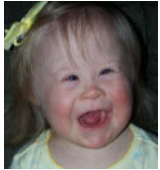




# HADSA

Hawkeye Area Down Syndrome Association

[www.HADSA.org](http://www.HADSA.org)



Where  
strangers  
meet friends,  
and friends  
find family.

## NEWS TO KNOW

**MAY 8th**

**Susan Peoples** is set to be here to present her amazing wealth of knowledge. Register now to attend.

[www.hadsa.org](http://www.hadsa.org)

Teaching children with Down syndrome and other special learning styles will be covered in a way that will create success for each child.

She has unique styles, approaches, and considers the child's ability and strengths in learning from every angle.

Every conference attendee will walk away with priceless insight, vision, and

inspiration - along with practical information - to reach children in new ways. Early registration deadline is **April 4th!!**

**VOLUNTEER NEEDED!!  
NEW POSITION WITH HADSA OPEN**

**NEWSLETTER EDITOR**

HADSA needs someone to continue the monthly newsletter.

Design can be recreated by new person, or can just continue with current layout. Person should be able to print about 40-50 copies (will be reimbursed) and bring to

the Arc in Cedar Rapids to be mailed, as well as put into PDF format to be e-mailed to members and posted on web site. Rewarding and fun job. Position needs to be filled soon. Please contact Danyel Hinson if interested. [Dhinson@hadsa.org](mailto:Dhinson@hadsa.org) Or (319)377- 0804.



**HAPPY BIRTHDAY!!!**

To some cuties!

**MARCH -**

Joshua Klien - 6th  
Ahsia Khan - 27th

**APRIL -**

David Gilliland - 3rd  
Eli Hansen - 4th  
Joshua White - 19th  
Gabriel Mulerin - 21st  
Catherine Swiderski - 23  
Samantha Herbert - 23

\*News to Know

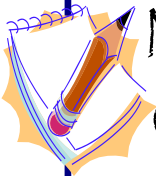
\*What's Ahead?

Volume 3, Issue 4

\*Mark Your Calendar

\*I Gotta Try That!

April, 2008



## Mark Your Calendars

**\*\*Meetings Held at North Liberty Recreation Center\*\***

**3:00 ~ 5:00 PM**

**April 6th**

Iowa Protection and Advocacy  
Katie Vande Vorde

**Thursday**

**May 8th**

Susan Peoples!!!!

Iowa Memorial Union  
2nd Floor  
Ballroom  
Iowa City

Map found on Web site with Registration materials.

**\*\*Due to the May 8th event, we will not be meeting on Sunday.\*\***

## Check out what's ahead for HADSA

### MEETING

Iowa Protection and Advocacy



#### Our Purpose

Iowa Protection and Advocacy Services, Inc., is a federally funded program that will protect and advocate for the human and legal rights that ensure individuals with disabilities and/or mental illness a free, appropriate public education, employment opportunities and residence or treatment in the least restrictive environment or method and for freedom from stigma. Iowa Protection and Advocacy Services will support people with disabilities to secure their rights and full participation as citizens through a program of self advocacy education, information and referral, non-legal advocacy and legal and systems advocacy.

#### Our Mission Statement

To defend and promote the human and legal rights of Iowans who have disabilities.

Katie Vande Vorde will speak to our group regarding her agency and the wonderful opportunities available to our families. Come and hear what we can do for our children as they grow and become citizens of our communities.

### "I Gotta Try That!"

Could Spring really be on it's way?

**\*\*For those Bike riders - check out <http://www.fatwheels.com> for training wheels for bikes of all sizes.**

**\*\*Take a hike, walk, or run for the park!!**

**\*\*When teaching a child to catch a ball, slow it down visually by bouncing it in front of them before they try to catch it.**

**\*\*Strength training - attach wrist, ankle or other weights to push toys, for leg, hip and trunk muscles. Then head down the sidewalk.**

**\*\*Sidewalk chalk!! - Write letters and/or numbers, shapes, or colors with chalk. Have child jump, sit, hop or march on the letter, number, shape or color you suggest. Concept comprehension and gross motor in one shot.**