

Calendar of Events

Aug 10 Sept 14 Oct 12 Nov 9 Dec 14	Parent Support Virtual Meetings 7PM
Sept 26 Oct 31 Nov 21	New Family Socials <i>Bornhava</i> 9:30AM
October	Down Syndrome Awareness Month
TBD	Full Day Conference with Libby Kumin



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



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

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.



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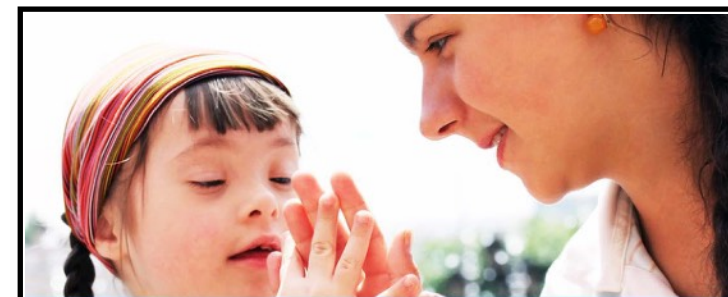
August 2020

UPCOMING EVENTS

Due to Social Distancing Guidelines for COVID-19, Our upcoming events have been postponed. We will announce any new dates as soon as we are able.

Parent Support Virtual Meetings

Aug 10



Down Syndrome Parents Group

PURPOSE:

Provide a welcoming environment for parents, family members and other caregivers of individuals with down syndrome to meet, share experiences, ask questions and receive support.

DATES:

Mondays, August 10, September 14,
October 12, November 9,
December 14

WILL BE USING GO-TO MEETING:

Please join my meeting from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/567555997>

TIME:

7:00 - 8:00 PM

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
<https://global.gotomeeting.com/install/567555997>

If you have any questions contact us at :
(716) 332-4170 or info@parentnetworkwny.org



Step Up for Down Syndrome

We have re-invented our Step Up for Down Syndrome Walk this year. Due to COVID-19 we will not be meeting in person at Sahlen Field on October 3, 2020. However, we will be holding a virtual event starting mid September that is sure to make you smile! Stay tuned to our website for details....

Masks for Sale

We are now offering customized Step Up for Down Syndrome face masks. They come in one size and are \$6 each. Click on the link below to order or contact Barb Wakefield with any questions at bb.wakefield1@verizon.net



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

Full Day Conference with Libby Kumin

TBD

We are working on a new date in Spring of 2021 to host this conference.

Resource Corner

Below are some resources we have gathered on how to handle the COVID-19 outbreak with our loved ones with Down syndrome.

What are your thoughts on schools reopening?

<https://downsyndromecenter.libsyn.com/77-covid-and-ds-5-thoughts-on-school-reopening-with-dr-andrew-nowalk>

Safe re-entry of People with Down syndrome into their communities

<https://docs.google.com/document/d/1rTAe4CVSGc8g63LMiTZftcZb-qHJbRdurgpvoRiyBg/edit>

Down Syndrome International

DSi is a UK based international organization, comprising a membership of individuals and organizations from all over the world, committed to improving quality of life for people with Down syndrome, promoting their right to be included on a full and equal basis with others. Under the Down syndrome explained tab there are links to many resources on a variety of topics.

<https://www.ds-int.org/Pages/Category/what-is-down-syndrome>

Promoting Independence in People with Intellectual or Developmental Disabilities

<https://noahsarkflorida.org/tips-for-promoting-independence-in-people-with-intellectual-or-developmental-disabilities>

Text4Caregivers

<https://platform.trumpia.com/onlineSignup/ddpctext/text4caregivers>

Check out this coloring book about wearing masks

https://drive.google.com/file/d/1d-9LdrfpPOB2vSWFvYe-B_7FTIuMHfP2

Gigi's Playhouse Buffalo

<https://www.facebook.com/gigisplayhousebuffalo/events>

Board News

In times like these, we want you to know you are not alone. Please feel free to reach out to any of our Board members if you are in need of assistance. Whether it's an ear to listen, a virtual shoulder to cry on or something more substantial, we are here for you. We will do whatever we can to connect you with the necessary resources. Please take care and stay safe.

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. This year's annual scholarship is being awarded to Jack Slisz. Congratulations Jack! Applications for the fall of 2021 are due on May 30, 2021. *We welcome our loved ones with Down syndrome to volunteer at any of our events.*

Gigi's Playhouse Grand Opening



Gigi's Playhouse opened their doors on August 1 at 326 Kenmore Avenue in Buffalo, and a few of our members had a chance to take a tour. Thanks to your generosity, we were able to use some of our funds to donate four 65" TVs. Check out the programming they are offering at <https://gigisplayhouse.org/buffalo/>

June Raffle Calendar

Our June raffle was a great success with over 300 entries. Thanks to all who participated!

How are You Coping with COVID-19?

We sent an email to see how you are coping with the many challenges COVID-19 has brought us. Below are some responses. Please continue to send any thoughts to us at dspg@dspgwny.org

"Once your kid gets to high school you pretty much don't know a whole lot about their day-to-day So it has been really nice for me to see what he is working on and see him interact with his teachers and friends and learn more about his friends."

"Getting enough physical activity is always an issue. Now we've just been walking a lot around our neighborhood and taking virtual dance & fitness classes. We did find out that the Kids With Disabilities program was happening at Amherst Recreation Dept. on Saturday mornings alternating between Clearfield Pool and North Forest Pool. We've done that in the past and he loved being in the pool without the crowds. We debated about it a bit but he went for the first time yesterday and was so happy to be back in the water!"

"We've been doing takeout once a week at different places and that has been keeping a sense of normalcy. We've been doing a lot of zoom calls with family that lives out of state that we normally go to visit during the summer. I think he's "seen" his aunts, uncles & cousins more now than he has ever so that can only be good."



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