



# The Nadjeshda 2015 Newsletter

Dear Friends of Nadjeshda!

We thank you all for your confidence and support given to us; thereby enriching the life of the Special Need Population in Kirgizstan we care for at Nadjeshda.

We are very grateful to you.

As the Holiday Season approaches we want to wish you, your families and organizations blessed Holidays and good Health and Happiness in the New Year. As all People of Good Will we too Hope for Peace.

Cordially, Igor Iljitch and Karla Maria Schaelike



## Remembering Eva -Maria Fischer and her Love and Faith in the Mission of Nadjeshda

Ms. Eva-Maria Fischer a friend of Karla Maria Schaelike since their youth did all she could to support to work of Nadjeshda. She was a supporter of Nadjeshda since its inception. Ms. Fischer followed the successes and the challenges of Nadjeshda's growth. Her support and love for the children at Nadjeshda were a big part of her life and were very meaningful to her and even more so for Nadjeshda. She held Nadjeshda close to her heart, as reflected in her prayer, caring thoughts and significant gift. Ms. Fischer past away this past year, however, not without thinking of Nadjeshda until the very end of her life. True to her commitment to Nadjeshda, she left a beautiful legacy gift. This gift allowed Nadjeshda to cover the cost for the 2015 the (government accredited) educational summer seminar. These seminars have been sponsored yearly, bringing a wealth of information to an eager audience committed to improve the life for the handicapped in Kirgizstan and well beyond its borders.

Eva Maria's beautiful gift also funded the position of two very needed additional teachers for the handicapped for the Kindergartens. **All of us at Nadjeshda are most grateful to Ms. Fischer for all she did.** We hope now that our "Engel" changed who from the earth to heaven, still will be our advocate.



## Nadjeshda Today

The administrative structure of therapeutic groups and centers changed over the years. The decision for change was done to increase shared responsibility among more people working at the center. This was done consciously to particularly lighten the workload of Igor and Karla Maria Schaelike in the daily operations of Nadjeshda.

Presently, Nadjeshda includes for following groups and settings:

- The Pre-School with 17 students
- Grade School Classes with 30 Students
- Vocational High School with 10 Students
- Vocational training with 9 Students

- Dormitories with 27 students
- Three integrated Nursery -Kindergartens off campus, serving special needs and neuro-typical students together initiated and developed by Nadjeshda trained teachers.

The Nadjeshda model aims to have the cost for the program shared between fund raising and parent paid tuitions. Thanks to our loyal donor base two thirds of the cost has been covered while the parent-generated part of the tuition is one third of the needed funds to provide the education and therapy. Since Kirgizstan is an extremely poor country not all parents are able to provide funds for Nadjeshda.

## In this Newsletter:

- Remembering Eva -Maria Fischer and her Love and Faith in the Mission of Nadjeshda
- Nadjeshda Today
- Nadjeshda Now and In Future
- About Andrej
- Expanding on Existing Therapies at Nadjeshda
- Music Therapy
- Strengthening the Sensory and Life Processes
- Facility Improvements. Janusz Korczak Center
- A Mini Garden for Each Class



## Nadjeshda Now and In Future



Nadjeshda and its many organizational initiatives have a strong influence in Kyrgyzstan as a model for the successful education of the severely handicapped population. We want to strengthen what we have to offer already and if possible expand on what is needed so urgently in the country. We plan to expand groups for handicapped youth presently due to space limit not served at our facilities. We envision buildings to educate, train and to provide social stimulation to many individuals. We want these building to be near their families and homes. That means we need to build again and train staff for the new youth centers.

We would like to expand locations for out patient therapy and counseling to families with handicapped children as part of Nadjeshda's PODERO (outreach program) We also would like to expand our existing Nursery Kindergarten and Grade School buildings, dictated by need. We would like to add a store and eventually a bakery to our vocational training center We are looking for equipment such as well functioning and age appropriate wheel chairs and therapy equipment. And yes, a new School Bus to smoothing the commute between school and home. **What We Need and Hope For: We only can work when we receive gifts to support our work. We hope for the continuing trust and generosity so many of you demonstrate in the past will continue in the future. Sponsorship of individuals and gifts towards special projects and capital improvements are the basis for our work, (as is our devoted and well educated staff). We like to continue to be a training center for teachers of the handicapped to work at Nadjeshda and or other facilities in Kyrgyzstan and Central Asia all serving the handicapped population. We hope to find funds to support our educational seminars and outreach. We are very much supported by the continuing flow of volunteers of young people willing to work and learn experience Central Asia and we equally need and benefit from experienced teachers and therapist. These individuals are invaluable in support our work and training programs we offer.**

**We full heartily want to be part of a dialogue between all serving the handicapped in Kyrgyzstan and to support new initiatives working with the handicapped.**

## About Andrej



Nothing gives better picture of Nadjeshda as when looking how well some of our students develop by being educated and nourished here. Today we want to share the story of Andrej.

Andrej's needs had been considerable. Not only was he a huge pedagogical challenge to his teachers, as he showed aggressions and impulsivity thereby creating chaos in his class and surroundings. It took Andrej years to focus and to be less disruptive in class. Additionally, he was an unwanted child at home. One day Nadjeshda teachers were told by Andrej's father that the boy would be send to the State Facility for handicapped children. This could have been a death sentence for Andrej as the mortality rate was and is very high for the children admitted there. To avoid this fate for Andrej, it was decided Andrej would have to stay in school day and night to protect him. To this end, two mattresses were put in a corner of his classroom. One was for Andrej to sleep the other for the teacher taking a turn being with him after school. The mattress and teacher volunteer care was held in place for a year. Andrej stayed at Nadjeshda. After that time Nadjeshda managed to created the first dormitory for students in need of staying in school. So, due to Andrej's pressing needs, he

was the impetus for the creation of the first group home at Nadjeshda.

It was Andrej again who together with a few peers demonstrating the need for a vocational section at Nadjeshda's programs. By that time Andrej had grown up into a focused, kind and hard working student. Andrej became one of the first students entering the Janusz Korczak Center to begin vocational training. Here over time, he has become a leader in his group. Careful and observant he organizes and cleans the workshop space and hold equipment in good working order. He loves visitors, is not shy anymore at all, and like to guide guest through the Center. His transformation from and an unhappy chaotic and aggressive child into a calm, kind and hard working individual has been a gift not only to him but also to all those who make his acquaintance.

He is one of the wonder children transforming so beautifully at Nadjeshda right in front of our eyes. We are grateful for the existence of Nadjeshda and hope to serve as many students as we possible can to allow others equal chances for a good life.



## Expanding on Existing Therapies at Nadjeshda



In the past year Nadjeshda organized training in Music Therapy and in Chiropophonetic.

**Music Therapy** has been part of treatment with clients with various physical and psychological needs many parts of the world. Since its inception, Nadjeshda always includes music and movement into all of its programs. After all, one of Mrs. Schaelike's diverse skills is her background as a music teacher. Therefore teachers and staff at Nadjeshda were very pleased to welcome a registered and experienced Music Therapist in their midst for deepening insights into music therapy for Nadjeshda students. Staff found easy ways to combine newly learned material into the teaching program at Nadjeshda.

So great was the interest in Music Therapy in Bishkek that after the visit at Nadjeshda a Music Therapy Introductory course was offered at the University's Music department in Bishkek. Particularly impressive has been the collaborative model used at the University course between the Kirgiz knowledge of Shamanic music and its potential healing effects and the

western knowledge of Music Therapy. **We want to cordially thank the enthusiastic Music Therapists, Professors and Academic Sponsors of these courses: Angelika Basiner, Dr. Hans Helmut Decker-Voight, Tina Posselt, Monika Therese Hoog, Rosa Otunbanewja (past President of Kirgizstan) and Murat Begaliew.**

**Chiropophonetic** was developed to assist individuals unable to speak and afflicted with limited in sound formations to become more vocal. Chiropophonetic uses movement cues, massaging and other forms of tactile cuing and modeling to stimulate sound productions and sound modulation. Improvements in these areas may eventually lead to improved speech communication. The technique was developed by the speech therapist Dr. Alfred Baur in Austria. Nadjeshda has many non-verbal students throughout the center and improvements in communication are highly desirable goals for many of the students and clients. **Nadjeshda is grateful for the devotion of Sybille Arndt, a Chiropophonetic Speech Therapist.** She



tirelessly held seminars in the two months of her visit. She took the time to train Kirgiz teachers and therapists in the speech acquisition method. Ms. Arndt worked simultaneously with students from Nadjeshda and her positive results in sound elicitation and formation impressed and overjoyed children, parents and teachers alike.

**Strengthening the Sensory and Life Processes** in children with and without handicapping condition was the theme of the workshop of Almuth Strehlow. She, an experienced teacher for the handicapped, deepening the understanding in how to awaken and support children best to reach their potential in life. This practical and sensitive presentation was of great help to the Nadjeshda staff often faced to work and problem solve for with children's great challenges. The teachers visiting Nadjeshda in the past year gave the children and staff much substance to assure continuing growth of all working for Nadjeshda. Equally touching has been the positive response of the visiting scholars and teachers. Many of them expressed gratefulness for the time they spend at Nadjeshda and while teaching and at the University. They expressed joy for being seen as a valued teacher and as a welcome guest in Kyrgyzstan. The fruits of these visits were fully shared among the students, Nadjeshda staff, parents and the visiting teachers.

### • МУЗЫКОТЕРАПИЯ

#### Лечебные мелодии германского гостя

Еще в утробе ребенок слышит сердцебиение и голос матери, поэтому с первых дней у него уже закладываются основы ритма, мелодии и звука, а после рождения это чувство развивается.

Об этом корреспонденту "НБ" рассказал профессор башкирский Института музыкальной терапии (Дальнего Востока) университета музыки и танца Ганс-Хелмут Деккер-Войхт.

В Мелоди-центре Кыргызской национальной консерватории и Ташки-Посада, которые проводят с нашими специалистами практические уроки, мы стараемся привнести на нашу землю всеобщую любовь. Любая человек способен выразить себя мелодией, — уверяет Деккер-Войхт. — И убежден, что нет неподдающихся людей, однако, у нас, башкир, есть часть детей, которые не могут выразить себя в слове.



Музыка помогает при работе с разными пациентами: неважно, от возраста до коррекции задержек, или отклонений, двигательных и речевых, дисграфии, дислексии, поведения, а также для лечения различных форм психических заболеваний. Музыка может быть способом, помогающим, развивающим, либо, напротив, успокаивающим, — говорит профессор. На семинаре, на котором присутствовали представители НДЦ, были представлены материалы, посвященные музыкотерапии.

## Facility Improvements. Janusz Korczak Center

We joy and gratefulness we like to report that we finally have heat and comfort in the vocational education building at the Janusz Korczak Center. Students and teachers are very happy to be sheltered from draft and cold during the winter month.

**Ambassador Gudrun Sraega of the German Embassy found the means to allow for improved windows and to install a new effective oven for the workshop.** She has been exceptionally active and caring in regard to the handicapped population in Kyrgyzstan. **The Ambassador is a true and loved friend of Nadjeshda.** Unfortunately we will have to miss Ambassador Sraega among us in Bishkek, as she had to leave us for a new diplomatic assignment in Malta. As soon as she arrived there, she wrote a most kind letter to the Nadjeshda family, expressing her admiration and love to all what Nadjeshda accomplishes in Kyrgyzstan.





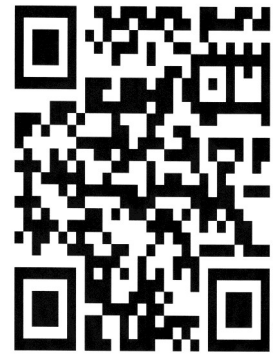
## A Mini Garden for Each Class



With a crumbling infrastructure the water supply to houses fields and garden has become severely disrupted. Kyrgyzstan is a dry country with very limited rain. Formerly well-watered and fertile land now lay bare and dry. This has become also the situation in the land surrounding Nadjeschda. A healthy nature and with growth of the plant live visible has a profound influence on the physical and emotional life of people and animals. One hopes to create a healthy environment. Due to the impulse willingness of the volunteer Juergen Arndt to change parts of the land, the decision could be made to create a piece of fertile land for each class at Nadjeschda. He and others created little land pieces easily to be watered allowing the children and teachers to garden with the resulting growth of a few flowers and vegetables on school grounds.



We are most grateful to Mr. Arndt and his initiative and look forward to spring to see the garden cells in bloom!



## ACCOUNT INFORMATION

### Donations in Kyrgyzstan:

Children's Rehabilitation Center  
"Umut-Nadjeschda"

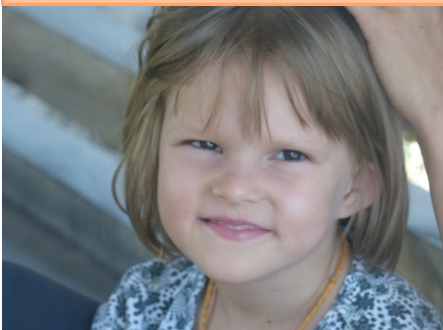
OJSC «Halyk Kyrgyzstan»,  
Bank account 1250200130016184(Som),  
1252200130016185(€), 1251200130016136(\$)  
BIC 125008 BIC 125001(for foreign currency)

### US Based Donations:

Nadjesda can receive donations by check  
and credit card through  
The RSF Foundation for Social Finance  
1002 O'Reilly Ave.  
San Francisco CA94129  
Attention Catherine Covington  
Tel. 415 561-6151, 415 561-3900  
Checks: Payable RSF Social Finance  
Memo: Nadjesda/Umut  
Credit Card: [www.rsfsocialfinance.org/  
services/giving/donate-now/-select](http://www.rsfsocialfinance.org/services/giving/donate-now/-select)  
Project: Freunde  
Description Field: Nadjesha

### In USA

Rudolf Steiner Foundation  
Social Finance  
Attn. Catherine Covington  
1002 O'Reilly Ave.  
San Francisco CA 94129  
Account Nadjeschda  
Direct: 415/561-6151 Main: 415/561-3900  
Fax: 415/561-3919  
[www.rsfsocialfinance.org](http://www.rsfsocialfinance.org)



## CONTACTS

### USA:

Heide Ratliff  
101 Bertrand Dr.  
Princeton N.J. 08540  
[ratliff.heide@gmail.com](mailto:ratliff.heide@gmail.com)



### Kyrgyzstan: Igor I.Schälike

Ul.Waldaiskaja 37,  
720047 Bishkek, Kyrgyzstan GUS  
Tel./Fax.: +996 312 49-19-55  
Fax/AB:+49(0)32 12 79 85 710  
Mobil: +996 705 79-85-71  
E-mail: [info@nadjeschda.org](mailto:info@nadjeschda.org)  
Internet: [www.nadjeschda.org](http://www.nadjeschda.org)