



# HADSA

Hawkeye Area Down Syndrome Association

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



Where  
strangers  
meet friends,  
and friends  
find family.

## NEWS TO KNOW

### Upcoming Elections

We will be voting for board members the year of 2008 at our Annual Christmas Party on December 2nd. Please cast your vote. We are still taking nominations. Please contact us on the web site to put in your name, or someone else's.

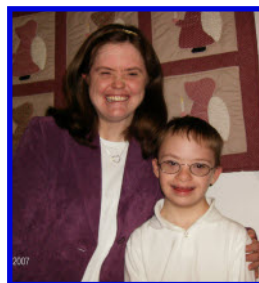
### The Forum

Don't forget to check with the forum on our web page for valuable information regarding meetings, announcements, stories, and photos. A great place to connect.

### THANK YOU MIA

The November meeting was a great success. Many of us thoroughly enjoyed hearing of Mia's successes and triumphs in her life. So many were inspired by her story of going out to live on her own, having many wonderful occupations, serving

on boards, carrying an Olympic games torch, and speaking to congress. Wow. It was such a story of hope and encouragement to dream big and give life all you've got. Thank you so much Mia for sharing your story with us. It was truly an unforgettable experience.



\*News to Know

\*What's Ahead?

Volume 2, Issue 9

\*Mark Your Calendar

\*I Gotta Try That!

December, 2007

## Mark Your Calendars

- **October 28th**

LINDALE MALL  
in Cedar Rapids  
FAMILY  
TRICK OR TREAT  
NIGHT

6:30 - 7:30 pm  
Grant Wood, CR  
Police, Sport mascots,  
the Arc, Scouts,  
HADSA, and many  
others to be handing out  
treats! Complimentary  
photos!

- **NOVEMBER 4th**

HADSA Meeting  
MIA PETERSON  
Returns with a powerful  
Message.

3:00 - 5:00 pm  
At St. John Lutheran  
Church in Ely  
\*\*\*See attached flyer\*\*\*

- **DECEMBER 2nd**

Family Christmas Party  
3:00 - 5:00 p.m.  
More Details to Come

Check out what's ahead for HADSA

**Golf For Life**

We are so excited to be able to bring this program to Iowa! We need, at minimum, 20 individuals with Down syndrome that are at least 3 years old, boys or girls. No golf skills necessary! Just come and play with some PGA golfers for the fun and experience of it. We have 10 kids signed up already. Please consider your child for this opportunity. It is a great sport they could really excel in, and at the least - they would just have a great time.

This program was developed by Brad Hennefer, a golfer with Down syndrome, and his family. So how cool - we can have fun, support Brad, and raise awareness for Down syndrome and the wonderful talents of our kids.

Please check out our web site for details. Contact us to sign up your son or daughter, or brother or sister!

Program date tentative for next spring or summer.

Family Christmas  
Party



On December 2nd, We will be having our Family Christmas Party. We again ask that you bring a gift (about \$5-\$10 in value) for each of your children for Santa to hand out. Details are still in the works for food, location and activities. It is one of our more popular gatherings, please come and spend time with other families and share in the stories and laughs.

Consider being a part of the Board too. We do our voting for the upcoming year at this event. We are accepting nominations.

FYI - Current Board members will be calling you to update information details. It has been a long time and we want to get our records current. If you want to be added to our mailing list contact Danyel at (319)377-0804.

Thanks for your cooperation!

### "I Gotta Try That!"

"Walk on tip-toes." we recently learned that our son learned to walk wrong. On a recent visit to our PT (please check with yours before doing this), it was determined that he was not using the correct flexion of heel - toe in his steps. Due to the type of AFO's that did not allow for any flexion when he was younger, he walks by using his thigh muscles, more than his calves, to pick up his feet and drop them down. So to increase the strength in his calves and promote heel-toe, we all are marching around on our tippy-toes!