

February 2024

UPCOMING EVENTS

WORLD DOWN SYNDROME DAY - 03.21.24



March 21 - WDSY at YOLO

The owners of YOLO Restaurant and Lounge, 5841 Transit Rd, East Amherst, will once again host a World Down Syndrome Day celebration March 21 at 5pm. Hope to see you there!

March 23 - Family Bowling



Join us at Mallwitz's Island Lanes, 1887 Whitehaven Rd. Grand Island, on Saturday, March 23 from 3-5pm to celebrate World Down Syndrome Day! \$10/person for bowlers and \$5/person for non-bowlers includes two hours of bowling, shoe rental, pizza and pop. Due to your 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.

Please **RSVP by March 16**. Register online at form.jotform.com/dspgwny/bowling2024 or Contact Bonnie at bonzon1102@aol.com or 632-0137 with questions.. Checks can be made out to DSPG and mailed to Bonnie Zon, 222 Culpepper Rd, Williamsville, 14221.

May 15 - Skills for Effective Advocacy

Workshop and discussion group led by Vicki Rubin at Bornhava. Stay tuned for details...

May 21 - Developmental Disability Day

The 36th Annual Developmental Disability Awareness Day will be held on Tuesday, May 21, 2024 at the Niagara Falls Convention Center.

February 28 - CPSE to CSE Transition Panel

If you'd like to attend please text or call Amy at 716-997-2843.

BORNHAVA, in collaboration with the **dspgwny**, presents...

CPSE to CSE Transition Panel Evening

Our Transition Panel Evening will include a panel of former Bornhava parents, whose children's current education ranges from elementary school programming to high school. They will discuss their CPSE to CSE school age programming experiences, the challenges, and the successes. Professionals will also be present to answer questions, as well as moderate the evening.

Transition Panel Evening
Wednesday, February 28, 2024
6:30 p.m. to 8:00 p.m.
At: 25 Chateau Terrace, Amherst

The Bornhava Caregiver Workshop and Discussion group is facilitated by Ann Lindemann-Cosiga, LICSW, the Bornhava Licensed Clinical Social Worker. Attendance at every meeting is NOT mandatory. If you have any questions about this group, please contact Ann at Bornhava (716) 639-1800 ext. 3090. This meeting is being held in collaboration with the DSPGWNy.

If attending, please respect confidentiality and the privacy of discussions that occur at the meeting.

The "CPSE to CSE Transition Panel Evening" on Wednesday, February 28, 2024:
Registration is required. SEATING IS LIMITED.
This is an adult-only meeting. Unfortunately, no childcare will be provided for this meeting.

If you are a BORNHAVA caregiver, please complete and return this form to Bornhava in your child's bookbag (c/o Ann L-C) by Friday, February 16, 2024.

If you are a DSPG member, please call or text Amy Monson at 716-997-2843 to register by Friday, February 16, 2024.

Name of CAREGIVER(s) attending: _____

Are you attending about a child currently enrolled in the Bornhava program?
YES NO Other: _____

Do you have a question for the panel that, if possible, you can address: _____

Caregiver Signature: _____ Date: _____ Phone No.: _____

(Print if no search slip of errors in case of non-attendance consideration.)
Am2024

Resource Corner

High School Certificate of Completion vs Diploma: Understanding the Differences.
adayinourshoes.com/high-school-certificate-of-completion-vs-diploma/

Walmart Makes Sensory-Friendly Hours Permanent
disabilityscoop.com/2023/11/08/walmart-makes-sensory-friendly-hours-permanent/30623/

IRS Raises ABLE Account Limit
<https://www.disabilityscoop.com/2024/01/08/irs-raises-able-account-limit/30685/>

Resources for Siblings
<https://adscresources.advocatehealth.com/resources/resources-for-siblings/>

Misunderstandings Caused by Different Perceptions
<https://adscresources.advocatehealth.com/resources/misunderstandings-caused-by-different-perceptions/>

Development of Atlantoaxial Instability in an Older Person with Down Syndrome
<https://adscresources.advocatehealth.com/development-of-atlantoaxial-instability-in-an-older-person-with-down-syndrome/>

Feeding Picky Toddlers with Down Syndrome
<https://www.massgeneral.org/children/down-syndrome/feeding-picky-toddlers-with-down-syndrome>

Tips for Staying Hydrated
<https://adscresources.advocatehealth.com/tips-for-staying-hydrated/>

Regression & Down Syndrome
<https://adscresources.advocatehealth.com/resources/regression-down-syndrome/>

Arts Services, Inc. Arts Access Pass
ASI has been connecting Western New Yorkers to a wide array of arts and cultural programs and events through the Arts Access program. <https://www.arts-access.org/>

Thank you to the UB Dental School for inviting us to share information about Down syndrome.

The DSPG was asked to speak to University at Buffalo Dental students in November to give updated information on Down syndrome to help them best treat their patients.

One of our members, Chris Poreda works in the dental clinic and presented with his mom, Janet. Thank you Chris and Janet!



We had tons of fun at the Fall Dance in November!



Breakfast with Santa was a big hit!



Lots of excitement at the UB Bulls basketball Game !



Board News

2024 New Board Members

We are happy to announce our newest DSPG Board Members: Maria Klee, Emma Monson and Regina Schueler!

Welcome back to Maureen Hunley-Barnes and Barbara Wakefield who have been re-elected to the Board.

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 2024-2025 school year. Applications for the fall of 2024 are due on May 30, 2024. We welcome our loved ones with Down syndrome to volunteer at our events.

Thank you to our donors!

Donation from the Cavagnaro Family

Donation from Howard Rosenhoch

Donation from the Friends and Family of Truman W. Zosh

Eberl Iron Work, Inc. donation of proceeds
from staff Christmas raffle

Donations in honor of Shea Schaus for WDSO

Donations from the Coppola Firm's Days of Giving
through Dempsey Willwerth



Want to learn more about your health?

Join STEPS2 at the CUNY School of Public Health!

The CUNY School of Public Health is doing a study for adolescents and young adults with intellectual and developmental disabilities (I/DD). Half of the participants will learn about socialization and sexuality and the other half will learn about nutrition and physical activity. The assignment to the two programs will be based on a roll of the dice. The study is for young adults ages 16 to 27 who receive services from disability providers in New York State. For more information: cunyisph.org/steps2-study/, call (914) 365-8959 or email steps2@sph.cuny.edu.

www.dspgwny.org

DSPG BOARD MEMBERS

Presidents:

Amy Monson - 716-997-2843

Barbara Wakefield - 716-983-2140

Vice Presidents:

Gretchen White - 716-834-0853

Maureen Hunley-Barnes - 716-472-1637

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Janet Poreda - 716-695-1299

Communications Coordinator:

Melissa Garrity - 716-534-6121

Secretary:

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Dana Oliver

David Rosenhoch

Gina Schueler

Wendy Slisz - 716-465-7574

President Emeritus:

Carol Hetzelt - 716-832-4972



Calendar of Events



- Feb 10. **Valentine's Dance**
Magraders
4995 Broadway, Depew
6pm
- Feb 28. **CPSE to CSE Transition Panel**
Bornhava
25 Chateau Terrace, Amherst 14226
6:30pm
- March 21 **World Down Syndrome Day Celebration**
YOLO Restaurant and Lounge
5841 Transit Rd, East Amherst
5pm
- March 23 **WDSF Family Bowling Celebration**
Mallwitz's Island Lanes
1887 Whitehaven Rd., Grand Island
3pm
- May 15 **Skills for Effective Advocacy Workshop**
Presented by Vickie Rubin, M.S. Ed.
Bornhava
25 Chateau Terrace, Amherst 14226
TBD
- May 21 **Developmental Disabilities Awareness Day**
Niagara Falls Convention Center
9am

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



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



DSPG of WNY, Inc
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