



Hawkeye Area Down Syndrome Association, Inc.
 Experiencing the Ups of Down Syndrome
www.hadsa.org



NEWS TO KNOW

NEW PRESIDENT:
Michelle McCarthy



Due to some extenuating circumstances with his career, Dave Pasley has had to resign from his current role as president of the Board for HADSA, Inc. We want to send a huge thank you to Dave for all of his work with HADSA and the impact he has had on our group. We also want to congratulate Michelle on taking on her new role and wish her the very best as our new President.



Where strangers meet friends,
 and friends find family.



THE FORUM
www.hadsa.org

Check out our new Forum on the web site. You can register to discuss and learn new information regarding health issues, local activities, therapies, and even share some recipes (some gluten and dairy free ones are already up). This is a fantastic new addition to our group, another way to be connected and grow. It'll be a fun way to get to know each other and then meet up face to face at our monthly events. Other amazing touches on the web site - a great new photo album of some really cute kids (send in yours to tmccarthy@hadsa.org); and a wonderful link page. A lot of hard work for all of us to enjoy. Thank you to Michelle, Troy, and to Doug Kelley for his talented work on the Forum.

Log on and check it out!
www.hadsa.forum.org

More Alike Than Different

BUDDY WALK:
 October 6th, 2007

Mark your calendars, get your team, and join us for another great Down syndrome awareness event. It'll be here before we know it. Registration will begin at 9:00 am with the walk to follow at 10:00 am. We will be meeting in Regina Hall at the Johnson County Fairgrounds in Iowa City. Pledge forms and directions will be available online at www.hadsa.org. More details to come. A can't miss event!



*News to Know
 *Planning Ahead

*It's All in the Details
 *I Gotta Try That!

Volume 2, Issue 6
 September, 2007

PLANNING AHEAD

- September 9th
HADSAMEETING
(Note change of date due to
Holiday).

Children's Center for
Therapy in Iowa City.

3:00 - 5:00 PM

TOPIC: TEACCH

- September 23rd
HADSA HANGOUT
Westdale Bowling Center

2020 Scotty Drive SW
Cedar Rapids

3:00 - 5:00 PM

FREE

FAMILY BOWLING

- October 6th
BUDDY WALK

9:00 am Registration

10:00 am Walk

Iowa City

Friends, Family and Fun

With

GUEST SPEAKER

MIA

PETERSON

Self-Advocate



It's All in the Details

HADSAMEETING

On the 9th we will be hearing about TEACCH, a program designed to create more independence and confidence. Feel free to invite teachers, associates, and other family members. It can be designed for school and home, it has even helped at doctor appointments. This is an opportunity not to miss! There is a waiting list at Grant Wood for this typically 3-day course. For children of all ages - this can be a vital piece of information.

"My son uses this at school and it has increased his concentration on his work, his independence has soared, and he is able to focus more on his growth. He's growing up so fast."

---mom to child with DS-age 9.

"We used this at a Dr. appt. to calm my son's anxiety. His blood pressure actually dropped from 159 to 124 after writing out a schedule for him. The nurse was amazed, and so was I."

---dad to son with DS - age 8

HADSA HANGOUT

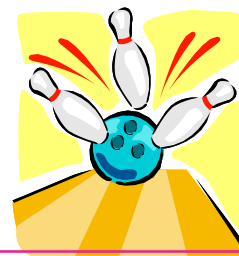
On the 23rd we have reserved some lanes at the Westdale Bowling Center in Cedar Rapids. We have the place from 3:00 - 5:00 PM. Games and shoes are free! Yep, HADSA will pick up the tab for our families to have a fun afternoon of bowling. We'll have the place to play! I can just imagine all the giggles. Kids make every event so great. We'll have the bumpers and the ramps, where everyone will score a smile. Come on down and strike up some memories.

See you there!

Call Dangel if you can make it.

A headcount is appreciated.

Thanks - (319)377-0804.



"I Gotta Try That!"

*Use a rubber drawer liner as a placement to help dinnerware stay put while little ones learn eating independence.

*Couch cushions, bean bag chairs, pillows and rolled up towels make a great obstacle course for little crawlers development.

*Those old magazines and newspapers - don't throw them just yet. Give your little one a pair of scissors and let them have at it. Challenge them to cut out smaller items, numbers and letters in their name. A cheap activity that grows with your child.

Send yours to:

belltonymom@mchsi.com