

## Calendar of Events

- October 1 **Step Up for Down Syndrome**  
Canalside, Buffalo  
11AM-2PM
- October 29 **Halloween Party**  
Bornhava, 25 Chateau Terrace, Amherst  
10AM-12PM
- Nov 12 **Fall Dance**  
MaGruders, 4995 Broadway, Depew  
6PM-9PM



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



## UPCOMING EVENTS

### Step Up for Down Syndrome 15th Anniversary Oct 1

Join us from 11am - 2pm for the 2022 Step Up for Down Syndrome Walk as we return to Canalside for our 15th Anniversary! This is a rain or shine event.

The day will include a warm up led by Fitness Ability, a new one mile walk route along the water front, games and activities for kids as well as music from Strictly Hip. The Cheesy Chick and House of Munch food trucks will be available for lunch.

Registration is \$15 and includes a \$5 food truck voucher and ice cream voucher. If your registration is received before September 2, the price includes a free t-shirt!

Brochures will be mailed out in early August and can be found at [dspgwny.org](http://dspgwny.org). **To register on line use the link or qr code below:** <https://form.jotform.com/dspgwny/StepUpforDS22>



REGISTER ONLINE AT  
[www.dspgwny.org](http://www.dspgwny.org)  
OR SCAN THE QR CODE

### Halloween Trick or Treat Trail Oct 29

The DSPG of WNY is hosting its 10th annual Halloween Event at Bornhava on Saturday, October 29, 2022 from 10am-12pm. Costumes are encouraged as kids will trick or treat around the back stone path. This free all ages event is for Down Syndrome Parents Group family members and families of children who attend Bornhava. **To register go to** <https://form.jotform.com/dspgwny/TrickorTreat22>



### Fall Dance Nov 12

Join us on Saturday, November 12 from 6pm to 9pm, at Magruders, 4995 Broadway in Depew. There will be a charge of \$5 per person, to cover food provided by the DSPG.

The DSPG will provide pizza, salad, snacks, and drinks. If you would like to bring a dish to pass, please do so. Dances have been so well attended that we are requiring a RSVP to ensure that we are within capacity limits of the venue. Please do not bring additional guests.

**Register by November 7** On line at [form.jotform.com/dspgwny/FallDance22](https://form.jotform.com/dspgwny/FallDance22) or email Janet Poreda at [janpo788@aol.com](mailto:janpo788@aol.com) with any questions.

## Resource Corner

- Vitamin B12 Deficiency** [adscresources.advocatehealth.com/vitamin-b12-deficiency](https://adscresources.advocatehealth.com/vitamin-b12-deficiency)
- Regression in Persons with Down Syndrome** [adscresources.advocatehealth.com/resources](https://adscresources.advocatehealth.com/resources)
- Use of Visual Supports** [adscresources.advocatehealth.com/visual-supports](https://adscresources.advocatehealth.com/visual-supports)
- Dating and Social Boundaries for your Loved one with Down syndrome** [www.dsc2u.org/home](http://www.dsc2u.org/home)
- Normal Abnormal Lab Values** [adscresources.advocatehealth.com/resources/normal-abnormal-lab-values](https://adscresources.advocatehealth.com/resources/normal-abnormal-lab-values)
- Evacuation Plan on your IEP** [adayinourshoes.com/iep-emergency-plan](https://adayinourshoes.com/iep-emergency-plan)
- DDDay will take place on October 18, 2022! Save the date!** [www.ddday.org](http://www.ddday.org)
- Resources on Sleep Apnea** [adscresources.advocatehealth.com/evaluation/](https://adscresources.advocatehealth.com/evaluation/)
- Mental Health Resources** [adscresources.advocatehealth.com/resources](https://adscresources.advocatehealth.com/resources)
- DDAWNY Family Committee Monthly Meetings** <https://www.ddawny.org/committees/family-committee/>
- Shannon's Fitness and Dance** [www.shannonsfitnessdance.com](http://www.shannonsfitnessdance.com)  
 POP Dance (Sundays 10-11am) 9/11 – 12/18 • 14 classes - \$210  
 YOGA (Mondays 6-7pm) 09/12 – 12/19 • 14 classes - \$210 • FITNESS (Wednesdays 6-7pm) 09/07 – 12/14

## Smiles at the Buffalo Bisons Game 07-10-22



## 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 for the 2022-2023 school year. This year's annual scholarship was awarded to Zachary Winnicki. Congratulations Zack! Applications for the fall of 2023 are due on June 1, 2023. *We welcome our loved ones with Down syndrome to volunteer at any 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.**

**\* See our insert for some information from this year's convention in New Orleans!**

### DSPG Now on Instagram

We wanted to let you all know that DSPGWNY is now on Instagram! Please give us a follow @DSPGWNY. We are looking for families to send in some pictures and to tell us about your child, so we can share with our followers and community.

If you have any questions send a direct message on Instagram or email Julie Schaus at [jaj087@yahoo.com](mailto:jaj087@yahoo.com)! We are looking forward to seeing all your smiling faces!

## Thank You To Our Donors

Donations through Network for Good

Donations through United Way

Donations through Embrace the Difference

West Elementary PTA

Angelo and Joyanne Radatti  
in memory of Louis J. Radatti, Jr.

All those who donated to the WSD event at YOLO

Gary Stocksdales in memory of Thomas Giambra

Cecilia Walczak In memory of Frances J. Carr

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