

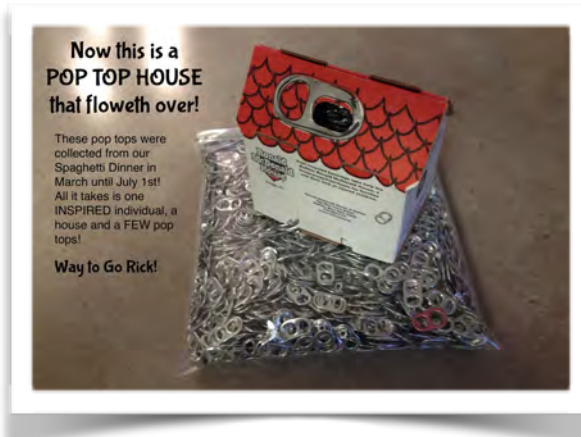
## Calendar of Events

- February 10 **Valentines Dance**  
Magruders, 4995 Broadway, Depew  
5:30PM
- February 24 **UB Bulls Basketball**  
Alumni Arena, 175 Webster Rd, Amherst  
1PM
- March 4 **Spaghetti Dinner & Basket Raffle**  
The Columbus Hall, Cheektowaga  
3:30PM
- March 21 **World Down Syndrome Day**  
Santora's Pizza, Pub & Grill, Williamsville  
5:30PM
- April 26 **Overview of Medicaid Changes**  
Museum of disAbility History, Amherst  
7PM



# DSPG News

February 2018



**REMINDER: Save those Pop Tops!** If you have pop tops or would like a collection house to benefit Ronald McDonald House of Buffalo please contact Tracey, [leo8408@gmail.com](mailto:leo8408@gmail.com) or Michelle, [michgiambra@gmail.com](mailto:michgiambra@gmail.com).

*The DSPG News is published quarterly in February, May, August, and November*

*In an effort to reduce our carbon footprint, we will only be mailing printed versions of this newsletter to anyone not currently on our email list. You can receive a printed copy by mail by sending a request to [dspg@dspgwny.org](mailto:dspg@dspgwny.org).*



DSPG of WNY, Inc.  
547 Englewood Avenue  
Kenmore, New York 14223

## UPCOMING EVENTS

### Valentines Dance Feb 10

Due to a change in policy, there will be a charge of \$5 per person, to cover the food provided by the DSPG. Food will include pizza, salad, pop, snacks and desserts.. The dance will be held on Saturday, February 10, 2018 from 5:30PM to 9:00PM, at Magruders, located at 4995 Broadway in Depew. Please RSVP to Janet at [janpo788@aol.com](mailto:janpo788@aol.com) or click the link below by Monday, February 5, so that we can ensure adequate food and seating.

*The DSPG will be charging a fee of \$5 per person and will provide all food including: pizza, salad, snacks, drinks, and desserts. If you would still like to bring in a special treat for the group please feel free to do so.*



Dances have been so well attended that we are requiring a RSVP to prepare the space and ensure that we are within capacity limits of the venue. We will be limiting the number of people in attendance so please do not bring additional guests. Thank you for your understanding.

<https://form.jotform.com/dspgwny/valentines2018>

### UB Bulls Game February 24

The UB Basketball game originally scheduled for Sunday February 3, 2018 has been changed. The new date is Saturday, February 24, 2018 against the Ohio Bobcats at Alumni Arena. It is a double header with the Women's game at 1:00 and Men's at 3:30. Tickets are good for both games.



Activities for kids and concessions will be available. For tickets contact Janet Poreda at [janpo788@aol.com](mailto:janpo788@aol.com) with your complete mailing address by February 17, 2018 or click the link below. **Immediate family only please.**

<https://form.jotform.com/dspgwny/ubbulls2018>

### Spaghetti Dinner March 4

The Spaghetti Dinner will take place at The Columbus Hall, 2735 Union Road, Cheektowaga, NY 14227 from 4:00 PM - 7:00 PM. Doors will open at 3:30. Spaghetti dinner tickets are available for advance sale only. No dinner tickets will be sold at the door. Please purchase your dinner tickets by February 26 to allow time for mail delivery.

To purchase tickets on line go to <https://form.jotform.com/dspgwny/spaghetti2018> (Raffle tickets may be purchased with this form or on the day of the event.) or contact Tricia Winnicki at [trishwinnicki@gmail.com](mailto:trishwinnicki@gmail.com)

If you would like to volunteer, please contact Tricia Winnicki or go to <https://form.jotform.com/dspgwny/DSPGvolunteer>

### World Down Syndrome Day March 21

World Down Syndrome Day is Wednesday March 21, come out and celebrate with us!!

Join us for dinner at Santora's Pizza Pub & Grill, 7800 Transit Road, Williamsville 14221, from 5:30-8:30. The cost is \$5.00 per person (children 2 and under are free) and includes pizza, salad and pop. Other drinks can be purchased at the bar. Please go to the link below. Or contact Janet Poreda at [janpo788@aol.com](mailto:janpo788@aol.com) for tickets.

<https://form.jotform.com/dspgwny/WDSDay-2018>

### Overview of Medicaid Changes April 26

Join us for our April meeting on the Medicaid Waiver program on Thursday, April 26 at 7:00pm at the Museum of disAbility. Topics to be discussed include an overview of Medicaid, Self-Directed Services, the Front Door and an update about the changes that are happening this year. You won't want to miss the important meeting. Go to the link below to RSVP

<https://form.jotform.com/dspgwny/aprilmeeting>

## Resource Corner

**A Day in Our Shoes-IEP Resources and more**

<https://adayinourshoes.com/parent-iep-mistakes/>

**How to get a FREE lifetime pass to National Parks for people with disabilities**

[https://adayinourshoes.com/free-lifetime-pass-to-national-parks/?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=SocialWarfare](https://adayinourshoes.com/free-lifetime-pass-to-national-parks/?utm_source=facebook&utm_medium=social&utm_campaign=SocialWarfare)

**Exciting new Down syndrome research from Global Down Syndrome Foundation!**

<https://www.americanscientist.org/article/down-syndrome-the-immune-system-disorder>

**Medical care guidelines for adults with Down syndrome as well?**

<https://www.ncbi.nlm.nih.gov/pubmed/29130597>

**Theatre of Youth**

<http://www.theatreofyouth.org/sensory-friendly>

**As the weather gets cold, dry skin can get worse—check out these tips for people with Down syndrome on taking care of dry or sensitive skin:**

<http://www.massgeneral.org/children/down-syndrome/down-syndrome-dry-skin-care.aspx>

**Adult Down Syndrome Center FaceBook page offers some great articles including "Social Sensitivity & Down Syndrome." Additional books on this topic include "Mental Wellness in Adults with Down Syndrome" and "The Guide to Good Health for Teens & Adults With Down Syndrome" by Dennis McGuire, Ph.D. & Brian Chicoine, M.D.**

<https://www.facebook.com/adultdownsyndromecenter/>

**Together Including Every Student (TIES)**

[www.starbridgeinc.org/TIESprogram](http://www.starbridgeinc.org/TIESprogram)

**Chuck E. Cheese offers Sensory Sensitive Sundays the first Sunday of each month**

<https://www.chuckecheese.com/deals-offers/sensory-sensitive-sundays>

## Board News

Volunteers Needed! If you would like to be more involved with the DSPG we have several opportunities available. We are already starting to plan for the next Step Up for Down Syndrome. If you would like to help please contact Gretchen at [gretchen.w@dspg.wny](mailto:gretchen.w@dspg.wny). We always looking for your input on additional activities and speakers. Feel free to contact anyone on the board or email Amy at [amonson23@gmail.com](mailto:amonson23@gmail.com)

If you have a change of address (email or regular mail) please email us at [dspg@dspgwny.org](mailto:dspg@dspgwny.org)

The Developmental Disabilities Awareness Day(DD Day) Conference is celebrating its 30th year

**SAVE THE DATE!!**

Thursday, May 24, 2018 at the  
Niagara Falls Event and Convention Center  
Niagara Falls, NY  
<http://www.ddday.org>

## CAUSE Program at Daemen College Offers Free Sports Sessions

Created with the help of grant funding from the Ralph C. Wilson, Jr. Legacy Funds at the Community Foundation for Greater Buffalo, the Center for Allied and Unified Sport and Exercise (CAUSE) at Daemen College provides opportunities for people with disabilities to develop physical fitness, demonstrate courage and experience the camaraderie and sportsmanship that comes with athletics participation. In addition, CAUSE provides a supported venue for caregivers to access athletic-based care, participate in health and wellness programs, or simply experience the joy of watching a loved one compete.

Free Sunday sports sessions take place at Daemen's Academic and Wellness Center Gym, 4433 Main Street, Amherst, NY 14226, from 2 p.m. - 4 p.m. for individuals with disabilities. Sunday sports sessions are open to all ages.

Under the supervision of Daemen Athletics Coaches and Faculty, Daemen Students and Student-Athletes will be paired with participants to engage in activities that promote sport, exercise, and socialization. During the sessions, caregivers can enjoy some time to themselves, free use of Daemen's Fitness Center or socialize with other caregivers.

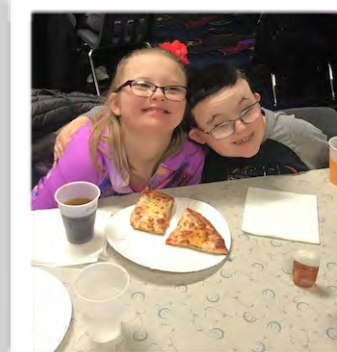
**Spring dates: 01/28, 02/04, 02/11, 02/25, 03/04, 03/11, 03/18, 03/25, 04/08, 04/15, 04/22, 04/28 and 05/06**



Learn More: <http://embracethedifference.org>

or Shop Now:

<https://reedsjewelers.com/embrace-the-difference>



**Fun at the Fall Dance & Family Bowling**



<https://www.facebook.com/DSPGWNY>



## Thank You To Our Donors

All the generous donations to the Step Up for Down Syndrome Awareness Walk

All the generous donations through Embrace the Difference and Amazon Smile

Paul Irvin & Barbara Cain

United Way

Eberl Iron Works, Inc. very generous donation through their Give Back to the Community Program

## DSPG BOARD MEMBERS

### Presidents:

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