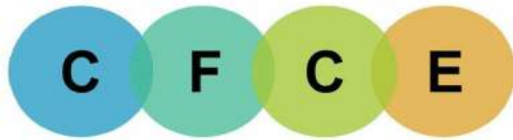


COLORADO FOUNDATION



FOR CONDUCTIVE EDUCATION

... Achieving independence through active learning

Fall Newsletter 2017



Volume 9, Issue 3

INSIDE THIS ISSUE...

Step By Step	1
CFCE Ski Days 2018!	2
Recent Fundraising Events	3
Meet our CFCE Kids – Laz & Naomi	4
Golf Tournament 2018 – Save The Date	4
Ways To Give This Season	5
Meet the Staff – Sarah	6
Sponsors	2, 6
Important Dates!	7

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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.

Step By Step

It's getting chilly out there and you are probably getting into the habit of throwing on a jacket before leaving the house. Have you ever stopped to think about how many skills are needed to do that? Most of us probably haven't because we can do it without a second thought. However, for our kids, it doesn't come as easily. Like most things in their lives, our kids have to work for it.

To put your arm in your coat sleeve you first need to be able to hold it and find the sleeve. You need to bend your arm and then stretch it as you push it into your sleeve. Getting more complicated, you now need to pull it around your back and find the second sleeve.

Once you get your second arm in you need to be able to stretch your arms far enough to grab the zipper, slide the clasp together, and then hold your jacket with one hand while pulling the zipper with the other. This all has probably taken you only 5 seconds and you are on your way.

Sometimes conductive education is a bit puzzling to an onlooker. Why are we lifting sticks up and down? Why are we passing beanbags behind our backs? Why are we all saying "I stretch my right arm" in unison? What does this have to do with real life? Everything. Everything we do in CE is toward the

ultimate goal of developing skills that will allow for greater independence, the ability to take initiative, increased self-efficacy, and a high quality of life. Conductors call this Orthofunction.

The elements of CE come together so as to teach the simple but important things in life, things we take for granted, things like putting on a jacket. We practice grasping and holding our

sticks and then transfer that skill to holding a jacket. Bending and stretching makes putting arms in sleeves possible. Having learned the steps necessary to pass a bean bag around their back, a child can now reach back and grab their coat. Each piece builds upon

another. Little by little they are gaining the ability to have an active role in daily life.

Conductive Education is not a miracle cure. Everything our kids learn they learn through hard work, there are no shortcuts. But step by step they are learning and growing and making their way toward orthofunction.



Carlyn practicing putting her coat on at the end of a session in her wheelchair.



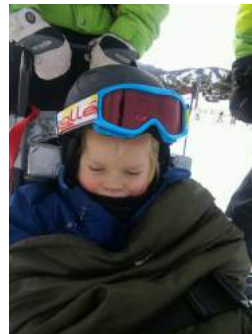
**Donate to CFCE
today!**

Go to www.conductiveed.com

CFCE Ski Days 2018!

Each year CFCE raises money to take the children who attend our classes up for 3 ski days in the Colorado mountains. We work with the Breckenridge Outdoor Education Center and the National Sports Center for the Disabled at Winter Park who both provide adaptive ski programs. They are able to get all of our kids up on the slopes in a variety of different ways so that they get to experience the joys of skiing. Our kids and families love this opportunity and look forward to it every year.

This year we did not make enough money through our ski pledge at the golf tournament to cover all 3 ski days, so we would like to ask for your help. We need an additional \$700 to cover all of the costs for the adaptive ski program so that we can take 10 CFCE kids on each ski day. It would mean a lot to the families if you were able to donate to this program.



Please consider donating to our ski program for 2018!
We need to raise an additional \$700 in order to cover all of the costs!

If you are interested in giving to our ski days you can either write a check to CFCE with 'ski days 2018' in the memo and send to: CFCE, PO Box 746297, Arvada, CO 80026. Alternatively, you can email us at office@conductiveed.com with the amount you would like to donate and we will send you an invoice which you can pay online with a credit card.

A Huge Thank You To Our Gold Sponsors!



Check Out The Results Of Our Most Recent Fundraisers At CFCE

Vintage Market Days – Estes Park

CFCE was selected to be the charity of choice for this years Vintage Market Days in Estes Park, CO on October 13th – 15th. We gathered volunteers and hosted a table at the event to sell raffle tickets for items generously donated by the vendors and local stores in Fort Collins. This included vintage home décor, clothing and vintage goods. We were very grateful to many CFCE families who donated their time to help us with this event. It was a fun time and we raised close to \$1000 from this event. Our thanks go to Vintage Market Days of North Central Colorado for their support!



Pour Brothers Brewery – Fort Collins

On October 4th we held a fundraiser at the Pour Brothers Tavern in Fort Collins. They generously donated all tips to CFCE for the evening. We also received funds from our raffle that evening where we raffled gift cards, art work and local certificates kindly donated by local businesses. It was a fun evening, and the staff at Pour Brothers were great to work with. Sarah, our fundraising coordinator, spent some time behind the bar to help staff make drinks and heckle the customers to buy raffle tickets. Thanks again to the staff and families who attended! We look forward to working with Pour Brothers again in the coming year.



Flaming Foliage Relay – Copper Mountain

On September 8th, Sarah, Jennifer, Brittney and Jake participated as volunteers in the Flaming Foliage Relay Race in Idaho Springs and Copper Mountain, CO. After a beautiful drive through the changing aspen leaves, we volunteered at the exchange points for the runners. This involved collecting and recording their times, setting up the exchanges, giving support, selling snacks, and more! It was fun, and this is another event we hope to be involved with again in 2018.



Rock Bottom Brewery – Fort Collins

Rock Bottom Brewery knocked our socks off with their generous donation to us this summer! They crafted a unique beer to be sold for one month and during that month CFCE was given a portion of the proceeds every time it was sold. Many of the CFCE families joined us at their restaurant as we kicked off the event on July 13th. We appreciated them taking time out of their schedules to enjoy the evening with us and help raise money! The staff at Rock Bottom Brewery were phenomenal with us, and encouraged customers to purchase the new beer to donate a percentage of the beer sales to CFCE. They also collected donations that evening. We are so grateful to all of you who participated in this event and who visited Rock Bottom Brewery for dinner, lunch, or just to grab a beer in order to support CFCE. This is another event we hope to host again next year!



Ehrlich Cares Contest

We were very close to winning the Ehrlich Cares Contest which is a voting contest on Facebook. However, we didn't quite get enough votes this time. We are hoping to try again in 2018 and would appreciate your help! Please mark your calendars for February 2018 when we need your help to log on to Facebook and find the link on the CFCE page with directions on how to vote. If we win, CFCE will receive \$3,500! We were a few votes shy this time, so we are hopeful with your support we can make it next time! Thank you again to all of you who voted every day in October!



Meet Our Newest CFCE Kids – Laz and Naomi

Written by their mother, Stephanie

Eight-year-old Naomi Logan was born in Niger, West Africa with a brain malformation called schizencephaly which causes mixed quadriplegia cerebral palsy. She was adopted by our family in December 2014, and has

made remarkable progress in building strength, skills, and language. Naomi requires the use of a wheelchair or full-support gait trainer due to her fluctuating tone, and needs a g-tube to receive the majority of her caloric intake due to feeding ataxia. She is nonverbal, but as a cognitively typical child, she is becoming increasingly adept with her headmouse-controlled communication device. She has a sharp sense of humor – a well-timed sarcastic comment will elicit delighted giggles, and some good potty humor leaves her in fits of belly laughs! Everyone who meets Naomi is immediately struck by her bright smile that lights up the hearts of those around her.



Born in Ghana, Lazarus (Laz), age 11, joined our family through adoption in 2016. Laz

has dystonic quadriplegia cerebral palsy of currently undiagnosed etiology. He is incredibly strong and determined. He currently uses a wheelchair for long distances, but is getting progressively stronger in his gait trainer as supports continue to be removed. He is now able to dress and undress independently (with the exception of shoes), climb stairs with a railing, and transfer out of his wheelchair to the floor independently. Laz has speech ataxia and uses a communication device when his verbal speech isn't understood. However, since being diagnosed with

auditory neuropathy and being fitted with hearing aids this summer, he is making clearer speech sounds, and his receptive and expressive vocabulary have exploded! Laz is a wild extrovert – a born entertainer and the center of attention at all times. His goofy antics keep his siblings in stitches, whenever they're not looking for the volume control to turn him down!

Laz and Naomi began Conductive Education in September 2017, when we began looking for a different therapy approach that incorporated more motivating play-based, social activities. Both kids love to be with people, and the group setting has proven to be very motivating for them. Naomi loves nothing so much as a little friendly competition! Laz is just happy to have a fresh audience! In the short time since starting, our other therapists have noted marked improvement in Naomi's sitting strength and balance, and her willingness and ability to weight-bear on her arms in tummy time is remarkable. Laz, always stronger and more able than he realizes, has demonstrated more self-confidence and willingness to take risks toward greater independence. What I love most, however, is that they truly seem to enjoy their time with Jen and Jalyss. Every Friday when I announce Conductive Education day, Laz asks with trademark enthusiasm if he'll get to use "the new walker"

SAVE THE DATE!

9TH ANNUAL CFCE GOLF
TOURNAMENT

THURSDAY, JUNE 7TH, 2018

SHOT GUN START: 8AM

LOCATION: THE ARROWHEAD GOLF
COURSE, LITTLETON, CO



Ways To Give To CFCE This Season!

I am sure you are all gearing up for holiday shopping, and some of you, like myself, might opt for the easier effort of shopping for gifts online. Well this year we want to encourage you to consider effortlessly supporting CFCE when shopping on Amazon through AmazonSmiles. We are a charity choice on AmazonSmiles, which means that for every dollar you spend on eligible Amazon products, they will donate 0.5% of the purchase price directly to CFCE at no extra cost to you. This is an easy way to support CFCE while shopping through thousands of fantastic gift options.

It is easy to sign up. Go to <https://smile.amazon.com> and search for 'Colorado Foundation for Conductive Education'. When you select our charity, it will automatically keep us as your chosen charity every time you log in to AmazonSmiles in the future. This means that all Amazon purchases throughout the year will continue to support CFCE providing you go the AmazonSmiles website to make your purchase.

For any questions regarding using AmazonSmiles to support CFCE, please contact us at 970-667-0348 or at admin@conductiveed.com and we can walk you through how to set up us as your charity.

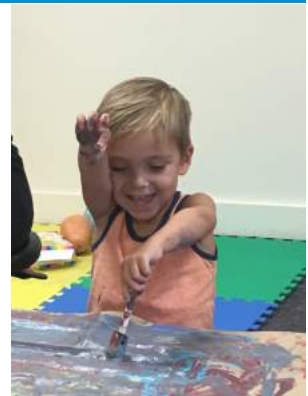


End Of Year Holiday Gift

Would you consider giving CFCE an end of year donation? Perhaps you would like that last minute tax write off, or would like to give a Christmas gift to support a local charity that provides important programs and support to families and children with physical disabilities in Colorado. Your donation will make such a difference to our non-profit and help support the exciting new programs we will be starting in 2018!



If you would like to donate this holiday season, you can either send a check to CFCE, PO Box 746296, Arvada, CO 80006. Alternatively, you can go online to www.conductiveed.com and click on 'Donate' at the bottom of the home page to give a gift using a credit card.



Thank you for your generous support!

Do You Have Appreciated Stock That You Would Like To Donate To CFCE?



As we finish one tax season and move into contributions for 2018, why not consider gifting your appreciated stock by donating them to CFCE through our brokerage account? This is a fantastic way to donate to CFCE and avoid capital gains tax!

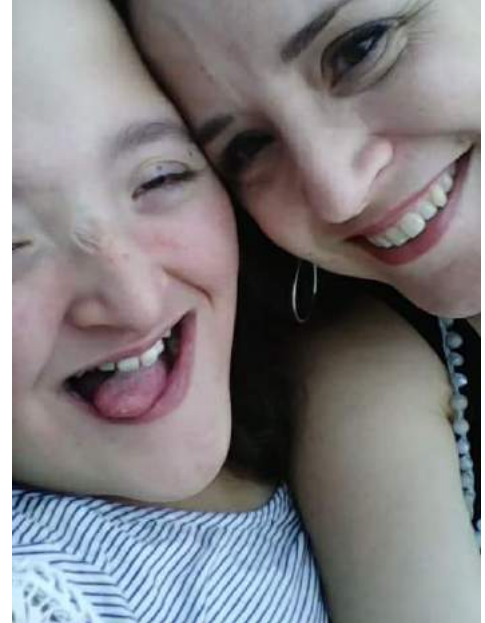
If you are interested in reducing your capital gains tax burden, please consider donating stock to CFCE through our brokerage account. Contact us at accounts@conductiveed.com and we will pass on the account information in order to gift your stock to us.

Meet A CFCE Staff Member Sarah, Fundraising Coordinator

I am thrilled to be one of the newest staff members at CFCE! My daughter Lily has been a student since 2010 and we have loved it for her. It has been great to be an experienced parent with CFCE, and now to be a part of the team!

Outside of working I enjoy reading, spending time with my family (there are 6 of us!) and being involved with our community. I currently coordinate a few projects in my spare time, for families who have children with complex needs, and I love this work! I strive to be more outdoorsy, but sometimes a good movie and snuggles with my kids win that debate.

As the fundraising coordinator for CFCE, I work on scouting for local fundraising efforts that might provide financial and relational benefit to CFCE. Not only are the funds exceptionally helpful, but the connections we make are just as beneficial. More often than not, each event has brought us to new people who either want to help, or send a family our way who would gain a lot from the program. Jennifer and I are in frequent communication about opportunities and for the planning of yearly fundraising, in addition to the Golf Tournament, that would be fun to host and help us with our mission and goals. If you know of anyone or anything that we might be interested in for our fundraising efforts, please feel free to contact me!



A Huge Thank You To Our Silver Sponsors!

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Debbie Allhoff**

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Donate today!

Go to:
www.conductiveed.com
Your donations help
change lives!

IMPORTANT DATES:

**June 7th, 2018 - 9th Annual CFCE Golf
Tournament**

**January 20th & February 17th, 2018–
Breckenridge Ski Days**

March 17th, 2018– Winter Park Ski Day



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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