



Listen Up

In This Issue:

- Planting Seeds of Kindness: Nurturing Social-Emotional Growth in Our Preschool Classrooms
- Updated Audiology Equipment thanks to King's Daughters & Sons Foundation
- Hope Lange, SLP-CCC
- Understanding Tongue, Lip, and Cheek ties and Feeding Therapy: Supporting Children's Healthy Development
- Frankel Night: Cocktails & Casino Event 2025
- Move It! How Exercise Keeps Your Hearing in Shape
- Tune in to 2025



Planting Seeds of Kindness: Nurturing Social-Emotional Growth in Our Preschool Classrooms

The Hearing & Speech Center's Early Learning Center (ELC) recently realized a need to enrich our preschool (3 year olds) classrooms with a dedicated social-emotional curriculum - a program designed to help young children develop crucial skills like understanding and managing their emotions, showing empathy, building positive relationships, and making responsible decisions. Our Pre-K (4 year olds) classrooms already utilize Second Step, a widely recognized and research-based program that equips young children with essential social-emotional skills through engaging lessons and activities. Recognizing the value of this approach, we sought a similar, developmentally appropriate resource tailored specifically for our younger learners.



The ELC soon discovered that KET (PBS Kids) offered a curriculum that weaves social-emotional learning into the familiar and beloved world of Daniel Tiger's Neighborhood. Daniel Tiger felt like the ideal companion for our preschoolers' growth. Taking the initial episodes as a foundation, our Classroom Support Specialist, Allie Little, has expanded upon them, crafting nearly a full school year's worth of these enriching plans. Each week, our preschool classrooms delve into a specific social-emotional theme, using Daniel Tiger's relatable scenarios as a springboard for exploration. Through carefully selected activities, engaging videos, and open discussions, our young learners are navigating complex emotions like disappointment, sadness, loneliness, anger, and even the joy of thankfulness.

At the ELC, we believe that fostering strong social-emotional skills is just as crucial as academic learning in preparing our preschoolers for future success. By providing them with the tools to understand and manage their emotions, build positive relationships, and navigate social situations with confidence, we are laying a strong foundation for their continued learning and growth. We are thrilled to see the positive impact this new curriculum is having on our youngest learners, planting seeds of kindness and emotional intelligence that will blossom for years to come.

Updated Audiology Equipment thanks to King's Daughters & Sons Foundation

HSC's Family Hearing Center was recently able to purchase a new Verifit machine thanks to a grant funded by King's Daughters & Sons Foundation! The Verifit machine checks and measures the sound coming out of a hearing aid to see if it's the right type and loudness for that person's specific hearing loss.

It analyzes the sound and compares it to what's needed, helping the doctor adjust the hearing aid so the person can hear as well as possible. Think of it like a quality control system for hearing aids, ensuring they are optimized and verified to meet the user's needs. Thank you King's Daughters & Sons for supporting Sound Beginnings!



Audiologist Dr. Kaci Wathen, training other HSC audiologists on our new equipment

Hope Lange, SLP-CCC

Recently, Hope Lange, an SLP at The Hearing & Speech Center, obtained her Certificate of Clinical Competence in Speech-Language Pathology. This is a significant achievement for speech language

pathologists as The Certificate of Clinical Competence (CCC-SLP) isn't just letters - it represents dedication, extensive training, and a commitment to excellence in speech-language pathology. Way to go Hope!



Understanding Tongue, Lip, and Cheek ties and Feeding Therapy: Supporting Children's Healthy Development

Tongue, Lip, and Cheek Ties:

When someone says there might be a tie (tongue, lip, and/or cheek), what do they mean? We all have these tissues in our mouths. However, some are restrictive to movement. From a medical perspective, ties are known as “tethered oral tissues.”

These restrictions can manifest in various ways, impacting eating, chewing, swallowing, and speech. If tethered oral tissues are suspected to be reducing the quality of life in one or more of the areas mentioned above, then a professional trained in ties will do an assessment to determine if there is an impact on oral function. If there is an impact, therapy will be initiated and a referral to consult with a release provider will be made as a next step.



Feeding Therapy:

Feeding therapy offers help to children facing swallowing disorders or significant food aversions, guiding them to accept and eat new foods. This therapy is relationship-based, focusing on reducing stress and anxiety around food, expanding dietary variety, and promoting safe biting, chewing, and swallowing.

A child may benefit from feeding therapy if they exhibit difficulties such as trouble chewing or swallowing, refusal of certain food textures, gagging, coughing, or negative mealtime behaviors.



Speech Language Pathologists play a crucial role in diagnosing feeding and swallowing disorders and recommending appropriate therapy based on individual needs.

We are pleased to announce that HSC is now offering feeding therapy with SLP Kelly Vella, who received specialized training in both feeding therapy and tethered oral tissues. This expertise enhances our ability to provide comprehensive care to children in need. Through the support of generous donors, we are able to send out SLP's to training to make a positive impact on their clients lives, fostering healthy eating habits, improving overall well-being, and enabling them to thrive.

FRANKIE NIGHT

Cocktails & Casino Event

Over \$230,000 Raised
for Sound Beginnings!



Our recent Frankel Night: Cocktails & Casino Event, presented by Davis H Elliot Company and the Elliot Family of Brands, proved to be a great success, bringing together supporters for an evening of celebrating sound beginnings! Attendees enjoyed an exciting array of casino gaming, bid enthusiastically on a diverse selection of items in the silent auction, and savored delicious food and drinks throughout the night. A highlight of the evening was the special Frankel Hall of Fame induction ceremony honoring Shelby Rutledge, a dedicated Speech-Language Pathologist with over 35 years of invaluable service. The funds raised through this memorable event will directly benefit The Hearing & Speech Center, making a tangible difference in the lives of those we serve.



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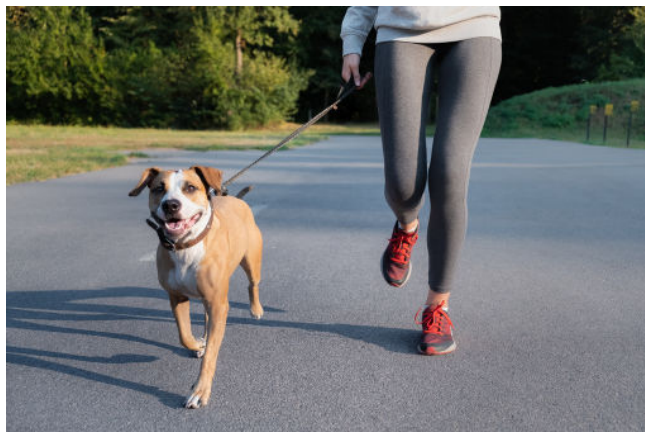
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Move It! How Exercise Keeps your Hearing in Shape

Need some extra motivation to stick with your exercise routine? **Research shows regular activity can help your auditory system stay strong, delaying age-related hearing loss.**

The best part? You don't have to be a gym rat to reap the benefits. Even moderate-intensity activities like brisk walking or cycling can help preserve your hearing health by increasing blood flow to the ears, keeping the inner ear functioning optimally.



The Research Doesn't Lie

Regularly breaking a sweat has its benefits. Studies reveal that people over 50 who are genetically disposed to hearing loss and complete 20-30 minutes of cardio five times a week have a better chance of keeping their hearing system healthy than people who don't exercise as frequently.¹

In addition, individuals over 50 who have moderate or high cardiovascular fitness levels maintain hearing sensitivity comparable to people in their 30s, keeping age-related hearing loss at bay.²

Adding Exercise to Your Day

Not getting the recommended 20-30 minutes of daily aerobic activity? No worries. It's easy to sneak exercise into your schedule.

- Engage in short bursts of activity—you need 20-30 minutes of total exercise daily, not all in one session, so break up those 30 minutes into two 15-minute chunks.
- Pick types of cardio you enjoy—if suffering through a step class is a slog, stop. Find activities you find fun and can commit to doing regularly.
- Team up with a workout buddy—having a friend or two to motivate and hold you accountable will keep you on track. Consider joining a hiking group, or ask your work pal to join you on a quick walk during lunch.

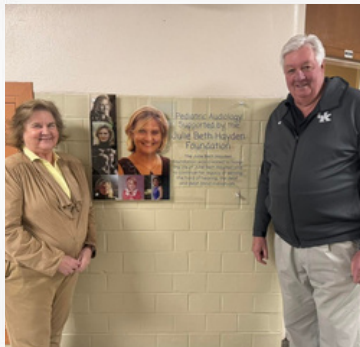


Stay Healthy, Happy and Hearing Well

If you are already experiencing signs of hearing loss, consider seeking help sooner rather than later. Untreated hearing loss can affect your overall well-being, putting you at risk for depression, cognitive decline and falls.

You deserve to live a life full of good health and happiness. Exercising regularly, getting hearing checkups and receiving hearing loss treatment if needed make it more likely that you can!

To schedule your hearing evaluation, call 859-268-4545 today.



Jim and Julie Andrews, The Julie Beth Hayden Foundation board members visited us



Early Learning Center Made Igloos



HSC Staff attended the 2025 Early Hearing Detection & Intervention Conference



Celebrated Read Across America Week by wearing our favorite character

Tune in to 2025



Hunted for Easter Eggs



Attended many community outreach opportunities



Outdoor play time!



Provided Hearing Healthcare for All Ages!



Had a pizza party thanks to Frankel Night silent auction



Held many Tiny Tots Talking sessions in the classroom



Enjoyed the Spring weather with picking flowers



Listen Up

Did you know?

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 foundations, corporations and individuals help us achieve our goals, and enables us to make a lasting community impact.

Click **HERE** or scan the QR code to support sound beginnings!



THE HEARING & SPEECH CENTER

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