



ANOTHER

# STEP FORWARD

TOWARDS INDEPENDENCE

SPRING 2006



צעד קדימה  
העמותה לחינוך ושיקום  
באמצעות החינוך המדריך - פטו (ע"ר)

TSAD KADIMA  
The Association for  
Conductive Education in Israel

# A Few Words From...

## Anete Mozes, Chairperson

### Dear Friends,

The timing of the publication of the **Tsad Kadima** newsletter just before Independence Day is symbolic of the most important of our goals - an independent soul. The Association does a great deal to help our children progress towards independence.

The Association continues to expand and we're hopeful that our activities will reach as far as the city of Eilat. Initial contacts have already been made following the approach and request of the parents and the readiness of the Town Council and the Institute for Child Development to develop a joint project there.

Over the past few months, the Association has undergone an outside inspection the years 2003-2004 by the Registrar of Associations. I am pleased to inform you that the results of the inspection reveal that the Association's routine activities are carried out in a proper manner; that it operates in keeping with the objectives for which it was founded; that its activities are conducted prudently and efficiently. None of the employees was found to be

of little value to the Association, nor was there any evidence of extraordinarily high wages. The Association maintains separate receipt books for contributions as required by law; no discrepancies were found in the Association's reports; nor had any of its profits been distributed among its members or other bodies. So for all of that, congratulations to the Association's workers; well done!

As always, I should like to invite the parents to the Association's events so that they can view its many activities from up close.

I would like to take this opportunity to thank all the members of the Association's staff for their professionalism, devotion to duty and perseverance, for the smile I come away with whenever I visit any of the varied activities that the Association maintains. I am proud to head such an organization.

Best wishes for a Happy Independence Day,

**Anete Mozes,**  
**Chair of the Association**



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**STEP FORWARD**

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# From The Desk Of...

## *Yossi Pinto, Executive Director*

### **Dear Friends and Colleagues,**

The 2005-2006 school year opened with great energy and vigor. This is the first year of the implementation of the 4-year plan as approved by the Board of Directors for the years 2006-2009.

The professional staff of **Tsad Kadima** is doing everything in order to maintain the quality and unique approach of Conductive Education keeping constantly abreast of the developments in the mainstream and special education systems and rehabilitation frameworks in Israel.

Along with the development of a system of services, we realize the importance of training the veteran as well as new professional personnel at **Tsad Kadima** in integral rehabilitative work.

We can tell with satisfaction that in the 2005 school year, we met most of the aims we set for ourselves. We are investing our best efforts in developing cooperative ties with organizations and institutions active in areas similar to ours.

This year we placed special emphasis on re-examining the needs of the parents vis-à-vis

existing conductive education services, mainly in the sphere of extracurricular activities. In addition, a network of conductive training was developed for the mainstream educational system, mainly because of the variety of programs **Tsad Kadima** is operating. This year, we shall continue to develop the network of organizational information for **Tsad Kadima** designed to make work more efficient through transparency and under routine scrutiny as is the norm in organizations operating country-wide.

Several weeks ago, **Tsad Kadima** held its 10th Annual Fundraiser at the Jerusalem Theater. Some 1,000 people, including specially invited guests took part in the event. The evening was highly successful, and this is another opportunity to thank the Organizing Committee for the organization and production of the evening.

I should also like to thank a new group of active parents the "School-Related Leadership" group of the Educational-Rehabilitative Center in Rishon LeTzion, for its considerable



involvement in the promotion and development of further activities on for the families.

In conclusion, a special thanks to the contributors, the volunteers, the members of the Board of Directors and the dedicated staff of employees of **Tsad Kadima**.

**Yossi Pinto,**  
**Executive Director**

brachot?

# Fundraising Events

*...in Jerusalem*

The Scherover Auditorium in the Jerusalem Theater has hosted many exciting, special and unique evenings in its time. The fundraising evening for the children of **Tsad Kadima** was one of them.

It was indeed a unique and special evening when the singer Rami Kleinstein and the group of musicians appearing with him gave the audience an uplifting experience, sweeping it along with the music.

The Jerusalem audience caught up in the spirit, stood up and danced and sang together with the singer and his band. The guests of honor of that evening, **Tsad Kadima's** adolescents, sensed the artist's warmth from very close up when he came down from the stage to be among them and sing together with them.

The first event of the evening was the appearance of the "Pirouette" female dance troupe volunteers, under the direction of Tali Yaffe-Niv, who presented two very lovely dance numbers.

That evening the traditional awards were presented to **Tsad Kadima's** Outstanding Conductor and Outstanding Worker. (See the judges' reasons further on).

The official part of the evening ended with the presentation of the special awards to those "who assist us" in our rehabilitation activities: Dr. Marina Nursi from Be'er Sheva and Ms. Claudia di Benediti from Italy.

Sharon Wexsler was the gracious Master of Ceremony, volunteering for the second year, and Elinor Sela held the auction like a professional.

Many thanks to those involved in the evening's success, congratulations of all of them.

**See you next year!**

**In the Pictures:**

1. Yossi and Claudia ; 2. ?????????; 3. Sharon Veksler ; 4. Professor Shaul Hochstein and Edmond Cohen; 5. Rami Kleinstein and Talia; 6. Rami Kleinstein and ???



# New Conductive Education Class

## *...at the Kalanit School in Karmiel*

**By: Sarit Harel**

**Conductor, Rishon LeTzion**

A class for Cerebral Palsy (CP) children, First Grade 3, was opened at the Kalanit School in Karmiel this year. Work with this sector of the population is new not only to the class's teachers but also to the school's administration and the town of Karmiel in general.

The project began with the initiative of one of the teachers at the school who was looking for a solution to the problem of her seven-year-old daughter. It is hard to describe in words the motivation, the craving to learn, the readiness to change and to be changed in the class and the wonderful progress it has made since the beginning of the year.

The school's staff and its teachers enjoy the guidance of the **Tsad Kadima** Association in both the administrative and the practical spheres. We assist them in creating a joint professional language, in working in the spirit of Conductive Education as a rehabilitative educational philosophy, in building a daily schedule, in preliminary planning, in creating a conducting

image, in increasing activity and above all assistance in creating a functioning personality in each child in the class. Once a week a complex conductive plan is made for the class and serves as a model for the teachers and the teaching assistants. This is carried out both in actual work and in talks by Shulamit, a veteran Conductor living in northern Israel, to the staff. Once a week, Naomi Rotem, the Director of the **Tsad Kadima** Rehabilitative Educational Center in Rishon LeTzion, meets with the school's administration to assist in formulating a credo for the school, in creating various integrative programs and in determining the objectives and working methods for the class.

Every month, the class is joined by Sarit Harel, a Conductor in the class at the school in Rishon LeTzion, for a day of observation and instruction. On that day joint decisions are made regarding plans in general and regarding each individual child specifically. Speech modeling is presented as is how to implement the various aspects of Conductive Education and to increase activity for the children as a part of the routine work.

The school's staff eagerly awaits these meetings, ask lots of questions, present the difficulties encountered in the field; and from meeting to meeting they implement the programs that are created.



# A Study Day

## *for Rehabilitative Kindergarten Staffs*

**By: Roni Schenker,  
Professional Director**

A study day for the staffs of rehabilitative kindergartens organized by the **Tsad Kadima** Association for Conductive Education in Israel, attracted participants from all over Israel. Representatives of the Ministries of Social Welfare and Health, staffs from rehabilitative kindergartens, including kindergarten teachers, care givers, health care professional and social workers enjoyed a day of enrichment at the **Tsad Kadima** Center in Rishon LeTzion. The participants toured the Center, observed various activities and listened to lectures. The entire staff at Rishon LeTzion prepared for the visit: the heads of groups and the staff, who hosted a variety of professions in their activities, the **Tsad Kadima** senior staff, the Conductors and the paramedical staff which prepared professional lectures for the visitors. And the Center was all decorated for Purim.

This professional visit, the result of fruitful cooperation between **Tsad Kadima** and the representatives those responsible

for rehabilitative kindergartens on behalf of the Ministry of Health, provided a golden opportunity for exposure and learning. The great amount of knowledge amassed in the course of years of our work, the models that **Tsad Kadima** established in Israel and our unique and varied professional work serve as rich soil on which professional cooperation, mutual learning opportunities can flourish and the word of the continuous development of **Tsad Kadima** can be spread.



**In the picture: Roni Schenker**

Gal asked Mommy for a policeman's costume for Purim. Gal is a pupil at the **Tsad Kadima** Rehabilitative Kindergarten in Rishon LeTzion, and in addition to the policeman's hat, and handcuffs in his belt, Gal got a "personal squad car", complete with a "blue light", for Purim.

Like Gal, Misha got a jeep, as befitting an army officer, and Natalie became a very princess-like bride – with the assistance of the...volunteers, who, for the second year, helped the staff and parents to fulfill the wishes and dreams of the **Tsad Kadima** children.

Two weeks before the holiday, there was a joyful meeting of parents, assistants, .....volunteers and the professional staff of the Center – at a creative workshop especially to prepare costumes for Purim. Each one of them tried to realize the special dream, when each piece of their mobility equipment (walker, wheelchair, crutches etc.) got a life of its own and became an inseparable part of the costume.

A wheelchair became a jeep, a walker became a squad car and draped on one of the walkers was the Spring Queen's "crinoline".

One of the rooms at the Center became a real and mysterious jungle, and they all competed for the title of "best decorated room".

On the Eve of Purim, everybody showed up at the Center for the celebrations: The volunteers as coloring books, the children in their wonderful costumes and the parents overjoyed at the happiness of their children.

And thus, for the children of **Tsad Kadima** there was light and joy!

As always, thank you to the volunteers, the parents and the staff for the magnificent experience.

**In the Pictures: 1. Gal ;  
2. Omri Nusinker; 3. ?????**



# Parent Representatives Forum

## *The Big Race*

This is the first time that we are participating in the Newsletter, and we have decided to focus on the children – with pictures and personal stories – and on us – Mommy and Daddy.

Things learned in conversations and from acquaintances, reveal that all of us are more or less in the same race:

We are all searching, or have searched, or will search, for the right treatment. We are all taken up with finding the most in-depth method that will enable our children to make progress, and as quickly as possible.

Sometimes, we are so involved in the race that our energy is channeled entirely to the therapies and the running around. We then realize that we don't always know what to do with the little time we have to spend with our child. There is a kind of feeling that this would be a waste of precious time that could be devoted to one more therapy.

Actually, it really isn't. We decided to remind ourselves that these homey times are the platform for the really fun times for us – Mommy and Daddy – being “just” Mommy and Daddy,

not therapists and doctors, letting our children be “just” regular kids, and not special needs children.

So, we went out and did a broad survey and came back with some tips that just might show us how to spend some time together, simple things that don't require any kind of investment (financial or physical) that will let the children be kids and let us be parents, while we are at home (each child according to his ability).

### **Laundry**

That thing that never ends:

Here's a great idea: instead of folding it in a separate room, bring the whole pile and dump it on the

carpet. Bring a couple of pairs of socks, too (maybe in a shallow basin). If possible, sit the child opposite the basin with the socks in it. While you are folding the rest of the laundry, ask the child to help you. (You'd be surprised at how much they love this). Tell him to pick out the pairs of socks and give them to you to fold. You want a therapy concept? Well, here it is: the child is sitting (each according to his ability) and making eye-hand contact, using both hands, and you, without realizing it, are experiencing a session of classic Peto therapy, simple but important activity – mainly because it makes the child happy and proud!

# Parent Representatives Forum

## *The Big Race*

### **Television**

We all know what that appliance is, don't we?

So instead of putting the child in front of it and rushing off to accomplish lots of other household chores – try to make time, let the child choose a tape and sit down to watch it together. This way we leave the race inside our heads and devote 45 minutes to be totally with the child. It's legal it's allowed and it's even recommendable.

### **The Carpet**

What could be more fun than lying alongside the child or sitting next to him while he is lying on the carpet? Now we begin stroking and tickling games. No, don't try to be a therapist or a masseur or physiotherapist. Absolutely not – just let your fingers walk, let love do the stroking, let yourselves enjoy and the child will give himself up to you like a kitten. If you feel like it, put on some background music, or sing a song the child especially likes.

Let your contact be everything. Imagine together with him that your fingers are drawing or painting his whole body. Imagine

that you are erasing or cleaning off the paint, so that your touch will be like a paint brush or brush.

One thing is certain – this is not the time to listen to the news or be serious. On the contrary – have a silly time and roar with laughter. (Note: There are some children for whom certain types of touching are unpleasant. Don't feel pressured just touch in a different way – more softly or more deeply. But touch. It's important, it draws you closer and invigorates).

### **Cooking and Baking**

For those who like being creative in the kitchen: go into the kitchen

with an idea that you have thought up together (we won't let on that you planned it ahead according to what's available in the house). Here are two really great and easy ideas:

**1. Decorated eggs:** You can take a hard boiled egg and put a face and a hat on it using thin slices of fresh vegetables (tomato for the mouth, carrots for hands, cucumbers for eyes etc.). In order to make it easier, make slits in those places where the vegetables are to go.

**(For those who want to devote a little more) – cookies:** the child puts the ingredients into a bowl, you do the kneading and give him a piece of the dough to

# Parent Representatives Forum

## *The Big Race*

knead, roll out and make shapes with plastic cookie-cutters. (By the way, this is a useful lesson in fine motor skills, occupational therapy and physiotherapy)

Here is a simple recipe for tehina cookies, and they're healthy, too. The child pours a cup of raw tehina (o.k. help the kid a bit)  $\frac{3}{4}$  cup of sugar, 200 grams butter or butter-flavored margarine, 2. packets of vanilla sugar, a teaspoon of backing powder and three cups of flour into a bpwl. Mix it all together (a food processor could be used) and there you are – make them into shapes and put them into an oven heated to 180 degrees for 20 minutes.

Warning: The cookies are dangerously delicious.

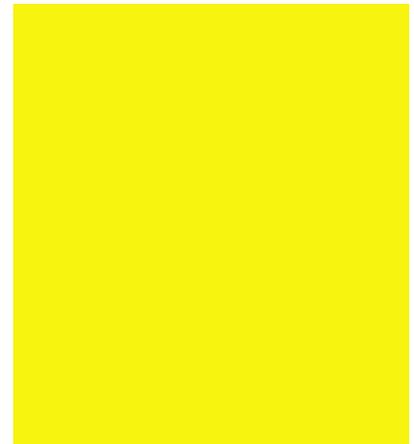
We would be delighted to gather some more tips on and publish them in order to share them among all or us, to experience together those little moments in which there is “quality time” for all of us

From all the tips we have received it has become clearer that to really enjoy ourselves, we have to keep reminding ourselves that we can – and we even must – find

the time when only enjoyment, rest and calmness are let in. The rest of the things – tests, therapy, worry, hopes – we'll deal with them tomorrow.

So, let's all of us have a happy springtime, filled with lots of pleasures and joy!

**Parent Representatives Forum**  
**Tsad Kadima, Rishon LeTzion**



# AWARDS OF EXCELLENCE

*...for the year 2006*

In keeping with tradition, the annual awards for Outstanding Conductor and Outstanding Worker were presented during the fundraiser in Jerusalem in March 2006. The Eve Harrison Award for Outstanding Conductor was awarded to Conductor Vered Madmoni and the Render Family Award for Outstanding Worker went to **Tsad Kadima's** bookkeeper, Ms. Tsiona Ventura. The letter of recommendation for Vered read: Curiosity, initiative, perseverance and creativity are the hallmarks of Vered's work. She has always filled roles demanding great responsibility, a comprehensive view, organizational and implementational skills and has always carried them out in the best manner. Vered is not deterred by new challenges and is prepared to accept the burden of leading initiatives and projects even when this involves effort, learning and change. She is prepared to grapple with all of this.

This past year, Vered served in the capacity of Substitute Director of the Center in Rishon LeZion. There is no doubt that

this is a great and complex challenge, and she fulfilled this task successfully in addition to her other obligations.

Over and above this, Vered Madmoni is the image of the totally committed rehabilitation worker. Her direct contact with both the children and the parents, her professional skills, her ability to lead a group, to instruct students and to hold dialogues with multi-professional teams all place her in the first line of conductors in **Tsad Kadima**, a model to imitate and learn from.

The letter of recommendation for Tsiona read: Tsiona, a devoted employee, has carried out her job in the best possible way for many years. Over the years, the number of employees at **Tsad Kadima** has been constantly on the rise, and her work load has increased accordingly.

Nevertheless, Tsiona has coped successfully with the tasks and responsibilities placed upon her shoulders. Her work is characterized by precision and thoroughness. She has an excellent command of the material she has to deal with, and is prepared for every question

or clarification from a rank-and-file employee or the General Director.

For her diligence, professionalism, maintaining a high level of performance, I find Tsiona worthy to receive the Outstanding Worker Award for this year.

**Roni Schenker,**  
**Professional Director**



In the pictures: 1. Vered Madmoni and Yossi Pinto; 2. Claudia ??? and Anete Mozes

# Our Asra

Asra Abu Taha is three years old. This is her first year in the framework of the **Tsad Kadima** Rehabilitative Daycare Center in Beer Sheba. Asra's integration into the daycare center involved considerable difficulties. Asra is very attached to her mother and parting from her was accompanied by lots of tears. At first, Asra didn't want to join in the activities. Slowly, she agreed to participate in a meeting and join in the singing with gestures and hand movements. As Asra became integrated into the Center's daily routine, she began to enjoy the programs and participated actively in them. Asra is a very active little girl she liked company, children and moving around the preschool on her little backside moving sideways. Since Asra is a hemiplegic, we began teaching to walk with the assistance of a tripod. Asra really likes freedom and independence. Therefore she liked the idea of being able to move around independently with the tripod. When the tripod was near her, she approached it, pulled herself up and walked with it.

After we had seen how well it was going, we decided to send the tripod home. Because of this, Asra became very attached to the

tripod and sometimes you could see arguments between Asra and other children over the tripod. Asra is a very intelligent child and likes to hear the feed back. So when she learned to stand up from a sitting position by herself without the help of a table in front of her, she showed this off to the staff at every opportunity in a combination of pride and bashfulness.

As Asra practiced walking with the assistance of the tripod we decided to teach her how to walk with a cane. As we she was practicing walking with the cane, something happened. As the children finished their lunch one Thursday in March, Asra got up from the table and took a few steps completely unaided.

Her parents were absolutely delighted with her progress and

with the fact that Asra could walk completely on her own. Following a vow her mother had made that the day Asra would walk on her own a huge feast would be held and a sheep would be slaughtered. And that's just what happened, the feast was held and the sheep was slaughtered.

Of course, that first "step forward" that Asra took will lead to further steps that she must take in order to walk and progress. I'll conclude with the following blessing for Asra: "Well done! Keep on stepping forward"!



# חסר טקסט לתמונות tu bishvat

