

## Calendar of Events

- Nov 8 **Parent Support Virtual Meetings**  
Dec 13 7PM
- Dec 11 **Santa Drive Thru**  
Buffalo Academy of the Sacred Heart, Buffalo 14226  
11AM
- Feb 6 **Family Bowling**  
Mallwitz's Island Lanes  
1887 Whitehaven Rd, Grand Island 14072  
11AM
- Apr 2 **Chicken BBQ Drive Thru**  
Union Fire Company, West Seneca 14224  
12PM

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](mailto:dspg@dspgwny.org).



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



# News

November 2021

## UPCOMING EVENTS

### Parent Support Virtual Meetings

Nov 8

**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.

DATE	"NEW ZOOM LINK"
November 8, 2021	Join Zoom Meeting
December 13, 2021	<a href="https://zoom.us/j/91473020954?pwd=bnQwYkUwOFUyVitkZlYlUDBhN2QTO9%20#success">https://zoom.us/j/91473020954?pwd=bnQwYkUwOFUyVitkZlYlUDBhN2QTO9%20#success</a>
TIME	Meeting ID: 914 7302 0954
7:00 pm - 8:00 pm	Passcode: 902265
	Dial by your location
	+1 646 558 8656 US (New York)

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

Join our Zoom Meetings, the second Monday of every month at 7pm, to share experiences, ask questions and receive support. For parents and other caregivers of children with Down syndrome. Click the link below to join. For email reminders for upcoming meetings go to: <https://form.jotform.com/dspgwny/dspgvirtualmeetings>

#### New Zoom Link

<https://zoom.us/j/91473020954?pwd=bnQwYkUwOFUyVitkZlYlUDBhN2QTO9%20#success>  
Meeting ID: 914 7302 0954 Passcode: 902265

### Santa Drive Thru

Dec 11



Come celebrate the holidays at our Drive Thru Santa event from 11am-1pm at Buffalo Academy of the Sacred Heart, 3860 Main St., Buffalo. The student elves will be handing out arts & crafts and snacks while Santa greets each car. To register go to <https://form.jotform.com/dspgwny/santa2021> Please **RSVP by Monday, December 4th**. Contact Maureen Hunley-Barnes with any questions at [mhunleybarnes@yahoo.com](mailto:mhunleybarnes@yahoo.com).

### Family Bowling

Feb 6



Put on your bowling shoes and join us at Mallwitz's Island Lanes on Sunday, February 6, 2022 from 1-3pm. Members pay \$8/person for bowlers and \$5/person for non-bowlers, which includes two hours of bowling, shoe rental, pizza and pop. Due to your continued generosity, the DSPG will cover the remainder of the cost. This event is for immediate family members. If parents choose not to bowl, they must remain at the bowling alley with their child. This is not a drop-off event. **Please RSVP by Friday, January 28th.**

Mail checks made out to DSPG to Bonnie Zon, 222 Culpepper Rd, Williamsville, 14221 or register on line at <https://form.jotform.com/dspgwny/bowling2022>. Contact Bonnie at [bonzon1102@aol.com](mailto:bonzon1102@aol.com) or 632-0137 with any questions.



### Chicken BBQ Drive Thru

April 2

The Down Syndrome Parents Group's Chicken BBQ Drive Thru event will take place at Union Fire Company, 1845 Union Road, West Seneca, NY 14224 on Saturday, April 2, 2022 from 12:00 PM - 4:00 PM. Dinners will be provided by Carrubba's Chicken Pit. *This event will take the place of our annual Spaghetti Dinner.* Stay tuned for details...

### Embrace the Difference Bracelet Sale

Ongoing

Spread Kindness and Inclusion while supporting the DSPG. Limited quantity available for \$40 each. Orders will be ready in time for the holidays. These will make a great gift! Order yours today at <https://form.jotform.com/dspgwny/bracelet21> and we will contact you with a pick up date and location. You can also contact Lisa Brydges at [lisabrydges5@gmail.com](mailto:lisabrydges5@gmail.com) or 716-510-8206.



EMBRACE THE DIFFERENCE

## Resource Corner

**Prevalence of Common Disease Conditions in a Large Cohort of Individuals with Down Syndrome in the United States**  
<https://adsresources.advocatehealth.com/prevalence-of-common-disease-conditions-in-a-large-cohort-of-individuals-with-down-syndrome-in-the-united-states>

**Questions to Ask When Prescribed a New Medication**  
<https://adsresources.advocatehealth.com/questions-to-ask-when-prescribed-a-new-medication>

**Skin, Nail and Hair Conditions Common in People with DS**  
<https://adsresources.advocatehealth.com/resources/?category=Skin%20and%20Hair>

**Adult Clothing Websites that Specialize in Shorter Inseams**  
<https://www.under510.com> and <https://www.haband.com>

**How to Be a Better Ally**  
<https://stories.starbucks.com/stories/2021/in-disability-pride-month-starbucks-partners-share-their-stories-and-how-others-can-be-better-allies>

**Meet your child where they are, not where the world expects them to be.**  
[#sensorystories](#) [#sensorysupport](#) [#sensorylife](#) [#autismacceptance](#) [#autismawareness](#) [#autismsupport](#) [#autismeducation](#) [#autism](#) [#autismspectrum](#) [#sensoryoverload](#) [#sensoryanxiety](#) [#sensorysensitive](#) [#neurodiversity](#) [#neurodiversityacceptance](#) [#neurodivergent](#) [#neurodiversityawareness](#) [#sensoryprocessingdisorder](#) [#spdawareness](#) [#sensoryprocessingdisorderparentsupport](#) [#sensoryprocessingdisorderawareness](#) [#positiveparenting](#) [#momssupportingmoms](#) [#parentingtips](#) [#positiveparentingtips](#) [#positiveparentingstrategies](#) [#specialeducation](#) [#specialeducationteacher](#)

**Should You Say Special Needs or Disability?**  
<https://themighty.com/2021/09/special-needs-or-disability>

**Disney Making Changes To Disability Access At Theme Parks**  
[www.disabilityscoop.com/2021/08/24/disney-making-changes-to-disability-access-at-theme-parks/29460](http://www.disabilityscoop.com/2021/08/24/disney-making-changes-to-disability-access-at-theme-parks/29460)

**Sensory Processing in Down Syndrome Podcast**  
<https://downsyndromecenter.libsyn.com/109-sensory-processing-in-ds-with-dr-katie-frank>

## Halloween Trick or Treat Trail Fun!



## Thank You To Our Donors

Donations through Amazon Smile

Donations through United Way

Donations through Embrace the Difference

Donations for Down Syndrome Awareness month from Basil Toyota, the Ciesiulka family and Say Cheese Pizza Company

## Step Up for Down Syndrome 2021



**SAVE THE DATE**  
to WALK again on Oct 1, 2022!

Step Up for Down Syndrome 2022 will be held on October 1, 2022. The event will again take place at Canalside, but we will be bringing back our walk! We will also have food and ice cream trucks, music, fun and games.

Thank you to everyone for your support during Down syndrome awareness month, whether you purchased a lawn sign, joined us on line or in person. It was a beautiful day to celebrate our loved ones!

## Board News

### Board Elections

At our next meeting, we will elect four Board Members for a term of three years. If you are interested in running for a position, please e-mail [dspgwny@gmail.com](mailto:dspgwny@gmail.com) by December 1st. If you would like more information about being a Board Member, e-mail us or call any board member listed on page 4. **We would love to see some fresh faces getting more involved in our organization.** We will e-mail the slate of candidates and have them available in print at the annual meeting.

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](mailto:dspg@dspgwny.org).

### Presentations

The Down Syndrome Parents Group was invited by the Erie County Chapter of Medical Assistants and the Buffalo District of the U.S. Army Corps of Engineers to speak during Down syndrome awareness month. We welcome every opportunity to spread the word about our loved ones and how we are all more alike than different. If you have a group that would like a presentation, please contact Amy at [amonson23@hotmail.com](mailto:amonson23@hotmail.com).

### 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](mailto:dspg@dspgwny.org) with questions or for a copy of the qualifications for the 2021-2022 school year. Applications for the fall of 2022 are due on May 30, 2022. **We welcome our loved ones with Down syndrome to volunteer at our events.**

## DSPG BOARD MEMBERS

### Presidents:

Amy Monson - 716-997-2843  
Barbara Wakefield - 716-983-2140

### Vice Presidents:

Gretchen White - 716-834-0853  
Maureen Hunley-Barnes - 716-472-1637

### Treasurer:

Janet Poreda - 716-695-1299

### Communications Coordinator:

Melissa Garrity - 716-534-6121

### Secretary:

Bonnie Zon - 716-632-0137

### Members at Large:

Darryl Barnes - 716-867-0072  
Jason Brydges - 716-830-8636  
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Craig Donatelli  
Marc Kotarski - 716-912-7797  
David Rosenhoch  
Wendy Slisz - 716-465-7574

### President Emeritus:

Carol Hetzelt - 716-832-4972