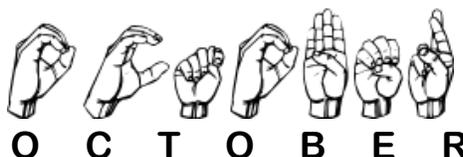


Tidbits

NDSD Resource Center

October 13, 2020 Volume 3-Issue 3



Connie's Celebrations

The North Dakota School for the Deaf/Resource Center has been blessed with **abundance** this fall. We have had community members share their **abundance** of fruits and vegetables. I want to thank the gracious individuals who have brought cucumbers and summer squash from their gardens. We also received apples and pumpkins in various shapes and colors for the students to enjoy. They are currently decorating our hallways with red, orange and yellow colors. We are grateful to the community that shares their **abundance** with us.

We have a variety of funds to which individuals may donate, including the North Dakota Friends of the Deaf Foundation. Students at NDSD, who have specific needs, have tapped into some of these funds over the years. We are grateful for the recent donation from the family of Mardella (Keller) Gegelman, a former NDSD student, and all those who send in memorials or donations that allow us to provide the best possible services to North Dakotans who are deaf or hard of hearing.

The staff at NDSD have demonstrated an **abundance** of patience, concern, creativity, and perseverance as they negotiate the world of providing services to deaf and hard of hearing while keeping the safety and health of the clients and staff a priority. They continue to amaze me as they collaborate with other professionals to research the most current methods of deaf education for all ages. The school is approaching the end of the first nine weeks and students are making measurable growth in their academic and social skills. The Parent Infant Program continues to find new ways to engage parents and children. The Adult Outreach Program has been invited to conduct presentations for various groups in the legal profession such as legal assistants, lawyers and judges.

Inside this Issue:

- Connie's Celebrations
- Education
- Dorm Life
- Tech Corner
- Adult Services
- PIP/School Age Outreach
- Banner Flashback
- What's Happening

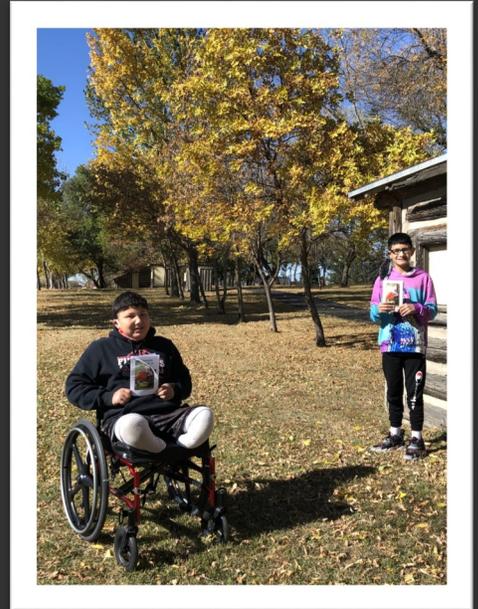


ND School for the Deaf Resource Center
for Deaf & Hard of Hearing
1401 College Dr. N
Devils Lake, ND 58301

Phone/TTY: 701-665-4400
Toll Free: 1-800-887-2980
Fax: 1-701-665-4409

We are on the web:
www.nd.gov/ndsd
Email: ndsd.school@k12.nd.us

LEARNING



Ms. Parker's class read the book "Lincoln Loved to Learn". They visited cabins right here on NDSD Campus that connect with this book.



Former NDSD employee, Alan Burkholder, always remembers us with a pumpkin delivery at harvest time.

Dorm Life



Students fashion models of the ear as part of Deaf Awareness Week activities.



First Responders event at City Palza Bruce Dick, from Search and Rescue, and Joe Knowski, Lake Region Law Enforcement, take time to pose with students.



Bat Poses Getting ready for Halloween.



Can't cover up those expressions SPIDERS-YUK!!!



Get Savvy About Wi-Fi Hotspots

Public wireless networks and hotspots are not secure, which means that anyone could potentially see what you are doing on your laptop or smartphone while you are connected to them. Limit what you do on public Wi-Fi and avoid logging into key accounts such as email and bank accounts. Consider using a virtual private network (VPN) or a personal/mobile hotspot if you need a more secure connection.

TIPS ON TINNITUS



What is tinnitus? Tinnitus is commonly described as a ringing in the ears, but it also can sound like roaring, clicking, hissing, or buzzing. Tinnitus is not a disease. It is a symptom of some other underlying health condition. Consult an Audiologist who is knowledgeable about tinnitus to help develop your management program. Tinnitus does not have a cure, but treatments are available that help many people cope better with the condition. Treatments such as hearing aids, sound generators, maskers and counseling are currently being used by medical professionals. Be careful not to buy into quick fixes you may see on television or social media. A number of medications may cause or worsen tinnitus. If your ears start to ring after you begin taking a new medication or after an increased dose of your medication, you should immediately report this to your doctor.

Below are a few tips that can help improve tinnitus outcomes.

Nutrition Tips:

Follow a low-sodium diet to manage high blood pressure.

Include fresh fruits and vegetables.

Limit caffeine intake as it can trigger or worsen symptoms.

Lifestyle Tips:

Use hearing protection to limit exposure to loud noise.

Reduce alcohol consumption.

Avoid nicotine.

Some Useful Sites Include:

American Tinnitus Association www.ata.org

The National Institute on Deafness and Other Communication Disorders www.nidcd.nih.gov

The Hearing Loss Association of America (HLAA) www.hearingloss.org

***A Tinnitus Handicap Inventory (THI) form is included for you to complete. Please note this does not take the place of consultation and evaluation by a healthcare professional.**

The Adult Hearing Outreach Team

Pam Smith,
1401 College Drive N.
Devils Lake, ND 58301
701-665-4401

Kathy Frelich,
1401 College Drive N.
Devils Lake, ND 58301
701-665-4416

Dawn R. Sauvageau,
1321 S. 23rd St. Ste. A
Fargo, ND 58103
701-239-7380

Kristen Vetter,
500 Stanford Road Ste. 259
Grand Forks, ND 58203
701-795-2792



Parent-Infant Program/ School Age Outreach Specialists

For more information, contact
Carol Lybeck at (701) 665-4400 or Carol.Lybeck@k12.nd.us



Reading Regularly to a Young Child with Hearing Loss

Families encourage literacy by looking at books, sharing stories, enjoying rhymes and reading aloud with their young child with hearing loss. Being read to daily provides numerous learning and social benefits. A child's listening skills increase from frequent reading sessions. His language expands by exploring many types of stories. His thinking grows from exploring concepts presented in books. A child's conversational abilities become more complex after participating in dialogue of stories and discussions with adults about books. Families who read aloud regularly promote advances in communication, cognition, reading, writing and school skills. The techniques outlined here will help parents enrich reading aloud experiences for their young child with hearing loss. These tips can be used in any language and communication approach. Through shared reading, a parent and child can develop a special bond with one another and the world of books. Using these powerful strategies can transform reading time into a rewarding routine filled with wonder, laughter, reassurance and learning. Enhance Reading Aloud by:

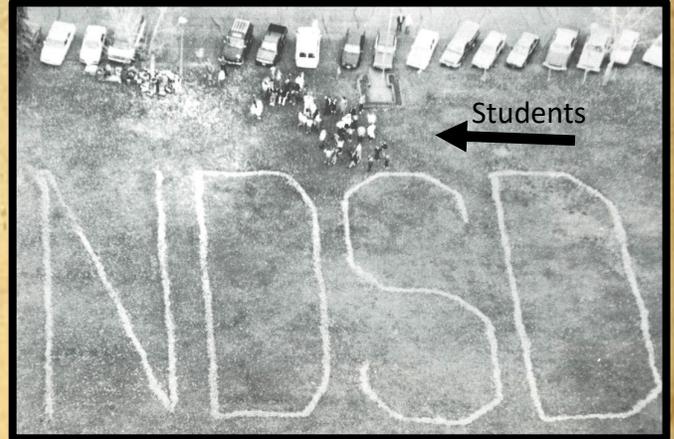
- **Adjusting**—vary when, where and how long to read to keep a child's attention
- **Choosing**—select diverse stories and types of picture books to spark curiosity
- **Discussing**—promote auditory memory by recalling or reciting parts of stories
- **Highlighting**—emphasize certain words periodically to introduce speech sounds
- **Pacing**—adopt a rate that provides time for anticipation and comprehension
- **Expanding**—relate some stories to a child's own experiences or imaginative play
- **Repeating**—provide frequent opportunities to read and also re-read favorites
- **Stimulating**—use expression and show enjoyment to encourage listening
- **Turn-taking**—share roles with a child to point to pictures, turn pages and “read”
- **Waiting**—pause often for a child to participate, think, react, ask or comment
- **Enjoying**

Excerpt from John Tracy





Banner Flashback, Fall, 1989-Leaf Art Project



Students wave as Wakefield's plane flies overhead.

On Thursday, October 26th, the Fourth Grade Art class spread a massive amount of leaves on the front lawn of the campus to form huge letters that spelled 'NDSD'. Art teacher, Sonja Leonhardt, planned the lofty project. For several days, during recess and after school, students from the elementary department helped to rake and gather many boxes of fallen leaves. The Power House crew stored 82 boxes of leaves! When the 'leaf laying day' finally arrived, Mrs. Leonhardt, assisted by Pastor Leonhardt, supervised the art students as they measured the area with a measuring wheel, and then staked out the design on the front lawn. After the outline of NDSD was plotted, students carefully laid the leaves to form the letters. Upon completion, the huge work of art measured 30 yards by 40 yards! The students felt very proud of their creative accomplishment! *Wakefield Flight Service* volunteered to fly over the campus so pictures could be taken of their masterpiece. The following night a heavy wind blew all the artwork away.

What's Happening

SAVE THE DATE!



Mark your calendars! The Midwest Conference on Deaf Education is scheduled for **June 7, 2021**, via **Zoom!**

Keep checking our website for further information:
MWDeafConference.org

Facing the Future - TOGETHER!



2020 NDCEL VIRTUAL FALL CONFERENCE

Oct. 22-23, 2020 (NO SCHOOL)



Sessions available for 6 months



Connection & community



Nationally recognized speakers



Great value



Sessions done at your leisure



Grad credit opportunity



Sharing of innovative & transformative ideas

