

ACENA Winter Newsletter: Issue 26

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Happy New Year from ACENA!

Welcome to 2018! The new year marks the official kick-off for our annual Membership Drive. We are pleased to report that membership dues have remained the same for this year. If you haven't done so already, it's time to renew your individual and center memberships so that you and your organization can continue to enjoy all your member benefits during this calendar year. From access to members' only content on our website to free participation in professional development webinars, your membership is the key to getting involved in all that ACENA has to offer. Renewal materials can be found on our [website](#).

ACENA has big plans for 2018, and you won't want to miss out. Know someone that's not a member yet? Help spread the word and encourage others to get involved. Let's work together to make this year ACENA's strongest yet!

If you have any questions regarding membership, please contact Liz Filkins at liz.filkins@gmail.com.



Photo provided by CFI

2017 Annual General Meeting

By Andrea Benyovszky

While we welcome 2018, it is important to look back on all that we accomplished together last year. The Annual General Meeting (AGM) was a time for reflecting on our organization's activities. On Wednesday, November 15th, ACENA hosted its AGM via teleconference and Go-To-Meeting. Eighteen members participated in the event to hear highlights and updates from each Board of Director and to discuss topics including current research related to conductive education, the 2018 ACENA Conference and international updates within the field. It was wonderful to have many of you join in the meeting - a special thanks to all those who were able to call-in.

Looking for a new year's resolution that has the power to make a big difference? On behalf of the Board, I would like to encourage and challenge you all to find some way to get involved with ACENA this year. We currently have the Director of Continuing Education position open on our board, and we are looking for someone to join our team. If you would like to step into that role, mentoring is available to help you get started! Not sure if that's the right role for you? There are many opportunities to get involved, and I am confident that there will be an option that would be a good fit for you. Maybe it's serving on a subcommittee. If you're a conductor, maybe it's getting involved in NACA. Call in for our professional development webinars. Access the member's only forum on our website. Provide feedback about the needs of your program. We are here for you, so make sure your voice is heard. The need for everyone's active participation is great. We alone hold the responsibility to move conductive education forward in North America. What can you do to be a part of this important work?

2018 ACENA Conference Update

August 26th - 29th 2018
Hosted by Sara's Garden, Ohio

ACENA is now accepting presentation proposals for the conference. The 2-day conference has three streams for delegates:

[Program Administration](#)

Examples of presentations could include: fundraising, insurance and funding, access to conductors, immigration, grant writing, etc.

Professional Development

Examples of presentations include: complex diagnoses, CE in the school system, teaching weight bearing, teaching independence at home, adult services, behavioral challenges, supporting caregivers, etc.

What's Next: Moving Through the Lifespan

Examples: transitioning into adulthood, adult services, community resources, complementary/alternative interventions, vocational training, parent and participant advocacy, etc.

Submissions are welcome from all persons who wish to present as an individual or in a group. We are looking for individuals who have benefited from Conductive Education or their family members/caregivers to share their successes and successful strategies as well as service providers/professionals to present their successes and best practices to a diverse group of delegates, including: program administrators, Conductive Education Teachers, rehabilitation professionals, program participants and their caregivers.

The deadline for submissions is **Friday, February 2nd, 2018**. The proposal must include:

- Title
- Learning objective(s)
- Abstract (approx. 250 words)
- Name(s) of presenter(s) and Contact information (telephone, email address)

Please direct all submissions to Allie Powaser at contact.acena@gmail.com by February 2nd. Proposals will be reviewed and selected by the conference subcommittee. Selections will be made by March 2018.



The conference will take place at the [Sauder Heritage Inn](#). Lodging is now reserved for ACENA Conference delegates and the conference will take place on site. Please use booking ID #7749 when making reservations. Below is a tentative schedule of events:

Sunday, August 26th

Arrival and check-in at hotel

Monday, August 27th

Tour of Sara's Garden
Tour of Historic Sauder Village
Toledo Mud Hen's baseball game

Tuesday, August 28th

Conference Day One
Evening Gala (TBD)

The 2018 [ACENA Conference website](#) is currently under construction, however you can check back periodically to keep up to date on developments.

National Conductive Education Day February 15th, 2018

There are millions of children and adults with motor disorders across North America. Conductive Education has the potential to make a significant, life-changing impact on the mobility and independence of close to nine million people in North America! Millions more will also indirectly benefit - spouses, parents and caregivers - by having loved ones become more independent, motivated and self-sufficient. On Thursday, February 15, 2018 help ACENA celebrate National Conductive Education Day! Bring awareness to the programs and services that are available in your areas and celebrate in the successes and achievements of those who participate in CE programs. Looking for ways to promote and celebrate? Here are some of the ways that Centers have celebrated in the past:

- Skype sessions between CE groups
 - Different centers called each other on skype to allow different groups across the continent share stories and experiences. Children were able to electronically meet each other and see how different centers ran their programs
- Last year, centers across North America showed their support by wearing green, making green cookies and making celebratory posters with the words "I CAN" on them.
- ACENA centers e-mailed their contacts, professionals and local politicians about the event and posted on social media platforms
- Centers provided fun activities such as art projects, karaoke, baking green cookies, etc.
- One center runs it's annual fundraiser on CE day. Participants set a goal for themselves in the new year to work towards in class and collect pledges to motivate them to work towards achieving that goal. On CE day they complete their task while their peers and family cheer them on.
- Centers encouraged discussions between participants and family members about why CE was important to each individual. One center sent out a survey to it's participants about conductive education



Photo provided by CFI

Survey testimonials about conductive education:

"It's main focus is to make the individual as independent as possible and also shows discipline!"

"It's pretty neat to see that there are other kids with CP. So I am not the only one on this journey!"

"They learn from each other. They are motivated from others. She feels comfortable sharing and working with other kids. She loves the group activities. This day helps us to remember all positive."

We want to hear how you plan to celebrate! Share your plans on our [facebook page](#) or share pictures of your center celebrating. It's important for the ACENA community to come together to help spread awareness and advocate for conductive education. Please contact us if you have any new suggestions to celebrate this important day with us! Let's promote, celebrate and don't forget to wear **GREEN!**



By Judit Kiss

New Hope Conductive Learning Center was founded in 2015 by two families and Judit Kiss (Conductor-Teacher and Program Director) in the small town of Sterling in Wayne County, Ohio. It is a year-round program based on the principles and practices of Conductive Education and school education aligned with the requirements of the Ohio Department of Education and accepted by the Jon Peterson Scholarship program. Currently, there are six full-time students learning and thriving at New Hope.



Programs currently offered at New Hope

Students, from preschool to 3rd grade, attend to New Hope CLC from September through June, Monday through Friday 9:00-3:00. In 4-week periods, the program alternates between physically and academically intensive routines. During the physically intensive weeks, students learn and improve their gross and fine motor skills through intensive conductive task series throughout the school day while still keeping up with grade-level academics through motivational games and stories. During the academically intensive weeks, students have the opportunity to adapt learned skills and further improve their independence while participating in a conductively structured school program. While the program alternates in terms of focusing on motor and academic skills, students constantly expected to utilize their skills and thrive for maximal independence as well as to work on social-emotional, communication and

self-care skills. The ultimate goal is to prepare our students to successfully integrate into society: to integrate into their local schools by 3rd or 4th grade. New Hope is working diligently on building positive relationships with the local schools as well as with different therapy and other related service providers in the area.



Future plans

New Hope CLC is a very young conductive center with wonderful potential. Our most urgent tasks are to build a steady and strong supporting panel as well as to raise awareness of the benefits of Conductive Education in our community. This year we are starting to transition two of our students to their local schools. Consequently, next year, we are going to add an after-school program for our integrated students. We are also looking into moving to a more centralized location.

World Cerebral Palsy Day Friday, October 6th



ACENA congratulates the Center for Independence through Conductive Education in winning the World CP Day Award for "Contribution". ACENA is proud to have Conductive Education included in this award!

The Center for Independence was given the award for "High Expectations" a program helping teens and young adults with physical disabilities access employment. For more information on the Center's award, click [here](#).

ACENA Webinar Series

In December, ACENA was pleased to host a webinar session presented by Viktor Farkas, M.D. Ph.D., and Kristof Farkas M.D. from Budapest, Hungary. Viktor is the head of the First Department of Pediatrics Semmelweis University and his major field of interest is child neurology with special reference to pediatric epileptology. Kristof is a Pediatrician at the First Department of Pediatrics Semmelweis University and also has a law degree from Pazmany Peter Catholic University Faculty of Law.



ACENA was pleased to provide this opportunity for members and about 16 individuals were able to participate. The topic of the presentation was "Common Challenges for Students Living with Cerebral Palsy (Part One-Sleep Problems)". The lecture highlighted specific sleeping problems and disorders that many people with cerebral palsy experience including, bed wetting, sleep apnea, insomnia, and more.

In the upcoming months of the new year, ACENA is planning to offer more webinars on this general topic to explore other common challenges of cerebral palsy. Stay tuned, as our second webinar in this series will focus on gastrointestinal problems for those living with cerebral palsy.

Mark your Calendars!

January 10th: ACENA Board Meeting

February 2nd: Proposals for Conference Presentations due

February 6th: Research Subcommittee Meeting

February 7th: Conference Subcommittee Meeting

February 15th: National CE Day

February 28th: Membership Subcommittee Meeting

March: Confirmation of conference presentations

March 14th: ACENA Board Meeting

*Check out [ACENA's calendar](#) to stay up to date ! If you would like to participate in a subcommittee meeting, please get in touch with us to find out more!

www.acena.org

Check out our facebook page:

