

SOUND OFF - MAY 2024

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newsletter:**

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- May is Speech-Language-Hearing Month
- Welcome Stephen and Courtney to the MDC Team
- June 24 - Living Well With Hearing Loss Class

Goberis DHH Track and Field Day A Success!



After a five years hiatus due to the COVID-19 pandemic, over four hundred deaf and hard of hearing (DHH) students from across the Denver Metro area and as far as Canon City came together to celebrate what is now known as Goberis DHH Track and Field Day (in honor of teacher extraordinaire Dianne Goberis).

Thank you to our committee members Amy Pomante, Jerilyn Hutchins, and Brittany Barney for helping us make this event a success!

The positive comments from students and teachers reminded us how important this event is for bringing our community together. Parents who attended DHH Track and Field Day as students are now attending with their children.

We are committed to continuing this annual community tradition and are accepting donations to support future Goberis DHH Track and Field Day events.

If you are interested in volunteering next year, sign up for updates via the link below.



A DHH student plays under the giant parachute, a student favorite!

[2024 GOBERIS DHH TRACK AND FIELD DAY PHOTOS](#)

[DONATE TO SUPPORT FUTURE EVENTS](#)

[SIGN UP FOR DHHTFD UPDATES](#)



Dr. Jordan Belanger reads a book to DHH students at the Literacy station.

May is Speech-Language-Hearing Month

May is Speech-Language-Hearing Month and the Marion Downs Center is dedicated to

raising awareness about the importance of communication and supporting individuals with speech, language, or hearing challenges.

TECH GUIDELINES FOR BABIES TO TODDLERS

**MAY IS
SPEECH-LANGUAGE-HEARING
MONTH**

TECH GUIDELINES FOR BABIES TO TODDLERS

- UNDER 18 MONTHS: NO SCREEN TIME (VIDEO CALLS W/ LOVED ONES IS OK)
- 18-24 MONTHS: A SMALL AMOUNT, AT MOST, OF HIGH QUALITY PROGRAMMING
- 2-5 YEARS : 1 HOUR PER DAY MAX PER DAY "CO-VIEW" (WATCH TOGETHER)

INTENTIONAL COMMUNICATION HELPS YOUNG CHILDREN THRIVE!


WWW.MARIONDOWNS.ORG

The Marion Downs Center cannot emphasize enough the importance of direct connections with young children to facilitate language development.

The brains of babies to toddlers grow very quickly. Intentional communication helps grow bonds, boost vocabulary and language, prepare them for social situations, and build the foundation for literacy.

Today's generation of children are exposed to screens more than ever. Human beings can respond to intentional communication from young children whereas tech devices cannot respond appropriately.

The American Academy of Pediatrics has tech guidelines for how much screen time babies to toddlers should receive.

- Under 18 months: No screen time (Video calls w/ loved ones is ok)
- 18-24 months: A small amount, at most, of high quality programming
- 2-5 Years : 1 hour per day MAX PER DAY "co-view" (watch together)

To learn more about how to help your young child thrive, visit www.IdentifyTheSigns.org .

PEDIATRIC COMMUNICATION MILESTONES



ASHA developed a pediatric communication milestones quiz to help parents understand what expectations they should have for typical language development. Learn more about pediatric communication milestones here:

<https://www.asha.org/public/developmental-milestones/communication-milestones-quiz/>

STIGMAS AROUND COMMUNICATION CHALLENGES



According to ASHA, 65% of people over 18 years old with hearing, speech, and/or language difficulties say that they encounter stigmas.

Here are some tips for communicating with people who have hearing challenges.

- Speak clearly and in your regular tone of voice.
- Don't shout. Shouting just makes it harder for the person with hearing loss to understand you.
- Talk in quieter places. Eliminate background noise, such as sounds from the TV.
- Say the phrase or message in a different way if it appears that a person is having difficulty understanding you.
- Intentionally build “breaks” into your conversation. People with hearing loss expend extra effort listening, which can cause fatigue.
- Turn on captioning when watching TV or talking over video platforms such as Zoom.
- Be patient. Understand that the person with hearing loss may be frustrated with any communication breakdowns. Communication is a two-way street, so do your part to ensure a successful interaction.

More tips can be found at <https://www.asha.org/about/press-room/articles/tips-for-communicating-with-someone-who-has-hearing-loss/>

WELCOME STEPHEN AND CORTNEY TO THE MDC TEAM!

Join us in welcoming Stephen Dulany and Cortney Pfeaster to the Marion Downs Center team.



Our new hearing conservation technician, Stephen hails from Glendale Heights, Illinois and moved to Aurora three years ago. He has a Bachelor's Degree in Kinesiology and a Minor in Health Education. Stephen is passionate about health in every aspect of our lives. In his free time, Stephen live to hike, climb, camp, and spend time outdoors. He also enjoys taking landscape photography while hiking.



Cortney is a Master's of Public Health student studying Community and Behavioral Health at the CU Anschutz Medical Campus. Her background is in disability studies and program planning with an emphasis on health inequity. Cortney is hoping to learn more about health systems and clinical operations in her new role as Patient Care Coordinator. She will also be helping to coordinate the Marion's Way Preschool this summer. Cortney likes to make jewelry, read, and crochet. She also grew up on a farm and loves anything to do with animals and the outdoors!

LIVING WELL WITH HEARING LOSS CLASS
MONDAY JUNE 24, 2024 | 4:00 to 5:30 PM



We will be holding our next Living Well with Hearing Loss class on June 24 from 4 to 5:30 PM at the Marion Downs Center. This class is free for MDC patients and their friends and/or family.

Learn about communication strategies, environmental modifications, self advocacy, technology and more!

Participants will have the opportunity to ask questions on topics related to hearing loss.

To sign up for the class, email appointments@mariondowns.org or call 303-322-1871.

[EMAIL TO REGISTER](#)

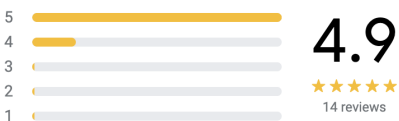
Support Marion Downs Center



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!



[Write a review](#)

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](#)

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

Marion Downs Center | www.mariondowns.org | contact@mariondowns.org



Marion Downs Center | 4280 Hale Pkwy, Denver, CO 80220

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