

Calendar of Events

- December 3 **Breakfast with Santa**
Buffalo Academy of the Sacred Heart, Buffalo 14226
9AM
- January 6 **UB Basketball Game**
Alumni Arena, 175 Webster Rd, Amherst
2PM
- January 17 **Annual Meeting**
Bornhava, 25 Chateau Terrace, Amherst 14226
6:30PM
- February 10 **Valentine's Dance**
Magruders
4995 Broadway, Depew
6PM
- March **Family Bowling**
Mallwitz's Island Lanes
1887 Whitehaven Rd, Grand Island 14072
TBD

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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.

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

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News

November 2023

UPCOMING EVENTS

Breakfast with Santa

December 3



Join us on Sunday, December 3 from 9-11am at the Buffalo Academy of the Sacred Heart for food and fun!

We will provide breakfast and beverages for a charge of \$5 per person. If you would like your child to receive something from Santa, please bring a wrapped and labeled gift. All children who see Santa will receive a small treat bag.

If you have any questions please feel free to contact Barb at bb.wakefield1@verizon.net or sign up at the link below. <https://form.jotform.com/dspgwny/santabreakfast23>

UB Basketball Game

January 6



Horn's Up! Join us Saturday, January 6, 2024 at 2pm to cheer on the UB Bulls Men's Basketball team as they play the Western Michigan Broncos at Alumni Arena! **Tickets will be sent electronically.** The tickets were generously donated and are free to Down Syndrome Parents Group members. There is a limited number available so **please only request tickets if you intend to use them.**

Contact us at dspg@dspgwny.org or go to <https://form.jotform.com/dspgwny/ubbulls-bball24> for tickets.

Annual Meeting

January 17

Our Annual Meeting will be held Wednesday, January 17, 2024 from 6:30-8:00pm at Bornhava, 25 Chateau Terrace in Amherst. Vickie Rubin will speak on "Skills for Effective Advocacy" and we will review our annual report on the state of the DSPG as well as hold 2024 Board elections.

Vickie Rubin, M.S Ed. is a parent of adult with special needs and an award-winning author of the book *Raising Jess: A Story of Hope*. Before writing her book, Vickie was also the director of the Early Childhood Direction Center (ECDC) for Oishei Children's Hospital.

This will be a joint meeting with members of the DSPG and parents of children who attend Bornhava. Please RSVP by January 12 at <https://form.jotform.com/dspgwny/jan24>

Valentine's Dance

February 10

Come dance the night away with us on Saturday, February 10, 2024 from 6PM to 9PM, at Magruders, 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 do so. Dances have been so well attended that we are requiring a RSVP to ensure we are within the venue's capacity limits.

Please do not bring additional guests. Parents and guardians are expected to stay for the duration of the event as we do not have staff to supervise individuals who are dropped off. Thank you for your understanding.

Please register by February 5 at <https://form.jotform.com/dspgwny/ValentineDance24>. If you would like to sign up with cash or check or have any questions please feel free to contact us at dspgwny@gmail.com.



Family Bowling

March 2024

We are planning a family bowling event in March at Mallwitz's Island Lanes, 1887 Whitehaven Rd. Grand Island.

Stay tuned for details!



Resource Corner

Down Syndrome Clinic to You

Down Syndrome Clinic to You has customized suggestions, in English and Spanish, for busy parents around the world. All you have to do is take those suggestions and give them to your primary care provider! DSC2U.org

** We are offering discount codes to any of our members who would like to schedule a virtual visit! Email us at dspg@dspgwny.org*

Temperature Regulation in People with Down Syndrome

Many people with Down syndrome seem to sweat less than people without Down syndrome. adscresources.advocatehealth.com/temperature-regulation-in-people-with-down-syndrome

Vitamin B12 Deficiency adscresources.advocatehealth.com/vitamin-b12-deficiency

High Five - The Champion Project of WNY

Sports programs for athletes with disabilities in WNY
www.thechampionprojectwny.com/highfive

Communication Visuals

Visuals to support individuals with Down syndrome in appropriately communicating their thoughts and feelings in person, over the phone, and on social media.

adscresources.advocatehealth.com/news/resource-spotlight-communication-visuals

Planning Guide for New Inclusive Programs and Initiatives

Think College has developed a brand new Planning Guide for New Inclusive Programs and Initiatives Serving College Students with Intellectual Disabilities by Dr. Cindi May! This guide is a great place to start when planning a new IPSE program and is backed with helpful tips and resources.

thinkcollege.net/resource/program-development/a-planning-guide-for-new-inclusive-programs-and-initiatives-serving

MYDSC

MYDSC is a free, online library designed specifically for the Down syndrome community.

<https://mydsc.org/mydsc/>

If We Knew Then - A Down Syndrome Advocacy Podcast

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

Resources on phone and internet safety and etiquette

<https://adscresources.advocatehealth.com/news/resources-on-phone-and-internet-safety-and-etiquette>

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.

2024 Board Elections

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.

Social Media

Remember to follow us on Facebook (facebook.com/DSPGWNYPAGE), Instagram (@DSPGWNYPAGE) and Tik Tok (@DSPGWNYPAGE).

Thank You To Our Donors

Donations through United Way

Donations through Embrace the Difference

Donations in memory of Bill Congdon

Donations through Step Up for Down Syndrome Walk

Donations in memory of Carl Flick

Donations through National Fuel's Employee Charitable Giving Program

Say Cheese Pizza Company Golf Fundraiser

Trick or Treat Fun!

Thank you to Bornhava for sharing their space with us !



DSPG BOARD MEMBERS

Presidents:

Amy Monson - 716-997-2843
Barbara Wakefield - 716-983-2140

Vice Presidents:

Gretchen White - 716-465-0128
Maureen Hunley-Barnes - 716-480-1021

Treasurer:

Janet Poreda - 716-695-1299

Communications Coordinator:

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Members at Large:

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Jason Brydges - 716-830-8636

Craig Donatelli

Lori Eckhardt - 716-906-7156

Kyle Lappin

Brittany McFarland

Shannon Hughey-Musso

Dana Oliver

David Rosenhoch

Wendy Slisz - 716-465-7574

President Emeritus:

Carol Hetzelt - 716-832-4972

Step Up for Down syndrome - 16th Year of Awareness

Thank you for helping us usher in Down Syndrome Awareness Month. We had a beautiful day and a great turnout to spread the ideas of inclusion and acceptance.

