



Listen Up

In This Issue:

- Tiny Tots Talking Early Intervention Program: A Success!
- 2024 Board of Directors
- HSC Advocacy Day at the Capitol
- How to Host a Hearing Loss Friendly Dinner
- Cheers to 10 Years!
- 2023-2024 Grant Supporters
- Supporting Sound Beginnings
- Signs You Should Treat Your Hearing Loss
- 2024 Frankel Night: Cocktails & Casino Event Recap
- 2024 Birdies for Sound Beginnings Golf Scramble Recap
- 2025 Frankel Night: Cocktails & Casino Save the Date



Tiny Tots Talking Early Intervention Program: A Success!

In late 2022, with support from a grant from the Copia Foundation, The Hearing & Speech Center implemented a pilot program to support early language and literacy skills for our youngest students, “Tiny Tots Talking Intervention Program.” This program was developed by Shelby Rutledge, Auditory Verbal Therapist/Listening & Spoken Language Specialist, and was initially integrated into 7 of the 13 HSC Early Learning Center classrooms, developing a foundation for early literacy skills.

Today, the program is implemented by HSC Speech Therapist, Hope Lange. Hope primarily works with children ages 6 weeks to 2-years and provides activities that stimulate and increase auditory pathways of the brain for children with and without hearing loss to provide the foundation for literacy and school readiness skills.

The program uses singing, repetition of sounds and words, focusing on first 100 words for children 0-18 months and then the next 150-300 words for 18-36 months. Activities are sent home with parents/guardians for each sound so they can continue their child’s early literacy development at home. Ultimately, the earlier young children are exposed to and use oral vocabulary, the greater their literacy success. During the past year, 140 children in 8 classrooms have been served through this program.



Through assessments, we have been able to determine the success of this program through shared data by parents, teachers, and speech pathologists. The program continues to quickly evaluate and enroll our youngest students into speech therapy, as needed. In May 2024, there were 12 children from the initial pilot program group who graduated from our ELC, all scoring at average or above average on the Brigance Kindergarten Readiness Assessment.

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Advocacy Day at the Capitol

We had an amazing time in Frankfort at the State Capitol for Advocacy Day!

HSC Board Members and Staff visited with State Senators and State Representatives, sharing the HSC mission and thanking them for the support in the State budget! We have also hosted a few Senators and Representatives for tours at HSC, we are so thankful for their support!



How to Host Hearing-Loss-Friendly Dinner

You've finalized the menu and guest list, but have you figured out how to help yourself or loved ones with hearing loss have a fun and relaxing time?

Bringing comfort and joy to you and your guests is easier than you think—follow these tips for a delightful dinner that's also hearing-loss-friendly.

Make It a Multi-Room Event

By spreading out the get-together, you can create different noise zones. For example, designate a space for football fans to cheer on their team together or consider creating a playroom area for the kids to congregate. For guests with hearing loss, make sure quieter spaces are available for talking one-on-one and catching up in small groups.

Create a Seating Chart

Seat loved ones wearing hearing devices as far away from the kitchen as possible, where loud bangs and clangs can occur during meal prep and serving. Their location should also let them see everyone's faces to help with reading lips and following conversations, so place them at the end of the table. Dining at a round table? Every seat is a good one for people with hearing loss.

Design the Perfect Dining Experience

Clear sightlines, minimal background noise and ample lighting, allow guests with hearing loss to see and hear more, as well as use techniques like lip-reading. You'll also want to lower the music volume, switch off the TV and remove any visible obstructions from the table, like tall centerpieces or candles, before mealtime. And always turn on extra lights to make the season bright, as dim lighting makes it hard for your guests to follow and fully participate in family conversations.



Pay Extra Attention

Hosting can be time-consuming, but try to keep tabs on your guests with hearing loss. Take a moment to chat with them or encourage other family members to do so, preferably in a quiet place.

Do you have events coming up and think you may have hearing loss? Don't miss a moment—schedule an evaluation at The Hearing & Speech Center!

Cheers to 10 years!



Laura Thomas- Enrollment Director

Jill Reisz- ELC Assistant Director

Alyssa Barrett- ELC Teacher

Holly Polk- ELC Teacher

Celebrating 10 years of creating sound beginnings at The Hearing & Speech Center!

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WHAS Crusade for Children

Supporting Sound Beginnings

Since The Hearing & Speech Center (HSC) is a private nonprofit organization, we rely on the generous financial support of donors who support us in a variety of ways, to provide our high quality programs.

HSC is grateful to all our friends who donate to continue the mission for a “sound beginning.”

Support from individuals like you help us achieve our goals, and enables us to make a lasting community impact. In lieu of sending a check, please scan QR codes to donate to The Hearing & Speech Center to support sound beginnings across the commonwealth.



Signs you Should Treat your Hearing Loss

More than 48 million Americans have hearing loss, but only 20% seek help. If you are unsure if your hearing loss warrants treatment, we have outlined five key signs that it is time to get a hearing test to start the journey toward better hearing.

1. You Find It Difficult to Follow the Conversation

Those with hearing loss can usually get by with visual cues, such as lip reading and watching facial expressions. If you find you are having a hard time following conversations when all you have to rely on is your sense of hearing, this is a sign you may have hearing loss.

2. You Constantly Think Others Are Mumbling

High-frequency sounds, including consonant sounds, are usually the first to go. This leaves you with mostly vowels, which can sound like someone is mumbling. If you've been able to understand your loved ones before, this is a good indication that your hearing has gotten worse.

3. You Can't Hear in a Crowded Room

Carrying on a conversation in a crowded restaurant or bar can be challenging for anyone. Those with hearing loss have a hard time blocking out or ignoring unwanted noise. Being part of the conversation is hard when you are struggling to distinguish speech from background noise.

4. You Turn the Television Up too Loud

Following your favorite program can be difficult when important dialogue is mixed in with loud background noises and musical scores. While turning up the volume may seem like a good solution at the time, it is common for those with hearing loss to turn it up to an uncomfortably loud degree, hurting the ears of those they live with.

5. You Have a Hard Time Remembering

When you are struggling to hear what someone is saying, this can impact your short-term memory. A 2019 study found that almost 40% of adults with hearing loss over the age of 65 said they had memory loss, compared to only 5.2% of those without hearing loss.

If any of these signs sound familiar, now is the time to do something about your hearing loss. Contact The Hearing & Speech Center today to schedule an appointment for a hearing exam.





FRANKIE NIGHT

Cocktail and Casino Event

Thanks to your support, over \$170,000 was raised at the March 2024 event for Sound Beginnings!

Thank you to our Sponsors

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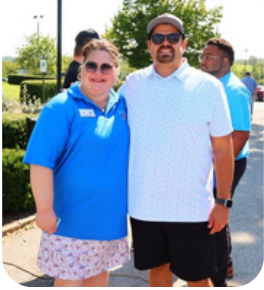
THE HEARING & SPEECH CENTER'S Birdies for Sound Beginnings

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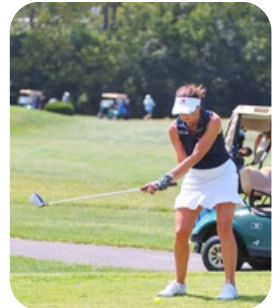
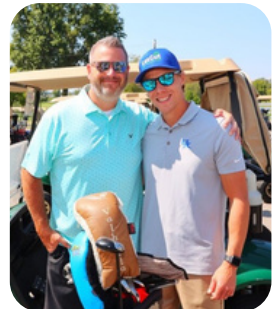
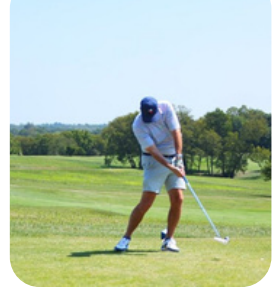
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Listen Up



FRANKIE NIGHT

Cocktail and Casino Event

Save the Date!

Friday, March 7, 2025 7:00 pm



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