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On March 21, 2015, the Down Syndrome Parents Group of WNY will join together with others across the world in celebrating the 10th Anniversary of World Down Syndrome Day. World Down Syndrome Day is on 3/21 to symbolize a third copy of the 21st chromosome in people with Down syndrome.

In Western New York the Peace Bridge Authority will assist us in celebrating World Down Syndrome Day by lighting the Peace Bridge blue and yellow to honor the 400,000 people living in the United States with Down syndrome. Families of WNY will be participating in a campaign "Random Acts of Kindness" promoted by the National Down Syndrome Congress, where they will choose an act of kindness like taking cookies to a fire station, or checking in on an elderly neighbor and letting people know that they are doing this act on behalf of World Down Syndrome Day. Pictures of these random acts will be posted on social media pages with the hashtag #WDSD15. We'll have people on the receiving end of our kindness, and the whole world watching on Facebook, Twitter and Instagram as we celebrate World Down Syndrome Day 2015.

Many local families and even some school districts within WNY will also be celebrating by participating in Lots of Socks. We invite you to join us in the Lots of Socks campaign to spread the awareness of Down syndrome. We want to get people talking. We can do this if we all wear socks, but not just any socks, brightly colored socks, long socks, printed socks, 1 sock...maybe even 3 socks for 3 chromosomes. If you don't normally wear socks then wear them. The choice is yours, but we ask you to join us in wearing something which people will ask you about so that you can tell them all about World Down Syndrome Day.

As the Down Syndrome Parents Group of WNY, our goal is to raise awareness of Down syndrome while enhancing the lives of people with Down syndrome. Join us here in WNY, and the world, and make this the biggest, best World Down Syndrome Day yet.

Down Syndrome Facts:

- Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.
- Down syndrome is the most commonly occurring chromosomal condition. One in every 691 babies in the United States is born with Down syndrome.
- The incidence of births of children with Down syndrome increases with the age of the mother. But due to higher fertility rates in younger women, 80% of children with Down syndrome are born to women under 35 years of age.
- People with Down syndrome have an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, Alzheimer's disease, childhood leukemia, and thyroid conditions but do not suffer from Down syndrome. Many of these conditions are now treatable, so most people with Down syndrome lead healthy lives.
- Life expectancy for people with Down syndrome has increased dramatically in recent decades - from 25 in 1983 to 60 today.

- People with Down syndrome attend school, work, participate in decisions that affect them, and contribute to society in many wonderful ways.
- All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses.

For the most current, accurate information and resources associated with people with Down syndrome visit the [Down Syndrome Parents Group of WNY](#), [National Down Syndrome Society](#) or [National Down Syndrome Congress](#).

Additional Down Syndrome Resources:

World Down Syndrome Day
<https://www.worlddownsyndromeday.org/>

Down Syndrome Myths and Truths
<http://www.ndss.org/Down-Syndrome/Myths-Truths/>

What is Down Syndrome?
<http://www.ndss.org/Down-Syndrome/What-Is-Down-Syndrome/#sthash.elGkEaci.dpuf>

The DSPG of Western New York provides support to persons with Down syndrome and their families. The DSPG provides families with current information on Down syndrome, as well as information on educational programs and community services available for persons with Down syndrome and their families. They work with other support groups and organizations to improve the quality of life for persons with Down syndrome. The organization's informational and social events provide a range of opportunities for families to support and encourage each other. (716) 832-9334, dspgwny@gmail.com or visit the website at www.dspgwny.org.

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