



# HADSA

Hawkeye Area Down Syndrome Association

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



Where  
strangers  
meet friends,  
and friends  
find family.

## NEWS TO KNOW

\*\*\*\*NEW\*\*\*\*

### MEETING PLACE

An all new meeting place (yes, again.) With a more accessible location, we will now be meeting at the North Liberty Recreation Center. We will have 2 rooms, one for parents while meeting, and one for the kids to play in. Childcare will still be provided. Please come see the new location for our next meeting on **JANUARY 6TH!** Directions on the WEB!



## NEW BOARD MEMBERS

The new 2008 HADSA Board Member Team is the following:  
President: Michelle McCarthy  
Vice President: Danyel Hinson  
Treasure/Secretary: Troy McCarthy  
Active Members: Sue Schlarman, Amy Flege, Cinthia Anderson, and past President Dave Pasley. Watch for exciting new programs coming in the next year and fun for HADSA!!

## Thank You Santa!

We all sure had fun at our Christmas party this year. Thanks to all who braved the weather with little ones in tow, and helped us celebrate. A good time was had by all!!



\*News to Know

\*What's Ahead?

Volume 3, Issue 1

\*Mark Your Calendar

\*I Gotta Try That!

January, 2008

## Mark Your Calendars

January 6th

3:00 - 5:00 pm

Physical Therapy  
St. Luke's Witwer  
Children's  
Therapy Center

Presenters:

Sharon Hill, PT,  
MA

Suzanne Johannes,  
MPT

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

February 3rd

Topic and Speaker  
to be announced.

Check out what's ahead for HADSA

## MEETING

### Physical Therapy for the Infant and Child with Down Syndrome

Sunday, January 6th, we will be hearing from Sharon Hill, PT, MA and Suzanne Johannes, MPT. Sharon works at St. Luke's Hospital, and divides her time between the Newborn Intensive Care Unit (NICU), the NICU Follow-Up Clinic, and Witwer's Therapy Center. She has 39 years experience in pediatric physical therapy. Suzanne works at St. Luke's Children's Therapy Center. She graduated from the University of Iowa in 2000 and has been working in Pediatrics for 7 years.

They will be speaking on the topics of:

- Typical development trajectory of infants and children with Down syndrome.
- Exercises to enhance motor development, strength, endurance, and walking patterns.
- Staying on track: Do's and Don'ts.
- Research Updates

Make sure you attend this event. It will cover all ages, and will help you assess the next steps for your child.



### "I Gotta Try That!"

\*Sledding - Walking up a hill in boots and snow pants carrying a sled. Need I say more?

\*In times of bad weather, use it to play board games, shake dice, count money, or write notes to grandma. All are simple ways to work on cognitive skills, fine motor, math, and make memories too.

\*Break out the finger paints for little ones - great sensory challenge.