

Calendar of Events

- March 3 **Spaghetti Dinner & Basket Raffle**
The Columbus Hall, Cheektowaga
3:30PM
- March 21 **World Down Syndrome Day**
Santora's Pizza, Pub & Grill, Williamsville
5:30PM
- April 28 **Best Buddies Friendship Walk**
New Era Stadium, Orchard Park
9AM
- April 30 **April Meeting on Sexuality**
Museum of Disability History, Buffalo
7PM
- September 28 **12th Annual Step Up for Down Syndrome**
Sahlen Field (formerly Coca Cola Field)
11AM
- October 12 **DSPG 40th Anniversary Celebration**
Santora's Pizza, Pub & Grill, Williamsville
TBD



The DSPG of WNY has been invited, along with the Museum of Disability History, to display our "In Celebration of Down Syndrome" exhibit at the NDSC Convention this year in Pittsburgh, Pennsylvania! Go to the link below and register to see us there!

The 47th Annual Convention will take place June 27 – 30, 2019.

<https://www.ndsccenter.org/annual-convention/>



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



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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.



February 2019

UPCOMING EVENTS



Spaghetti Dinner March 3

Our annual Spaghetti Dinner & Basket Raffle will take place at The Knights of Columbus Hall, 2735 Union Road, Cheektowaga, NY 14227 from 4PM – 7PM on Sunday March 3. Doors will open promptly at 3:30PM. Tickets are now available for \$8 each & children under 2 are free. Contact Marcy at marcyhope960@gmail.com or 716-572-4127 with questions. If you would like to volunteer to help or donate a basket please contact Tracey Flick at leo8408@gmail.com. Register on line here: <https://form.jotform.com/dspgwny/spaghetti-dinner-2019>

Best Buddies Friendship Walk April 28

The First Annual Buffalo Best Buddies Friendship Walk will take place on April 28, 2019. Festivities will be at New Era Stadium from 9am-12pm. The Best Buddies Friendship Walk is the leading walk in the country supporting inclusion for people with intellectual and developmental disabilities. Since 2009, more than 150,000 participants in 60 cities have walked to raise awareness one-to-one friendships, integrated employment, leadership development, and inclusive living for people with intellectual and developmental disabilities. For the past three years Best Buddies WNY has opened over 40 School based programs impacting thousands of lives. Our focus is now the Buffalo Area where our goal is to open 15 school based programs before the end of 2019. Funds from this walk help us open these programs and stay right here in WNY!

World Down Syndrome Day March 21

World Down Syndrome Day is Thursday, March 21. You can Rock Your Socks, have dinner with us at Santora's or check out the Peace Bridge which will be lit blue and yellow to celebrate!

Rock Your Socks - When you wear your 'crazy' socks on Thursday, 3/21, they aren't meant to be hidden. Instead they are intended to start conversations and raise awareness. We hope when people look down and notice your socks, you can share with them all about Down syndrome and your loved one.

Celebrate at Santora's - Come and enjoy dinner and activities with our DSPG family on 3/21 at Santora's Pizza Pub and Grill on Transit Road in Williamsville from 5-8:30. We are honored to have Nancy Gianni, founder of Gigi's Playhouse speak from 5-5:30 as well as Mr. No making balloon creations and a Spread the Word to End the Word table. Be sure to take the pledge to end the R-word. Tickets are \$5 per person, pre-sale only. Gluten free options will be available. Children under 2 are free. Contact Janet Poreda at janpo788@aol.com <<mailto:janpo788@aol.com>> with any questions or register on line at: <https://form.jotform.com/dspgwny/World-DS-Day2019>.

April Meeting on Sexuality April 30

Join us at 7pm at the Museum of disAbility History where Kristi Moscato from Parent Network will share strategies for keeping our kids safe as well as when to speak up. When it comes to discussing sexuality, there are words to encourage a more comfortable conversation. Parents and caregivers will learn the importance of early and ongoing discussions about sexuality. There will also be a discussion about appropriate social behaviors for young adults with disabilities.

Save the Date for our Fall events!

12th Annual Step Up for Down Syndrome

Saturday September 28 at Sahlen Field
(Same great location, new name!)

Down Syndrome Parents Group's 40th Anniversary Celebration

Saturday, October 12
at Santora's Pizza Pub & Grill.
More information to come!

Resource Corner

The Ups And Downs - YouTube Channel

<https://www.youtube.com/channel/UCVgbhh4o9TKeRFmBD0qZMgg/featured>

REAL people with REAL life stories sharing the ups and downs about Down Syndrome willing to navigate and advocate.

The Parent Network – Recreation and Leisure Services Directory

<https://parentnetworkwny.org/wp-content/uploads/Rec-Directory-2018-19-single-page.pdf>

A resource for individuals with disabilities and families to assist in finding physical, social & creative opportunities to enrich one's life.

An infographic based on the book by Dr. David Stein "Supporting Positive Behavior in Children and Teens with Down Syndrome"

http://www.peirsoncenter.com/uploads/6/0/5/5/6055321/49617491_2285068018172023_8576422427318288384_o.pdf

People with Down syndrome never stop learning

<https://news.harvard.edu/gazette/story/2019/01/functional-skills-of-those-with-down-syndrome-can-improve-into-adulthood/>

[fbclid=IwAR2LVWrNdS223tqZEnHjezXv3k8jAXAvVjF1_p2iXuOODn3HyhjiTwhuabl](https://www.facebook.com/XuOODn3HyhjiTwhuabl)

Functional skills can be attained and improved into adulthood.

Sexual Health Education for Young People with Disabilities

<https://www.eparent.com/education/sexual-health-education-for-young-people-with-disabilities/>

[fbclid=IwAR2G25mljIXYP7ZPU7E7cCdZfrUvIOOxmiVdIIY4t9mfpod-CEcdu5FJgl](https://www.facebook.com/t9mfpod-CEcdu5FJgl)

Dental Care for Kids With Down Syndrome

<https://themighty.com/2018/12/dental-care-for-kids-with-down-syndrome/?fbclid=IwAR3eaMvT2wt16PwHYJmGtx-M3jTPJxkByVIF6Xz8pNejrDNfVIL7aBIUMJE>

5 tips for including students with Down syndrome in General Education. It highlights The Inclusive Class new book on modifications.

<https://www.inclusionrevolution.com/5tips/>

The Inclusion Podcast

<https://drjuliecauston.podbean.com/>

Dr. Julie Causton shares everything happening in the exciting world of special education and school inclusion!

Advocate Medical Group Adult Down Syndrome Center

<https://www.facebook.com/adultdownsyndromecenter/photos/a.278375738575/10156008339883576/?type=3&theater>

Several autoimmune disorders are more common in people with Down syndrome. Among them alopecia areata, a chronic immunological disorder that targets hair follicles and causes hair loss.

DSPG at the UB Bulls Game



We had a great time routing on the UB Bulls to victory!



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WINTER 2019 DATES

ADAPTIVE FITNESS (Ages 5+):

Wednesdays: January 27TH – February 27TH (5 weeks) - \$50

POP DANCE (Ages 10+):

Sundays: February 3RD – March 10TH (6 weeks) - \$60

PLEASE CALL, EMAIL OR GO TO OUR WEBSITE TO REGISTER! CHECK US OUT ON FACEBOOK & TWITTER!

SOCIAL DANCES FOR PROMS & WEDDINGS!

March 8th - April 12th Friday 6:00-7:00 PM

\$60 for 6 sessions - Ages 13 and Up

Learn some of the following dances:

Electric Slide, Cleveland Shuffle, Cupid Shuffle, Wobble, Teach Me How to Dougie, Foot Loose

Please contact the studio to register!



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

DeCamville Arts



For 20 years, Cristin DeCamville has been customizing music experiences for WNY's special needs music lovers.

If you've considered piano lessons or enriching music experiences, now is the time to check out **DeCamville Arts** because in the month of February...



your 1st Private Lesson is **FREE!**

No risk, no commitment!



Also, check out **DeCamville Arts Facebook Page** for our program for anyone who loves music and baking;

Treats & Tunes!



Spend an evening with me at

Painting & Pastries

creating a beautiful keepsake and enjoying a delicious GF dessert by Special Kneads Bakery!

Ask me about these and more at DeCamvilleArts@Gmail.com

Thank You To Our Donors

Kevin Slachciak & the Say Cheese Golf Outing

Ciaran Krueger & Franklin Middle School for donating the proceeds from a Friday dress down day

Kevin & Denise Gerhard

Stephen & Dawn Csati

Mark & Louise Coffed

Gifts through The Global Good Network

Gifts through The Target Charitable Giving Program

Beth Edbauer through Embrace the Difference

Katie Edbauer through Embrace the Difference

Christine & Gregory Papke in Memory of Hazel Kellner

Randy & Gwen Mullet in Memory of Ted Ciesiulka

Don & Susan Brandt in Memory of Ted Ciesiulka

William & Arlene DeWaal in Memory of Ted Ciesiulka

The Developmental Disabilities Awareness Day (DD Day) Conference is coming up in May

SAVE THE DATE!!

Thursday, May 30, 2019 at the
Niagara Falls Event and Convention Center
Niagara Falls, NY • <http://www.ddday.org>

DSPG BOARD MEMBERS

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