

## Calendar of Events

- May 10 **Virtual Presentation by Bruce Goldstein**  
Zoom  
7PM
- June 6 **Parent Support Virtual Meeting (Last One)**  
Zoom  
7PM
- July 10 **Day at the Bisons Game**  
Sahlen Field, 1 James D Griffin Plaza, Buffalo  
1:05PM
- August **Summer Picnic**  
TBD
- October 1 **Step Up for Down Syndrome**  
Canalside, Buffalo  
11AM-2PM



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](mailto:dspg@dspgwny.org).*



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



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



May 2022

## UPCOMING EVENTS

### Virtual presentation by Bruce Goldstein Regarding an Important Court Case

May 10

Join us virtually, along with Parent Network, at 7PM to hear Bruce A. Goldstein present on a recent federal court decision in a lawsuit against New York State seeking to require the State of New York to create more residential opportunities for adults with disabilities. Register at: <https://form.jotform.com/dspgwny/Bruce-Goldstein> An email will be sent to the address you provide with the log in information for this virtual meeting.

### Parent Support Virtual Meeting

June 6

Providing a welcome environment for parents, family members and other caregivers of individuals with Down syndrome to meet, share experiences, ask questions, and receive support. **This will be our final virtual meeting.** We thank Parent Network for the collaboration over the past 2 years. Join Zoom Meeting at <https://zoom.us/j/91473020954?pwd=bm-0wYkUwOFUyVitQKzI-wYlJDbHN2QT09>.

Click below if you would like a reminder sent via email  
<https://form.jotform.com/dspgwny/dspgvirtualmeetings>

### Day at the Bison's Game

July 10



Join us for a fun family outing to the Buffalo Bison's game on Sunday, July 10 at 1:05 pm when the Bisons take on the Syracuse Mets. Tickets are free to immediate family of members of the Down Syndrome Parents Group, but they are limited, so please only order tickets if you know you will be able to use them. RSVP by June 29, to ensure adequate time for mail delivery. <https://form.jotform.com/dspgwny/bisons22>

### Summer Picnic

TBD



Join us for another fun family picnic this August with music, games and lots of fun! The DSPG will provide drinks like bottled water and juice boxes. If you would like to bring snacks for your family, please do so.

Stay tuned for more details on date and location....

### Step Up for Down Syndrome - 15th Year

Saturday, October 1

Planning is underway! If you would like to help out with this event, please contact Gretchen at [gretchen.w@dspgwny.org](mailto:gretchen.w@dspgwny.org).



### Presentation Ideas

TBD

We are looking for new ideas for presentation topics. If you have a topic you'd like to hear more about, please contact Amy at [amonson23@hotmail.com](mailto:amonson23@hotmail.com) or call 716-832-9334.

## Resource Corner

### Updated healthcare guidelines for children and teens -free

<https://publications.aap.org/pediatrics/article/doi/10.1542/peds.2022-057010/186778/Health-Supervision-for-Children-and-Adolescents>

### Puberty Resources for People with Down Syndrome

<https://adscresources.advocatehealth.com/search/people-with-down-syndrome>

### Skin, Hair and Nail Conditions in People with Down Syndrome

<https://adscresources.advocatehealth.com/search/families-and-caregivers>

### Mental Health Resources

<https://adscresources.advocatehealth.com/resources>

### Talking with Your Child with a Disability About Sex

<https://adayinourshoes.com/sex-ed-disabled-child>

### Debunking Myths about Inclusive Education for Students with the Most Significant Cognitive Disabilities

<https://files.tiescenter.org/files/yy7tdTayH/ties-brief-8-debunking-myths-about-inclusive-education-for-students-with-the-most-significant-cognitive-disabilities>

### Independent Living Skills | Checklist | IEP Goals

<https://adayinourshoes.com/independent-living-skills-2>

### When Does Self Talk Become Problematic?

<https://adscresources.advocatehealth.com/self-talk-in-people-with-down-syndrome-webinar-recording-11102021>

### How is Alzheimer's Disease Diagnosed in a Person with Down Syndrome?

<https://adscresources.advocatehealth.com/how-is-alzheimers-disease-diagnosed-in-a-person-with-down-syndrome>

### Potty Training Your Child With Down Syndrome Before The Age 5. Down syndrome toilet training support

<https://www.youtube.com/watch>

### DDAWNY Family Committee Monthly Meetings <https://www.ddawny.org/committees/family-committee/>

## Thank you for Supporting WSD AND our Chicken BBQ Drive Thru!

Special thanks to the Shaus family, YOLO Restaurant and Lounge and PJ Cools Ice Cream Shoppe for their amazing generosity.



## Share a Message of Kindness and Inclusion and Support the DSPG



\$40

### Order today for Mother's Day!

<https://form.jotform.com/dspgwny/bracelet21>

For more information contact Lisa Brydges at [lisabrydges5@gmail.com](mailto:lisabrydges5@gmail.com) or 716-510-8206.



## Board News

We would love more fresh faces to help plan and run our many events. Any assistance would be appreciated to keep our group going. If you can help out, 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 to receive a copy of the qualifications. Applications for the fall of 2022 are due on June 1, 2022. *We welcome our loved ones with Down syndrome to volunteer at any of our events*

### NDSC Convention Scholarships

We are offering \$250 scholarships via the lottery system for the National Convention in New Orleans, Louisiana June 23-26. Send us a copy of your paid registration and you will be entered into the drawing. One qualification-**you must present what you've learned at a future meeting.**

Thank You To Our Donors  
Donations through Amazon Smile  
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Donations through Embrace the Difference  
National Fuel Charitable Foundation

Walter and Jane Beaudet

All those who donated to the WSD event at YOLO  
PJ Cools LLC

Gary Stocksdales in memory of Thomas Giambra  
The Nativity of Our Lord School Service Club

## Shannon's Fitness and Dance

POP Dance, Yoga and Fitness sessions will run from 4/18 until 8/31. *Classes will be outside as much as possible!*

### POP Dance (Sundays \$170)

4/24, 5/1, 5/8, 5/15, 5/22, NO 5/29 (Memorial Day holiday), 6/5, 6/12, 6/19, NO 6/26 (I am out of town), NO 7/3 (4th of July holiday), 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

### Yoga (Mondays \$170)

4/18, 4/25, 5/2, 5/9, 5/16, 5/23, NO 5/30 (Memorial Day), 6/6, 6/13, 6/20, NO 6/27 (I am out of town), NO 7/4 (4th of July), 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29

### Adaptive Fitness (Wednesdays \$190)

4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, NO 6/29 (I am out of town), 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31

[www.shannonsfitnessdance.com](http://www.shannonsfitnessdance.com)

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## DSPG BOARD MEMBERS

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