



# HADSA

Hawkeye Area Down Syndrome Association

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



Where  
strangers  
meet friends,  
and friends  
find family.

## NEWS TO KNOW

**November 4th**  
**MIA**  
**PETERSON**

We are so excited and honored to bring to you national speaker and self-advocate Mia Peterson. She has kicked off both of our Buddy Walks and now she comes to us and shares her story. In her full-length message, she will inspire and empower all. Be sure to attend.

\*\*Note attached flyer for directions. There is road construction and Mapquest will not be helpful. Our meeting is

3:00 - 5:00 pm  
At

St. John Lutheran  
Church in Ely

## \*\*Childcare\*\*

Thanks to Alpha Phi Omega, a co-ed service group from the University of Iowa, we will be able to provide childcare for all our meetings and events. This group has volunteered to care for and provide activities to all our children. In order to have proper ratios, it will be very important to contact us if you would like to take advantage of this opportunity. Please call Danyel at (319) 377-0804 to let us know how many kids you will be bringing. What a great way for our kids to meet, play, develop friendships and grow in their community.



## WOW

The results are in! Our 2nd Annual Buddy Walk was an incredible success!! We gathered up over 270 people and together we raised over \$11,000!!!! The excitement is carrying through now that we can look to the upcoming year and make some really great plans for our families and children to experience.

Thank you to all the planners, donators, and volunteers who made this event so wonderfully memorable. YOU ROCK!!

\*News to Know

\*What's Ahead?

Volume 2, Issue 8

\*Mark Your Calendar

\*I Gotta Try That!

November, 2007

Check out what's ahead for HADSA

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

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 you 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!