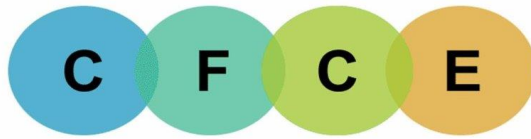


# COLORADO FOUNDATION



## FOR CONDUCTIVE EDUCATION

... Achieving independence through active learning

### Fall Newsletter 2020



### Volume 12, Issue 2

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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.

## Summer Camp In COVID Season!

11 weeks, 3 locations, 38 kids, 18 staff, 120 weeks filled, 0 sick campers! What a summer! Going into camp this year things looked much different. We went back and forth about whether we should hold camps and how to make them as safe as possible. In the end, based on the advice given at the time, we decided to hold camp in smaller groups with tight protocols around sickness. We were so pleased to get through the full summer session without even a cold. Camp looked a bit different (masks worn by all staff, temperatures taken at the door, kids dropped off outside, etc), but was a huge success!

In March, we shut our doors for a few weeks with the rest of Colorado to do our part to "flatten the curve." We put out resources to families and figured out our game plan. In April we began telehealth sessions, which ran through the end of May. During that time we decided it was not prudent to bring in conductors from out of state, given the situation. That left it up to Jen and Jalyss to lead all of the camps, no small task! Despite having just two conductors, CFCE was able to hold 6 camps in three locations this summer. It was our first time hosting a camp in Aurora, and we returned to Grace Church in Loveland to host a 4 week middle school/high school camp and a 2 week Life Skills camp. In addition to

these, we held 3 camps in Arvada which each ran 5 weeks. Each of these camps were full, with 6 campers attending throughout the full 15 weeks available! We were grateful for our dedicated staff, some of whom worked all 11 weeks of camp, and the flexibility of our families.

This summer felt important to us because all the children had missed out on so much therapy time. We had many parents who were beyond grateful to have somewhere for their kid to go where they could be active and engaged. We saw the kids take great strides this summer and were so glad to be able to host our camps.



## Our Incredible Summer Camp Sponsors

We were not able to hold our Golf Tournament this year due to COVID. We rely heavily on this event to cover our program costs, so we asked our wonderful community if they would sponsor our camp instead. The people listed below stepped up to help!

### \$2500 Sponsors



### \$2000 Sponsor



### \$1500 Sponsor

Jay and Christine  
Geyer

### \$1000 Sponsors

Henry & Debbie Allhoff

Warren and Caroline Baker

The Alfaro Family in memory of Jonah Alfaro

Linda Meyer

### \$500 Sponsors

Tom Frederking

Roxanne and Jim  
Waechter

Chris Gottschalk

### \$250 Sponsors

Fred Hartmeister  
Jim Burdick  
Kellie Burdick  
Paul Deutsch  
Jack Simpson

Joe Hullings  
Amanda Hellyer  
Opipari Family  
\$100 – Marie Waechter

A massive thank you to  
all of our generous  
supporters. We could  
not have run summer  
our summer camps  
without you!

## In Loving Memory Of Jonah Alfaro

### Jonah Alfaro July 26<sup>th</sup> 2003 – May 28<sup>th</sup> 2020



At the end of May, the world lost a bright light. It is with great sadness that we share of the loss of a longtime CFCE student, Jonah Alfaro. Jonah and his family have been a huge part of the CFCE family since our inception. He attended CFCE camps and year-round sessions for 10 years. Our lives, and the lives of others who loved him, won't be the same without him.



We called him King Jonah, King of CFCE. He was deserving of the title. **Jonah was a prankster.** While he and his mom were plotting pranks to pull on us this summer we were planning out our own to pull on him. Jonah was always up for a joke and some mischief. A staff favorite was the time he brought in a birthday cake that turned out to be a balloon covered in frosting! (And when he put hot sauce in Jen's coffee!) He kept us on our toes.

**Jonah was a leader.** King Jonah was always keeping an eye out for the younger kids and the new kids. He was attentive to the kids who were upset and offered support with simply a look. And after ten years of Conductive Education, he knew the drill and would happily show the other kids how to do the tasks. **Jonah was a fighter.** Jonah fought hard at the beginning of his life, through his 16 years, and at the beginning of this year when he pulled through a rough time in ICU. Jonah's body often gave him trouble but he figured things out and was fiercely independent (he was not impressed when we accidentally helped him too much!) The day before he passed he was working hard during a telehealth session, cheeky as ever.

Jonah was loved by the staff and children at CFCE. Though he was nonverbal, he spoke volumes. He could communicate

with a look, a wave of his hand, or a grin.

Our hearts are heavy with the loss of Jonah, but full with the memories of his time with us. His family is in our thoughts and hearts, as he will always be.



## New Semester, New Space!

For the past 12 years CFCE has been renting spaces from churches and schools in Loveland and Denver/Arvada. These spaces were great for a time, but we have now outgrown them! For the past 2 years we have been looking for a space that will meet our new needs and allow us to have more kids in the program. **After a long search, we have found a space that we are excited to soon call our own!** Just 5 minutes from our current Arvada location and with multiple classrooms, the space ticks the boxes. We are also excited because the church that is in the process of acquiring the building is fully behind our program and wants to support our efforts. This may be the start of a great partnership that will benefit CFCE and our families for years to come.

It has taken a long time to finalize the leasing (due to COVID and other factors). The last hurdle we have is that we need to install accessible bathrooms. The space currently has no bathroom facilities. This is no small job. We will need to have an architect draw up plans and a construction company come in to do some serious work on the space to renovate it. We are excited to have fully accessible bathrooms for our families, but we need to raise some money to make this happen. Our parents have stepped up to set up a fundraiser, which will happen in October. We are hoping to raise \$10,00-15,000 to cover the cost of putting the bathrooms in. Read on to learn more!

## CFCE Walk And Roll Fundraiser...Will You Help Us?

With the exciting news of moving to a new space comes a fundraising challenge. In order for the space to be functional for our program we need to build 2 ADA accessible bathrooms.

Our kids are doing their part. The kids at CFCE are working hard toward individualized walking goals to help raise the money we need to do the renovations. Will you partner with them by making a donation toward their walk? Every child who raises \$500 for CFCE will receive a free session, valued at over \$100! Your contribution counts:

Our goal of \$10,000 will cover most of the expenses for the construction. Our stretch goal of \$15,000 would allow us to fully outfit our bathrooms without using our savings (this allows us to keep the cost lower for our families). Our families deserve a space that is beautiful and accessible, you can help us make it happen!

Go to our general fundraiser page at: <https://go.dojiggy.io/cfce-walkandroll>

You can donate to our main fund or choose a child to support from our participant page.

<b>Example donation amounts:</b>	\$100 – Swing out handrail
\$10 – Toilet paper and wipes	\$300 – 1 Toilet
\$25 – Soap dispenser	\$500 – Accessible sink
\$50 – Automatic hand towel dispenser	\$1,000 – Adult Changing Table

## I CAN – Standing And Walking Edition!



Meet a few of our kids who made amazing gains in their standing and walking skills at camp this year. We are so proud of their hard work!

On Left:

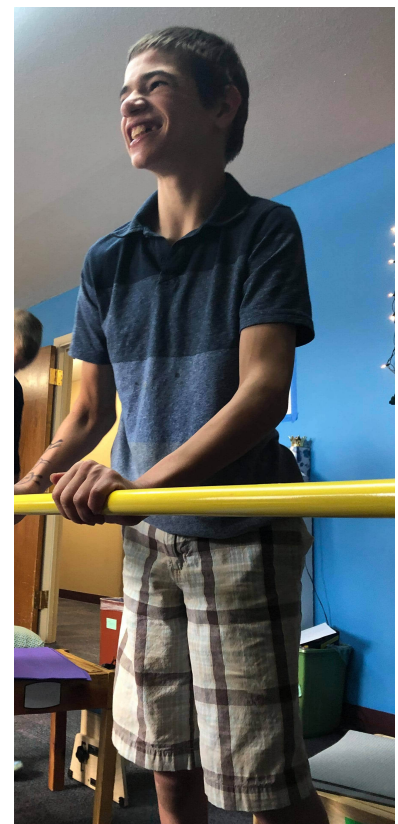
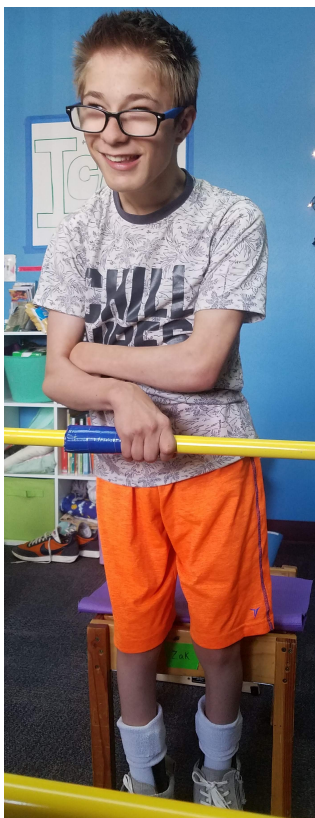
Mirabelle: On week one, Mirabelle could take 6-7 independent steps. On her last day (week 5) she took 52 independent steps!

Zak: His first week of camp, Zak was able to stand for about 2 minutes. By his last week he was standing for up to 8 minutes!

On Right:

Rowan: Rowan learned to walk with crutches at camp this year! With just 2 weeks of intensive practice, he went from not being able to take steps with the crutches, to going up to 20 feet independently!

Jeremiah: At 16 years old, Jeremiah took his first independent steps at camp this year. In his final week he took 8 consecutive steps.



## TELEHEALTH – How we can still serve those in quarantine!

This year has been a learning curve for everyone, CFCE included! In March, when Colorado shut down, we began exploring telehealth as an option to serve our families safely. Six months later, we are still working with several of our families via telehealth. We have learned a lot from the change in delivery model, and plan to keep it as an option for our families for the foreseeable future.

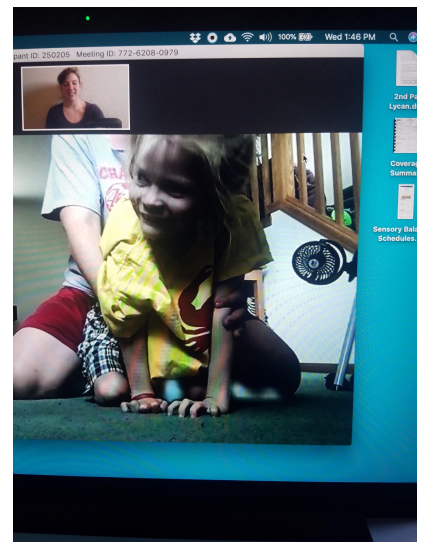
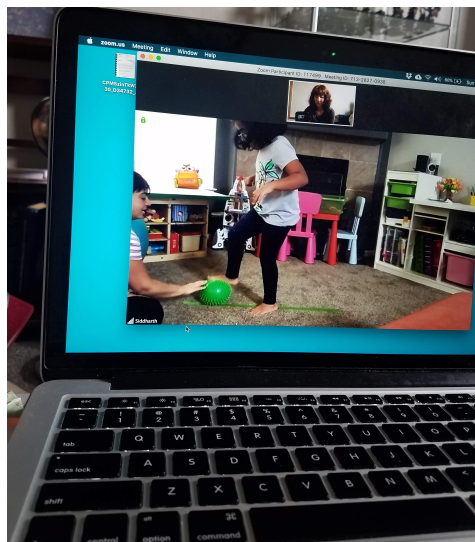
### How does it work?

We use Zoom to video chat with the CFCE student and their parent or caretaker. We walk them through stretching, strengthening, and movement exercises, troubleshoot difficulties with daily activities, spend time connecting with the student and family so that we can give them the best support we can, and give them suggestions for activities they can do at home to keep learning and developing. The caregivers are our hands, preparing the space and facilitating the movements. We teach them to do what we do!

### How does it help?

There are many ways in which telehealth is an excellent method for therapy. Here are some of our favorite things about these sessions:

- It allows us to teach families directly how to best support their child. From transfers to eating, it gives us the opportunity to show the families what their child is capable of doing and teach them how best to support them.
- It gives us an opportunity to help our families incorporate therapeutic activities into their daily lives.
- It allows us to continue to work with families who are staying home to keep their family safe. It also allows us to work with families who live too far away to come into the center.



## Fall 2020 – What’s Next?

With all of the change that happened between March and August, we decided to revamp our Fall schedule. While we usually have a few daytime classes and packed after-school classes, this semester we are able to offer longer daytime sessions because many of our kids are in school part-time or are still home full-time. Many of our students are now attending 4-5 hour sessions rather than the typical 2 hour sessions we offer. This has allowed us to work on more areas, see more progress, and offer more educational support. **We are not sure what next semester will bring, but we have loved being able to offer greater support to our families in this difficult time.** We hope to continue our daytime class offerings in the Spring for our younger students and those who are being homeschooled or participating in online school.

## Help Us Save Our CFCE Ski Days!

Adapted skiing is an exciting but expensive program that many families cannot afford to attend without assistance. For the past few years we have been able to offer free ski days to our CFCE children, thanks to kind donations from our supporters. Our families are so grateful to those who provide funds to give this gift to them and their children!

This year, finances have been tough for everyone. Without our golf tournament we were unable to solicit pledges to host our ski days, and, without these pledges we will not be able to provide free ski days to our families. **Each ski day costs about \$1,000, so if we can raise \$1,000 this year we can send 10 CFCE children skiing. \$2,000 would give 20 children the opportunity, and the full \$3,000 will allow us to offer 30 spots.** Our families have faced 6 difficult months of this pandemic, skiing would be a chance for something fun and relaxing, they deserve it! If you would like to help us offer these ski days this year, please email us at [admin@conductiveed.com](mailto:admin@conductiveed.com). Donations can also be made online at <https://www.conductiveed.com/support-cfce/donate>

**Thank you for your support!**

**DONATE  
TODAY!**



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**Donate today!**

Go to:  
[www.conductiveeed.com](http://www.conductiveeed.com)  
Your donations help  
change lives!

# IMPORTANT DATES:

Walkathon – October 31<sup>st</sup> 2020  
November – Begin bathroom renovation  
November 26<sup>th</sup> and 27<sup>th</sup> –  
Thanksgiving break



## 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 \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ (please print legibly)



Help us to be eco-friendly! Give us your email address so we can send your donation confirmation by email.  
Thank you!



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