

Calendar of Events

- December 7 **Holiday Party**
Buffalo Academy of the Sacred Heart
3860 Main Street, Buffalo
11AM
- January 25 **Bowling**
Mallwitz's Island Lanes
1887 Whitehaven Rd., Grand Island
2PM
- January 28 **January Meeting on Guardianship**
TBD
7PM
- February 15 **Valentine's Dance**
MaGruders, 4995 Broadway, Depew
5:30PM

We host events for both our kids and their family members. None of our events are drop off or respite.



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

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.



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



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



November 2019

UPCOMING EVENTS

We host events for both our kids and their family members. None of our events are drop off or respite.

Holiday Party

Dec 7th

Celebrate the holidays with family and friends at our annual Holiday Party, Saturday, December 7 from 11am - 2pm. Students at the Buffalo Academy of the Sacred Heart will continue their long tradition of hosting. Enjoy games, crafts, music, dancing and a visit from the big man himself!

The DSPG will provide pizza, salad and beverages while families are requested to contribute \$5 for 1 person or \$10 per family. If you would like to bring a dessert, please feel free to bring one.

If you would like your children to receive something from Santa, please bring them wrapped and labeled gift. All children who see Santa will receive a small treat bag.

All are welcome to come and have fun! Teens and adults with Down syndrome are also welcome to volunteer alongside our Sacred Heart friends. We will match them up so that they will have a buddy.

Contact Barbara Wakefield at bb.wakefield1@verizon.net with any questions or Register on line at <https://form.jotform.com/dspgwny/holiday2019>

January Meeting on Guardianship

January 28

Join us Tuesday, January 28 from 7-9pm where Bruce A. Goldstein will present on the topics of special needs trusts and the ABLE Act. Mr. Goldstein, Special Counsel at Kenney Shelton Liptak Nowak LLP, brings over forty years of experience to the field. He concentrates his practice in the areas of Special Education, Special Needs, Estate Planning, Not-for-Profit Corporations, and Health Law.

Contact Amy Monson with any questions or register on line at <https://form.jotform.com/dspgwny/JanMeeting>

January Bowling

January 25

Put on your bowling shoes and join us at Mallwitz's Island Lanes on Saturday, January 25, 2020 from 2-5pm. Members pay \$8/person for bowlers and \$5/person for non-bowlers, which includes three hours of bowling, shoe rental and unlimited pizza and pop. Due to your continued generosity, the DSPG will cover the remainder of the cost.

This event is for immediate family members only and we have a limit of 60 bowlers. This is not a drop off event. If parents choose not to bowl, they must remain at the bowling alley with their child.



Mail checks made out to DSPG to Bonnie Zon, 222 Culpepper Rd, Williamsville, 14221 or register on line at <http://form.jotform.com/dspgwny/bowling2020>

Contact Bonnie at bonzon1102@aol.com or 632-0137 with questions.



February Dance

February 15

The Valentine's Day Dance will be held Saturday, February 15 from 5:30 to 9:00pm, at Magruders,

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. If you would like to sign up with cash or check or have any questions please feel free to contact us at dspgwny@gmail.org

Please RSVP by Monday, February 10, so that we can ensure adequate food and seating. Register on line at form.jotform.com/dspgwny/valentines2020. We will be limiting the number of people in attendance so please do not bring additional guests. Thank you for your understanding.

SAVE the DATES:

Spaghetti Dinner - March 22 • Speaker, Libby Kumin - April 25

Registration is open for the 2019-2020 season of Young Athletes. For more information contact Courtney Partridge at (315) 529-1249 or corky3012@hotmail.com

Resource Corner

Woodbine House

Save 30% on 37 books on Down syndrome during October in recognition of Down Syndrome Awareness Month!

<https://www.woodbinehouse.com/product-category/sale/>

DeCamville Arts

They have many programs throughout the year. Check them out!

<https://decamvillearts.wixsite.com/website>

Do you an evacuation plan for your child included in the IEP?

<https://www.wrightslaw.com/info/emergencyplans.scott.htm>

Podcasts from the Down Syndrome Center at UPMC Children's Hospital of Pittsburgh

The podcasts will focus on a wide range of issues related to down syndrome for parents, caregivers, educators, and medical professionals. Podcasts are updated regularly and will feature discussions with medical experts in cardiology, otolaryngology, sleep disorders, infectious diseases, and more.

<http://www.chp.edu/our-services/down-syndrome/podcasts>

The Daemen CAUSE program

They provide opportunities for people with disabilities to develop physical fitness, demonstrate courage and experience the camaraderie and sportsmanship that comes with athletic participation.

<https://daemenwildcats.com/sports/cause>

Sleep apnea

<https://www.youtube.com/watch?v=WtTX4T89ytQ&feature=youtu.be&fbclid=IwAR0NBZ3EXmofRUoJzi0h2fEp-KUOQsIF1J2WXe2BFAtlgHwDhVwSJYjtMU>

Back To School Parent-To Parent-Guide To Inclusion

<https://www.inclusionrevolution.com/back-to-school-parent-to-parent-guide-to-inclusion>

LuMind IDSC Research Rally

<https://www.lumindidsc.org/research-faq-panel/>

In 1979 the Down Syndrome Parents Group of Western New York (DSPGWNY) was established.

Since then, we have supported hundreds of families, as well as promoted awareness of Down syndrome and acceptance of individuals born with Down syndrome. PLEASE VISIT dspgwny.org TO LEARN MORE.

Support for New Parents • Social Groups • Informational Meetings and Resources • Hospital Visits
Volunteer Scholarships • 40 years of experience supporting individuals with Down syndrome right here in WNY!

Thank You To Our Donors

All Donations for
Step Up for Down Syndrome

All Donations through United Way

All donations through
Embrace the Difference

Eberl Iron Works, Inc.
Employee donations

Donna and Steven Paveljack

Merchants Insurance Group

Elaine Kloc
(In memory of Paul Kloc)

Adella Kirchmeyer

Board News

College Scholarships

The DSPG is providing college scholarships to deserving high schoolers who have volunteered with us for at least 4 years. Please email dspg@dspgwny.org with questions or to receive a copy of the qualifications for the 2019-2020 school year. Applications for the fall of 2020 are due on May 30, 2020.

Board Elections

Congratulations to our newest Board Member, Daryl Barnes. Also re-elected to the Board, Amy Monson, Melissa Garrity and Joan Colefield Bridges.

As always, if you have anything you'd like to share, contact any of the board members below or send an email to dspg@dspgwny.org.

40th Anniversary Celebration

We celebrated 40 years of the DSPG of WNY on Saturday October 12, at Santoras. It was a great evening. Friends reconnecting from the past and meeting new friends. Everyone had a great time. Here's to another 40 years!



DSPG Presidents from left; Bob Cliffe, Barb Wakefield, Carol Hetzel, David Irwin, Shelley Helmer-Snyder, Amy Monson

Step Up for Down Syndrome

Thank you to everyone who supported this year's walk. We had a great turnout and a beautiful day!



Halloween Parties for All Ages

We celebrated Halloween early with a party for younger kids and a Best Buddies event for the older crowd.

DSPG BOARD MEMBERS

Presidents:

Amy Monson, 716-677-0604
Barbara Wakefield - 716-983-2140

Vice Presidents:

Gretchen White - 716-834-0853
Trish Winnicki - 716-445-2177

Treasurer:

Janet Poreda - 716-695-1299

Communications Coordinator:

Melissa Garrity - 716-534-6121

Secretary:

Bonnie Zon - 716-632-0137

Members at Large:

Jason Brydges - 716-830-8636
Joan Cofield-Bridges - 716-432-4851

Craig Donatelli

Tracey Flick - 716-228-5002
Marcy Hagen - 716-632-1418

Daryl Barnes - 716-4??????
Marc Kotarski - 716-912-7797

David Rosenhoch

Wendy Slisz - 716-465-7574

President Emeritus:

Carol Hetzelt - 716-832-4972