of team bowling.



We will be welcoming a few new AIM members, so come ready to make some friends!

Please RSVP by Wednesday, July 20 using the **online event registration form** for AIM. If you have any questions, reach out to Kat Gillis at aim@idahodownsyndrome.org.

D.A.D.S

The D.A.D.S. are back!

Join us, Wednesday August 3 for dinner at Hugo's Deli and axe throwing at Section 37 Axe Room at 10535 W. Overland Rd in Boise.

We will meet at Hugo's Deli at 6:30 pm, then at 7:00 pm head to Section 37 Axe Room for an hour of axe throwing. Please RSVP by July 18 to reserve a spot by emailing Scott at dads@idahodownsyndrome.org.



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 have PPE available to attendees and will encourage distancing as appropriate.

Activities are open to current TVDSA members. You can renew your membership using the **TVDSA Membership Form** or check your membership status by emailing membership@idahodownsyndrome.org.

Wanted: Best Buds Leader

TVDSA is looking for someone to lead our Best Buds (ages 6–12) social group. You get to plan an age-appropriate activity once a month, whenever and wherever works for you!

If you're interested, email our programs coordinator, Angela Cochems at programs@idahodownsyndrome.org.

Social Groups (continued)

Mom's Night Out

TVDSA Moms ONLY Pool Party!

Do you want to practice perfecting your cannonball? Or would you rather paddle peacefully in a floatie? Maybe lounging poolside with an ice cold lemonade is more your scene.

No matter what type of pool person you are, you do NOT want to miss this backyard bash JUST for Moms!

Join us Friday, July 29 from 6:30 to 8:30 pm for a carefree, fun in the sun time! We will have use of a gorgeous private backyard featuring a heated Pure-Water pool and hot tub (which means NO icky chlorine to turn your hair green), in-ground trampoline, giant chess game, plenty of comfy patio chairs and loungers, and all the pool toys and floaties you could want.

Dinner and soft drinks will be provided with gluten free options available. We will have our own private restroom and changing area as well.

NO ALCOHOL WILL BE PERMITTED.

So grab your swimsuit, towel, sunglasses and sunblock and we will see you at the pool!

Because parking is extremely limited at the pool location, we will meet in the parking lot at Peppermint Park, 2030 S Sumpter Way in Boise by 6:15 and then carPOOL, shuttle or walk to the party location. If you cannot arrive by 6:15 it is only about an 8 minute walk to the pool from the park.

Remember, only Moms who are current TVDSA members may attend and RSVP is required by Wednesday, July 27. **Please use this form to RSVP.** Note any dietary restrictions you have, and I will do my best to accommodate you.

If you RSVP and then are not able to attend, please let me know so I can adjust attendance accordingly.

Please contact Julie at moms@idahodownsyndrome.org with any questions.



Tickets Still Available for Albertsons Boise Open

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. **TVDSA has a site** to purchase tickets, so encourage your friends and family to purchase tickets and support TVDSA.

The tournament features three nights of exciting concerts: Midland, Billy

Idol, and Train on Thursday, Friday and Saturday nights on the 18th hole at Hillcrest Golf Course, and concert admission is included with each daily event ticket! .



From the Board

Summer is here and we're so excited to be reconnecting in person with our members, friends, and families. Read below for some updates for what is going on with TVDSA now and in the next few months.

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.

Courageous Kids Climbing

Courageous Kids Climbing is a few weeks away from our return to Boise with a climbing event planned on Sunday, July 17 from 2:00 until 4:00 pm at the Commons Climbing Gym, 4795 West Emerald Street in Boise.

If you or someone you know with special needs (physical or intellectual, visually challenged, hearing impaired, traumatic brain injury, cancer or burn survivor) is interested in participating, you can request a registration packet through the **Courageous Kids Climbing Facebook page**.

NOTE: Participants are not forced to climb, but welcome to hang out with us at an all-inclusive event!

If you cannot join us at this event, we will return to Boise on Saturday, September 10 at the Downtown YMCA for another FREE climbing opportunity.



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

Jen Rice

Treasurer & Spanish Contact

Lucy Olmos

Members Programs Coordinator

Angela Cochems

Marketing

Kat Gillis

Contact Information

Treasure Valley Down
Syndrome Association

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

idahodownsyndrome.org



10 tips to Get Your Child Ready for a Trip understood.org

Español

Los niños pueden ser criaturas de hábitos. Esto es especialmente así en los niños que piensan y aprenden de manera diferente. Les gusta mantener una rutina. No les suele gustar los cambios de último minuto o las transiciones abruptas.

Por lo tanto, ya sea que usted haya planeado las vacaciones de su vida o simplemente vaya a visitar a la abuela durante un fin de semana largo, es esencial brindar a su hijo más tiempo y espacio para prepararse para el viaje. Este tiempo de preparación también ayudará a su hijo a entusiasmarse con las vacaciones de una manera positiva. Además, ayudará a reducir el estrés por el cambio de rutina.

¡Ponga en práctica estas sugerencias para ayudar a su hijo a prepararse para unas vacaciones fantásticas!

1. Discuta los detalles del itinerario
2. Ayude a su hijo a visualizar el viaje
3. Haga una lista
4. Elija la ropa con cuidado
5. Limite el número de artículos para el confort
6. Empaque electrónicos y actividades
7. Empaque artículos de aseo personal y medicamentos
8. Empaque meriendas y bebidas
9. Hable sobre el proceso de inspección
10. Mantenga el diálogo abierto

En los días previos al viaje, observe si su hijo muestra cualquier señal de ansiedad. ¿Hay algo más que usted podría empacar o cualquier información que usted podría darle que lo haga sentir mejor? Recuerde que su hijo probablemente se dará cuenta si usted está estresado, así que trate de permanecer calmado y déjese llevar.

Lea el artículo completo en understand.org.

English

Kids can be creatures of habit. And this is especially true for kids who learn and think differently. They often like keeping to a routine. They may not like last-minute changes or abrupt transitions.

So, whether you've planned the vacation of a lifetime or are just heading to Grandma's for a long weekend, giving your child the extra time and space to prepare for a trip is essential. This prep time will also help your child get excited about the vacation in a positive way and — bonus — reduce stress about the change in routine.

Use these tips to help your child get ready for a great vacation!

1. Discuss the details of your itinerary.
2. Help your child envision the trip.
3. Make a list.
4. Choose clothing with care.
5. Limit the number of comfort items.
6. Pack activities and electronics.
7. Pack toiletries and medication.
8. Pack snacks and drinks.
9. Talk about the screening process.
10. Keep the dialogue open.

In the days leading up to go-time, watch your child for any signs of anxiety. Is there anything else you can pack or any information you can provide that will make your child feel better? Remember that your child is likely to notice if you get stressed, so try to stay calm and go with the flow.

Read the full article at understood.org.