Connie’s Celebrations

We are in the midst of the coldest part of the winter. Everyone is becoming a little stir-crazy without some extended time in the sun and fresh air. It is important for everyone to have some recreational activities that include other like-minded individuals.

Research indicates that many individuals who are deaf or hard of hearing feel isolated when those around them are not able to communicate with them.

The programs at NDSD Resource Center address this in a number of ways:

- The communications department offers sign language classes in a variety of ways: on IVN, at Fargo and Devils Lake sites, and by streaming.
- The model school staff send home information for parents on activities they can participate in and vocabulary (including signs) that they can learn together with their children.
- The school age outreach has developed activities that bring students and families together (ex. family fishing).
- The parent infant program has LAP groups that bring parents and toddlers together.
- The adult outreach staff have established support groups across the state.

These are just a few of the examples of activities organized by staff from NDSD Resource Center to help individuals who are deaf or hard of hearing and their families interact together. Even though the weather is cold it is important to be involved in recreational activities with others.
The Pre-K students in Mrs. Koth’s classroom are learning about family members by reading "I Read a Book" by Ned Jenson. The story includes many family members who students can read with, including the dog! Pictured here are: Aiyon enjoying the book in class, Blake reading on his iPad with his dad, and Grace enjoying a Valentine book with her mom. "Today a reader, tomorrow a leader!"

Dorm Days, Storm Days, again, make for fun days of crafts, sewing, and baking!—Yum!!!

“Snowflakes that stay on my nose and eyelashes… These are a few of my favorite things”

From slime making to lunch time baking, students learn basic measuring skills.

Calling in the recruits for room inspections! : )

Students enjoy time with local police officers.
Kids today are constantly engaged in technology all day, every day of their lives. In many cases, it has taken over their lives, spending too many hours on devices. Examples include video games, computers, iPads, tablets, cell phones and yes, TVs too!

Exposure to all these technologies is definitely essential in today’s world but to a certain extent. It is important to get children involved in other activities including physical movement and to spend some quality time with their families. It is not that hard. Be creative! Read a story together, play a board/card game, cook/bake something, play basketball/t-ball, ride bike, go camping, visit the park or zoo, the list goes on and on!

It is okay to put that technical gadget away, participate in some physical activity and spend some quality time with the family!

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“We are excited to announce the completion of the Banner Project.

All issues of the Banner, from its inception in 1891, have been digitized through a partnership with the North Dakota State Library and are available to everyone online.

What began as a weekly periodical is now an annual publication.

To view The Banner Collection, please follow this link:
http://digitalhorizonsonline.org/digital/collection/p16921coll12
Research has shown that Family Involvement/Engagement was one of the MOST important contributors for successful outcomes for children who are deaf or hard of hearing.

How:
- Communicate effectively.
- Model language consistently through routines and daily activities.
- Make language accessible.
- Be responsive to child’s efforts to communicate.
- Know how to advocate for needs.

Activities:
- Participate in regularly scheduled appointments; audiology, IEP, etc.
- Keep up consistent and regular communication with providers; Parent-Infant, Audiology, Teachers etc.
- Attend and participate in events.
- Learn sign language together.
- Require child’s use of their amplification.
- Read and play games together.
- Make a valentine.
- Cook, bake, build something and make an experience book about any of the above.

Seasonal sign language DVDs are available. Contact Carol Lybeck at carol.lybeck@k12.nd.us. Available now are Valentine Signs.

What is an EXPERIENCE BOOK: Make an activity even more meaningful for your child and begin to help him or her to develop recall for past events. Start by having your child draw or make pictures about the event that can go into the child’s own experience book. Your child then can relive these events at a later date as he or she reviews the pictures. For more detailed information on making an experience book, visit PIP or School Age Outreach website.

Upcoming events that we are excited about:

- **Ice Fishing**
  RESCHEDULED
  Watch for further details

- **Early Hearing, Detection and Intervention Meeting**
  in Chicago, IL
  March 3-5, 2019
  ehdimeeting.org/

- **Teen Day Spring - TBA**
  Sheri Cook,
  Gallaudet

- **Co-sponsor of Midwest Conference for Deaf Educators**
  Sheri Cook,
  Gallaudet
  June 10-11 in Sioux Falls, SD
  mwdeafconference.org/

- **Summer Camp**
  at Triangle YMCA Camp in Garrison
  June 17-21, 2019

For more information, contact Carol Lybeck at (701) 665-4400 or Carol.Lybeck@k12.nd.us
We are often asked questions about hearing aids. One common question is, “How often should I replace my hearing aids?” There is no set time frame that determines when an individual should replace their hearing aids. However, Dr. Cliff Olson, Audiologist and founder of Applied Hearing Solutions in Anthem, Arizona shared the following tips:

**Five Key Factors That Can Help You to Determine If You Should Get New Hearing Aids**

- **Are your current hearing aids capable of treating your current hearing loss?** You are not likely to have the same hearing loss your whole life. If you think you are not hearing as well as you used to, you probably are not.
- **Do you have Insurance?** If your insurance covers a large percentage of the cost, why not take advantage of the benefits of having insurance.
- **Are your current hearing aids covered under a warranty?** The older the hearing aid is, the more likely it will have repair issues that could be costly.
- **Do you currently have the technology that you need?** Technology changes yearly, and upgrading may help you to use your hearing aids more effectively with greater ease.
- **Are you still in a Service Plan?** Many providers bundle costs of services, which means you may have pre-paid for service costs for a specified time period. Do you have unused services remaining?

Adult Outreach Services always recommends seeing an Audiologist! They will be able to determine your current needs and discuss all of your options. If you do not feel you are hearing as well as you used to, do not wait or just put up with it – make that appointment today!

Dawn Sauvageau, Adult Outreach Specialist