2022 Step Up for Down Syndrome a Great Success

Thank you to everyone who came out to the 2022 Step Up for Down Syndrome Walk! It was so great for the walk to be back in person and was an amazing day to celebrate our friends and family with Down syndrome.

More than 45 teams and hundreds of walkers came out and beat TVDSA’s fundraising goal of $21,000. These funds stay local and ensure that our social groups, scholarships, and other programs continue.

Special thanks to the local businesses who offered discounts to our walkers, as well as Casio Dreams and Darby’s Dancers who provided excellent entertainment at the after party.

Our amazing volunteers who put on the walk are taking a well-deserved break, but look for calls for volunteers in early 2023 as we start planning our next walk.

TVDSA Upcoming Events

December 6
Board Meeting
Google Meet, 7:30 pm

December 10
All-Ages Holiday Party
JUMP, Boise
3:00 pm

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 to plan age-appropriate activities once a month, whenever and wherever works for you!

Email our programs coordinator, Angela Cochems at programs@idahodownsindrome.org for more information.
**Social Groups**

**Mom’s Night Out**

WE ESCAPED!

Thank you so much to all the moms who came out last month to save the world from a nefarious airport terrorist at Amazing Escapes in Boise!

This is our official throwdown, a challenge to the D.A.D.S. Group — can YOU guys save the day? Can you escape? Or do girls truly run the world?

Seriously, what a fun, fun night unlocking puzzles and solving the mystery together!

There won’t be a Moms event in December. Instead, I hope you will all join TVDSA for the Santa’s Sock Swap, Saturday, December 10.

**Adults in Motion (AIM)**

AIM will take a break for December. Take time to enjoy the holidays with friends and family.

Thanks to everyone who came out to October’s event at The Angry Easel in Meridian. We had a great time painting spooky Halloween pictures and celebrating fall.

**TVDSA All-Ages Holiday Party!**

Christmas is right around the corner! Come one, come all for our last event of the year.

Join TVDSA on December 10 from 3 to 5 pm as we close out the year with some holiday cheer.

The iconic JUMP in downtown Boise (1000 W Myrtle St) is hosting us for a hot cocoa station, crazy sock exchange, ornament making, ugly sweater contest, and so much more!

Bring a wrapped pair of fun holiday socks to exchange, and wear a holiday sweater. We can’t wait to see you there!

Street parking is available for 50¢/hour, and garage parking is available for $3/hour.

**Help TVDSA while You Shop!**

Keep TVDSA in mind during holiday shopping. You can earn donations for TVDSA by shopping with AmazonSmile and Fred Meyer Community Rewards.

Click the images below to sign up, then start shopping!

**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.

**Idaho Parents Unlimited (IPUL) Monthly Training**

**Dispute Resolution Services for Special Education in Idaho**

**Webinar**

December 13, 2022, 12:30 pm MST (Click here to register.)

Learn about resources for dispute resolution services in special education in Idaho.
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@idahodownsindrome.org to verify your membership status.

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Members Programs Coordinator
Angela Cochems
Marketing
Kat Gillis

Contact Information
Treasure Valley Down Syndrome Association
PO Box 1404
Meridian, ID 83680
208-945-7448
idahodownsindrome.org

How to Make the Holidays More Fun for Your Child

understood.org

English
Family traditions can add a lot of joy and meaning to the holidays. But some of the activities you’ve always looked forward to may not work for your child with learning and thinking differences.
If she has sensory processing issues, for instance, picture taking with Santa might be stressful. If she has ADHD, sitting through the holiday pageant could be hard.
The idea that your long-standing traditions aren’t a good fit for your child can be disappointing. But you may not have to give up the traditions entirely. See if you can reinvent them so they work well for the entire family.

• How can you make the experience something your child looks forward to year after year? Here are some questions to ask:
  • What activities might build on your child's strengths and interests?
  • Are there activities you should avoid that might draw attention to her weaknesses?
  • Why is this tradition important? What pieces of it matter most and what changes can you make that will preserve them?
  • Ask your child, “What do you like about this tradition? What isn’t working for you? What might make it better?”

Read the full article at understood.org.

Español
Las tradiciones familiares pueden añadir mucha dicha y significado a las celebraciones decembrinas. Pero algunas de las actividades que usted disfruta puede que no sean apropiadas para su hijo que piensa y aprende de manera diferente.
Si su hijo tiene diferencias con el procesamiento sensorial, tomar una foto con Santa podría ser estresante. Si tiene TDAH, estar presente en el desfile navideño podría ser complicado.
La idea de que sus tradiciones de tanto tiempo no sean adecuadas para su hijo puede ser desalentador, pero usted no tiene que renunciar a ellas totalmente. Piense si puede reinventarlas para que se adapten a toda la familia.

• ¿Cómo puede lograr que su hijo desee tener esa experiencia año tras año? Estas son algunas preguntas que puede hacerse:
  • ¿Qué actividades podrían desarrollar las destrezas de su hijo y sus intereses?
  • ¿Hay actividades que debería evitar, ya que podrían dirigir la atención a sus limitaciones?
  • ¿Por qué es importante esta tradición? ¿Qué partes son las más importantes y qué cambios puedo hacer para preservarlas?
  • Pregunte a su hijo: “¿Qué es lo que te gusta de esta tradición? ¿Qué no te gusta? ¿Qué podría mejorarlo?”

Lea el artículo completo en understood.org.