

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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TVDSA Upcoming Events

February 7

Board Meeting

Google Meet, 7:30 pm

February 15

Mom's Night Out

Lucky Fins, Meridian
6:00 pm

February 25

Best Buds/Cool Club

Defy Trampoline Park, Nampa
10:00 am

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.



WDSO is March 21!

Wear your crazy socks, and take a picture and post them to social media and tag TVDSA! We'd love to see everyone who supports people with Down Syndrome!

TVDSA Volunteer Opportunities

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

Lil' Buddies will not have a formal meetup in February but will be back for fun in March!

Best Buds/Cool Club

Best Buds and Cool Club will meet at Defy Trampoline Park in Nampa Saturday, February 25 at 10 am to enjoy the gym all to themselves!



This event is for current TVDSA members 6–17 years of age. Siblings are allowed with self purchase.

Please RSVP by February 20 using the [online event registration link](#). Defy

Defy Trampoline Park is located at 460 N Happy Valley Road in Nampa.

Social Group Attendance Policy and Membership

TVDSA no longer requires a health waiver to be filled out or temperature checks. We also no longer require 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.

Mom's Night Out

♥♥♥♥ Galentine's Night ♥♥♥♥

After your Valentine's Day celebration with your sweetie, let's get together and share some TVDSA Mom love on Wednesday, February 15.



We will meet at Lucky Fins, 1441 N Eagle Road, Unit 100, Meridian at 6:00 pm for some Galentine's fun!

TVDSA members who are the mother of a child (of any age) with Down syndrome are welcome to attend. Dinner and a soft drink will be provided by TVDSA.

Please RSVP using the [event registration link](#). If you RSVP and are then unable to attend, please contact me so I can give the restaurant an accurate head count.

Questions, email Julie McConnell at j.mcconnel@idahodownsyndrome.org.

Night to Shine!

Join Ten Mile Christian Church for the ninth annual Night to Shine: an unforgettable prom night experience!

They will celebrate Friday, February 10 at 5 pm for all people with special needs ages 14 and older.

Check out [their website](#) for more details.



Monthly Workshop

Developing a Strength-Based IEP's

Having high expectations and developing a strengths-based Individualized Education Program (IEP).

- ✔ What is a strengths-based IEP.
- ✔ How to create strength-based statements.

February 14, 2023
12:30 - 1:30 pm MST
via Zoom

[Contact Us](#)
208.342.5884 | parents@ipulidaho.org | ipulidaho.org

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

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

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

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Beyond IEP Meetings: How I Connect With My Son's General Education Teachers

by Kristin Kaneon, understood.org

Español

He aprendido mucho a lo largo de todos los años que he abogado por mi hijo en su escuela pública.

Me he educado yo misma sobre sus dificultades de aprendizaje; también he aprendido a orientarme a través del sistema de educación especial. ¡A veces bromeo con él que a esta altura debería haber obtenido algún tipo de título académico!

Una lección importante que he aprendido es que hay que ser proactivo. Esto es especialmente cierto en lo que se refiere a contactar a los maestros de educación general.

¿Por qué es importante?

Veamos el panorama general. Mi hijo asiste a un bachillerato en un sistema escolar grande y complejo. En promedio, cada maestro está a cargo de más de 100 estudiantes todos los días. Un maestro podría tener más de 200 estudiantes en todas sus clases. Sumemos a los padres o personas en custodia de cada uno de los chicos, y es simplemente un montón de personas.

Y no olvide los IEP. La mayoría de los chicos con IEP pasa la mayor parte del día en un salón de educación general. Por lo que los maestros de la escuela de mi hijo puede que integren varios equipos del IEP. Me abruma tan solo pensar cuántas personas deben de contactarlos, y todo el trabajo que eso implica.

Yo no quería que mi hijo se perdiera en el proceso. Quería encontrar una manera de realmente comunicarme con sus maestros y que fuera más fácil para ellos conocerlo. Así que esto es lo que he estado haciendo desde que mi hijo estaba en la primaria:

Lea el artículo completo en understand.org.

English

I've learned a lot from advocating for my son in public school throughout the years.

I've educated myself about his learning differences—and I've also learned how to navigate special education. Occasionally I joke that I must have earned some sort of degree by now!

One important lesson I've learned is that you have to be proactive. That's especially true when reaching out to general education teachers.

Why is this so important to me?

Let me take a step back. My son goes to high school in a big public school system. On average, each high school teacher sees 100+ kids every day. When you add up the students in all their classes, a teacher might have 200+ kids total. Throw the students' parents or guardians into the mix, and that's a lot of people.

And don't forget about IEPs. Most kids with IEPs spend the majority of their day in general education classrooms. So teachers in my son's school may be on several IEP teams. I get overwhelmed just thinking about how many people they must be in contact with and all the work that takes!

I didn't want my son to get lost in the shuffle. I wanted to find a way to really connect with his teachers and make it easier for them to get to know him. So here's what I've been doing since my son was in grade school:

Read the full article at understood.org.