TVDSA NEWSLETTER

TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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TVDSA Upcoming Events

August 2
Board Meeting
Google Meet, 7:30 pm

August 14
Lil' Buddies
Signature Pointe Clubhouse, Boise
10:30 am

August 24
Mom's Night Out
Jalapeños, Nampa
6:30 pm

September 2
AIM
Ann Morrison Park, Boise
6:00 pm

Registration Continues for Step Up for Down Syndrome Walk!

Registration is open and going strong for the 20th Annual TVDSA Step Up for Down Syndrome! There are still incentives and bragging rights available for the team with the most walkers and the most funds raised so get your team set up and invite all your friends, family, coworkers, neighbors, EVERYONE!

This is TVDSA's biggest fundraising event of the year and a day to celebrate those we love who have an extra chromosome!

SPECIAL ANNOUNCEMENT

This year we will have a very special musical guest for your entertainment after the walk. Don't miss CASIO DREAMS, dedicated to celebrating the greatest decade in music – the 80s!

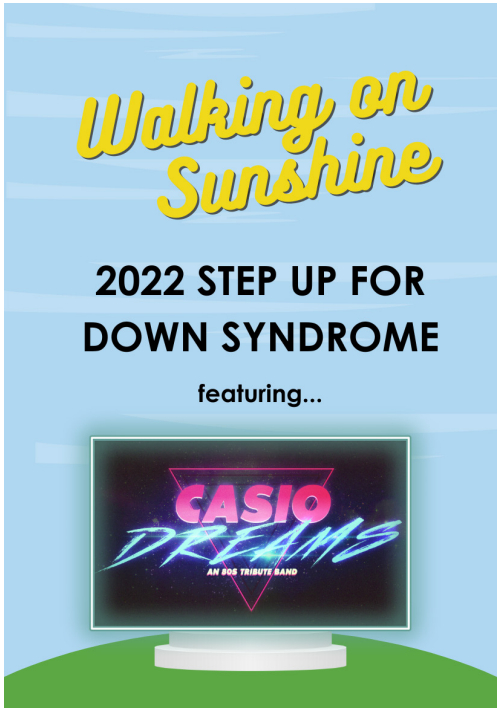
"This 7-piece line-up will indulge your 80s nostalgia with pop hits that feature male and female lead vocalists, lush synths, saxophone and flute all in a professional and family-friendly manner. Reinforcing their sound is their totally stylish 80s clothing like acid washed jeans, skinny ties, Jams and jean jackets – a standard part of every show!"

We are so excited to have Casio Dreams join our celebration this year so be sure to register before September 18 to guarantee your T-shirt sizes!

And remember, TVDSA members with Down syndrome receive FREE registration! See the registration website for details.

Questions about registering for Step Up for Down Syndrome? Email **registration@idahodownsyndrome.org**.

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



Social Groups

Lil' Buddies

Join us Sunday, August 14 from 10:30 am until noon for a relaxed morning of snacks and socializing at the clubhouse indoor event space in our apartment complex!

Books, puzzles, and bubbles will be provided for the kids and a chance to talk and connect in a quiet space for the adults!

The clubhouse connects to an outdoor pool so feel free to pack and plan for a swim if you like!

Snacks and soft drinks will be provided for kids and adults so please reach out with any dietary restrictions.

The clubhouse at Signature Pointe apartments is located at 3509 N. Cole Rd in Boise, and all uncovered parking is for guests.

RSVP by Friday, August 12 through **lilbuddies@idahodownsyndrome.org**.

Adults in Motion (AIM)

Thanks to everyone who joined us for some bowling fun last month! We have another exciting event planned on Friday, September 2 at 6 pm.

Join us for tacos and balloons at the Spirit of Boise Balloon Classic! We will meet up in Ann Morrison Park at 6 pm to enjoy some live music and food; and then at 8 pm we will watch the hot air balloons get lit and launched.

Please RSVP by Friday, August 26 using the **online event registration form for AIM**.

If you have any questions, reach out to Kat Gillis at **aim@idahodownsyndrome.org**.

Mom's Night Out

TVDSA Moms are heading west!

Come have dinner with us on Wednesday, August 24 at 6:30 pm at Jalapeño's in Nampa at 1921 Caldwell Blvd.

It's time for us to make the drive a little easier for our Canyon County dwellers!

Jalapeño's serves up delicious Mexican food with plenty of gluten-free options.

If you live in Boise we hope you will make the trip west. The restaurant is easily accessible from the freeway!

Please note that this event is open to any current TVDSA member who is the mother of a child (of any age) with Down syndrome. TVDSA will pay for your dinner and a soft drink.

Please RSVP using the **online event registration form** by Monday, August 22. If you have questions or if you RSVP and then are unable to attend, please contact Julie at **moms@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.**

Home Depot Workshop for Kids with Special Needs

Come to The Home Depot in Meridian (1100 S Progress Ave), on August 20 from 10 am to noon for a **free** workshop to provide a fun, quiet, low-stress, warm and welcoming environment to kids with special needs of all ages and abilities.

Various materials and kits will be provided for everyone to enjoy!

Social Groups Leaders Needed

TVDSA is looking for someone to lead our Best Buds (ages 6–12) and Cool Club (ages 13–17) social groups. 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.**

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

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idahodownsyndrome.org

The Best Way to Ease the Back-to-School Transition **understood.org**

Español

A todos nos han dicho lo que se supone que tenemos que hacer para lograr que nuestro hijo esté listo para volver a la escuela. Usted conoce la recomendación. Haga que se vaya a la cama temprano. Aliméntelo con comidas saludables. .

¿Y por qué será así? Los cambios en la rutina pueden ser realmente difíciles para los niños que piensan y aprenden de manera diferente. Las transiciones repentinas pueden ser aún más complicadas para ellos. Por lo tanto, ¿por qué parar el ritmo del verano y comenzar la escuela abruptamente para su hijo? Usted podría, por supuesto, comenzar la transición unas pocas semanas antes del regreso a clases. Sin embargo, usted y yo sabemos qué tan bien su hijo reaccionaría a la idea, y lo que podrían ser esas semanas para usted y su familia.

- Mantenga viva la diversión del verano. Planifique por lo menos una actividad que le guste a su hijo durante la primera semana de escuela.
- Permita más tiempo después de la escuela para televisión y computadora del que normalmente daría durante el año escolar. Usted puede después reducir gradualmente o eliminar el tiempo de televisión y computadora, una vez que las actividades escolares realmente estén en pleno desarrollo.
- Mantenga libre el horario de su hijo. Trate de no hacer planes familiares adicionales o citas durante las dos primeras semanas de escuela, de tal manera que su hijo pueda relajarse después de la escuela.
- Trate de estar en su hogar con su hijo después de la escuela, lo más que usted pueda, por lo menos durante la primera semana. De esta manera usted puede establecer rutinas de un modo gradual.

Lea el artículo completo en understand.org.

English

Getting kids ready to go back to school is not always an easy task. And when you think about it, why would it be?

Back-to-school transitions can be really tough for kids. Starting a new school year can be scary, especially if kids haven't been in a school building for a long time. But the key is to help make this transition smooth and gentle. If you're not feeling prepared for the upcoming school year, don't panic. Don't lose hope. Here are some of the suggestions families and teachers found most helpful over the years:

- Keep the summer fun going. Plan at least one activity for the first week of school.
- Allow more downtime with the TV or computer after school than you usually will during the school year. Then gradually reduce or eliminate screen time once school really gets underway.
- Keep the schedule clear. Try not to make any extra plans or appointments for the first two weeks of school, so kids can relax after school.
- Be present as much as possible for at least the first week. This way you can set up school-day routines gradually instead of all at once.
- Let kids stay up a little later the first week of school. In the second and third weeks, begin moving to an earlier sleep schedule.
- Stress the importance of breakfast. Eating before school will give kids energy to start their day.

Read the full article at *understood.org*.