

Calendar of Events

- Dec 3 **Holiday Party**
Buffalo Academy of the Sacred Heart, Buffalo 14226
11AM
- 2023
- Jan 28 **Family Bowling**
Mallwitz's Island Lanes
1887 Whitehaven Rd, Grand Island 14072
2:30PM
- Jan **Annual Meeting**
TBD
- Feb 11 **Valentine's Dance**
MaGruders, 4995 Broadway, Depew
6PM-9PM
- Feb 24 & 25 **Sexuality and People with I/DD**
Union Fire Company, West Seneca 14224
TBD
- Apr 22 **Chicken BBQ Drive Thru**
Union Fire Company, West Seneca 14224
12PM



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



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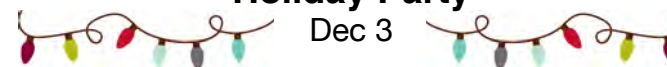
News

November 2022

UPCOMING EVENTS

Holiday Party

Dec 3



Celebrate the holidays with family and friends at our annual Holiday Party, Saturday, December 3 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. The cost is \$3 per person. Desserts are welcome!

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

Please note, our events are for the enjoyment of our children and their families. Drop offs will not be allowed. If you have any questions please feel free to contact Barb at bb.wakefield1@verizon.net or click the link below to attend:

<https://form.jotform.com/dspgwny/holiday22>.

Family Bowling

Jan 28



Put on your bowling shoes and join us at Mallwitz's Island Lanes, 1887 Whitehaven Rd. Grand Island, on Saturday, January 28, 2023 from 2:30pm-4:30pm. \$8/person for bowlers and \$5/person for non-bowlers 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 20th.**

Register online <https://form.jotform.com/dspgwny/bowling23> or mail checks made out to DSPG to Bonnie Zon, 222 Culpepper Rd, Williamsville, 14221. Contact Bonnie at bonzon1102@aol.com or 632-0137 with questions.

SAVE the DATE

Chicken BBQ Drive Thru - April 22

Our Chicken BBQ Drive Thru event will take place at Union Fire Company, 1845 Union Road, West Seneca, NY 14224 on Saturday, April 22, 2022 from 12:00 PM - 4:00 PM. Dinners will be provided by Carrubba's Chicken Pit. Stay tuned for details...

Valentine's Dance

Feb 11



Come dance the night away with us on **Saturday, February 11, 2023 from 6PM to 9PM, at Magruders**, located at 4995 Broadway in Depew. Once again there will be a charge of \$5 per person, to cover the food provided by the DSPG.

The DSPG will provide all food including: pizza, salad, snacks, and drinks. If you would like to bring a dish to pass, please feel free to do so. Dances have been so well attended that we are requiring a RSVP to prepare the space and ensure that we are within capacity limits of the venue. More information to come...

Annual Board Meeting and 2023 Elections

TBD

Join us for an update from our treasurer, annual elections and a look at what's coming in 2023!

Sexuality and People with I/DD for Parents, Caregivers, Educators & Self Advocates

Feb 24 & 25

Terri Couwenhoven will present on Sexuality and People with I/DD. Friday February 24 will be an evening presentation for self-advocates, 16 and older. There will be a limited number of spots for this session. Saturday February 25 will be a full day of training for parents and caregivers on puberty, boundaries and supporting healthy dating relationships. These sessions will be held at Union Fire Company, 1845 Union Road in West Seneca. *Terri Couwenhoven MS, CSE is a well-known certified sex educator and author, specializing in the design and implementation of sexuality programs and resources for people with intellectual and/or developmental disabilities, their parents, and professionals who support them.* Registration will open soon!

Radio Interview

We were so excited to be invited to participate in an episode of *Issues and Views*, a radio show hosted by Joe Chilie, for a frank discussion on our favorite topic... Down syndrome! Listen at the link below.

<https://www.dropbox.com/s/pupdg10n0x8awso/Issues%20%26%20Views%208-28-22%20Amy%20Monson%20Pres%20Down%20Syndrome%20Parents%20Group%20of%20WNY%20.mp3?dl=0>

Resource Corner

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>

Tips for Going Up and Down Stairs Safely

<https://adscresources.advocatehealth.com/tips-for-going-up-and-down-stairs-safely>

Tips for Successful Blood Draws

<https://adscresources.advocatehealth.com/tips-for-successful-blood-draws>

Back to School Tips for Special Needs Families New to Speech and Language Services

<https://www.ameridisability.com/back-to-school-tips-for-special-needs-families-new-to-speech-and-language-services>

Swallowing Problems (Dysphagia) in People with Down syndrome

<https://adscresources.advocatehealth.com/swallowing-issues/>

No Doctor Can Predict the Future of a Baby Born with Down syndrome

<https://themighty.com/topic/down-syndrome/doctors-cannot-predict-future-down-syndrome>

Folliculitis and Boils in People with Down Syndrome

<https://adscresources.advocatehealth.com/folliculitis-and-boils-in-people-with-down-syndrome>

Knoxville Ice Bears Step Up for DS!

DSPG member Jimmy Poreda got his whole hockey team involved in the Knoxville, Tennessee Buddy Walk for the second year in a row. The team had a table at the walk with free merchandise along with equipment to teach participants the basics of hockey. Way to go Jimmy!



Step Up for Down Syndrome 2022

We had a great turn out and a beautiful day for our brand new walking route along the water at Canalside. It was amazing to be together again and to see so many new and familiar faces. We hope you all had a wonderful month celebrating our loved ones with Down syndrome!



SAVE THE DATE
to WALK again on
September 30, 2023!

Board News

Board Elections for 2023

We will elect new Board Members for a term of three years. If you are interested in running for a position, please e-mail 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!** We will e-mail the slate of candidates and have them available in print at our January 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.

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 for a copy of the qualifications for the 2023-2024 school year. Applications for the fall of 2023 are due on May 30, 2023. **We welcome our loved ones with Down syndrome to volunteer at our events.**

In Celebration of Down Syndrome Traveling exhibit

We were saddened with the news of the Museum of disAbility closing during the Covid shutdowns, but we are happy to announce that we have the "In Celebration of Down Syndrome" Traveling exhibit in our possession. While it is not the full exhibit that we put together in conjunction with the Museum staff, it is still a wonderful resource. Recently you may have seen it on display on Gigi's over the last few weeks. If you are interested in borrowing the display, please contact us at gretchen.w@dspgwny.org.

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