



Listen Up

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Hearing Health Care is Routine Health Care

Most people are accustomed to making regular checkups a routine part of their medical care. Annual physicals, dental exams and vision tests are all commonplace. **However, fewer individuals pay as much attention to their hearing.** It's not that they intentionally neglect their hearing; many are simply unaware of how often they should get their hearing tested, and the number of physicians recommending routine hearing evaluations is small.

How often you get your hearing tested depends on your age. Newborn hearing screenings are essential, of course, and regular checkups throughout childhood are commonplace. But few adults give their hearing much thought unless they are experiencing a noticeable loss in hearing ability. By then, their options for treatment may be more limited. **The American Speech-Language-Hearing Association's (ASHA) guidelines state that healthy adults aged 18-40 who are not experiencing any noticeable hearing loss should have their hearing tested every three to five years.** More frequent hearing tests are recommended for any of the following individuals:

People over the age of 40. As we age, cumulative damage to the hair cells in the inner ear becomes more prevalent, affecting the ability to understand high frequencies. Annual hearing tests are recommended for all adults beginning at the age of 40, regardless of whether or not they are experiencing symptoms.

Continued on next page...

The following checkup schedule can be used as a handy point of reference.

Every 6 Months



- Dental Checkup

Once a Year



- Hearing Exam
- Eye Exam
- Full Physical
- Flu Shot

Every 3-5 Years



- Diabetes Screening
- Skin Cancer Screening
- Thyroid Test
- Cholesterol Screening



Hearing Health Care is Routine Health Care Continued

People who are exposed to loud noises. Noise-induced hearing loss affects individuals of all ages. Those who are frequently exposed to loud noises have a higher risk of suffering permanent damage to their hearing. People who work in noisy environments or regularly participate in noisy activities should have their hearing checked once a year.

People with hearing loss. Even if you have been diagnosed with hearing loss and wear hearing aids, it's more important than ever to have your hearing tested on a regular basis. Because hearing continues to change over time, it's important that your treatment is as up-do-date as possible to ensure you are receiving the maximum benefit. These patients should have their hearing tested at least once a year. **If you think you need your hearing tested please call our Client Care Team at 859.268.4545**

Advocacy Day at the Capitol

We had an amazing time in Frankfort at the State Capitol for Advocacy Day! HSC Board Members, Clients and Staff visited with State Senators and State Representatives, sharing the HSC mission and thanking them for the support in the State budget!



2023 Board of Directors

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Megan Brown

Listening Spoken Language Specialist

After five years of specialized training, mentoring and lots of studying, **HSC SLP, Megan Brown, passed the Listening Spoken Language Specialist Auditory Verbal Therapy (AVT) Examination!** There are fewer than 10 AVT speech therapist in the Commonwealth of Kentucky..we are lucky enough to have two of them! HSC appreciates Megan's commitment to serving infants and children with hearing loss and their families, supporting their desire to pursue listening and spoken language.



ELC Ky All Stars Quality Rating

The Early Learning Center participates in the KY ALL Stars Quality Rating Program and recently had a complete review of all programming and quality that happens in the ELC . **Because of program changes and COVID, we had not had an official visit since 2015.** During this time, the standard on how centers are rated changed. We have spent the last year learning the new standards and putting those into practice as well as maintaining our high standards we want for our children and families.



This program is so much more than the annual licensing inspection. The ALL Stars Program looks at the quality provided throughout the center through evaluation of the practices of the center and conducting rating visits where a rating scale is used in every area of the classroom. **Our random classrooms chosen ROCKED the new scales and received some of the highest rating scores possible.** We are proud of the staff and their continued commitment to *sound beginnings* of all our children.

University of Kentucky Music Therapy



For the last 2 semesters, the Early Learning Center has partnered with UK's Music Therapy program as a training site for current students. Each week, 4 classrooms receive time with a Board Certified Music Therapist and a current student. The children and staff enjoy the time together singing and exploring new instruments. **Music therapy is a proven support of children with communication delays and overall social/emotional development.**

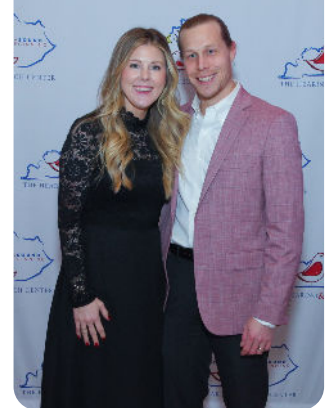
FRANKEL NIGHT

Cocktail and Casino Event



Thanks to your support, HSC raised over \$135,000 for Sound Beginnings! Highlights of the evening included the induction of the Julie Beth Hayden Foundation into the Frankel Hall of Fame with Jim & Julie Andrews. Our Fund the Mission family featured Kayden Pratt and his parents, Tanya & Erick Thompson telling their story of the impact HSC has and continues to have in their lives.

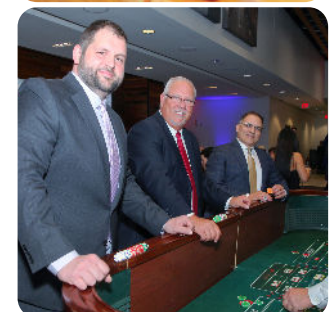
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Ward Hocker & Thornton, PLLC
Wildcat Moving

Special Thanks to Andrea Walker, Ryan Worthen- That One Company, The Thompson Family, & The Julie Beth Hayden Foundation





Bet On Sound Beginnings

A Thurby Day
Luncheon Supporting

Featuring Tom Leach



MAY 4, 2023 • 12:00-1:30 PM • SIGNATURE CLUB OF LANSDOWNE

In the spirit of the Kentucky Derby 2023, Tom Leach, “the Voice of the Kentucky Wildcats” will share and breakdown the 149th Kentucky Derby field and share his top picks for the greatest two minutes in sports!

The Hearing & Speech Center Thurby Day Luncheon will celebrate our mission and providing sound beginnings to families across the Commonwealth since 1960. In 2022 HSC served 2,000 families from over 65 counties through early childhood education, early intervention, hearing healthcare and speech/language therapy services.



To become a sponsor or purchase tickets, please scan the QR code with your phone's camera or visit <http://bidpal.net/beton>.

For more information contact:
Sharon Michael sharon.michael@hscky.org
859.268.4545
www.hscky.org

THE HEARING & SPEECH CENTER'S Birdies for Sound Beginnings

GOLF SCRAMBLE

Monday, September 25

The University Club of Kentucky

SAVE THE DATE!



Scan with phone's camera
for more information





Explore your Surroundings with Communication

by SLP Jessica Bosley

After an unpredictable and long winter, spring is finally here! A **new season gives us ample opportunities to explore our surroundings with communication.** In the morning start by discussing the day's weather- *is it wet, cold, dreary, hot, windy? How does it feel? What does it look like? What sounds do you hear?* As you are getting your child dressed, relate the clothing back to the weather. Categories help us determine what clothes are associated with certain weather conditions.



Music makes addressing language fun and engaging, and science tells us that music has a positive effect on the development of a child's brain. There are many songs about the weather. *What's the Weather Like Today? It's Raining It's Pouring, I Can Sing a Rainbow, Rain, Rain Go Away, Itsy Bitsy Spider, If All The Raindrops, Mr. Sun, It's a Beautiful Day, You Are My Sunshine, Weather Song for Children.* These songs are versatile and accessible, and many have gestures or movements that will help your child work on following directions as well.

Have Five-Minutes?

Take Our Quick Online Hearing Quiz!

5 Find out if you're experiencing the symptoms of hearing loss in under **FIVE** minutes.



SCAN HERE OR VISIT
hscky.org/online-hearing-test



Celebrating — 20 YEARS — At HSC



Ms. Kim Smart
Education Director



Ms. Jo Ellen Rule
Preschool Teacher
Masters in Deaf Oral Education

Thank you 2022 Grant Supporters

Bluegrass Charity Foundation

Children's Charity Foundation

Copia Foundation

Dollar General Literacy Foundation

E.O Robinson Mountain Fund

Good Samaritan Ministries

Honorable Order of Kentucky Colonels

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Psi Iota Xi Sorority- National

The Catherine Cropper Foundation

The Rotary Club of Lexington

WHAS Crusade for Children

Tiny Tots Talking Intervention Program

In late 2022, thanks to a grant from Copia Foundation, The Hearing & Speech Center implemented a pilot program, “Tiny Tots Talking Intervention Program”. This program, led by Shelby Rutledge HSC’s Speech/Language Therapy Program Director, primarily works with children ages 0 to 2 years, developing a foundation for early literacy skills. Every week, Ms. Shelby dedicates time in seven classrooms (infant, toddler and early preschool) providing 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.



Shelby uses lots of 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. **Ultimately, the earlier young children are exposed to and use oral vocabulary, the greater their literacy success.** By the time a child reaches kindergarten, this can mean the difference between being on track to succeed or falling behind academically. Language provides the foundation for the development of literacy skills.





350 Henry Clay Blvd
Lexington, KY 40502

Listen Up

Leave 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 to leave your legacy or honor a loved one by becoming a donor in this special project. Scan QR code to go to The Sound Beginning Garden website to purchase a brick or paver.

