

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## TVDSA Upcoming Events

- May 3**  
**Cool Club**  
Angry Easel, 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 20**  
**AIM**  
Treasure Valley Skate, Boise, 1:00 pm
- May 26**  
**Mom's Night Out**  
Idaho Shakespeare Festival, Boise, 6:30 pm
- June 1**  
**Board Meeting**  
Google Meet, 7:30 pm

## Remember TVDSA for Idaho Gives 2023

TVDSA is participating in Idaho Gives 2023! Idaho Gives is a program of the Idaho Nonprofit Center. It brings 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

## 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!



# Social Groups

## Lil' Buddies/Best Buds

Join the Lil Buddies **and** Best Buds for Spring on the Farm!

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!!

TVDSA will pay admission for kids with Down Syndrome ages 3–12

plus one caregiver—kids under 3 are free and all siblings and parents are welcome!

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).

*Lowe Family*  
**FARMSTEAD**  
KUNA, IDAHO

## Adults in Motion (AIM)

Join the fun and get your skate on with AIM at Treasure Valley Skate at 4712 W State Street in Boise! We'll meet at 1 pm on May 20. TVDSA will

pay for a few hours of roller-skating for our members with Down syndrome and one caregiver.

Let Jeremy know if you will be joining the fun and RSVP by May 15 at [aim@idahodownsyndrome.org](mailto:aim@idahodownsyndrome.org).

There will be snacks available for purchase at Treasure Valley Skate, so bring some money if you want a special treat while you skate.



## Mom's Night Out

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.

**IDAHO**  
**SHAKESPEARE**  
**FESTIVAL**

Registration opens Monday, May 8 at 9:00 am.

Moms Night Out events are open to moms of a child of any age with Down syndrome who are current members of TVDSA. If you aren't sure if your membership is current, email [membership@idahodownsyndrome.org](mailto:membership@idahodownsyndrome.org) to confirm. Please be sure your membership is current **BEFORE** you RSVP for this event.

If you have any questions about this event or our Moms Group, email Julie McConnel at [moms@idahodownsyndrome.org](mailto:moms@idahodownsyndrome.org).

## D.A.D.S.

The DADS will meet at Top Golf at 1050 S Silverstone Way in Meridian on May 24 at 7 pm.

We hope to get two bays for two hours. This means there is a limit of 12 dads attending. The RSVP was due on April 25, but you can contact Scott to see if there are any cancellations at [dads@idahodownsyndrome.org](mailto:dads@idahodownsyndrome.org).

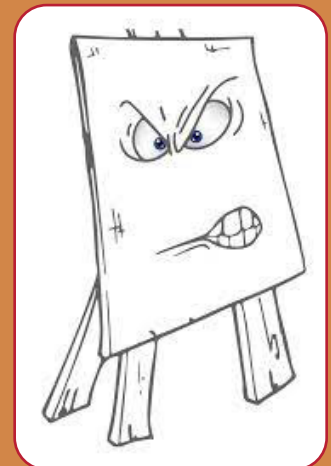


## Cool Club

The Cool Club will meet 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.

The RSVP date was April 28, but we can't wait to see pictures of all the fun and the masterpieces created!



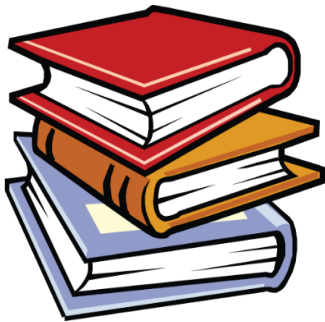
## Check out the Online TVDSA Library

Remember to come check out the new online TVDSA Library at [tvdsa.libib.com](http://tvdsa.libib.com).

You can read short descriptions of each item, see what is available, check out resources, and place holds.

I'll send out requested items every Monday through media mail.

Every current TVDSA member can check out items for up to three months.



To access the library for the first time, follow these simple steps:

1. Click **Patron Log In**.  
» A pop-up window displays.
2. Click **Need Password?**
3. Enter your email address.  
» A password is sent to your email.
4. Use the system-generated password to log in.
5. To change your password, go to the Patron Page under Edit Profile.

If there are any questions or problems, don't hesitate to contact me at [library@idahodownsyndrome.org](mailto:library@idahodownsyndrome.org).

## TVDSA Scholarship Information

### *Workshop Scholarship*

TVDSA supports members gathering information at local and national conferences and workshops.

The TVDSA Scholarship program is not income based, so all TVDSA members are eligible. See our [scholarship application](#) to apply.

### *Educational Scholarship*

TVDSA also has a Self-advocate Educational Scholarship. This program offers up to \$1,000 per year to a self-advocate seeking higher education.

## 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](mailto: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!



## 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.](#))

**Monthly Workshop**  
**Having High Expectations When You Don't Know What to Expect**

- ✓ Planning for the Future
- ✓ Stories from parents who have lived it
- ✓ Independent Living and more...

**May 09, 2023**  
**12:30 - 1:30 pm MST**  
**via Zoom**

[Contact Us](#)  
208.342.5884  
[parents@ipulidaho.org](mailto:parents@ipulidaho.org) [ipulidaho.org](http://ipulidaho.org)

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

## 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)



## Summer Book Club: *Inclusion in Action*

by Amanda Morin, [understood.org](http://understood.org)

### Español

¿Cómo luce un salón de clases inclusivo? Esa es una pregunta que Nicole Eredics se hace a menudo. Ella es una educadora, especialista en inclusión y autora de *Inclusion in Action: Practical Strategies to Modify Your Curriculum* (enlace en inglés). También es la creadora y anfitriona del podcast y el sitio en la red The Inclusive Class (enlace en inglés). Su libro es la tercera selección del club de libros de verano de Understood.

Cuando se trata de inclusión, Eredics sabe que no todas las escuelas están equipadas para proveer aulas inclusivas. Pero considera que este no es motivo para no empezar a encaminarse hacia la inclusión.

“Como suele decirse, pequeños pasos pueden resultar en grandes cambios”, comentó Eredics a Understood. “Sin embargo, es la calidad de la inclusión lo que más importa”.

Ella desea que los padres sepan que es primordial tener los apoyos adecuados para el desarrollo socioemocional e intelectual. Cuando las escuelas dedican tiempo para crear un sistema de apoyo sólido, se crea un ambiente inclusivo que puede desarrollarse con el tiempo.

Entrevistamos a Eredics a través del correo electrónico acerca de su libro y cómo puede ayudar a los padres de niños que piensan y aprenden de manera diferente. Hablamos sobre cómo establecer relaciones con los maestros y lograr salones de clase inclusivos.

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

### English

What does inclusion in the classroom look like?

That’s a question Nicole Eredics thinks about a lot. Eredics is an educator, inclusion specialist, and the author of *Inclusion in Action: Practical Strategies to Modify Your Curriculum*. (She’s also the creator and host of The Inclusive Class podcast and website.) Her book is the third selection in the Understood Summer Book Club.

When it comes to inclusion, Eredics knows that not all schools are equipped to provide completely inclusive classrooms. But she doesn’t see this as a reason to not start moving toward inclusion.

“As the saying goes, small steps can lead to big changes,” Eredics told Understood. “It is the quality of inclusion, however, that is most important.”

She wants parents to know that having appropriate supports for social-emotional and intellectual development is key. When schools take the time to create a solid support system, it creates an inclusive environment that can be scaled over time.

We emailed with Eredics about her book and how it can help parents of kids with learning and thinking differences. We talked about how to build relationships with teachers and champion inclusive classrooms.

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