

Calendar of Events

- May 18 **Parents Night Out**
Buffalo Battle Ground
1888 Niagara Falls Blvd., Tonawanda
6:30PM-8:30PM
- July 16 **Day at the Bisons Game**
Sahlen Field, 1 James D Griffin Plaza, Buffalo
1:05PM
- August 13 **Summer Picnic**
George F. Lamm Post 622
962 Wehrle Drive, Williamsville
- September 30 **Step Up for Down Syndrome**
Canalside, Buffalo
11AM-2PM

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547 Englewood Avenue
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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.

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



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

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News

May 2023

UPCOMING EVENTS

Buffalo Battleground

May 18



We deserve a night out too! Join us from 6:30pm to 8:30pm for a fun evening at Buffalo Battleground. There will be unlimited axe throwing, pizza and pop for \$25/person. Buffalo Battleground is located at 1888 Niagara Falls Blvd, Tonawanda, NY 14150. Additional food and beverages will be available for purchase. **This an adult only event for parents and caregivers.**

Contact Shannon at belle5293@gmail.com with any questions or register online at <https://form.jotform.com/dspgwny/PNO-2023>.

Day at the Bison's Game

July 16



Join us for a fun family outing to the Buffalo Bison's game on Sunday, July 16 at 1:05 pm when the Bisons take on the Toledo Mud Hens (affiliated with the Detroit Tigers). 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 July 7, to ensure adequate time for mail delivery. Contact Janet at janpo788@aol.com or register online at <https://form.jotform.com/dspgwny/bisons2023>



Join us for a day of family fun on Sunday, August 13, 2022 from 11:00-2:00! We will meet at the George F. Lamm Post 622 located at 962 Wehrle Drive, Williamsville, NY 14221. There will be food, music, games, and lots of fun.

Please RSVP by August 7. Register online at <https://form.jotform.com/dspgwny/picnic2023> or Contact us with questions at dspg@dspgwny.org.

Step Up for Down Syndrome September 30

We are excited for our 16th year and the planning has begun! We will be back at Canalside with more food trucks, games, fun, a warm up with Fitness Ability and music by Strictly Hip!

Sponsor letters will be going out soon. If you think your employer or any one you know may be interested please let us know and we can get a request letter to them. Contact Gretchen at gretchen.w@dspgwny.org.



2023 AWARENESS WALK

Very Limited Supply Left. Order for Mother's Day!

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

Contact Lisa Brydges at lisabrydges5@gmail.com or 716-510-8206.



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EMBRACE THE DIFFERENCE

Resource Corner

APOT's Summer Links to Learning camp

Small-group, highly supportive program for campers ages 4-12 designed & led by pediatric OT & PTs, focusing on providing a fully integrated, exciting camp experience for kids of all needs.

WWW.APOT-WNY.COM

New book from DeCamville Arts

Check out "A Bloom Wedding" <https://www.amazon.com/dp/1737941244>
DeCamvilleArts.com

Health Passports: Information Forms to Share with Hospitals and Clinics

<https://adsresources.advocatehealth.com/information-forms-to-share-with-hospitals-and-clinics>

Mental Wellness in Adults with Down Syndrome

<https://adsresources.advocatehealth.com/mental-wellness-in-adults-with-down-syndrome-2nd-edition/>

Parent Network Recreational Festival

<https://parentnetworkwny.org/events/recreational-festival/>

Resources for Health Care Providers

<https://adsresources.advocatehealth.com/news/5-resources-for-health-care-providers>

Shannon's Fitness and Dance

www.shannonsfitnessdance.com

POP DANCE (Sundays 10-11am) 4/23 - 8/27 - \$255 (will prorate for late registrations)

ADAPTIVE YOGA (Mondays 6-7pm) 4/17 - 8/28 (Skip 6/12) - \$270 (will prorate for late registrations)

ADAPTIVE FITNESS (Wednesdays 6-7pm) 4/12 - 8/30 - \$315 (will prorate for late registrations)

Therapeutic Use of Games

<https://adsresources.advocatehealth.com/therapeutic-use-of-games>

Transition Resources from Think College National Coordinating Center

www.tinyurl.com/transitionTC

Thank you for Supporting WSD!

Special thanks to the Shaus family, YOLO and PJ Cools.



Chicken BBQ Drive Thru

The weather wasn't so great, but the food was delicious.



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 amy.m@dspgwny.org.

College Scholarships

We are providing college scholarships to deserving high schoolers who have volunteered with us for at least 4 years. Please email dspg@dspgwny.org for a copy of the qualifications for the 2023-2024 school year. Applications for the fall are due on June 1, 2023. **We welcome our loved ones with Down syndrome to volunteer at our events.**

NDSC Convention Scholarships

We are offering \$250 scholarships via the lottery system for the National Convention in Orlando, Florida July 20-23. 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 United Way

Donations through Embrace the Difference

Donations in Memory of Joseph Zon

All donations made for World Down Syndrome Day

The Shaus Family • Yolo Restaurant and Lounge

Mafia RX • Maria Catalfamo • Mac Trailer Enterprises, Inc.

PJ Cools Ice Cream Shoppe • Donna Zaprzal

National Fuel Charitable Giving Employee Contribution

Gary Stocksdale in honor of Thomas Giambra

Siddhartha Shah • Taylor Jayne Holdings LLC

West Elementary PTA West Seneca Rock your Socks



In Celebration of Down Syndrome Traveling exhibit at HSBC

We are excited to have and share the "In Celebration of Down Syndrome" Traveling exhibit. While it is not the full exhibit that we put together in conjunction with the Museum of Disability History staff, it is still a wonderful resource. Recently one of our members displayed it at their workplace, HSBC. If you are interested in borrowing the display, please contact us at gretchen.w@dspgwny.org.

The Path Forward: Remembering Willowbrook

Below are links to the Developmental Disability Planning Committee's showing of the Willowbrook Documentary. This half-hour documentary highlights the importance of lessons learned, positive change that resulted, and the legacy of Willowbrook. It is a celebration of inclusion for people with disabilities in all aspects of community life.

Watch the full documentary: <https://www.youtube.com/watch?v=ev80qEtp2u4&list=PL4SGW2Ye1tFjdMI-n0eygn3TG2bhnkTIO&index=2&t=16s>

Watch a livestream of the event: <https://www.youtube.com/watch?v=0erNfR7Bah4&list=PL4SGW2Ye1tFjdMI-n0eygn3TG2bhnkTIO&index=2>

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