

Calendar of Events

- December 1 **Holiday Party**
Buffalo Academy of the Sacred Heart
3860 Main Street, Buffalo
11AM
- January 12 **UB Bulls Basketball**
Alumni Arena, 175 Webster Rd, Amherst
12PM
- January 20 **Family Bowling**
Mallwitz's Island Lanes, Grand Island
1-4PM
- January 25 **Parents Night Out**
Magruders, 4995 Broadway, Depew
6:30PM
- January 28 **Special Needs Financial Planning & ABLÉ Act**
Museum of disAbility History, Amherst
7PM
- February 9 **Valentines Dance**
Magruders, 4995 Broadway, Depew
5:30PM



DSPG of WNY, Inc.
547 Englewood Avenue
Kenmore, New York 14223



REMINDER: Save those Pop Tops! If you have pop tops or would like a collection house to benefit Ronald McDonald House of Buffalo please contact Tracey, leo8408@gmail.com or Michelle, michgiambra@gmail.com.

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

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.



November 2018

UPCOMING EVENTS

Holiday Party December 1

Celebrate the holidays with Down Syndrome Parents Group family and friends at our annual Holiday Party on Saturday, December 1 from 11am - 2pm. Students at the Buffalo Academy of the Sacred Heart, 3860 Main Street, will continue their long tradition of hosting. Enjoy games and crafts as well as music and dancing. Mr. No will also be on hand to make balloon creations and perform a short magic show.

The DSPG will provide pizza, salad and beverages while families are requested to pay \$5 for 1 person or \$10 per family. We know many of our families enjoy baking special treats for our events. If you would like to bring a dessert please bring one! If you would like your children to receive something from Santa, please bring them wrapped and labeled gift. All children who see Santa will receive a small treat bag.

For more information contact Barbara Wakefield at bb.wakefield1@verizon.net or click the link below to register on line <https://form.jotform.com/dspgwny/party2018>



UB Bulls Game January 12

Join us on Saturday, January 12, 2019 at 12pm as we cheer on the UB Bulls Men's Basketball team while they take on the Miami Redhawks! *There are a limited number of tickets that are free to immediate family of members of the Down Syndrome Parents Group through a generous donation.* For tickets contact Janet Poreda at janpo788@aol.com with your complete mailing address by January 4, or click here to RSVP <https://form.jotform.com/dspgwny/ubbulls2018>.

*** Please request tickets only if you intend to use them as we have a limited amount of tickets. ***

Parents Night Out January 25

Join us for a fun adult night out Friday, January 25 from 6:30 - 9:30pm. Let's get together to chat and nibble! Food will be provided for \$5 per person and a cash bar is available. Meet us at Magruders Restaurant and Pub, 4995 Broadway, Depew, NY 14043. Adults only please. RSVP to Janet at janpo788@aol.com by January 11, 2019 or click here to RSVP <https://form.jotform.com/dspgwny/parents-night-out>

Family Bowling January 20

Put on your bowling shoes and join us at Mallwitz's Island Lanes, 1887 Whitehaven Rd., Grand Island, on Sunday, January 20, 2019 from 1-4pm. Members will pay \$8/person for bowlers and \$5/person for non-bowlers, which includes three hours of bowling, shoe rental and unlimited pizza and pop. Due to your continued generosity, the DSPG will cover the remainder of the cost. **This event is for immediate family members only and we have a limit of 60 bowlers.** This is not a drop off event. If parents choose not to bowl, they must remain at the bowling alley with their child. Mail checks made out to DSPG to Bonnie Zon, 222 Culpepper Rd, Williamsville, 14221 or register on line at <https://form.jotform.com/dspgwny/bowling2019>. Contact Bonnie at bonzon1102@aol.com or 632-0137 with questions.

January Meeting on Special Needs Financial Planning and the ABLÉ Act January 28

Join us for our first general meeting of the New Year, Monday, January 28, 2019 at 7pm at the Museum of disAbility History, 3826 Main St, Buffalo, New York 14226. at 7pm. Topics will include special needs planning, trusts and wills. Also we'll learn how the ABLÉ Act will be beneficial to our families. Click here to register <https://form.jotform.com/dspgwny/Jan2019>



Valentines Dance February 9

The Valentine's Day Dance will be held Saturday, February 9 from 5:30 to 9:00pm, at Magruders, 4995 Broadway in Depew.

The DSPG will be charging a fee of \$5 per person and will provide all food including: pizza, salad, snacks, drinks, and desserts. If you would still like to bring in a special treat for the group please feel free to do so. If you would like to sign up with cash or check or have any questions please feel free to contact Trish at trishwinnicki@gmail.com

Please RSVP by Monday, February 4, so that we can ensure adequate food and seating. <https://form.jotform.com/dspgwny/valentines2019>.

Dances have been so well attended that we are requiring a RSVP in advance in order to prepare the space and ensure that we are within capacity limits of the venue. We will be limiting the number of people in attendance so please do not bring additional guests. Thank you for your understanding.

Down for the Holidays is a children's book written about children with Down Syndrome enjoying the different holiday seasons. As an extra special edition, Jessica also added World Creativity Day to the book!

This book benefits: Down Syndrome Parent Group of WNY and the BRAND NEW Gigi's Playhouse Buffalo!

Join us at the ImagineWe, LLC Holiday Open House to release this very special book, and learn about the many different other books we have released as well. This Open House is a chance to ask questions about publishing, meet some really amazing authors, and have your books signed as gifts and ready to go for Christmas!

Resource Corner

So your child has Down Syndrome, Severe Sleep Apnea, and you're thinking of a Hypoglossal Nerve Implant
<https://www.linkedin.com/content-guest/article/so-your-child-has-down-syndrome-severe-sleep-apnea-youre-hartnick>

Essential list of 500+ Accommodations and Strategies for your IEP
<https://adayinourshoes.com/iep-504-accommodations-strategies/?fbclid=IwAR2-h>

We Need to Talk About Boundaries - The Missing Link in Special Education
<https://www.stanfield.com/blog/2016/04/need-to-talk-social-boundaries-missing-link-special-education/>

2019 NDSS Down Syndrome Adult Summit coming to Detroit, Michigan April 4 -6, 2019.
<https://www.ndss.org/ndss-adult-summit/?fbclid=IwAR0R7ow5tupBCaEaGY5FGSfS7D0>

Five Moore Minutes - Short videos that features resources and info on how to make your classroom more supportive to all learners.
<https://www.youtube.com/channel/UCU-GCW3-EwNxcbJEFKkAABw?fbclid=IwAR2e614nEB>

Spoonful of Love WNY - is a FREE, parent run support group designed for parents/caregivers of children with special feeding concerns.
<https://www.facebook.com/SpoonfulofLoveWNY/>

Dr. Brian Skotko's monthly newsletter
<http://brianskotko.com/?fbclid=IwAR0a87FhngLD-0G-d9UdUxiT0YaFO9Zh8kOFpAp0soY>

Young Athletes

We are excited for our 2018-2019 Special Olympics - Young Athletes season! Our practices are being held at two gyms; one at We Rock The Spectrum - Northtowns on Nov. 11, Dec. 9, January 13, Feb. 10, March 10, April 14 and May 5. The other at ECC North gymnasium on Jan. 6 and 27, Feb. 24, March 24, April 7, and May 12. We are happy to welcome new families to our team and have many experienced athletes back again. To sign up for the team, please contact Courtney Patridge, corky3012@hotmail.com and find us on Facebook at Young Athletes - WNY Region.

Thank You To Our Donors

Eberl Iron Works employee fundraiser

All the generous donations to
Step Up for Down Syndrome

All the generous donations through
Embrace the Difference and Amazon Smile

United Way



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

UB Dental Best Buddies

We are proud to announce our new Best Buddies program in conjunction with the University at Buffalo School of Dental Medicine. The goal of the program is to build friendships between people with and without disabilities, offering social mentoring while improving the quality of life and level of inclusion through 1:1 partnering. Activities are being planned for participants of all ages. Our first activity will be held on November 17 at 11:00am at University Pediatric Dentistry located at 1800 Maple Road, Buffalo, NY 14221. This will be a general meeting for all interested participants and buddies. After building gingerbread houses we will tour the office and have the opportunity to check out the dental equipment in a relaxed atmosphere. Please RSVP by November 14, 2018 at <https://form.jotform.com/dspgwny/NOV18buddies>.

We are in need of people 18 and up to be matched with UB Dental Students 1:1 for activities outside of planned events. If you can't make it to this event but would still like to be involved with Best Buddies please fill out this form: <https://form.jotform.com/dspgwny/BestBuddies>. If you have any questions please contact Amy Monson at amonson23@gmail.com.

Step Up for Down Syndrome Walk



Thank you to everyone who made this year's walk our best ever! We had over 1,600 attendees and a beautiful day! **Save the date:** September 28, 2019.

DSPG Member Spotlight

We all love to see inspirational stories about others with Down syndrome. If you have great news that you would like us to share with the group please email dspg@dspgwny.org. We would love to share your loved one's accomplishments!

Check out these stories that appeared in the Buffalo News:
 Prep Talk: Down syndrome fails to slow down Clarence's Gaske
<https://buffalonews.com/2018/10/14/prep-talk-down-syndrome-fails-to-slow-down-clarences-gaske/>

Brothers with Down syndrome share passion for running:
 'Their enthusiasm is contagious'
<https://buffalonews.com/2018/08/18/acceptance-and-laughter-at-the-core-of-zygmunts-experience-with-buffalo-runners/>

SAVE THE DATE: Spaghetti Dinner

This annual event will take place Sunday, March 3, 2019 at The Columbus Hall, 2735 Union Rd. Cheektowaga

Board News

Congratulations to our election winners, Jason Brydges, Janet Poreda, Wendy Slisz and welcome to our newest member Marc Kotarski! We're off to a great start planning some great activities for 2019.

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.

DSPG BOARD MEMBERS

Presidents:

Amy Monson, 716-677-0604
 Barbara Wakefield - 716-983-2140

Vice Presidents:

Gretchen White - 716-834-0853
 Trish Winnicki - 716-445-2177

Treasurer:

Janet Poreda - 716-695-1299

Communications Coordinator:

Melissa Garrity - 716-534-6121

Secretary:

Bonnie Zon - 716-632-0137

Members at Large:

Jason Brydges - 716-830-8636
 Joan Cofield-Bridges - 716-432-4851
 Craig Donatelli
 Tracey Flick - 716-228-5002
 Marcy Hagen - 716-632-1418
 Maureen Hunley-Barnes - 716-472-1637
 Marc Kotarski - 716-912-7797
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 Carol Hetzelt - 716-832-4972