

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

In this Issue

| | |
|--|---|
| Volunteer Opportunities 2023 | 1 |
| Social Groups | 2 |
| Social Group Attendance Policy and Membership | 2 |
| Mission/Vision Statements | 3 |
| Join TVDSA Today | 3 |
| What is Executive Function? | 3 |
| Board Information | 3 |

TVDSA Upcoming Events

January 5

Board Meeting

Google Meet, 7:30 pm

January 21

AIM

Puss in Boots, Boise or Meridian
Time TBD

January 22

Lil' Buddies/Best Buds

Sensory Playce, Boise
5:00 pm

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.

Volunteer Opportunities 2023: TVDSA Needs You!

With the start of the new year, there are opportunities to reach out and expand your role with TVDSA.

Does your family enjoy the activities TVDSA puts on each year, including social groups, picnics, holiday parties, Step Up for Down Syndrome Walk, World Down Syndrome Day Celebration, etc, as well as advocacy and education work?

All of these are accomplished through our all-volunteer staff who donate their time and passions to help promote the mission of TVDSA: *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.*

TVDSA asks you to consider to start 2023 by volunteering for one of the roles we currently have open, from board positions to social group leaders. We need your help to keep TVDSA providing the awesome programs and events its members enjoy so much.

Social Group Leaders

TVDSA is looking for someone to lead our Best Buds (ages 6–12), Cool Club

(ages 13–17), and Adults in Motion (18+) social groups to plan age-appropriate activities once a month, whenever and wherever works for you!

Email our programs coordinator, Angela Cochems at **programs@idahodownsyndrome.org** for more information.

Board Member/Chair Positions

We are looking to fill our vice president position, along with our Walk chair position. There is also a self-advocate position open on the board for a member with Down syndrome.

Email Jen Rice at **secretary@idahodownsyndrome.org** for details on Board/Chair membership.

Step Up for Down Syndrome Walk

Not only are we looking for someone to chair the Walk, there are also several other jobs we will be looking to fill in the next few months.

If you are interested in finding out more about helping with the 2023 Step Up for Down Syndrome Walk, email **walk@idahodownsyndrome.org**.



Social Groups

Lil' Buddies/Best Buds

Happy New Year everyone! I am so excited to restart our group meetups and kick off 2023 with a combined Lil' Buddies AND Best Buds event at The Sensory Playce gym for kids!

We have Sunday, January 22 from 5 to 7 pm reserved for a private event and will have the place all to ourselves!

The gym is filled with specialized equipment for children with disabilities as young as 6 months old, and we will have the party room available with snacks and drinks provided!

If you have not been in before, you will need to sign a waiver to enter the gym.



They will ask everyone to remove shoes but please wear socks! This will be a free event for TVDSA members with Down syndrome ages 12 and under with one parent/guardian per child only!

Please RSVP by January 16 through lilbuddies@idahodownsyndrome.org.

The Sensory Playce is located at 1471 S Vinnell Way, Boise, ID 83709.

Adults in Motion (AIM)

Join AIM for an afternoon at the movies! We'll meet at a movie theater in Boise or Meridian on Saturday, January 21 to watch Puss in Boots: The Last Wish.

TVDSA will pay for a movie ticket, snack, and soft drink for the individual with Down syndrome and one caregiver.

Please RSVP by Monday, January 16 using the [online event registration form for AIM](#).

As a reminder, the AIM group is for individuals with Down syndrome who are aged 18 and older. If you have any questions, please contact Kat Gillis at aim@idahodownsyndrome.org.

*Please note: movie theaters do not release show times until 10 days prior, so we will confirm the exact location and time next week!



IDAHO PARENTS UNLIMITED ^{LLP} INC.
Engage • Educate • Bridge • Lead

Monthly Workshop
POSITIVE BEHAVIOR STRATEGIES (PBIS & FBA)

Learn how to understand different behaviors and acquire some tools on how to support your child in all areas.

- ✓ Understanding behaviors and Functional Behavioral Assessments (FBA)
- ✓ Supporting your child's behavior at school, home and in the community
- ✓ Strategies and tools you can use for Positive Behavior Interventions and Supports (PBIS)

January 10, 2022
12:30 - 1:30 pm MST
via Zoom

[Facebook](#) [Instagram](#) /IdahoParentsUnlimited
[Twitter](#) /IPULIdaho

208.342.5884
parents@ipulidaho.org

Contact Us
ipulidaho.org

To register, go to ipulidaho.org/rsvp-workshop and fill out a short form.

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.

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.

Board of Directors

President

George Taylor

Vice President

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



What is Executive Function

understood.org

Español

El funcionamiento ejecutivo es un grupo de habilidades mentales que incluyen la memoria funcional, el pensamiento flexible y el autocontrol. Utilizamos esas habilidades todos los días para aprender, trabajar y lidiar con la vida diaria.

Los problemas con el funcionamiento ejecutivo pueden dificultar concentrarse, seguir instrucciones y manejar las emociones, entre otras cosas.

Algunas personas describen el funcionamiento ejecutivo como “el sistema de gestión del cerebro”. Eso se debe a que las habilidades involucradas nos permiten establecer metas, planificar y hacer cosas. Tener dificultades del funcionamiento ejecutivo afecta a las personas en el hogar, la escuela y la vida diaria.

Hay tres áreas principales del funcionamiento ejecutivo. Estas son:

1. Memoria funcional
2. Flexibilidad cognitiva (también conocida como pensamiento flexible)
3. Control inhibitorio (que incluye el autocontrol)

El funcionamiento ejecutivo es responsable de muchas habilidades, incluyendo:

- Prestar atención.
- Organizar, planificar y priorizar.
- Comenzar tareas y permanecer concentrado hasta completarlas.
- Entender diferentes puntos de vista.
- Regular las emociones.
- Autosupervisión (dar seguimiento a lo que se está haciendo).

Lea el artículo completo en understood.org.

English

Executive function is a set of mental skills that include working memory, flexible

thinking, and self-control. We use these skills every day to learn, work, and manage daily life. Trouble with executive function can make it hard to focus, follow directions, and handle emotions, among other things.

Some people describe executive function as “the management system of the brain.” That’s because the skills involved let us set goals, plan, and get things done. When people struggle with executive function, it impacts them at home, in school, and in life.

There are three main areas of executive function. They are:

1. Working memory
2. Cognitive flexibility (also called flexible thinking)
3. Inhibitory control (which includes self-control)

Executive function is responsible for many skills, including:

- Paying attention
- Organizing, planning, and prioritizing
- Starting tasks and staying focused on them to completion
- Understanding different points of view
- Regulating emotions
- Self-monitoring (keeping track of what you’re doing)

Read the full article at understood.org.

