



# LISTEN UP!

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## MAY IS BETTER HEARING & SPEECH MONTH



May is Better Hearing & Speech Month (BHSM), an annual occasion designed to raise awareness of hearing and speech healthcare. Originally created in 1927 by the American Speech-Language-Hearing Association (ASHA), in 1986 President Reagan issued a formal proclamation designating May as the official month to heighten public awareness about hearing loss and speech disorders. **The goal of BHSM is to encourage people to take action if they believe there might be a problem with their hearing or speech.**

It is also the perfect time to educate people on the prevalence of hearing loss. **One out of three adults 65 and older experiences some degree of hearing loss; by the age of 75 that number jumps to one out of two.** But as previously stated, hearing loss isn't just a condition that affects older people. Children and young adults are at risk for noise-induced hearing loss, especially as the popularity of iPods and personal music devices increases; persistent exposure to excessively loud music is on the rise thanks to earbuds and headphones and the tendency to crank up the volume. Other factors that contribute to hearing loss include ear infections, impacted earwax and ototoxic medications.

Hearing exams are the best way to detect hearing loss early, when there are more treatment options available. They enable an audiologist to identify problems before they worsen and recommend treatment to those who might otherwise suffer debilitating social and emotional effects of hearing loss including depression, isolation, memory loss and cognitive impairment.



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# BETTER HEARING & SPEECH MONTH CONTINUED

Hearing exams aren't just important for older adults. **Hearing is the cornerstone of a child's language and social skills; impairment can result in developmental delays.** Early detection can ensure a child develops at a normal rate alongside his or her peers. Parents can't always tell when a child is having trouble hearing, and newborn hearing screenings aren't 100 percent effective in detecting a hearing problem. Besides, the hearing loss might develop after birth.

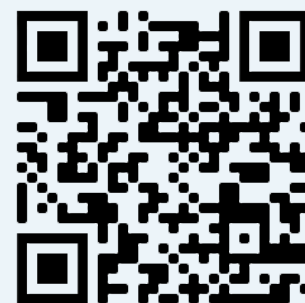


If you are noticing problems with your hearing or suspect a loved one may be suffering from hearing loss, heed the message of Better Hearing & Speech Month and contact The Family Hearing Center at The Hearing & Speech Center by calling 859-268-4545.

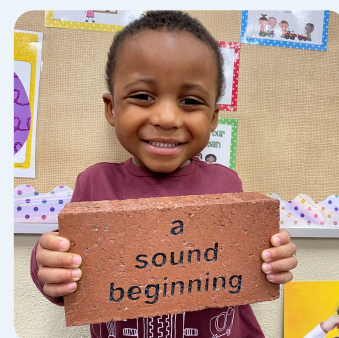
## THE SOUND BEGINNING GARDEN



Celebrate Better Hearing & Speech Month by leaving your legacy in The Sound Beginning Garden! The Sound Beginning Garden is surrounded by a unique sound wave pattern brick pathway that symbolizes the journey of every child and adult that is part of the HSC family, and our HSC slogan "A Sound Beginning." . The journey that creates a solid foundation for learning, communication, and quality of life. At HSC, our students, clients, families and neighbors enjoy the Sound Beginning Garden as a place to learn, reflect and honor loved ones. You are invited to leave your legacy or honor a loved one by becoming a donor in this special project. Purchase a brick, paver,



or tree before June 1st to be included in our next installation! Scan QR code to go to The Sound Beginning Garden Website.





# WE LOVE OUR VOLUNTEERS

Volunteers provide valuable assistance to our staff in fulfilling our mission at The Hearing & Speech Center; this dedication helps reduce the need for additional payroll and staffing. We so grateful for the volunteer support we receive, especially from UK Delta Zeta Sorority and Boy Scouts Troop 41.

The University of Kentucky Delta Zeta's have been a constant support of our mission for years. They volunteer at the Center weekly doing various tasks, volunteer at all HSC events, host events on campus to support our mission financially, and so much more!



The Boy Scouts Troop 41 in Lexington has been a huge help to us the last few years! From building playground structures and bathroom stools to landscaping, these boys work so hard to help HSC. We can't thank our volunteers enough for all they do for us and for sound beginnings!



## 2022 BOARD OF DIRECTORS

**Jason Taylor, Chair**

**Mary Beth Wright, Chair-Elect**

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**Anetha Sanford**

**Kim Thiel**



# Early Learning Center School Year Summary

Take a glimpse at some of the fun the Early Learning Center had during the 2021-2022 School Year!



**August**  
First Day of School



**September**  
Enjoyed Sunshine



**October**  
Trick-Or-Treating



**November**  
Thanksgiving Celebrations



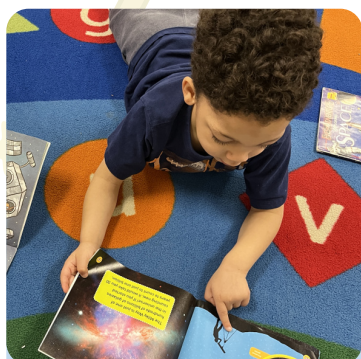
**December**  
Wore Holiday Shirts



**January**  
Pajama Day



**February**  
Valentines Day



**March**  
Read Across America



**April**  
Played with Friends

**May**  
The Early Learning Center will celebrate their 60th graduating class



# IT'S ALMOST SUMMER TIME- PROTECT YOUR HEARING!



It's almost summertime when the livin' is easy. But outdoor activities can lead to noise-induced hearing loss if you are not careful. **People of all ages should take extra precautions to protect their hearing during the summer months.**

When the weather is warm, our natural inclination is to go outside. Many popular summer activities can be hazardous to our ears due to high decibel levels. Prolonged exposure to the sounds of lawn mowers, power tools, motorized vehicles, sporting events, concerts and fireworks can all lead to

irreversible hearing damage. **Fortunately, there are steps you can take to keep your ears safe and prevent long-term damage.**

The following tips are recommended by the Better Hearing Institute, an organization devoted to educating the public about proper hearing health, and helping those with hearing loss benefit from proper treatment.

**Use earplugs.** When you are going to be exposed to loud sounds, wear earplugs to prevent damage to your hearing. Disposable earplugs made of foam or silicone are readily available and will allow you to hear music and conversations while blocking dangerously loud sounds. Custom ear protection crafted from earmolds will perfectly fit the unique contours of your ears, guaranteeing a snug, proper fit and dependable protection.

**Take measures to protect against swimmer's ear.** There's nothing more refreshing than a cool swim on a hot day, but when water enters the ear canals it can lead to a painful infection known as swimmer's ear. To protect against this, invest in a pair of swimmer's plugs. Dry your ears thoroughly after swimming, and make sure to tilt your head to the side to drain any residual water from your ear canals. Avoid swimming in water where bacterial counts are high (look for signs posted at the local beach).



To schedule an appointment to get custom ear protection, call The Family Hearing Center at The Hearing & Speech Center at 859-268-4545



# FRANKIE NIGHT

## COCKTAILS & CASINO EVENT

With your support, HSC raised over  
\$110,000 to support sound beginnings

Thank you to our Sponsors

Presenting:



**Equity**  
Management Group, Inc.

**TOPS**  
LEXINGTON



**HealthCare**  
KENTUCKY CHILDREN'S  
HOSPITAL

Besten-Dieruf, PLLC

BIM Group

Concrete Coring

Dean Builds

Dean Dorton IT

The Olson's

Fuel Medical

Happy Hour Liquor & Bar

Instant Signs

Joey's Carpet Care

& Microseal

LM Communications

Messer Construction

Northwestern Mutual

Nothing Bundt Cakes

Old National Bank

Randolph Scott Insurance  
Agency

Robert's Insurance and  
Investments

Setzer Properties

The Cannady's

Titos

Toyota Tsusho

Traditional Bank

Traud Electric

Wallace Hart Capitol  
Management

Warner Printing

WealthSouth

Webb, Hoskins, Brown &  
Thompson, P.S.C.

Wildcat Moving

**Thank you to all of our silent auction donors!**

Special Thanks to Andrea Walker, Ryan Worthen - That One  
Company, & The Roberts Family





# Thank You 2021 Grant Supporters

Caller Family Foundation  
Children's Charity of the Bluegrass  
Copia Foundation  
E.O Robinson Mountain Fund  
Francis Hollis Brain Foundation  
Good Samaritan Ministry  
Honorable Order of Kentucky Colonels  
Julie Beth Hayden Foundation  
Keeneland Foundation  
King's Daughters and Sons Foundation

Lexington Fayette Urban County Government  
Lexington Lions Club  
Marksbury Family Foundation  
Oberkotter Foundation  
Orphan's Society  
Psi Iota Xi Sorority- Theta Nu  
Rosenthal Family Foundation  
Rotary Club Foundation  
The Catherine Cropper Foundation  
WHAS Crusade for Children

## Supporter Spotlight The Julie Beth Hayden Foundation



The Julie Beth Hayden Foundation was created to honor the life of Julie Beth Hayden and to continue her legacy of serving the hard of hearing, the deaf, and deaf-blind individuals.

Julie Beth, a Rehabilitation Counselor for the Deaf (RCD) passed away on June 21, 2020. During the 25 years of her career, she served as a dedicated counselor, advocate, and role model for her clients. Born deaf from a rare congenital heart condition, Julie Beth exhibited a true passion in serving her caseload of students and adults. During the 25 years of her career, she served as a dedicated counselor, advocate and role model for her clients. Her guidance, encouragement, and a positive attitude all contributed to Julie Beth's character as she directly impacted the lives of many—from transition ages through adulthood.

The Julie Beth Hayden foundation supports HSC with low income pediatric audiology and scholarships for our youngest children in the ELC, ensuring sound beginnings for hundreds of children across the state.

## Save The Date



### May 10, 2022

Kentucky's 10th annual day of online giving brings charities and Kentuckians, near and far, together for a powerful day of action and philanthropy.



350 Henry Clay Blvd  
Lexington, KY 40502

# LISTEN UP!

## THE HEARING & SPEECH CENTER'S **Birdies for Sound Beginnings**

GOLF SCRAMBLE

Monday, September 26

The University Club of Kentucky  
(Big Blue Course)!



Scan with phone's camera  
for more information

