

## November 2023

*Promoting the maximum development of the whole child and adult through innovative, individualized and comprehensive brain-centered programs and services.*



## SORRY FOR THE DELAY!



For the last 5 years, Ean Koerner has been the talent behind this newsletter, creating its look, authoring its content, finding stories and getting it out on time, in addition to a million other responsibilities.

**So long, Ean, we appreciate all the marketing accomplishments you achieved. You are missed! We wish you the very best in your new endeavors.**

Ean left us in August, and it has taken a good bit of time to find his replacement. Hello to Maylee Moore, our new Marketing Specialist. She is a recent graduate of the University of Minnesota's Hubbard School of Journalism and Mass Communication with experience in all aspects of marketing that we need. Welcome Maylee!

## IT'S THAT TIME OF YEAR

If you have been a regular reader of our newsletter in the last couple of years, you learned a lot about us...

### Our Success Stories

**You met Sam**, who had lifelong problems with activities that the rest of us take for granted. At 31, he was still living at home. After visual therapy with our Dr. May, he's able to live independently, works two jobs, and has a busy social life.

**You met Hadley**, a shy but sweet 13-year-old, who's had difficulty in school since the 2nd grade. She had neurological evaluations, specialized instruction, math tutoring, dedicated help at school, medications, dietary changes and more. Nothing changed. But functional eye and hearing screenings at A Chance To Grow uncovered eye misalignment and an auditory processing disorder. With vision and auditory therapy, as well as neurofeedback and Neuro Integrative therapy, Hadley has been improving steadily.

And **you met Meghan**, an Iraq veteran, who after several tours of duty, was experiencing symptoms of PTSD, including nightmares, high stress levels and an inability to cope with change. After a course of neurofeedback treatments, she is sleeping better, has fewer nightmares, and she is better able to cope with stressful situations. She is able to be the mom she wants to be.

...story continued on next page

## IT'S THAT TIME OF YEAR cont.

### Our Services

You not only learned about our Clinical Services, you also learned about the important work that our educational services provides:

You learned about the **Minnesota Learning Resource Center**, which has trained thousands of Pre-K and K-3 teachers in hundreds of schools in Minnesota and beyond, in our S.M.A.R.T. (Stimulating Maturity through Accelerated Readiness Training) approach to integrating purposeful movement into their daily class schedules. And you heard about our new innovative program, S.M.A.R.T. Steps, developed for Family Child Care Providers, to ensure that even the littlest learners are ready for kindergarten.

You also learned about the wonderful work our **Turnquist Child Enrichment Center** is doing with children ages 6 weeks to 5 years, who are at risk for developmental delays and poor academic achievement due to poverty and its attending ills – homelessness, food insecurity, even violence. Every Turnquist child receives age-appropriate developmental curricula, social emotional education and the S.M.A.R.T. approach. They also get vision and auditory screenings, and occupational or speech therapy as needed.

### But did you know that...

- Because our clinical services are cutting-edge, not all of them are covered by insurance. **And not all people who need our therapy can afford it.**
- Our MLRC is funded in part by workshops paid for by schools, but in the era of education budget cuts, **many schools that want to implement S.M.A.R.T. can't afford it.**
- Turnquist relies on county funding, which doesn't cover all the costs associated with implementing new curricula, providing transportation for our Teen Parents, or programming for our parents to get them involved in their children's education.
- **None of the program funding pays for administrative costs** – HR services, keeping the building safe and secure for our clients, making sure our tech infrastructure is up to date and well-protected, and so on.

**You can make a HUGE difference in the lives of so many by supporting our work.**

**There are two ways to donate:**

Go to [www.actg.org/donate](http://www.actg.org/donate), to make a one-time contribution.

Go to [www.actg.org/gardenofhope](http://www.actg.org/gardenofhope), to join our Garden of Hope, a monthly giver's club designed to bring in a steady stream of revenue to support our vital activities. Even \$5 a month will have an impact!

## VISION CLINIC UPDATE

We are happy to announce that Dr. Janyce Moroz will be providing vision services on our behalf at Brooklyn Center Community Schools while Dr. May is on sabbatical. Dr. Moroz is well known to us at ACTG. She started here in 1989, working with Dr. Garth Christenson, then Director of the Vision Clinic.

**Over her time here, she provided developmental vision service to thousands of children in our school New Visions, serving Head Start children in our Mobile Clinic, and in our office in NE Minneapolis.**

Perhaps her greatest contribution was bringing the research on reflex integration after a 2.5 year sabbatical in England. She understood that integrating reflexes was crucial to helping clients maintain their therapeutic gains. This became the basis of A Chance to Grow's unique multidisciplinary approach, today known as our Neuro Integrative program.



## EASY WAYS TO LESSEN SCHOOL STRESS

Is your child struggling with anxious thoughts or lack of focus?

An effective and holistic way to address these symptoms is through brain training. Parents are amazed at how easy and effective neurofeedback and audio-visual entertainment can be. They witness their child's improvement in the areas of sleeping, focus, and emotional regulation. We have flexible programs that offer in-home and in-clinic training and can meet every budget.

Call (612) 789-1236 for a free consultation to learn what the best option is for your family



## Grow Hope

\$5 a Month

That's all it takes to help children and adults live their best lives



## TURNQUIST IS ON A ROLL!

We are thrilled to announce that The Sauer Family Foundation, a long-time supporter, has provided an \$18,459 grant for continued implementation of the Conscious Discipline curriculum. This addresses the children's social and emotional development. Implementation began last year and staff are already seeing big changes in children's ability to handle big emotions!

In addition, the Northeast Lions Club has provided a \$2,500 grant to Turnquist for holiday meals and supplies to our families! They've been supporting our families since 2015.

Finally, Turnquist has been awarded \$3,446 for a new refrigerator for our Infant Room! The new fridge will ensure that our babies' formula and other items are stored at the right temperature. The Grant comes from First Children's Finance, which has 8 rounds of its Facilities Revitalization Grant Program. Turnquist had been awarded \$15,404.06 in an earlier round, for repairing floors and walls.



Stay connected with us and up-to-date on current events happening at A Chance To Grow!  
[www.facebook.com/AChangeToGrow/](http://www.facebook.com/AChangeToGrow/)

# HAPPY HOLIDAYS FOR EVERYONE!

Turnquist is having its annual donation drive, collecting toys and home goods for their families. Many of them are struggling just to keep a roof over their heads and food in the fridge.

## MAKE THIS A GREAT HOLIDAY SEASON FOR OUR TURNQUIST FAMILIES!

### Toy Drive

Do you have any new\* toys you can donate? This will make our children's holiday season the best ever. We'll take age-appropriate toys for all children – infants, toddlers, preschoolers and up!



### Home Goods Drive

Many of our families can't afford life's basic necessities – personal products, cleaning supplies, kitchen equipment and so on.\* Do you have any to donate?



**Bring your donations to Turnquist by Friday, December 15th**

**Have questions? Ask Liz! 612-706-5545 or [Elizabeth.ruzek@actg.org](mailto:Elizabeth.ruzek@actg.org)**

*(\* For safety and health reasons, we cannot accept used toys or any children's clothing, used or new.)*

## OFF TO NEW ADVENTURES



Julie Neumann came to A Chance To Grow in 2006. Over the next 17 years, she played many roles, from Boost UP instructor to S.M.A.R.T. trainer to Audiology Assistant to Occupational Therapist and finally Clinical Services Director. As a leader and mentor, she championed new approaches that became integral to what the clinic has become. And she walked the walk, continually learning new theory and skills discovered by her colleagues. She continually pulled from all of her experience in working in all the departments to find solutions for the complex challenges that children face.

**Says Michelle Koyama, who succeeds Julie as Clinical Services Director, "Julie has an incredible skill in being able to explain application of neurological techniques. That greatly affects how new therapists and parents can understand and apply the skills. New therapists become experienced therapists faster and parents are able to participate in the therapy in a more meaningful way. This was instrumental in creating a clinic that doesn't just increase the function level of clients, but changes the trajectory of their growth."**

Julie left A Chance To Grow in September to spend more time working with clients, and more time with her family. Thanks, Julie, your contributions to ACTG are immeasurable. We miss you!

## Employment Openings

A Chance to Grow is hiring! Our organization is seeking a Contract Optometrist, a School Based Occupational Therapist, and Personal Care Assistants (PCA). To learn more about each position, or to apply, please visit [ACTG.org/employment](https://actg.org/employment)

### Equal Employment Opportunity

1800 Second Street NE Minneapolis, MN 55418 (612)789-1236 | [actg@actg.org](mailto:actg@actg.org)

A Chance To Grow provides equal employment opportunities to all employees and applicants. Employment is based upon capabilities and qualifications without discrimination because of race, color, ancestry, religion, sex, sexual orientation, pregnancy, age, national origin, disability, gender identity, genetic information, service in the military or any other protected characteristic as established by law. This Equal Employment Opportunity policy applies to all policies & procedures relating to recruitment & hiring, promotion, compensation, benefits, termination, layoff, recall, transfer, training and all other conditions of employment.