

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

## In this Issue

Sponsor Spotlight: C.K. Quade Law	1
Join TVDSA Today	1
Help TVDSA while You Shop	2
Giving Tuesday	2
Scholarship Information	2
DSDN Rockin' Retreats	2
What if This is a Lost School Year	3
TVDSA Needs Your Help	3
Mission/Vision Statement	3
Board Information	3
Contact Information	3

## Upcoming Events

### December 1

#### Board Meeting

Google Meet, 8:00 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.



## Sponsor Spotlight: C.K. Quade Law

For over 11 years, C.K. Quade Law has sponsored inclusion and the TVDSA Buddy Walk.



**CK QUADE LAW PLLC**

This year, due to COVID, they dedicated and donated 4% of the total costs of flat-fee estate plan work to Idaho-based 501(c)(3) organizations that serve people with special needs or our elders. That includes the TVDSA efforts of 2020.

Established by Charlene “Char” Quade in 2006, the focus and service of the firm expanded from a solo practice to a team of four attorneys, a student attorney, and four full-time senior paralegals—and our team continues to grow. Char is licensed in Washington and Idaho and is a member of the Special Needs Alliance (SNA)—a group of roughly 150 attorneys throughout the United States—after over 10 years of experience in special-needs law and her personal experience as a mom.

She and members of her team hold personal and professional knowledge and experience in laws that impact the civil rights of people with disability. Originally seeking to serve in special-education law, she and the firm quickly expanded to meet the needs of clients in guardianship, supported decision making, Medicaid, Social Security, ABLE Act, special-needs trusts and estate planning, and probate. With the addition of owner-members Heather Conder and Sean Beck, our team serves the needs of elders in Medicaid planning and elder law. Sean recently received the distinction Certified Elder Law Attorney. The combined years of experience work well to serve the needs of Idahoans and those neighbors, across the state line, in Washington.

*Continued on page 2.*



# Sponsor Spotlight: C.K. Quade Law

*Continued from page 3.*

You or someone you know may have been able to hear any of our team present at conferences or seminars on *Legal Planning for Life After 18!* or on the benefits of special-needs planning. The firm has been a foundational part in establishing professional groups, such as Idaho Guardian and Fiduciary Association (IGFA), Idaho Families of Adults with disabilities (IFAD), and Trust Estate Professionals Idaho (TEPI) as we continue to share knowledge with social workers, court visitors, attorneys, politicians, and our families.

Although in-person presentations are on hold, they continue to offer free, half-hour consults and schedule virtual or webinar presentations for those interested in *Legal Planning for Life*

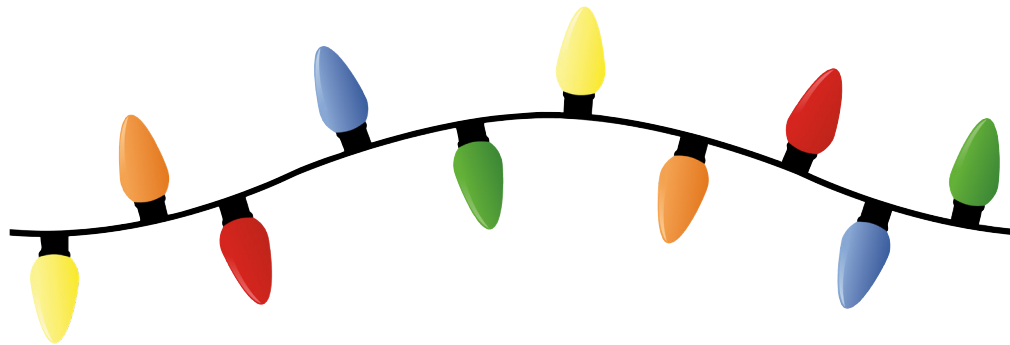
*After 18!* and *Special-Needs Planning and Benefit Retention*. Check out the up-coming presentations or call to schedule one for your group of 10 or more participants.

Our team at C.K. Quade Law both commits and looks forward to working with the individuals and families of the TVDSA and others directed at full inclusion in our society. Located in Boise, Idaho, we serve clients in communities throughout the state.

Both humbled and honored, our team celebrates you!

You can find more about our team at the following:

- [ckquadelaw.com](http://ckquadelaw.com)
- [facebook.com/CKQuadeLaw](https://facebook.com/CKQuadeLaw)



## 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*

This program offers up to \$1,000 per year to a self advocate seeking higher education.

More details and an online form will be available soon.



## DSDN Rockin' Retreats

Get ready to reserve your spot for the Down Syndrome Diagnosis Network (DSDN) Rockin' Retreats (for moms and dads).

Registration for both retreats is open now, and spaces go quickly. Click the links below for more information.

### **DSDN Rockin' Dad Retreat:**

Kansas City, MO, August 6-7

### **DSDN Rockin' Mom Retreat**

Denver, CO, September 24-25

## Help TVDSA while You Shop!

As we work on our holiday shopping, keep TVDSA in mind! You can help TVDSA earn donations by shopping with AmazonSmile and Fred Meyer Community Rewards.

Amazon donates 0.5 percent of the price of your eligible AmazonSmile purchases to TVDSA. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

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



With Fred Meyer Community Rewards, link your Fred Meyer Rewards Card to TVDSA, and when you shop, you earn a donation from Fred Meyer to TVDSA. Click the image below for more information.



## Remember TVDSA for Giving Tuesday, Dec. 1

December 1 is #GivingTuesday. After all the Thanksgiving events, Black Friday and Cyber Monday hustle and bustle, it is time to give back.

This year we are fundraising to raise awareness and support our programs.

Check out [our website](#) to donate, you can contribute to the organization at any amount.

Looking for a unique gift? Consider purchasing one of our awesome yard signs. They make terrific presents for the Down syndrome advocates in our lives.

## TVDSA Needs Your Help!

TVDSA is looking for someone to manage our social media accounts!

Our social media manager would be responsible for posting to our Facebook, Instagram, and Twitter accounts one to two times a week, and more often during the months of March and October.

We're looking for someone who can create interesting, informative, and fun posts about Down syndrome, TVDSA, and our Treasure Valley community. If this sounds like something you would be interested in, please contact Jennifer Rice at [secretary@idahodownsyndrome.org](mailto:secretary@idahodownsyndrome.org) for more information.

## 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.

## Contact Information

Treasure Valley Down Syndrome Association

PO Box 1404  
Meridian, ID 83680  
208-945-7448

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



## What If This Is a Lost School Year? (Without Losing the Learning) [understood.org](http://understood.org)

### Español

Hace unos seis meses aproximadamente escribí un artículo sobre mis nuevas reglas en la casa para sobrellevar la pandemia del coronavirus. Lo que no sabía en ese entonces era que meses después todavía me estaría preguntando cómo sobrellevarla. Este verano, me di cuenta de que casi todos mis pensamientos empezaban con “¿y si?”

- ¿Y si alguien en mi familia se enferma?
- ¿Y si debido a mis problemas sensoriales, no soportara llevar puesta una mascarilla ahora que salgo más y tengo contacto con más personas?
- ¿Y si mis dos hijos, ambos con problemas sensoriales, no toleraran usar un cubrebocas? ¿Y si no pudieran cumplir el distanciamiento social en la escuela o en compañía de otros niños?
- ¿Y si la escuela de mi hijo menor decide no impartir clases presenciales?

Cuando la escuela no informó cuál era el plan de reapertura, nos surgieron un montón de preguntas. Mi esposo y yo sabemos que muchos de los servicios presenciales que están incluidos en el IEP de nuestro hijo de quinto grado no funcionan bien en un entorno virtual. Y nos dimos cuenta de que estaba perdiendo habilidades sociales y de organización que dábamos por sentadas, y en las que precisamente se centra su IEP.

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

### Board of Directors

**President** ..... **George Taylor**  
**Vice President and Community Outreach Chair** .. **Charmaine Thaner**  
**Secretary and Membership** ..... **Jen Rice**  
**Treasurer and Spanish Contact** ..... **Lucy Olmos**

### English

Just about six months ago, I wrote about my parenting rules for letting go and getting through the coronavirus pandemic. What I didn't know then was that so many months later, I'd still be thinking about getting through. This summer, it really hit me that almost everything I was thinking started with “what if.”

- What if my family gets sick?
- What if, because of my sensory issues, I can't handle wearing a mask now that I'm out and interacting with people more?
- What if my sons, both of whom also have sensory issues, can't tolerate wearing a mask? What if they can't manage social distancing at school and around other kids?
- What if my younger son's school chooses not to reopen in person?

When the school's plans for reopening were released, so were a torrent of new questions. My husband and I know that many of the in-person supports and services in our fifth grader's IEP don't translate well to a virtual environment. And we noticed him losing the social skills and organizational skills we took for granted — things his IEP focuses on.

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

