



Solutions

RESTORED HOPE
REMEDIAL SERVICES

Volume 1, Issue 2

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Coming next issue:

What is brain processing?

RESTORED HOPE REMEDIAL SERVICES is part of a 501(c)3 organization.. **Donations are tax deductible.** All donations post-marked no later than December 31, 2007 will be receipted as a donation received in 2007. You can help a child in need of the services we offer.! Please consider us in your end-of-year giving.

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Older Brains Act Younger

Scientific breakthrough enhances mental abilities

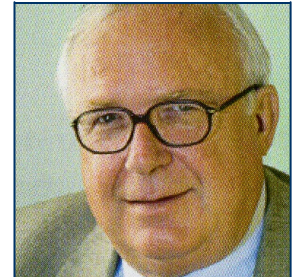
People 60 years or older can improve their memory by 10 years or more. That's the findings of a study published in the August 2006 issue of the *Proceedings of the National Academy of Sciences*.

Research. The randomized, controlled study looked at the effects of the Brain Fitness Program, a computer-based set of exercises. It was developed by Posit Science Corporation, a San Francisco company that promotes brain health. Researchers tested 182 people aged 60 to 87. They gave each participant a standardized, clinical cognitive assessment before and after the study. The experimental group worked on the brain exercises in their homes for about 8 weeks. One control group was given no special instruction while another control group watched educational DVD's.

Think Faster. Study results show that 93% of the participants working on the brain exercises had an increase in the rate of processing information, meaning they would likely think and act faster. The average participant was 71, but after the training was able to process information reliably at the speed of someone in his 20's. Follow up tests indicated that the improvements last beyond the training.

Improve Memory. The Brain Fitness Program is based on brain plasticity, the brain's ability to change through life if provided with the right kind of exercises. This means mental functions such as memory can be improved at any age. That's reassuring news for people like Maria Luisa Bravo. At age 71, her memory was going. "I would start reading and then I'd have to go back and read the same thing again. It was really very frustrating." But Bravo says that doing the Brain Fitness Program has made her feel young again. "I know my memory is better and this definitely gives me a lot of peace of mind. It gives me confidence." Like many people who've completed the program, Bravo reports an improved quality of life. She says she now remembers where she parked her car, she no longer forgets appointments and she recalls what she saw at the movies. "People should be excited about this. It's the beginning of a revolution," said Posit Science co-founder, Michael Merzenich, PhD. **"What could be more important to us than maintaining our independence by keeping our minds sharp?"**

Award Winner. Posit Science has received several grants from the National Institutes of Health and was selected as one of the "medical breakthroughs of the year" by CNBC. It was recently featured in a one-hour special on PBS stations throughout the country.



Dr. Michael Merzenich

Keck Center for Integrative Neuroscience,
University of California at San Francisco;
Posit Science co-founder

Brain Fitness is available to purchase through RESTORED HOPE REMEDIAL SERVICES. If you would like to try the program before buying it, a one-hour demonstration is available at our office for a \$10 fee. This fee would be deducted from the purchase price.



RESTORED HOPE offers all programs described in our *Solutions* newsletter.

Help for Attention Difficulties

Students who have been told all of their lives to "Pay Attention!" or "Focus!" can learn how it actually feels to do so.

What if you were visiting a foreign country, and you found yourself thrust into the middle of a boisterous game that you had never played before? Everyone around you is shouting advice, but their "help" does you little good because you don't understand the language. Imagine the confusion and frustration that you would experience!

Such a situation occurs with many children (and adults) with attention deficits. All of their lives they have been told to "Pay attention!" and "Focus!" , but they may be

listening to a language they don't really understand. Enter *Play Attention*--an interactive program built on technology used by NASA astronauts and U.S. Air Force pilots to stay alert in the cockpit.

This unique tool uses a helmet with built-in electrodes to monitor brainwave activity, targeting certain brainwaves that prevail during information processing and others that predominate during daydreaming. The student controls objects on the computer screen using only his focusing skills. When attention begins to wander or fidgeting occurs, the student loses control over the activities on the screen. Students who have been told all of their lives to "Pay Attention!" and "Focus!" learn how it actually feels to do so!

F.Y.I. Excessive TV Linked To Attention and Language Difficulties

A report in the September 2007 edition of *Pediatrics* suggests a very strong relationship between watching television for more than two hours a day early in life and attention problems later in adolescence.

The large, long-term study reported 40% more adolescent attention problems among both boys and girls who watched TV heavily in their early years. The author of the article cautions that this does not prove that over-viewing of TV causes attention problems; it is possible that children who have attention problems have personalities that gravitate toward watching TV. But, according to one of the researchers, results are striking enough that, "This latest study adds to the growing body of evidence that suggests parents should take steps to limit the amount of TV their children watch."

Another caution from that growing body of evidence comes from research reported in the April 7, 2003 edition of the journal *Science*. A study of laboratory animals showed that exposure to a moderate level of continuous background noise affected the development of their auditory processing systems. They did not

achieve benchmarks of auditory development until they were 3 to 4 times older than animals in the control group. Are young humans affected similarly? Many scientists think so.

Concerns about the implications of this and other research come from Dr. Michael Merzenich, a co-author of the study and one of the world's foremost neuroscience researchers. Dr. Merzenich, a co-developer of the cochlear implant, expressed his concerns in a 2007 presentation to Fast ForWord providers in San Diego. He stated his conviction that constant exposure to TV soundtracks and other sources of random noise during infancy causes the brain to "wire" or organize the auditory system in such a way that language development is impaired.

RESTORED HOPE REMEDIAL SERVICES offers:
Testing—Not Guesswork
Causes—Not Symptoms
Correction—Not Compensation



INTERACTIVE METRONOME—Help for ADD/ADHD

Steven* had attention and self-control issues, and his balance and coordination were so poor that, at the age of 11, he had never learned to ride a bike. After just a month of Interactive Metronome (IM) at *RESTORED HOPE REMEDIAL SERVICES*, he was able to ride a bike for the first time in his life, and after 2 months his medication for ADHD was reduced to just 25% of the original dose. His improvements seemed almost too good to be true, but they are not at all unusual for this remarkable program.

IM was developed in the early 1990's as a means to improve rhythmic abilities in musicians. However, it was soon realized that IM had a dramatic effect on many other areas, including attention and concentration, aggressive and impulsive behavior, balance and gait, endurance and coordination, and planning and sequencing. It has been used by occupational and physical therapists for sensory integration deficits, cerebral palsy, and stroke; by educators for nonverbal learning disorders, reading difficulties, and ADD/ADHD; and even to improve athletic performance for amateur and professional athletes.

How does the program work? The participant moves hands and feet to match a beat generated by a computer. The computer gives feedback, both through the eyes and the ears, about how accurate the participant's

responses are—to the hundred-thousandths of a second! This feedback enables the participant to refine his movements to get closer and closer to the beat, improving the brain's ability to time sensory information and to integrate brain activities.



“Attention, learning, and problem solving depend in part on the ability to plan and sequence actions and ideas. The Interactive Metronome helps individuals systematically exercise and often improve basic motor planning and sequencing capacity,” states Stanley Greenspan, MD, Clinical Professor of Psychiatry, Behavioral Sciences and Pediatrics at George Washington University Medical School, and IM's Scientific Advisory Board Chairman. Over the course of treatment, participants learn to focus and attend for longer periods of time, increase their physical endurance and stamina, filter out distractions, and regulate and improve both their behavior and their mental activities.

Success for Steven was learning to ride a bike and developing the ability to control his behaviors. Success awaits others who use this remarkable program. For more information on Interactive Metronome, call Ken Schmidt at 816-254-9785.

*Testimonial used with permission.

FROM OUR DIRECTOR'S DESK



Ken Schmidt

What has been happening at *RESTORED HOPE REMEDIAL SERVICES* since our last newsletter in March? Lots!! Let me catch you up.

I've traveled to San Diego, California, in March to attend the Fast ForWord Providers Conference hosted by Scientific Learning, Inc. There I learned about exciting new advances in brain science and their application to learning. I was also introduced to a new product addressing visual processing difficulties that is scheduled to be unveiled near the end of this year.

In April, I spoke at the St. Louis Home Educators Expo about auditory and visual processing and reading diffi-

culties. At our information booth, we had many opportunities to answer questions about our clinic.

In June, I attended a training session for Play Attention in Asheville, North Carolina, conducted by Unique Logic and Technologies, Inc. Play Attention is a valuable program for helping children with attention and behavioral difficulties. We are now offering Play Attention as part of our broad range of programs which address attention and behavior.

During the summer months we began a remodeling project to convert our office into a beautiful and more efficient workspace. We think you will like what we have done. Stop by to see us at your convenience and we'll give you a tour. Also, please refer us to anyone you know who might benefit from one or all of our services!

RESTORED HOPE REMEDIAL SERVICES

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Effective Solutions for Learning Difficulties



We're on the Web!

www.restored-hope.org

Mission Statement To use advances and insights from brain research to provide appropriate testing, accurate diagnosis, and effective intervention of learning difficulties; thereby removing the barriers that prevent children and adults from reaching and maintaining their created potential.

Solutions

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RESTORED HOPE Offers Solutions!

“Why can't my child read?”

“Why is my child failing in school and what can I do about it?”

“Why can't my child who has all the necessary attributes—good attitude, good effort, and good intelligence—learn how to spell, read, and succeed in the classroom, or work up to potential?”

Thousands of parents ask these questions. Their children have spent years in learning disabilities or reading disabilities classrooms but are still not catching up to other children of the same age.

Traditional ways of dealing with learning difficulties involve either teaching students to adapt (compensation) or changing the learning environment to make it less demanding (accommodation). Unfortunately, although these methods can help in the short term, neither approach actually corrects the disability. It is still there, lurking in the background, ready to interfere when circumstances change or help is not available. A new approach to learning disabilities is needed.

RESTORED HOPE REMEDIAL SERVICES exists to help students who are unable to make acceptable progress in the classroom, or who are not working up to their intellectual potential. We have developed a very successful strategy to make lifetime corrections of learning difficulties:

◆ **Testing**

Specific tests are administered to try to isolate the root causes of the difficulties. We use tests that examine how the brain processes, remembers, and applies what it sees and hears.

◆ **Diagnosis**

Based on the results of testing, a decision is made as to the most likely causes of the learning problems.

◆ **Remediation**

Specific brain-based programs are used to correct, rather than compensate for, the identified causes.

The result is genuine correction of learning disabilities. If your child is experiencing difficulty, please call us. We can help.