

November 2024

## UPCOMING EVENTS

## December 7 - Holiday Brunch



Celebrate the holidays with family and friends at our Holiday Brunch! On **Saturday, December 7 from 9am - 11am**, students at the Buffalo Academy of the Sacred Heart will continue their long tradition of hosting us to enjoy games, crafts, music, dancing and a visit from Santa!

**Cost: \$5 per person**, and includes breakfast and beverages. All are welcome to have fun, take pictures and see our patient Santa. If you would like your child to receive something from Santa, please bring them a wrapped and labeled gift. Everyone who sees Santa will receive a small treat bag. *Teens and adults with Down syndrome are welcome to volunteer alongside our Sacred Heart friends. We will match them up with a buddy.*

Register at <https://form.jotform.com/dspgwny/Holiday24> or email questions to Barb at [bb.wakefield1@verizon.net](mailto:bb.wakefield1@verizon.net). No drop offs please!

## January 9 - Annual Meeting

Join us for our annual meeting where we will hold Board elections and hear from our guest speaker, Maria Kahn, an experienced mindfulness practitioner and guide. She will present on mindfulness to help manage stress effectively from within. The meeting will take place at 7pm at Daemen University in the Scott Bieler College of Health Professions, Room 105. (formerly AWC) 4380 Main St, Amherst.

Register online at <https://form.jotform.com/dspgwny/jan25>

## February 8 - Valentine's Dance



Dance the night away with us at Magruders, 4995 Broadway in Depew, from 6PM to 9PM. Cost is \$5 per person, and includes pizza, salad, snacks, and drinks. Please feel free to bring a dish to pass.

We ask that you RSVP and please do not bring additional guests. Parents and guardians are expected to stay for the duration of the event. Thank you!

Register at <https://form.jotform.com/dspgwny/valentine-dance25>. If you have questions or would like to pay with cash or check, please contact Janet at [janpo788@aol.com](mailto:janpo788@aol.com).

## February 15 - UB Men's Basketball Game



Come cheer on the UB Men's Basketball team as they take on Bowling Green University at 2:00 pm at UB Alumni Arena.

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. **Tickets will be sent electronically.**

Contact Janet at [janpo788@aol.com](mailto:janpo788@aol.com) with questions or go to <https://form.jotform.com/dspgwny/bulls-bball25>

## January 19 - Kids Club (NEW!)

Join us with your child aged 2-10 for a morning of play at Sweet Charlotte's from 9:30-11:30am. Email [dspg@dspgwny.org](mailto:dspg@dspgwny.org) or register at <https://form.jotform.com/dspgwny/kids-club>



## The DSPG 2025 Calendar Makes a Great Gift!

Thanks to Makin' Memories Photography for the beautiful pictures in our 2025 calendar. You can get a head start on your shopping before the holiday rush! Order online at <https://form.jotform.com/dspgwny/25calendar>. Orders can be picked up at our Holiday Brunch or contact Maria at [Emilmaria20@gmail.com](mailto:Emilmaria20@gmail.com) to make other pick up arrangements.



## Resource Corner

**Clothes for short men** [under510.com](http://under510.com)

**Speech Accessibility Project**  
[speechaccessibilityproject.beckman.illinois.edu/](http://speechaccessibilityproject.beckman.illinois.edu/)

**Request an I/DD ID Card** [opwdd.ny.gov/form/i-dd-id-cards](http://opwdd.ny.gov/form/i-dd-id-cards)

**Functional Needs Registry Form**  
<https://www3.erie.gov/dhses/form/functional-needs-registry-form>

**Primary Care Provider's Guide to Women's Health and Down Syndrome**  
[ndss.org/resources/primary-care-providers-guide-womens-health-and-down-syndrome](http://ndss.org/resources/primary-care-providers-guide-womens-health-and-down-syndrome)

**Moving More: The Importance of Physical Activity**  
[massgeneral.org/children/down-syndrome/moving-more-the-importance-of-physical-activity](http://massgeneral.org/children/down-syndrome/moving-more-the-importance-of-physical-activity)

### Collaborative Community Mission

CCM proudly embraces children with special needs, their families, and their peers providing access to resources that will support development and growth in a fully inclusive environment. [collaborativecommunitymission.org/](http://collaborativecommunitymission.org/)

### Arts Access Pass

The Arts Access program was created to remove the barriers that prohibit many Western New Yorkers from experiencing the arts, including cost, transportation, language, and effort. Any individual or family who receives income-based public assistance in WNY is eligible to apply. <https://www.arts-access.org/>

### Advocate and Author Engelic Everett's 2nd Book on Bullying

<https://www.wgrz.com/video/news/local/as-seen-on-tv/advocate-author-speak-out-against-bullying/71-3908ae4e-0512-4456-b952-0c3806cfa63f>

**39 Behavior IEP Goals including Adaptive Behavior and Adaptive Skills**  
[adayinourshoes.com/behavior-goals-iep/](http://adayinourshoes.com/behavior-goals-iep/)

### View a film about a story of resilience, acceptance and inclusion!

Based on a true story at **Cafe Joyeux** in New York. [us.cafejoyeux.com/pages/47-film](http://us.cafejoyeux.com/pages/47-film)

**Sweet Charlottes** a children's activity center offering services including preschool, birthday parties, open play and community events. Their mission to be fully inclusive of children with all abilities, culture and family dynamics. [sweetcharlottes.org/](http://sweetcharlottes.org/)

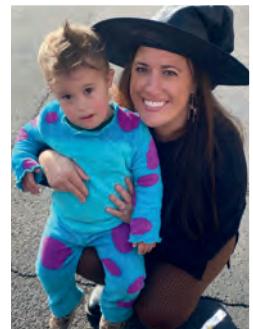
## Summer Picnic



## Trick or Treat Trail



Thank you to  
Bornhava  
for hosting a  
very fun day!



## Step Up 2024

We enjoyed another beatiful sunny day at Canalside to celebrate and create awareness!



## Board News

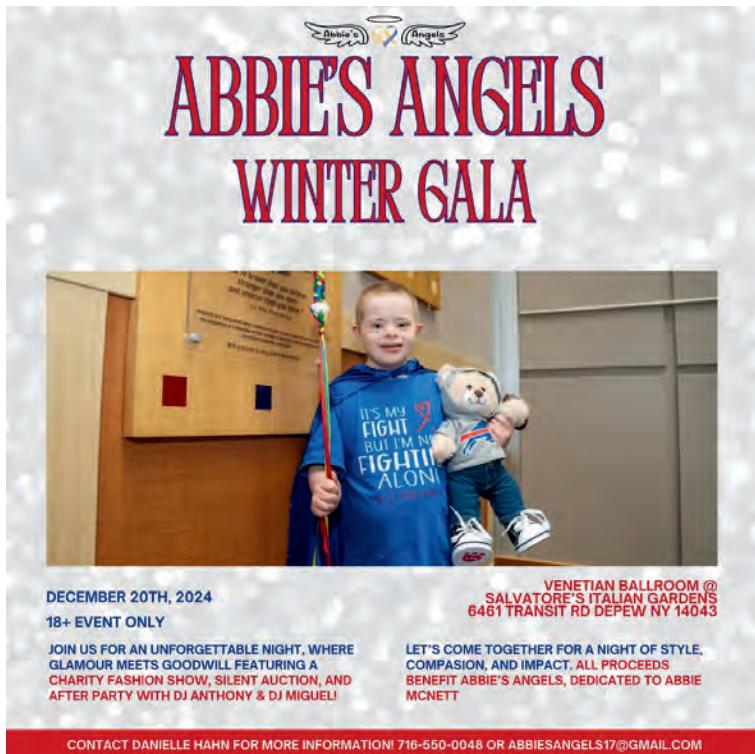
We would love more fresh faces to help plan and run our many events. Any assistance would be appreciated to keep our group going. If you can help out, please contact Amy at [amy.m@dspgwny.org](mailto:amy.m@dspgwny.org).

## 2025 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](mailto: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 new faces getting 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](mailto:dspg@dspgwny.org).

Abbie's Angels is an organization aimed at helping fund one of our members, Abbie McNett's, treatment expenses as she battles aggressive cancer for the second time. Tickets for the Winter Gala can be purchased at [eventbrite.com/e/abbies-angels-winter-gala-tickets-1042137801217](https://www.eventbrite.com/e/abbies-angels-winter-gala-tickets-1042137801217)



## DSPG BOARD MEMBERS

### Presidents:

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

### Vice Presidents:

Gretchen White - 716-834-0853  
Maureen Hunley-Barnes - 716-480-1021

### Treasurer:

Janet Poreda - 716-695-1299

### Communications Coordinator:

Melissa Garrity - 716-534-6121

### Secretary:

Bonnie Zon - 716-632-0137

### Members at Large:

Darryl Barnes - 716-867-0072  
Jason Brydges - 716-830-8636  
Craig Donatelli  
Lori Eckhardt - 716-906-7156  
Maria Klee - 716-440-3862  
Kyle Lappin  
Emma Monson - 716-861-7807  
Dana Oliver  
David Rosenhoch  
Gina Schueler  
Wendy Slisz - 716-465-7574

### President Emeritus:

Carol Hetzelt - 716-832-4972

## Thank you to our donors!

Eberl Iron Works, Inc.

Joanna and John Eberl

Harrison's Playmakers, Inc.

Adella Kirchmeyer-proceeds from painted pumpkins

Ellen Koessler

Erica Melton through National Fuel Charitable Giving

Julie Schaus-proceeds from Brandbar Party

Donna Zaperal

## Calendar of Events

Dec 7

### Holiday Brunch

*Buffalo Academy of the Sacred Heart  
3860 Main St, Buffalo, NY 14226  
9AM - 11AM*

January 9

### Annual Meeting

*Scott Bieler College of Health Professions  
at Daemen University, 4380 Main St, Amherst  
7PM*

February 8 Valentine's Dance

*Magruders, 4995 Broadway, Depew  
6PM*

February 15 UB Men's Basketball Game

*Alumni Arena, 175 Webster Rd, Amherst  
2PM*

March 22

### Family Bowling

*Malwitz's Island Lanes  
1887 Whitehaven Road, Grand Island  
2:30PM*



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



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



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