



Listen Up

In This Issue:

- October is Audiology Awareness Month
- Hearing Protection Tips for Fall
- HSC In the Community
- LFUCG Green Check Program
- Thank You Pitcock Family
- Early Learning Center: Back To School
- King's Daughters and Sons Foundation of KY
- Hone in Your Hearing with Audio Books
- Birdies for Sound Beginnings Thank You
- GoodGiving Challenge
- myWalgreens Donation Program
- End of year Planned Giving
- Frankel Night 2023 Save the Date

October is Audiology Awareness Month

Did you know that more than 48 million Americans have an identified hearing loss? While this diagnosis is often viewed as an inevitable part of aging, over half of all clients with hearing loss are otherwise healthy adults under the age of 65 and 15% of school-age children have some reported level of hearing loss.

Regular hearing tests are an invaluable tool in identifying hearing concerns early and taking steps to prevent further hearing damage before it is too late. Fortunately, nearly all types of hearing loss are treatable by an audiologist. The Hearing & Speech Center encourages you to schedule an appointment for a hearing evaluation with one of our five audiologists during the month of October, recognized nationwide as Audiology Awareness Month. The goal of this national month-long observance is to raise awareness of audiology and the importance of hearing protection in preventing hearing loss.

Hearing loss can be caused by a variety of factors including noise exposure, trauma, diseases of the inner and middle ear, ear infections, excess earwax and certain medications. It can happen so gradually, you may not be aware of a problem until it has reached an advanced stage. Signs and symptoms of hearing loss include difficulty understanding others when they speak (speech may appear to be muffled or garbled), asking speakers to frequently repeat what they have said, the inability to distinguish speech from distracting background sounds, turning up the volume to levels that others find too loud and tinnitus (ringing in the ears).

The Hearing & Speech Center audiologists are here to assist you in learning about measures you can take to improve your communication skills while developing a personalized hearing treatment plan that will provide you with strategies for effective communication. We want to reconnect you with your world and improve your quality of life! Call our Client Care Team at 859-268-4545 to schedule your hearing evaluation!

Meet our Audiologists:



Dr. Jeanette Miller



Jinger Pruden



Dr. Julia Amann



Dr. Bailee Clausen



Dr. Kendall Ramsay

Hearing Protection Tips for Fall

As the leaves begin to change, we encourage you to consider changing your hearing health care habits, too. Several autumn activities can cause noise-induced hearing loss without proper hearing protection, but you may not even be aware of the risks.

People of all ages should take extra precautions to protect their ears from damage during fun fall activities.



Prolonged exposure to the sounds of leaf blowers, power tools, motorized vehicles, sporting events and concerts can all lead to irreversible hearing damage. Fortunately, you can take steps to keep your ears safe and prevent permanent hearing loss.

Leave the leaf blowing to the professionals

Leaf blowers become a necessity once fall is in full swing, but they represent an extreme noise hazard. The sound produced by some leaf blowers at close range can cause permanent hearing damage in fewer than 15 minutes. If you aren't willing to hire a professional landscaper to do the work, consider replacing older models of leaf blowers with newer models that offer reduced decibel output. Even the quietest leaf blowers available will gradually damage your ears, so always wear quality or custom earplugs during yard work.

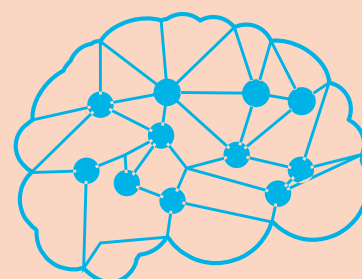


Talk to your audiologist about hearing protection

Your audiologist can help you find a solution for protecting your hearing that fits your lifestyle. Options for protecting your hearing without compromising your performance are available for a wide range of activities. From specialty musician's plugs that let you hear the notes risk-free to hunter's plugs that enhance ambient noise while protecting your hearing from gunshots and explosions, a solution exists for all activities and lifestyles.

Cognitive Screenings with Cognivue

Hearing impairment is a greater risk factor for cognitive decline and dementia than other individual mid-life risks. The slow onset of hearing loss can have a significant impact on several key brain functions, including the memory, hearing, speech and language portions of cognition. A Cognivue screening at The Hearing & Speech Center takes no more than 15 minutes and is a great place to start when it comes to taking care of your hearing healthcare.



HSC in the Community

The audiologists at The Family Hearing Center at The Hearing & Speech Center are dedicated to providing community education, specifically on the importance of hearing healthcare!

Our team can set up an exhibit or provide a speaker for presentations at schools, community centers, senior living centers, workplaces, places of worship and anywhere people are gathering to learn more about community resources and healthy living. **We love meeting people in our community!** If you or your group, are interested in one of our audiologists coming to you as an exhibitor or presenter, please call us at 859-268-4545 or e-mail Brooke Traud at brooke.traud@hscky.org.



Green Check Program



The Hearing & Speech Center is proud to be part of the Lexington-Fayette Urban County Government Green Check Program! This program recognizes businesses committed to increased sustainability within their facilities. Our staff has enjoyed finding ways to participate and to help HSC become more conscientious of our environmental footprint. Recently, **HSC was honored as a “Bronze” level member.**

Thank you Pitcock Family

At this year's Birdies for Sound Beginnings Golf Scramble, Paula Pitcock (mom) shared a bit about their journey at HS. Marcey interviewed both girls and they thanked the golfers. The Pitcocks found HSC when their first born, Madilyn, was born with profound hearing loss. Now, 7 years later, Madilyn is doing so well that after she graduated from the ELC, she skipped 1st grade all together and went straight to 2nd grade!! Piper, their younger daughter was also born with profound hearing loss and attends our ELC. We are confident Piper will do amazing things when she graduates from the ELC, too. When we asked them about their favorite sounds, Madilyn loves a bird song and Piper loves a unicorn song.



Jacob, Paula, Madilyn, and Piper...Thank you for sharing your story. We are so happy you are a part of the HSC family!

Supporter Spotlight: The King's Daughters & Sons Foundation of Kentucky

The King's Daughters and Sons Foundation of Kentucky, Inc. grant has enabled the HSC to purchase a Interacoustics Affinity Compact module, which tests for Real-Ear measurements during hearing aid fitting and continued programming. Real-Ear measurement is a verification tool that facilitates a perfect and professional fitting according to the individual client's ear canal response and pathology. **In short, this type of tool gives the audiologist a true account of what the hearing aid is doing for each client.**



The use of this equipment for clients of all ages will provide better counseling for educating clients and family members – resulting in clearer expectations for rehabilitation, better counseling, and better hearing outcomes. Since our Family Hearing Center's goal is to provide high quality hearing healthcare to children and adults across the state, it is crucial that our program has the equipment described above to create a gold standard of care for all HSC clients.

We are thankful to The King's Daughters and Sons Foundation of Kentucky and all the other foundations/corporations that provide grant funding to our HSC programs and services.

Early Learning Center Back to School

Our Early Learning Center has had quite the school year so far! In August they celebrated the first day of school. In September they held their annual Scholastic Book Fair, which had record breaking book sales which means free books for the ELC! During the book fair they even had Hank the Horse out to visit! Hank the Horse™ empowers and encourages children of all ages to achieve literacy excellence. In October, ELC staff had their biannual training day, this time it was "Friends" themed complete with a scavenger hunt around the building. **We can't wait to see what the rest of the year brings!**



Hone in your Hearing with Audio Books

October is National Book Month and the perfect time to start a new chapter in your hearing health story. **Audiobooks can change the whole narrative for the better, as listening to your favorite titles is a fun way to help sharpen your hearing skills.**

Audiobooks exercise the parts of your brain that interpret sound, giving them a mental workout and making them stronger. Over time, your hearing comprehension levels will increase, both while you're listening to audiobooks and in your daily life. Sounds like a happy ending to us!

Getting Started Is Easy:

The first step is to select an audiobook you know you'll enjoy. For some people, that means listening to a book they've already read and loved. Your local library may even have audiobooks you can download for free.

Since lower pitches are easier to hear, you'll want to choose an audiobook narrated by a male voice. However, as you build your hearing expertise, you eventually can switch to listening to narrators with higher-pitched voices—or even accents.

Experiment with playing your audiobook at a slower speed at first to help with comprehension, then work your way up to a normal speed. You can also rewind and relisten as needed. Taking notes is another trick you can use to make your brain pay close attention to the plot. If you're more of a multitasker, try listening to audiobooks while you're doing chores at home. Above all, remember to go at your own pace—and pat yourself on the back for all your hard work!

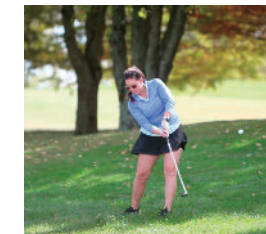
Stream the Story Straight to Your Hearing Aids

If you wear hearing aids with Bluetooth® technology, you can stream audiobooks directly from devices like your smartphone and eliminate the need for headphones.



Don't have hearing aids with Bluetooth capability? Contact The Family Hearing Center at HSC at 859.268.4545 to discuss whether hearing aids with this state-of-the-art technology are right for you.

THE HEARING & SPEECH CENTER'S Birdies for Sound Beginnings GOLF SCRAMBLE



Thank you to our Sponsors!

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**Julie Beth
Hayden
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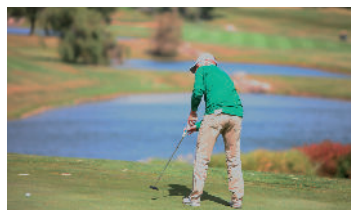
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Special Thanks

University Club of Kentucky The Pitcock Family
Kentucky State Parks e2 Design TOPS in Lexington

Over \$30,000 Raised for Sound Beginnings!



BGCF GoodGiving Challenge

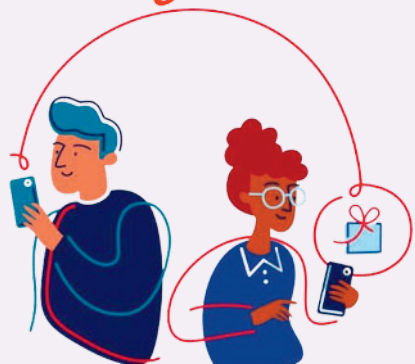
This year, from November 29 - December 2, The Hearing & Speech Center is participating in Blue Grass Community Foundation's 12th annual GoodGiving Challenge, an online giving extravaganza for nonprofits in the Bluegrass Region. We invite you to join the movement and help us support Sound Beginnings across the State.



MyWalgreens Donation Program

The Hearing & Speech Center is participating in the myWalgreens donation program! You can donate your myWalgreens cash rewards to The Hearing & Speech Center thru 11/30/22.

Walgreens



At Walgreens, you'll earn unlimited 1% Walgreens Cash rewards when you shop and you can choose how much to donate. It's that easy. Whether you'd like to contribute \$1, \$5, or more of your Walgreens Cash rewards you'll be making a big difference. It really adds up!

Anyone who shops at Walgreens can download the app, sign up for a myWalgreens account and click "give back by donating your rewards" on the homescreen. As long as your location is set to any zip code around us, we'll be one the charities you can select to contribute your rewards to.

End of Year Planned Giving

The Hearing & Speech Center has provided sound beginnings to children and adults since 1960. It is through the generous support from the community that we continue to serve 1,600 families in nearly 70 Kentucky counties. **As we approach the end of 2022, please consider the HSC in your charitable contributions.** Gifts may be made in the form of:

- Stock Gifts
- Bequests
- Charitable lead trusts
- Charitable reminder trusts
- Beneficiary designations
- In-kind giving
- Property
- Company matches



If you have any questions, please contact Sharon Michael, Director of Development & Communications: sharon.michael@hsky.org or 859-268-4545.



THE HEARING & SPEECH CENTER

350 Henry Clay Blvd
Lexington, KY 40502

Listen Up

The Hearing & Speech Center's
FRANKIE NIGHT
COCKTAILS & CASINO EVENT
Save the Date! March 3, 2023



Scan the QR code to
visit the event website!



New Location: Longship Club at Kroger Field!

