

Calendar of Events

- March 8th **Spaghetti Dinner**
The Columbus Hall, 2735 Union Road, Cheektowaga
4:00PM-6:30PM
- March 21st **World Down Syndrome Day**
- March 25th **Open Forum on Health Meeting**
Medaille College
7:00PM
- April 25th **Movie Night - Kelly's Hollywood**
Magruders, 4995 Broadway, Depew
7:00PM

The DSPG News is published quarterly in
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547 Englewood Avenue
Kenmore, New York 14223



Happy Valentine's Day!



DSPG News

February 2015

Social Groups

We are each other's best resource. Whether you are a new parent, pro-in-training or seasoned advocate our social groups may be just what you are looking for. Each social group will plan monthly activities that will allow children to interact with their peers as well as parents to meet and talk to other parents.

We need families to join these groups as well as people that are interested in organizing activities for them. Activities can include outings, parties, play times for the kids or nights out for the parents. We are hoping to get these groups active in the first few months of 2015. There are 4 social groups to choose from.

- Preschool - Birth to 5 yrs
- School aged - (6-12 yrs)
- Teens (13-20 yrs)
- Adults (21 yrs+).

If you are interested in joining a group or being the contact person for that group send an email to Leah Marchewka at Leah Marchewka at leahmarchewka71@yahoo.com with your name, child's name, child's age, what group you would like to join along with your current phone number and email address so we can get you on the list.

Survey Says....

We will be conducting a brief survey by email regarding meetings. We currently host meetings on Wednesday evenings with a variety of topics that we feel are helpful to our families. In order to provide the most valuable information and the greatest impact we are looking for your insight. We ask that you complete the brief survey so that we can take your input into consideration as we begin planning for the coming year. Thanks in advance.

Spaghetti Dinner March 8th

The Spaghetti Dinner & Basket Raffle will be held at The Columbus Hall, 2735 Union Road Cheektowaga, 14227 from 4pm – 6:30pm. Dinner tickets are \$7. Kids 2 years & under are FREE. Gluten Free dinners will be available by advance reservation only. Please specify when ordering. **Tickets must be purchased by March 1st.** NO tickets will be sold at the door. We are still accepting basket donations too!!! For tickets call, text or email Tracey (228-5002, leo8408@gmail.com) or Barb (983-2140, bb.wakefield1@verizon.net)

Open Forum of Health Discussion March 25th

Join us at 7:00pm in room M102 at Medaille College where we will discuss health issues that affect our loved ones. We have invited families that have visited the Down Syndrome Clinic at MassGeneral to share their experience. Dr. Brian Skotko is the Co-Director of the clinic and spoke about it at the conference last May. We will also have Joseph Mangio on hand for a brief discussion of the DDAWNY Family Committee. Bring your questions and be ready to share your knowledge.

Movie Night April 25th

Join us on Saturday April 25 at 7:00pm. We will watch the documentary Kelly's Hollywood at Magruders Restaurant, 4995 Broadway in Depew. An inspirational film about a local woman who has Down syndrome and her brother's quest to fulfill her dream of becoming a Hollywood diva. Light snacks will be provided and a cash bar will be available. Hopefully the film will spark a lively discussion. It will definitely be an interesting night out!

March 21st is World Down Syndrome Day *what are you doing to celebrate?*

Check out some of these campaigns:



We have created a list of 21 free or inexpensive ideas for random acts of kindness. Get creative, come up with new and original ideas and have FUN!

1. Babysit for free for a friend's kids
2. Do odd jobs for an elderly person
3. Leave a bag of microwave popcorn on a Redbox
4. Leave quarters at a laundromat
5. Prepare a meal for a homeless person, neighbor, friend
6. Buy some extra canned goods for the local food bank
7. Leave a book in a hospital waiting room
8. Write a letter of appreciation to someone
9. Donate blood
10. Leave a couple of dollars at a dollar store
11. Donate gently used clothing to a shelter
12. Tape change to a vending machine
13. Donate a book to your library or hospital
14. Take supplies to an animal shelter
15. Leave quarters on the riding toys at the mall
16. Leave bus fare at a bus stop
17. Leave bubbles or sidewalk chalk at the park
18. Leave ice water for construction workers
19. Make a thank you poster and hang it at your child's school
20. Take balloons to the park and hand them out
21. Pick up litter in your neighborhood, park, etc.

#WSD15

Be sure to like the DSPG of WNY on Facebook to see how we are celebrating...post your pictures...your random acts of kindness...or your crazy socks!

*You can also now find us on Instagram.
Find us and follow us.*

Have Your Heard About?

Sensory Sundays at Skyzone:

Sensory Sundays at Sky Zone is a new program where families with a child with special needs and sensory challenges can jump and have fun together in a relaxed and supportive environment. Music will be turned off and the number of jumpers will be limited in order to provide a calmer, more sensory friendly experience. \$10 per jumper or \$25 per family. Waiver is available online www.skyzone.com and can be completed in advance (you only need to do this one time). Check out their website for more details. www.skyzone.com/buffalo/Home.aspx

SN@P FIT Gym at Rolly Pollies:

SN@P FIT Gym, stands for Special Needs @ Play, an open play time dedicated to children with special needs. Children are invited to enjoy open play and fun in a relaxed and supportive environment. They will lower the music, limit participants and work with families to create the best sensory friendly environment possible for play! Sn@P FIT Gym is for children ages 9 and under. SN@P FIT Gym takes place on Thursday from 4:00 - 5:00 PM during their regularly scheduled sessions. The cost is \$10.00 per child. Session begins Thursday, February 26th. Check out their website for more details at www.rpwny.com

AMC Sensory Friendly Films:

Saturday, March 28, 2015 - HOME
Saturday, April 18, 2015 - UNDERDOGS
Saturday, May 30, 2015 - TOMORROWLAND
Saturday, June 27, 2015 - INSIDE OUT
Saturday, July 18, 2015 - MINIONS
Check out their website for more details.

www.amctheatres.com/programs/sensory-friendly-films



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

Young Athletes

Young Athletes is an early introduction to sports and to the world of Special Olympics for children ages 2 ½ to 8. The children enjoy games and activities that develop motor skills and hand-eye coordination. Young Athletes will start up again soon and we are looking for new families to join our group. The children learn new things, play and have lots of fun! We will again be meeting in the Events Arena at Medaille College on Sunday afternoons from 2:00-3:00. Remaining session dates for the spring are 3/1, 3/22, 4/19, 4/26, 5/3 and 5/17. Our season will conclude with an exhibition race at the Special Olympics Western Region Spring Games on Saturday May 30. Any questions about the program can be directed to Amy Monson at 997-2843 or amonson23@gmail.com.

Thank You to Our Donors

- Lorraine White
- Denise Gerhard
- Jennifer Moretta & Friends at the William Street School
- Kathy Blake
- David, Barbara, and Paul Irvin
- Kohl's Cares

Mark Your Calendars

Buffalo Bisons Game

Coca Cola Field
July 12th at 1:05PM
More Details to Follow

Fantasy Island

August 2nd
More Details to Follow

Step Up for Down Syndrome

September 26th
More Details to Follow



DSPG Scholarships

We would like to remind our members that the DSPG offers 4 conference scholarships per year (\$250.00 per scholarship). Scholarships will be awarded on a first come, first served basis. A proof of conference registration must accompany the request in order to be awarded. Individuals who have been awarded a DSPG Scholarship will be requested to present information received from the conference either in writing which will be featured in a future publication of our newsletter or presented at a DSPG meeting. There is a limit of one scholarship awarded per family per 5 year period. For more information please contact the DSPG at dspgwny@gmail.com

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