



September 2016



Dance Without Limits



Dance Without Limits is a non-profit organization providing dance classes for children and young adults with special needs allowing them to experience the joy of dance. Dance Without Limits classes are offered twice a year for a fall session and a spring session. Sessions consist of one-hour classes which are held on Sunday's. Each class is designed to suit the needs of each individual child. During the class, there is a period of professional dance instruction provided by instructors and volunteers who are trained to work with dancers with special needs. Dance Without Limits also provides Lite-Gait equipment for children who need extra support with their standing. They also have a teacher who is able to communicate in American Sign Language.

As mentioned, classes are offered in 2 separate sessions with one in the fall and one in the spring. Classes are conducted at the School of Classical Ballet and Dance (SCBD) in West Des Moines, and are divided into two categories consisting of Movement and Technique.

Movement class is great for new students and need one on one attention with a special volunteer. Technique classes are great for students who are able to move through instructions without the aid of a special volunteer.

Ann Ungs, who is one of our Physical Therapists, is a co-founder and director of the program.

Please feel free to check out the website at www.dancewithoutlimits.org for more information about registration and class times. If you have additional questions, please send an email to info@dancewithoutlimits.org

Obtaining Your Child's Therapy Reports

Often, a child's speech, physical, or occupational therapy reports are beneficial to have at IEP meetings, case manager communications, your own personal records, or for other reasons as well. We take you and your child's privacy seriously, making it a top priority. Therefore, there are a few things we would like you to know in order for you to efficiently access your child's therapy reports.

- Please let us know in advance when the report is needed as it is hospital policy for these requests to go through our Medical Records department.
- Please be as specific as possible with your request.
- A Release of Information form is necessary to provide your child's records to an outside organization or for your own personal records. This is to protect your child's private medical information and track its distribution as mandated by HIPPA privacy laws.
- Release of Information forms are available at each clinic and are valid for 1 year.
- The hospital's Medical Records system can be accessed by calling 515-241-6857.

We understand that there are many individuals involved in your child's care and your child's therapist will coordinate with their care team for the best possible outcome.

Thank you for your patience and understanding in obtaining your child's medical information. Please let the front desk staff or your therapist know if you have any questions.

Autumn Activities!

Walk around the Des Moines Farmers' Market-Try new foods, talk about things you see, and smell the flowers. Saturday mornings 7-noon

Check out a new park or lake in the area.

Play catch with playground balls, Frisbees, tennis balls or nerf balls to work on coordination and balance.

Visit the Botanical Garden in Des Moines, and check out the new outdoor features.

Enjoy an outdoor scavenger hunt. Check out Pinterest for ideas and lists.

Visit the Blank Park Zoo, Iowa State Capital or the Historical Museum.

Enjoy a bike ride with the family—great for endurance, coordination and strengthening!

Visit a pumpkin patch or apple orchard. Always a great location for new sights, sounds, and textures.



Jolene is a physical therapist in our downtown Des Moines office. She works primarily with our patients while they are hospitalized. Jolene enjoys spending time with her husband and 3 children.

Angela is an occupational therapist in our downtown Des Moines office. She graduated from the University of Minnesota. Angela primarily sees inpatients who are in the hospital at Blank. She is NIDCAP (Newborn Individualized Developmental Care and Assessment Program) certified. Angela enjoys spending time with her husband and 2 boys as well as enjoys exercising (especially running). Angela enjoys working in pediatrics as she feels she is a child in an adult's body. The kids keep her young!



Allison is an occupational therapist who graduated from St. Ambrose University. She works in our Des Moines office. Allison primarily works with our patients while they are hospitalized at Blank Children's Hospital; however she does also see a few patients on an outpatient basis. Allison enjoys spending time with her husband and 2 children, waterskiing, boating, scrapbooking, and knitting

Amy is a speech-language pathologist who graduated from both the University of Iowa and the University of Kansas. During her time at the University of Iowa, she played the trumpet in the Hawkeye Marching Band and Pep Band. Amy works in our downtown office, working with both inpatients and outpatients. Amy specializes in feeding and swallowing of infants and enjoys working with children with multiple medical conditions. During her free time, Amy loves to travel, read and spend time with her friends and family.



Jill is a physical therapist in our Des Moines office. She graduated from the University of Northern Iowa with her undergraduate degree and received her physical therapy degree from Des Moines University. Jill has worked at Blank Children's Hospital for a total of 18 years, 13 of which has been as a physical therapist. Jill is married and has 2 children. She enjoys gardening and spending time with her family and friends.

Abbey is a physical therapist who works at both our downtown and Ankeny locations. She graduated from Iowa State University with a degree in Kinesiology and Exercise Sports Science and received her Doctorate of Physical Therapy degree from Des Moines University. Abbey enjoys spending time with her husband, Randy and their two dogs. In her free time, Abbey enjoys traveling, biking, kayaking, gardening, reading, and spending time with her friends and family.

Please check in and check out with our friendly front desk staff for each visit.

