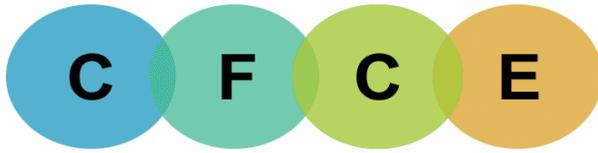


# COLORADO FOUNDATION



## FOR CONDUCTIVE EDUCATION

... Achieving independence through active learning

Spring Newsletter 2012



Volume 4, Issue 1

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## Off to the Golf Course! 3rd Annual Golf Tournament

Colorado is known for the Rocky Mountains and being a scenic state with incredible landscapes, and this year we have decided to hold our 3<sup>rd</sup> Annual CFCE Golf Tournament at one of the most beautiful golf courses in Colorado, the Arrowhead Golf Club in Littleton. With enormous red rocks protruding out of the green and many lakes reflecting the landscape, it will be a challenge to get a straight swing at the ball without being distracted by the view.

This year we hope to have even more golfers join us for our biggest fundraiser yet. Arrowhead will be providing complimentary snacks and non-alcoholic drinks throughout the day to satisfy the golfers' energy needs. However, we are aware that most of you don't care about free soft drinks, so of course, there will be donated beer at several locations around the course for those who prefer to hydrate with an ice cold lager instead!

A buffet lunch will be provided before the 1:30 pm shot-gun start as well as the opportunity to sign up for the ever popular ball drop competition. Don't forget you can purchase your ball drops and mulligans online at [www.conductiveed.com](http://www.conductiveed.com) to allow plenty of time for eating and warming up on the day of the tournament. The usual golf prizes will be up for grabs, including the longest drive, closest to the pin, hole-in-one and of course, the betting hole where two of our favorite volunteers will be coaxing you to a little healthy gambling!

Immediately following the golf tournament, the awards party and silent auction will begin. We have decided to shorten the evening event because we realized it was too long a day for most golfers. This year there will be plenty of appetizers available during the awards ceremony and silent auction. Enjoy the party and catch up with friends while touring our silent auction displays in search of that perfect item or two to bid on. We hope to have a variety of items to suit everyone's taste and we encourage everyone to bid on at least one because every dollar spent goes to helping CFCE and the children which is why we are holding this event.

It is because of the generous support from people like you that CFCE continues to operate every year. We understand these are difficult economic times, and we thank you for supporting CFCE and helping us make Conductive Education (CE) affordable for the parents so their children can continue to attend CE therapy classes. At our Loveland and Denver centers, we strive to provide an environment for the children to learn new skills and make new friends with others who have similar struggles in life. Our goal is to help the children get out of their wheelchairs and be independent, and to learn what it means to achieve! Please keep in mind when you sign up as a player, sponsor, silent auction donor or all three, that the money raised from this event will help CFCE reach more families with motor disabled children throughout Northern Colorado and the Denver Metro area, and that your participation in this year's golf fundraiser will allow many new families the opportunity to discover the wonderful benefits of Conductive Education for their disabled children.

We look forward to seeing many of you again, our past players and guests, on June 7th. For those of you joining us for the first time, we are excited you will be participating at this year's tournament and look forward to seeing you at Arrowhead! Sign up at [www.conductiveed.com/golf.asp](http://www.conductiveed.com/golf.asp), contact the office at 970-667-0348 or email us at [admin@conductiveed.com](mailto:admin@conductiveed.com) for more information.



CFCE Golf Committee members and Arrowhead's Kyle Bryant meet at Arrowhead Golf Club

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The Colorado Foundation for  
Conductive Education is a 501(c)(3)  
public charity committed to  
providing opportunities for  
individuals with motor challenges  
to achieve optimal physical,  
cognitive and social independence  
through the application and  
promotion of Conductive Education  
principles.

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## New Equipment Donation!



**Thank you  
Steve Carr!**

CFCE would like to acknowledge and thank Steve Carr for his generous donation of a set of practice stairs that he built for our center. Steve designed and created the stairs that the children will use in the classroom to help them learn how to walk up and down steps. As you can see in the picture to the right, the children are thrilled to be using the new equipment and they are enjoying the challenge! Thank you, Steve, for generously donating your time, efforts, and materials to the CFCE center! We are particularly looking forward to using the new equipment during the July camp, which will focus on walking and stair stepping for our higher level children.

**Donate today!**

Go to:  
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 Your donations help change lives!

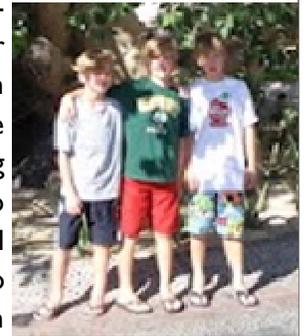


Libby & Jackson after walking up the stairs!

## The Kruse Family enjoys their trip to Cabo San Lucas, Mexico



The Kruse Family Vacation! At the 2011 CFCE golf tournament and silent auction Sarah and Joe Kruse won the bid for the vacation trip to Cabo San Lucas in November. They had an awesome time in Mexico and have allowed us to share some of their great vacation photos. Sarah and Joe brought along their three boys, Jack, Sawyer and Wylie for fun in the Cabo sun. The Kruse family arrived by private taxi to the beautiful Playa Grande Resort located in the heart of downtown Cabo



San Lucas and on the beach overlooking the Pacific Ocean and famous Land's End. Joe, Sarah and the boys were welcomed by Jim and Roxanne Waechter, founders of CFCE, who were also staying at Playa Grande Resort.

Here is a short description from Joe: "We decided to take the whole family but kept it a secret from the boys. The suspense of the surprise trip was fun, stressful, and sometimes downright deceitful, but added to the excitement. With bags packed we headed to the airport giving the boys clues along the way. We made it all the way to the gate before they figured out where we were going. What a trip! The Waechters went out of their way to make sure we arrived and got settled in the luxurious resort. The accommodations were better than we expected and our days lounging by the pool were interrupted only by the many activities we decided to embark on. Cabo was a fun and safe place to spend our days surfing, snorkeling, parasailing, jet skiing, eating, shopping, and night lifeing. My fondest memory is relaxing on the beach with good food and cold beer watching the boys catch a wave on a surf board. The boys loved being on the beach, snorkeling and seeing whales."

Joe is a Vice President at Wells Fargo Bank in Fort Collins, Colorado, another wonderful supporter of CFCE, and Sarah is the owner of Seeking Sitters also located in Fort Collins. Sarah has generously donated a babysitting package each year to the silent auction and every year, Joe plays in our golf tournament. Thank you Sarah and Joe for bidding on and winning this great trip and for supporting CFCE over the years!



## Springing Forward to a Fun Summer!



While enjoying Colorado's beautiful spring weather, we look forward to our CFCE camps this summer. Our summer camps are always very popular, and a great way for the children to receive intensive Conductive Education over a month period. The leaps and bounds they achieve during this time always exceeds everyone's expectations and it is our hope that the children and parents will leave camp knowing how worthwhile these programs are and what a difference Conductive Education has made in their lives.

On account of CFCE's expansion, we look forward to three camps planned for this summer. We are excited to offer our first "walking" camp to be held this July at the Loveland center! At this particular camp we will focus on leg-strengthening and balance techniques, walking on different surfaces and using stairs. This will help the children feel more confident when walking which leads to independent walking without the use of aids or support. We hope this "walking" camp will be a huge success and continue to be a part of our program each summer.

Pearl, our Canadian conductor, will be joining us again for our June camp in Loveland, and we are looking forward to meeting a "new" conductor, Renata, who will be coming from New Zealand. Renata was trained at the Peto Institute in Hungary and has over 10 years of Conductive Education experience. She will lead classes in Denver during our June camp and then come to Loveland to conduct classes for the July camp. We look forward to Pearl and Renata's unique approach to Conductive Education and for the experience each will bring to our centers. Thru them, our children will work hard to achieve their individual goals and will **succeed** in many of these areas.



### Meet a CFCE Child: Lily (written by Lily's mother, Sarah)



Lily was born on April 7, 2003, a seemingly healthy and beautiful baby girl. She was the first grandchild, so she received plenty of attention and love. I was so excited for the journey ahead of being her Mother. We were stunned when the morning of the week before her first birthday, she got up to crawl and fell face-first into her crib. She was rushed to the hospital and upon arrival and review, the Doctor's admitted her for dehydration. Later in the day, she suffered a seizure. When we were later able to transfer her to Children's Hospital, the doctor's there ran tests and confirmed that Lily had Glutaric Acidemia Type I. It was then that we learned that Lily would probably have a disability for the rest of her life. She would need a g-tube to eat, and medicines to regulate her condition and high muscle tone. From there on, she has been unable to eat on her own, or to talk and walk. For most of her life, she has struggled with unending illness and the recurring hospitalizations, and several surgeries. Nonetheless, time has healed our hearts, and God remains faithful in showing us Lily's amazing strengths and enduring spirit.

Lily started conductive education classes in October with the help of three sets of donors. We are already seeing results that have made a difference in Lily's daily life. She is SO happy to go to classes and "talks" the entire drive home after class. She wiggles and moves more than we're used to which makes bathing her and dressing her somewhat funny – she just moves and laughs, almost like a game she's playing with us. That is wonderful initiative from her! She can also roll from her back to front when she's on the floor! When I tell people this, I can hardly believe the words coming out of my mouth – and they're surprised to hear it! Lily has not gone to the hospital in over a year, and I feel that some of this is due in part to Lily being out of her chair and learning to move and support herself at conductive education!



## Breckenridge Outdoor Education Center (BOEC) - CFCE Ski Day!



James coming down the slope

Most of the CFCE children didn't expect to be on the slopes of Breckenridge skiing for their very first time but on Saturday, March 31<sup>st</sup>, they got to experience the thrill of Colorado skiing. It was a beautiful sunny day when 11 CFCE children and their parents showed up at the Breckenridge Outdoor Education Center (BOEC) to be outfitted in their special ski equipment for a day of cruising the slopes with the sun beaming down; thanks to a new program CFCE plans to continue every year.

Roxanne and Jim Waechter, avid skiers who ski Breckenridge regularly, would often see disabled children and adults skiing with their attentive instructors and having a blast. With the desire for their grandchildren, James and Libby, who both attend CFCE, to experience the fun of skiing on the slopes, Roxanne and Jim visited BOEC and talked with the staff. The very next day, James and Libby were geared up and skiing down the beginner runs! Soon enough, they could hear James screaming with happiness as he zoomed down the slopes at quite a speed. Libby, a little tentative at first in her sit ski, caught on fast as she used her arms, fitted with smaller hand-guided skis for direction and balance, to guide herself down the hill. She was very proud of her accomplishment! James and Libby had so much fun that day that Roxanne and Jim decided this ski program would be a wonderful opportunity for all the CFCE kids to experience, so they immediately began arranging a date for the BOEC-CFCE ski day!



Jonah and Jackson in sit skis

Most of the CFCE children were assigned two qualified instructors, many of them trained volunteers, to ski with them the entire day. The BOEC staff ensured each child was warm and comfortable, well outfitted and safe at all times. And, they wanted everyone to have a fun day! BOEC generously offered a scholarship for each child which covered 50% of the cost. The remainder amount came from Roxanne and Jim. The parents traveled up Saturday morning bright and early with their children who were very excited and smiling with anticipation as they arrived. The BOEC staff chose the best setup for each child and outfitted them with all the necessary gear. Some children used a sit ski, while others used stand up ski equipment with support and balance for their legs. Before the parents knew it, the kids were on the chair lift and halfway up Peak 9 ready to ski down. The parents were offered complimentary lift tickets so they could ski alongside their child.

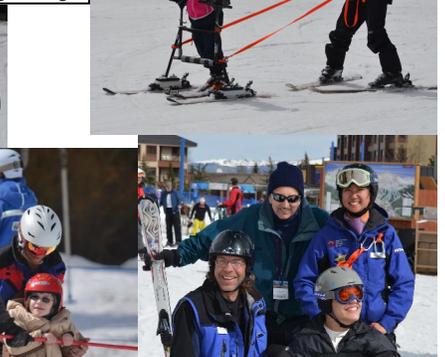
Surely, all the parents would agree that it was a special moment to watch their child smiling and giggling as they raced down the mountain not wanting to stop. Despite the sunny and unusually warm conditions for the end of March, which made for a slushy ski day, the kids didn't care, and made the most of their time on skis. Many of the kids on the standup skis learned to make controlled turns by using their arms or frames and they learned how to create the "pizza slice" – don't we all remember this from our early days of ski lessons. Jennifer, a beginner skier, was amazed at the confidence the children on the bunny slope displayed as they came down the run. She was delighted to see how much fun they were having and commented on how she wished she could do the same for herself on skis.

We have already booked two days with BOEC for next ski season, January 12<sup>th</sup> and March 2<sup>nd</sup>, 2013. It is our hope to see all of the CFCE kids there next year enjoying this experience of a lifetime. CFCE is kindly asking supporters to consider donating to CFCE to help fund the BOEC ski days. We would like to raise enough money to take all the children at no cost to the parents. Otherwise, most of the families would be unable to afford this exciting opportunity. Thank you in advance for your donations in support of CFCE and this awesome new program! If you are interested in donating or want more information, please contact CFCE at 970-667-0348 or email us at [admin@conductiveed.com](mailto:admin@conductiveed.com).



Left: Carlyn with her Dad and instructor

Right: Kiera using ski legs



Left to Right: Libby using the sit ski, Madison skiing with instructor, Hunter trying the ski poles, Brenna using the bar, Taylor in the sit ski.



## CFCE Winter Art Fundraiser in Fort Collins



If you know the Fort Collins area, you likely are familiar with the Old Town art walk which occurs every first Friday of each month. CFCE was delighted to participate this past December in the winter art walk for our annual art fundraiser. Several pieces of the children's amazing artwork were for sale along with our Christmas cards, notecards and 2012 calendars, which included pictures and "bios" of the CFCE children.

Thanks to Lynn Stout, CFCE Class Assistant who arranged the event, we were invited to share one of the gallery rooms at the Global Village Museum of Arts and Cultures, located on Mountain Avenue, for our 2011 art fundraiser. The children worked hard on numerous pieces of

abstract art thru the instruction and guidance of ARK (Art Reaching Kids), a Denver non-profit company. ARK comes to our CFCE center to work with the children on how to express themselves through different art mediums. It is always a fun and messy day for the kids when they can get their hands covered in paint and spread vivid colors all over the canvas. We are always grateful to ARK for providing these special days of creativity for the children. Along with creating their artistic canvas paintings, the children decorated Christmas ornaments, window art work and picture frames to sell.

For the art fundraiser, CFCE also created two packs of notecards using photos of the children's canvas art work for one pack, and pictures of their Christmas crafts to make the second set of cards. There are still notecards of the children's paintings available for sale if you wish to purchase them at \$10 for a pack of 10! The cards are blank inside so they are perfect for a thank you or a personal note. Call 970-667-0348 to place an order or email us at [office@conductiveed.com](mailto:office@conductiveed.com).

The art fundraiser was a great success! Despite the terrible snow storm conditions, many people from the Fort Collins area still came out for the evening art walk, some of our guests even ventured up from Denver. We hope to do an art fundraiser again this year, and will keep you updated with information regarding this.



## Meet a CFCE Staff Member - Leah Greiss



Leah, CFCE Class Assistant, describes why she enjoys working at CFCE:

"I have been able to gain invaluable experience as a Class Assistant at CFCE since it was founded in 2008. I first began to assist Conductive Education classes with Carlyn, James, and Libby during the 2007-08 school year, before CFCE was founded. During that time I was given valuable experience that helped me understand the Conductive Education concept. Conductive Education takes an amazing well-rounded, holistic approach. This program does not just practice one specific aspect of therapy, but integrates into the program many different therapy exercises. During the day at CFCE, physical, cognitive, speech, and occupational therapy pieces are weaved together to attain the greatest goals for these children. It is wonderful to see the students benefiting from this education in many different segments of their lives – social, academic, relational, physical, speech, and many more – that helps each child gain greater independence."

Leah has been a very important member of our staff since CFCE began, and we would like to acknowledge and **thank** her for all her hard work and dedication to CFCE and the children over the years. Leah continues to work at CFCE in between taking classes at Front Range Community College and we are glad to have her on our team!



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**Donate today!**  
Go to:  
[www.conductiveed.com](http://www.conductiveed.com)  
Your donations help change lives!

**SAVE THE DATE:**

June 7th, 2012 - CFCE 3rd Annual Golf Tournament

June 4th - June 29th, 2012 - Loveland and Denver Summer Camps

July 2nd - July 27th, 2012 - Loveland Summer Walking Camp

January 12th & March 2nd, 2013 - BOEC Ski Day

**A HEARTFELT THANK YOU TO ALL OUR CFCE VOLUNTEERS FOR GENEROUSLY DONATING THEIR TIME TO CFCE!!**



**I'll do my part to help CFCE....**

**Yes,** I would like to donate to CFCE and help individuals with motor disabilities. I want to do my part to help them achieve their goal of independence. I've enclosed my **tax-deductible** gift of:



\$25      \$50      \$100      \$250      \$500      Other\$ \_\_\_\_\_  
                             

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