

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## TVDSA Upcoming Events

### April 19

#### **Mom's Night Out**

Game Night, Boise  
6:00 pm

### April 28

#### **Cool Club/AIM**

Explore Dance Company, Nampa  
6:30 pm

### May 3

#### **Cool Club**

Angry Easle, Meridian, 6:00 pm

### May 4

#### **Board Meeting**

Google Meet, 7:30 pm

### May 4

#### **Lil' Buddies/Best Buds**

Lowe Family Farm, Kuna, 4:30 pm

### May 26

#### **Mom's Night Out**

Idaho Shakespeare Festival, Boise,  
6:30 pm

## Watch for Idaho Gives 2023

TVDSA is gearing up for Idaho Gives 2023. Idaho Gives is a program of the Idaho Nonprofit Center. It is designed to bring the state together, raising money and awareness for Idaho nonprofits. This year it will run from May 1 to 4.

Look for more information on the **TVDSA Idaho Gives website**.

Help us reach our goal of exceeding 35 unique donors to qualify for the Surpass the Past contest.

Reach out to family and friends all around the world to give them the chance to help out with even a minimum donation. Every unique donation counts!

There are several giving levels, so whatever you give can make a difference for our members, those with Down syndrome and their families and friends.

From donations to help us buy a book for our lending library, to a welcome basket to parents starting on this journey, to conference sponsorships and college scholarships, your donation will help a local family in the Down syndrome community.



IDAHO NONPROFIT CENTER

## TVDSA is Looking for Board Members

### **Board Member/Chair Positions**

TVDSA is in need of several executive board members. These positions are crucial to continuing the operation of TVDSA and serving the needs of our community.

If you or anyone you know is interested please contact **president@idahodownsyndrome.org**.

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. There are monthly board meetings and other activities, fundraisers, and events to help plan. We'd love you to lend your talents!



### ***Lil' Buddies/Best Buds***

We are headed out to Lowe Family Farmstead in Kuna on Thursday, May 4 for fun on the farm! Furry and feathery friends, flowers, face painting and too many other attractions to list here!!

## Mom's Night Out

Join TVDSA Moms for a game night featuring Bunco and other games! And there will be PRIZES!

**When:** Wednesday, April 19, 6:00 pm

**Where:** Signature Pointe of Bayhill  
Springs Apartment Clubhouse  
3509 N Cole Rd, Boise, ID 83704

Dinner and soft drinks will be provided by TVDSA. RSVP using the **event registration link** and note any dietary restrictions you may have.

If you RSVP and are then unable to attend, contact me so I can get an accurate head count.



Meet us at 4:30 pm at  
2500 South Eagle Rd, Kuna, ID 83634.  
RSVP by May 1 to [lilbuddies@  
idahodownsyndrome.org](mailto:lilbuddies@idahodownsyndrome.org).

♥ ♥ May Shakespeare Festival! ♥ ♥

Join the TVDSA Moms to enjoy some live theater under the stars at the Idaho Shakespeare Festival.

Friday, May 26, we will attend Little Shop of Horrors, a musical comedy for all ages with some campy, horror related humor.

Dress for the weather and bring a blanket if it will be a chilly evening. We will be seated in chairs and a small snack and bottle of water will be provided. If you'd like more to eat, you can bring along a picnic dinner!

This event is limited to 10 members. Only RSVP if you are reasonably certain you will attend. Those who RSVP after the 10 spots are filled will be placed on a waiting list and be offered a ticket if there is a cancellation.

You **MUST** use this **event registration link** to secure your spot. Registration opens Monday, May 8 at 9:00 am.

## Cool Club/Adults in Motion

Join Cool Club and AIM with a fun night out with Explore Dance Company!

Current TVDSA members ages 13 to adult are invited to Explore Dance Company's production of Cinematic.

TVDSA will pay for members with Down Syndrome ages 13+ and one caregiver.

This event is limited to 10 members  
so make sure you RSVP by April 25!

If you need to cancel, please let us know as soon as possible so we can give your reserved ticket to the next in line.

**When:** Friday April 28, 6:30 pm

**Where:** Nampa Civic Center,  
311 3rd St S, Nampa, ID 83651

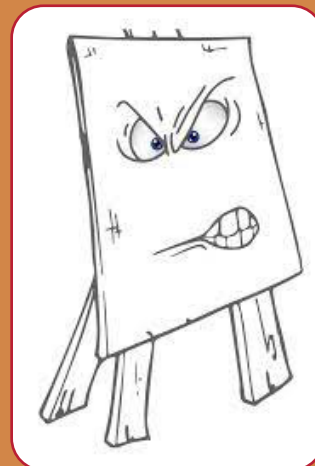


## Cool Club

Join Cool Club kids join us on May 3 at 6:00 pm at the Angry Easel in Meridian (301 NE E 3rd St, 83642) for pizza dinner and painting!

This event is free for current TVDSA members ages 13–17 and one parent or caregiver.

RSVP by April 28 using this [event registration link](#) to secure your spot. We hope to see you there!





# Tickets Available for the Boise Open

TVDSA is excited to announce the return of the 34<sup>th</sup> Annual **Albertsons Boise Open** this August 24–27, 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: Sheryl Crow,

Joan Jett and the Blackhearts, and Weezer (sold out) on Thursday, Friday and Saturday nights on the 18<sup>th</sup> hole at Hillcrest Golf Course, and concert admission is included with each daily event ticket!

Tickets are going fast, so buy yours now!



|   |   |  |
|---|---|--|
| <br> | <br> | <br><br> |
| <b>THURS 8/24</b><br>  | <b>FRI 8/25</b><br>  | <b>SAT 8/26</b><br>   |

## 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](mailto:membership@idahodownsyndrome.org).



**Idaho Parents Unlimited (IPUL) Monthly Training—**  
*Having High Expectations When You Don't Know What to Expect*

**Webinar**  
May 9, 2023, 12:30 pm MST  
([Click here to register.](#))

## 2023 Challenger Baseball Season

It's time to sign up for Challenger Little League. Registration is underway now and is open to all ages. Games start in April.

For additional details and registration contact Tammy Cluff

at 208 362-3072 (landline no text) or email [IDChallenger@aol.com](mailto:IDChallenger@aol.com). Registration form and other information can be found in the **Facebook group**.





## 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](http://idahodownsyndrome.org)



## Help Your Child Have Fun at Family Gatherings

by Lexi Walters Wright, [understood.org](http://understood.org)

### Español

Las reuniones familiares suelen ser más complicadas para los niños que tienen dificultad con el autocontrol. Puede que les cueste más permanecer sentados y mantener sus emociones y comportamientos bajo control en un entorno social con muchas personas y a menudo caótico.

Estas recomendaciones pueden ayudar a hacer que las reuniones sean más fáciles para todos.

#### Planifique actividades en las que su hijo pueda ir y venir.

Permanecer sentado y quedarse quieto puede ser difícil para los niños que tienen problemas de autocontrol. Intente actividades que permitan a su hijo ir y venir. Las manualidades son una opción excelente. Si su reunión familiar es en otoño, prepare un espacio para decorar calabazas. (Por motivos de seguridad, opte por calcomanías y marcadores en lugar de cuchillos para tallar la calabaza). En invierno, proporcione materiales para hacer un muñeco de nieve. Para una fiesta en primavera o verano, establezca un lugar para teñir ropa.

Su hijo puede elegir hacer una manualidad, muchas o ninguna. Y está bien si entra o sale de la actividad en cualquier momento.

#### Haga que su hijo dirija a los niños más pequeños.

Anime a su hijo a que planifique algunas actividades para sus primos y niños más pequeños que estarán en la reunión. ¿Por qué no organizar una búsqueda del tesoro o dirigir cada hora rondas de “Simon dice” o de “Veo veo”? O permita que su hijo supervise la decoración de galletas.

**Lea el artículo completo en [understood.org](http://understood.org).**

### English

Family gatherings are often trickier for kids who struggle with self-control. They may have a harder time sitting still and keeping their emotions and behaviors in check in a big, oftentimes chaotic, social setting.

These tips can help make gatherings go more smoothly for everyone.

#### Plan activities your child can jump in and out of.

Sitting still and staying put can be hard for kids with self-control issues. Try activities that allow your child to come and go. Craft projects are a great option. If your family reunion is in the fall, set out a pumpkin decorating station. (Opt for stickers and paint markers instead of carving knives, for safety's sake.) In the winter, dole out supplies for building snowmen. For a spring or summer party, create a tie-dyeing station.

Your child can choose to do one craft, many, or none at all. And it's okay to pop in or out of the activity at any time.

#### Have your child lead the younger kids.

Encourage your child to plan some activities for the younger cousins and kids at the gathering. Why not arrange a scavenger hunt or lead hourly rounds of Simon Says or Red Light, Green Light? Or let your child oversee cookie decorating.

Having a specific responsibility during a family gathering may help kids keep emotions and impulses in check. Make sure you discuss all of this beforehand. It's important your child buys into the idea and has a say in the activity.

**Read the full article at [understood.org](http://understood.org).**