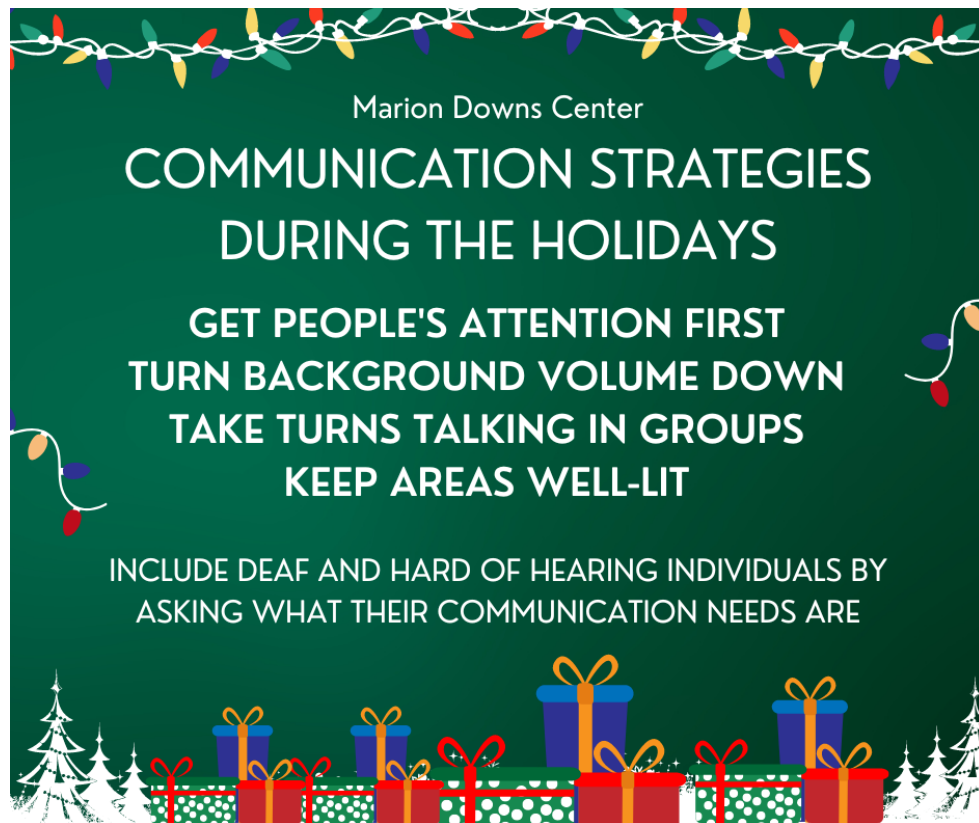


## SOUND OFF - DECEMBER 2022

### TIPS FOR THE HOLIDAYS

#### COMMUNICATION STRATEGIES



The Marion Downs Center has communication strategies to incorporate into holiday gatherings.

- Get people's attention first before talking
- Turn the TV or music volume down
- Take turns talking in group settings
- Ensure good visibility by keeping areas well-lit

#### NOISE EXPOSURE: MUSIC & TOYS



Protect your hearing or your children's hearing when it comes to music and loud toys.

- Play music at 85 dB or lower to protect your ears
- Use hearing protection when attending loud events such as music concerts or sporting events
- Keep the volume of ear buds and head phones at reasonable levels to prevent hearing damage
- Put masking tape on speakers of loud toys to reduce the sound levels

You can download the NIOSH app for free to measure noise levels on your mobile phone.

[Download at the Apple Store](#)  
[Download at the Google Store](#)

## 2022 ANNUAL MARION DOWNS HOLIDAY PARTY



Thank you to everyone who came out to our annual Marion Downs Holiday Party!

We'd like to give a big Thank You to Colorado Hands & Voices, Colorado School for the Deaf and the Blind, SLHS at CU, and especially CueSign Santa!



## MAKE A DIFFERENCE WITH A YEAR-END GIFT



It's never too late to make a difference with a year-end gift to the Marion Downs Center!

Your contribution allows us to support the needs of children, teenagers and adults who are deaf or hard of hearing or who have communication challenges, as well as their families.

At the Marion Downs Center, we value comprehensive service, individual attention, family

engagement, evidence-based solutions and a wellness approach to hearing and communication challenges.

Please help us make a positive impact on people's lives with a donation. We are so grateful for your generous support!

[DONATE TODAY](#)

## Support Marion Downs Center



### DONATE YOUR USED HEARING DEVICES

Donate your used hearing aids, cochlear implants or assistive listening devices to someone in need through the Marion Downs Center's financial assistance program.

### Submit A Review Online!



We continue to expand our visibility in the community in different ways. One way you can help is by submitting a review of our business on Google, Yelp, or Facebook.

[Submit a Google Review](#)

[Submit a Yelp Review](#)

[Submit a Facebook Review](#)

### Shop at [www.smile.amazon.com](http://www.smile.amazon.com) and Support Marion Downs Center!

Did you know that you can support the Marion Downs Center by using AmazonSmile? It is a simple and automatic way for you to contribute every time you shop at no cost to you.



Go to [smile.amazon.com](http://smile.amazon.com) (instead of [Amazon.com](http://Amazon.com)), select the Marion Downs Center as your charitable organization, and the AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.

Please consider giving your Amazon purchases the power to be a win for both you and the Marion Downs Center. Thank you for your contribution!

### Donate online through our website

You can make a secure donation directly through our website! Donors can choose whether to make a one-time or recurring donation.

[MAKE A DONATION](#)



