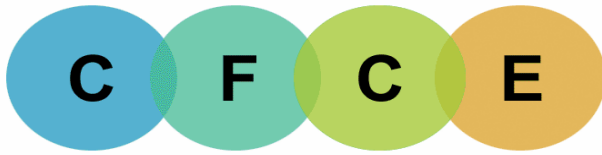


# COLORADO FOUNDATION



## FOR CONDUCTIVE EDUCATION

... Achieving independence through active learning

Winter Newsletter 2013



Volume 5, Issue 1

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### This Winter: Think Green...Literally, Think Putting Green

It's time to start thinking about the putting green and our 4th Annual CFCE Golf Tournament. CFCE is excited to be hosting the tournament and awards party/silent auction again this year at the gorgeous Arrowhead Golf Course in Littleton, Colorado on July 6, 2013.



The proceeds from this event will benefit our programs for children with motor disabilities. How can you help? We are seeking players, party guests, sponsors and donations for our silent auction.

All levels of golfers are welcome. The entry fee is \$200 per person. The tournament format will be a four-person scramble. You can create your own four-some or feel free to sign up as an individ-

ual. We always need fill-ins. The entry fee includes: green fees, cart, lunch buffet, tournament special events, awards, silent auction, party and more! Spouses and significant others are encouraged to join us for the party after the tournament. The ticket price for a Party Guest is \$50.

Be a sponsor: Become a golf tournament sponsor at one of several levels and promote your company to a group of very loyal people as well as to the many professionals who will be participating in the tournament. We are anticipating a highly successful and well-attended event.

We gladly accept any donations, big or small, for our silent auction. Things that go over especially well are: Vacation Packages, Gift Cards to Target, Best Buy, Restaurants, etc., Event Tickets for Pro-Sporting Events, Children's Museum, Denver Zoo, etc.

Show your commitment to helping children and join us at this event as a sponsor, donor and/or player. Register today!

For more information about the golf tournament and awards party go to our website at [www.conductiveed.com](http://www.conductiveed.com), click on the "Golf" heading at the top of the Home page. You can also call the main office at 970-667-0348.

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

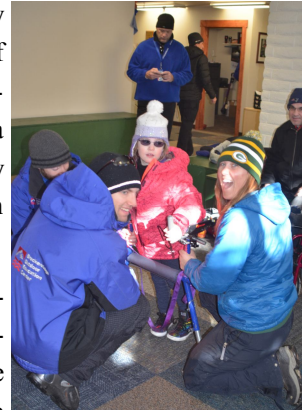
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## First of the BOEC Ski Days for 2013



Grace getting geared up...and BUNDLED for the cold!

It was forecasted, on our first scheduled ski day on January 12th, that the temperature in Breckenridge would reach a high of **negative** 18 degrees. BRRRRR! BOEC gave the children the option to still come and ski or to reschedule. Two brave souls, Brenna and Grace, and their families ventured up and skied on that very cold day. The other eight children opted to reschedule and skied on February 2nd which was, fortunately, a much warmer day.



Brenna's ski instructors are getting her all ready to go!

they are accomplishing this mission in the work they do everyday. Here's what our own Scott's mom, Juli says: "WOW!!! What an amazing day. It will sound cliché, but they totally opened up a world of opportunity for Scott to my eyes. We are so grateful for such a wonderful opportunity, a big thank you to CFCE and BOEC for this. The reason we found the day so inspirational is that it opened up our vision of our family as outdoor adventurers again. Before our child with a disability was born I had always looked forward to sharing the outdoors with my children some day. I still wanted to do that with Scott but I started thinking about what sports could we do and how could we modify them to allow Scott to participate- the list got narrow and I realized I was thinking in terms of "What could we manage to support Scott in?". The ski experience with BOEC was one in which **I couldn't keep up with Scott**. I realized that instead of me 'supporting Scott and making sure he could participate' there was a whole world available to him where I had better get in shape myself or he'd be leaving me in the dust! That subtle shift is so profound to me, I am so excited to see that there are so many opportunities available to him again. We worked with Patrick and both my husband and I were touched by how unafraid he was of Scott's disabilities. He was comfortable talking to Scott, comfortable discussing Scott's support needs, and just totally at ease with pushing Scott's limits. I was so excited that the first night I slept little thinking about when and how we could get out on skis again. Cross-country? Overnight trips? It all seems possible again. Thank you again for sharing this experience with us."

The mission of the Breckenridge Outdoor Education Center is to expand the potential of people of all abilities through meaningful, educational, and inspiring outdoor experiences. We are sure that they have many testimonials from participants who believe



Libby in her sit-ski...tearing up the slopes

opportunity, a big thank you to CFCE and BOEC for this. The reason we found the day so inspirational is that it opened up our vision of our family as outdoor adventurers again. Before our child with a disability was born I had always looked forward to sharing the outdoors with my children some day. I still wanted to do that with Scott but I started thinking about what sports could we do and how could we modify them to allow Scott to participate- the list got narrow and I realized I was thinking in terms of "What could we manage to support Scott in?". The ski experience with BOEC was one in which **I couldn't keep up with Scott**. I realized that instead of me 'supporting Scott and making sure he could participate' there was a whole world available to him where I had better get in shape myself or he'd be leaving me in the dust! That subtle shift is so profound to me, I am so excited to see that there are so many opportunities available to him again. We worked with Patrick and both my husband and I were touched by how unafraid he was of Scott's disabilities. He was comfortable talking to Scott, comfortable discussing Scott's support needs, and just totally at ease with pushing Scott's limits. I was so excited that the first night I slept little thinking about when and how we could get out on skis again. Cross-country? Overnight trips? It all seems possible again. Thank you again for sharing this experience with us."



Thumbs up for Keira skiing with her two instructors and her dad, Eric.



Jonah is ready to go on another run

We are very grateful for the partnership that we share with BOEC and that we are able to participate in their awesome program. Eleven more ski day spots are filled for March 2nd. Everyone is really looking forward to it. Watch for more exciting pictures and details in the next newsletter this spring.



Scott in his sit-ski. Fast skiers just gotta wear shades!

## Cookbooks and Cards and Candles, Oh My!

The 1st addition of “CFCE Cookbook: Our Favorites Recipes” is ready and you are not going to believe how adorable it is. The CFCE Cookbook is filled with the kids’ favorite main & side dishes, soups, salads, desserts and beverages. It features pictures of the children helping to prepare, and of course eating, their yummy favorites. Many of our staff members and volunteers have contributed recipes as well. This quality cookbook with 58 recipes sells for \$20 plus shipping unless you make arrangements to pick it up here at the center or from a staff member or through a child’s family.

This cookbook is going to make a great Easter or Mother’s Day Gift, so order your copies today. Proceeds from the sale of the cookbook will help to purchase new equipment and supplies for both the Loveland and Denver centers. With our student population increasing and summer camps coming up soon, we need additional plinth tables, parallel bars for walking exercises, ladder-back chairs, and several other pieces of much needed conductive ed equipment.

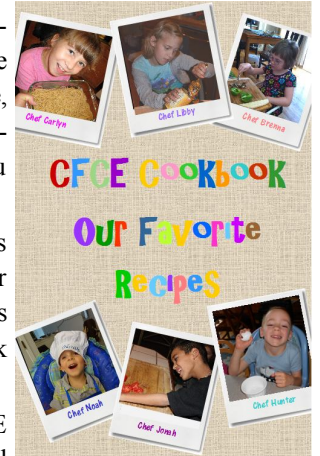


Rhubarb and Vanilla Citron.

Additional information and order forms for purchasing these items will be emailed separately or you may contact our Office Assistant, Kirsten, at 970-667-0348 or via email at [office@conductiveed.com](mailto:office@conductiveed.com) to place your order today. Please plan to pay when placing your order. We accept cash, check or credit card.

We also have note cards still available, all designed by our CFCE children. You can get an assorted pack of 10, or a one-child set where all ten cards were designed by just one child for \$10 per pack plus shipping.

Did you miss out on the PartyLite candles last fall? Here’s another chance to experience the best candles in the world and 50% of the sales profit CFCE. Three forms are available: 12 votives with a fluted holder for \$20, 24 tealights for \$20 and a new Essential jar candle for only \$15. Order from a new array of fragrances including: Cherry Blossom, Citrus Peel & Sage, Cucumber Ginger Mint, Ebony Oud, Herbs De Provence, Iced Snowberries, Mulberry, Sea Breeze & Olive, Strawberry



12 VOTIVES WITH FLUTED HOLDER



24 UNIVERSAL TEALIGHT Candles



ESSENTIAL JAR CANDLE

## Help Us Fundraise with Your Empties

Most of us have inkjet printers at home or work. Next time you have an empty cartridge, don't throw it away. Just put it in a Ziploc bag or the original cartridge box and bring it to CFCE. We have a collection box set up in the reception area or you can give it to a staff member. If you are not a “hop, skip and a jump” away from our center, we’d still love to have you participate. Save them up and bring them to an upcoming fundraising event, like the golf tournament; or we can send you a pre-paid shipping label and you can ship them on our behalf.



What are the benefits of participation? CFCE will be paid up to \$4.00 for each cartridge with a print head and you can help reduce pollution and save energy by recycling. Which cartridges are accepted? Any cartridge that fits in your hand and has a print head. Big laser toners, cell phones, and unused cartridges are also accepted. Please contact Kirsten at 970-667-0348 or [office@conductiveed.com](mailto:office@conductiveed.com) with any questions. This will be an ongoing fundraiser here at CFCE!

## SUMMER CAMPS ARE AROUND THE CORNER

It is that time of year again when we start planning our CFCE summer camps for 2013. You know how time flies and June and July will be here before we know it.

We know how important our summer camps are to the children that attend because of the intensity and the progress they achieve! This year's summer camps will run anywhere from two weeks to eight weeks in June and July. They are usually held five days a week from 9 am to 2 pm. Each year CFCE hires temporary conductors who are graduates of the Peto Institute to teach at our camps. They come from various countries throughout the world and all speak English. Each conductor brings their unique teaching techniques and a fresh perspective all while teaching the basic conductive education principles.

We have done some advertising and have promoted the summer camps online and are already receiving calls and emails from families from across the country. CFCE is working to make this the highest attended camp season to date.

For more information about our 2013 summer camps, please contact Kirsten at [office@conductiveed.com](mailto:office@conductiveed.com) or call 970-667-0348.



### Meet a Child: PRESLEE



Preslee, who will be 5 in July, was born 31 weeks prematurely, delivered during a very traumatic birth. Delivery was fast and furious, and she arrived in distress, blue and had to be resuscitated. She was only 3 pounds when she was born. Preslee was what they call a “feeder-grower baby”, because that was their plan, to feed her and help her to grow, as she had to weigh 4 1/2 pounds before she could go home.

Because Preslee did so well in the NICU, they didn't run any tests. Because of her size, they started Physical Therapy to bridge the gap when she was only 3 days old. Other than Preslee being tiny and needing a little time to build her strength, her parents assumed she was a typical baby and didn't know until she was 11 months old from seeing delays that something was going on. A CAT Scan at 11 months of age revealed that her condition was missed by the doctors early on. The family moved to Philadelphia to pursue care for Preslee. She was diagnosed with PVL (Periventricular Leukomalacia, which is the most common ischemic brain injury in premature infants) that was manifesting itself in Cerebral Palsy. She has had PT, OT, Aquatic Therapy, and numerous Botox injections through her young life.

Preslee and her parents found CFCE last summer. Even though they live in Casper, WY, they enrolled her in our summer camp and they have come down for short stays to attend classes since. Preslee's mom says they are totally impressed with the diligence and patience that we have here at CFCE. She says that, the way she thinks about it, we are helping the kids to do things properly. She sees improvements in Preslee's strength and balance and is excited to continue participating in CFCE classes and summer camps as often as they are able to.

**Donate today!**

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

## Meet a Staff Member: Lynn

Lynn Stout is one of our valued class assistants and has worked with CFCE since May of 2010. When asked about what she likes about working here at CFCE, Lynn says, “ I really love it because of the progress that the kids make. Every success means something to them. They have goals and things they want to accomplish and it’s so inspiring to see them work for and achieve those goals. It’s a joyous environment to be in.”

When Lynn is not at CFCE, she attends classes at Colorado State University. She will be graduating in May with a degree in Human Development and Family Studies. After graduation, Lynn wants to pursue a masters in Occupational Therapy. She wants to continue to work with children with disabilities.

This last fall, Lynn was fortunate enough to study abroad in Barcelona, Spain. This trip was a huge asset in her effort towards becoming bilingual.

We are so blessed to have Lynn as a part of our CFCE staff. She is so reliable, always smiling and willing to do whatever is needed in addition to her work with the children. And we know the kids love her too!



## National Conductive Education Awareness Day 2013



The 4th “National Conductive Education Day” was celebrated on Thursday, February 21, 2013! This day was a great opportunity to increase awareness of Conductive Education (CE) and promote CFCE.

Here is some basic CE info: Conductive Education originated in Hungary by Professor Andras Peto, in an effort to more effectively treat children with Cerebral Palsy. He realized that the most effective way to re-train the brain to develop new neurological pathways around the damaged areas was to start with the basic movement patterns that any child goes through. Conductive Education molds physical activities with cognitive tasks, emphasizes communication and places the individuals in group settings to stimulate their senses and bodies on multiple levels, just as a new infant does on their own, which maximizes active learning and functionality. Conductive Education focuses on the child’s potential and ultimately attempts to shift the disabled personality to a physically and emotionally independent mind set regardless of the equipment they may or may not use for the long or short term. Depending on the age group in Conductive Education, the Conductors introduce individualized problem solving methods which are followed by a very consistent and functional practice. As a result the students realize their success which helps them to stay motivated and physically and cognitively active during their every day routine.

Our MISSION here at CFCE is: To provide opportunities for individuals with motor challenges to achieve optimal physical, cognitive, and social independence through the application and promotion of Conductive Education principles. Help us spread the word: tell a friend or two about CE and CFCE today!

*“When you do not educate the child to be independent, you educate the child to be dependent”—Dr. Andras Peto*

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

## Order Yours Today: CFCE Cookbook, Cards and Candles

### IMPORTANT DATES:

**BOEC Ski Day...March 2nd, 2013**

**4th Annual Golf Tournament...June 6th, 2013**

**Denver & Loveland Summer Camps: June & July**

**Kory Brunson Band Concert...TBD**

## THANK YOU TO ALL OUR VOLUNTEERS FOR GENEROUSLY DONATING THEIR TIME TO CFCE!!

Lorraine Dunn, Carlyn & Family, James and Libby & Family, Brenna & Family, Jonah & Family, Hunter & Family, Preslee & Family, Penny & Family, Noah & Family, Leah Griess, Lynn Stout, Walter Stout, Madeleine VanOppen, Roxanne Waechter, Jennifer Doyle, and Kirsten Tremelling.



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



**Emma**

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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