



Newspaper: **Manito Review**

Date: June 21, 1991

Author: Harold Herrman

Photographer:

Options Center Recently Holds Open House at New Location



Helen Cox, Director of Options in Health and Education, recently held an open house to introduce her new location at 4700 N. Prospect Road in Peoria Heights. She was previously located in East Peoria. At the new location there are seven rooms designed to provide a proper atmosphere for counseling, seminars, learning enhancement, and wellness programs.

Helen Cox, director, shows posters they are making for their new Summer Learning Options Program.

PEORIA HEIGHTS, IL - "People of all ages with learning difficulties need help in integrating the hemispheres of the brain," says Helen Cox, a Registered Nurse and graduate of Bradley University. Helen also has special training in Brain Gym® exercises.

In reading a sentence on the blackboard, one starts from the left side and proceeds to read across the board to the end of the sentence. "In so doing," Helen remarked, "there is a point where the right hemisphere of the brain must take over to complete the meaning of the sentence." Here is where Helen provides exercises to accomplish the crossover and keep both sides of the brain alert and in rhythm. Some of the exercises involve lifting the left leg and touching the right hand to the left knee as a basic step. Eventually more tasks are added involving the eyes to follow certain patterns, then the vocal,

Helen mentioned the brain needs 1200 repetitions to learn a new skill. The exercises use various muscles of the body to stimulate the brain through the nervous system. Each exercise stimulates a different part of the brain. Helen says what makes her learning

process so unique is that she uses exercises and various methods of stress reduction in a very relaxed atmosphere to develop the left and right hemispheres of the brain for communication, the top/bottom of the brain for organization, and the front/back portion for comprehension. For learning to occur easily and efficiently, all three parts of the brain must be integrated. This is called a basic repatterning process.

Helen volunteered to show several adults a few of the basic repatterning steps. It took repetitive exercises for those involved to perform the exercises and follow Helen without faltering. Everyone seemed to feel more at ease afterward. Their minds were: clearer and more receptive to learning. "Less crowded with other thoughts," was one participant's comment. Once the repatterning takes place, it is anchored in the brain and will remain with the person. This enables the person to learn with less difficulty and helps fulfill their learning potential.

Helen's newest addition to the services offered is a visual therapy program developed with Dr. Robert Schmidt, a behavioral and developmental optometrist.

Other staff members include teachers and counselor with special training to assist families and individuals. One program involving the whole family is a special AD/HD (Attention Deficit/Hyperactive Disorder) program to improve learning disabilities.

Helen feels that a setting which provides a background for creative thought in a relaxed atmosphere develops an individual to the fullest. She feels this is the trend of the future for better educating young Americans.

Summer Learning Options is a newly developed program designed for 7 to 12-year-olds to improve self esteem and develop a positive attitude in a creative and playful setting. The program begins July 29. For more information on this or any other program, call 309-685-7721.

