

Calendar of Events

- 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
Feb 24: 5:30PM-9PM
Feb 25: 8AM-3:30PM
- March 21 **World Down Syndrome Day**
Yolo Restaurant and Lounge
5841 Transit Rd., East Amherst 14051
5PM
- Apr 22 **Chicken BBQ Drive Thru**
Union Fire Company, West Seneca 14224
11AM



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



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



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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.



News

February 2023

UPCOMING EVENTS



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. Food will include: 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. To register go to <https://form.jotform.com/dspgwny/valentines2023>

World Down Syndrome Day

March 21

We are excited to celebrate World Down syndrome Day at YOLO Restaurant and Lounge again! Join us at 5pm, 5841 Transit Rd, East Amherst 14051. Hope to see you there!

Chicken BBQ Drive Thru

April 22



Our Chicken BBQ Drive Thru event will take place at Union Fire Company, 1845 Union Rd., West Seneca, from 11AM - SOLD OUT. Dinners will be provided by Carrubba's Chicken Pit for \$15. Please order before April 17. Pre-sold dinners must be picked up before 3PM. Contact Janet Poreda at janpo788@aol.com with any questions or place your order at <https://form.jotform.com/dspgwny/BBQ2023>.

Cardinal O'Hara High School

Leading the Way for Inclusive Catholic Education

Cardinal O'Hara High School is proud to announce the creation of a life skills educational program designed to provide high quality instruction to students with down syndrome and other intellectual disabilities.

Cardinal O'Hara High is a dynamic Catholic High School located in Tonawanda, New York with a diverse student body composed of students from the cities of Buffalo and Niagara Falls as well as 9 suburban school districts. The close-knit community is eager and excited to reap the benefits of transformative, inclusionary programming.

Both Catholic and Non-Catholic families are welcome to join the Cardinal O'Hara Family. Tuition assistance and scholarships may apply.

Interested families are invited to contact Principal, Joleen Dimitroff. jdimitroff@cardinalohara.com.

National Speaker on Sexuality and People with I/DD

Feb 24 & 25

Sign up today for our featured national speaker, Terri Couwenhoven, on puberty, boundaries and relationships. <https://form.jotform.com/dspgwny/TC2023>

Let's talk about sex!
(well, sort of)

**PUBERTY • BOUNDARIES
DATING & RELATIONSHIPS**
National Speaker Seminars

REGISTER TODAY!
space is limited - don't miss out!
register online at [dspgwny.org](https://form.jotform.com/dspgwny/TC2023)

February 24th & February 25th
Union Fire Station, West Seneca

Friday Feb., 24 5:30-9 PM
PARENT / SELF-ADVOCATE

\$30 registration fee
This session is for self-advocates age 16 and over. Parents/caregivers should make the determination if the individual is capable and mature enough to handle the content/material discussed in the workshop with little assistance. A parent/caregiver must be in building for the duration of the evening but will not be in the room with their self-advocate during the discussion. There is a limit of 25 spaces for this session only.

PARENT TRAINING • 6-7 PM
Sexual Learning:
Changing the Script

Parents will learn about five pervasive scripts commonly experienced by individuals with I/DD and their impact on sexual thinking and behavior. Strategies and resources for addressing these scripts will be shared. Afterward, parents/caregivers will have the opportunity to socialize while self-advocates learn (NOT a drop-off event).

SELF-ADVOCATE TRAINING • 7-9 PM
Dating 101

This interactive workshop is designed for teens (16+) and young adults who are interested in dating. Our first-time experience, dating and relationship tips for starting a relationship will be shared as well as tips for recognizing whether relationships are healthy or unhealthy. Self-advocates will start with a light dinner available during parent workshop.

Saturday Feb., 25 8:00-3:30 PM
PARENT / STAFF TRAINING

\$20 for each session OR \$45 full day registration
lunch available for pre-order purchase.

8:30 AM-10 AM
Top 5 Issues & Concerns
During Puberty

In this workshop, parents will learn about the most frequently identified issues and concerns of parents of teens with I/DD and practical ways to address them. Ideas for teaching, home activities, and useful resources specifically designed for individuals with intellectual disabilities will be shared.

10:30 AM-12 PM
Don't Cross the Line!

Navigating Boundary Confusion in People with I/DD
In this workshop, parents will learn common misconceptions for boundary confusion in individuals with I/DD, why boundaries are important, and important aspects of boundary instruction.

LUNCH HOUR WILL INCLUDE AN INTRODUCTION TO LOCAL RESOURCES FROM 12:30 - 1:00.

1:00 PM-3:30 PM

I Want to Date!

Supporting Healthy Dating Relationships
People with intellectual disabilities often encounter a variety of obstacles as they move into the dating world. In this workshop, parents will explore obstacles uniquely experienced by people with intellectual disabilities and identify helpful roles for parents and/or support providers. In addition, strategies for supporting self-advocates learn important steps in the dating process.



THE DOWN SYNDROME PARENTS GROUP OF WNY Enhancing the lives of people with Down syndrome, since 1979. [dspgwny.org](https://www.dspgwny.org)

Resource Corner

Thinking of putting together a sensory room for your child at home?

<https://www.andnextcomesl.com/.../09/sensory-room-ideas.html>

What is obsessional slowness?

<https://adscresources.advocatehealth.com/resources/obsessional-slowness/>

Resources on Hidradenitis Suppurativa

<https://adscresources.advocatehealth.com/news/resources-on-hidradenitis-suppurativa/>

Lounsbury Adaptive Ski Program

<https://lounsburyadaptive.org/>

Down Syndrome Good Health App

<https://adscresources.advocatehealth.com/resource-spotlight-down-syndrome-good-health-app/>

Dating and Relationships

https://adscresources.advocatehealth.com/search/people-with-down-syndrome/?sort=titleasc&category=Puberty%25c%25%20Sexual%20Health%25c%25%20and%20Relationships&utm_source=facebook&utm_medium=social&utm_campaign=dating-resources&utm_term=post&utm_content=2022-11-28&fbclid=IwAR2Oq-85S0d-5bhmSUtcZZiz5unoz

Buddy Cruise

<https://buddycruise.org/>

PALS creates inclusive camp experiences for people with and without Down syndrome

<https://www.palsprograms.org/>

Board News

2023 New Board Members

We are happy to announce our newest DSPG Board Members: Lori Eckhardt, Brittany McFarland, and Shannon Hughey-Musso!

Welcome back to Darryl Barnes, Jason Brydges, Janet Poreda, Wendy Slisz, and Bonnie Zon who have been re-elected to the Board.

Dana Oliver and Kyle Lappin have also joined us as self advocates. Congratulations to all!

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.

Thank You To Our Donors

Donations through Amazon Smile (*thank you for all the years of support as this program will end this month*)

Donations through United Way

Donations through Embrace the Difference

Say Cheese Pizza Company

Highmark Western and Northeastern New York

Donations in memory of Joseph Zon

Adele Kirchmeyer painted pumpkin donation

DSPG BOARD MEMBERS

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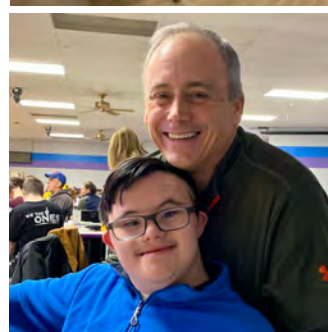
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Family Bowling January 2023



**Holiday Party
December 2022**