

# Warren Center



Spring 2009

## Yard Sale—May 30th

Find some great bargains at the Warren Center's eighth annual Voices to be Heard Yard Sale the last weekend in May.

The yard sale will be held from 8 am to 2 pm **Saturday, May 30, 2009** in the Warren Center's parking lot, at 175 Union Street, Bangor.

The yard sale helps to support our speech and hearing programming at the center. In the past, yard sale funds have been used to buy books, a computer and a variety of learning games and educational materials for our Voices to be Heard program and early childhood intervention.

Donations for the yard sale are being accepted Monday through Friday 9am to 3pm at the Center. We are collecting gently used household items, toys, and other resale items. No clothing please.

Yard sale sponsors include **Merrill Bank, United Van Lines, Bangor Region Public Health and Wellness, ERA Dawson Realtors** and **Cyr Bus Lines**. We received in kind donations from **United Van Lines, Maine Equipment & Party Rental, Tim Hortons, the Bangor Daily News, and Shaws**. Please let them know that you support the center too. If you would like to help sponsor this event or center programming please contact Mary-Anne @ 941-2850.



**Yard Sale**  
**175 Union Street**  
**Saturday, May 30th**  
**8am—2pm**

## Living with Asperger's

Join the Warren Center and Maine Mensa society for a discussion on Asperger's Saturday, May 30th at 1pm in the story room at the Bangor Public Library.

What is Asperger's? Asperger's syndrome is a pervasive developmental disorder, or autistic spectrum disorder, recognizable by the lack of social skills and the often highly intellectual, preservative interests developed by those with Asperger's. For a person with Asperger's (an *aspie*), friendships, social banter, and romantic relationships can be difficult channels to navigate.

The presenter, Robert Lagos, is an active member of Maine Mensa and a classically trained musician with a successful career as a computer programmer.

The program is designed to give parents, friends and others insight into Asperger's.

**Living With Asperger's**  
**Bangor Public Library**  
**Story Room**  
**Saturday, May 30th**  
**@ 1 pm**

*May is Better Hearing and Speech Month*



For over 75 years May has been designated as Better Hearing and Speech Month – a time to raise public awareness, knowledge, and understanding of the various forms of communication impairments to include those of hearing, speech, language, and voice. Communication impairments affect the most vulnerable in our society – the young, the aged, the disabled, and the poor.

Speech and language disorders can take many forms and can limit academic achievement, social adjustment, and career advancement. An individual may be born with a speech or language disorder, or it may be caused by accidental injury or illness.

The research available indicates that those who are not ready to learn on entering kindergarten have a much greater chance of ending up in our court and prison system. The cost to society is very high, much higher than the cost of providing preschool services for children in need.

The Warren Center attempts to provide speech services for all who are referred for those services without regard to income. That vision is becoming more difficult to fund each year as preschool services are reimbursed at the lowest rate of all services we provide.

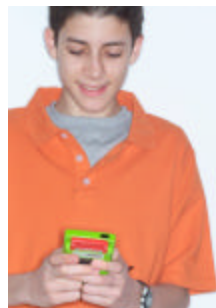
With the help of our staff, donors and friends we are stretching these scarce dollars as far as we can. Please help celebrate Better Hearing and Speech Month and support the Warren Centers work by donating to or shopping at our yard sale on May 30.

## Pragmatic Skills Summer Program

It's time to sign-up for the Warren Center's Summer Social Pragmatic Group.

The Social Pragmatic Skills Group is designed to help teenagers in the age range of middle to high school (approximately 12 to 17) with Asperger's to enhance their communication and social competence. The group prepares young people with Asperger's to cope with social and interpersonal expectations, enhancing their ability to form friendships and become leaders within their communities.

This summer's program will be held for 4 weeks during the month of July. The group is scheduled to meet on Mondays July 6, 13, 20, and 27. If you know a young person who has been diagnosed with Asperger's and could benefit from this group please contact MaryBeth Richards, Associate Director at [mbrichards@warrencenter.org](mailto:mbrichards@warrencenter.org).



- Most Americans take communication for granted. Millions of Americans have a speech, language, or hearing disorder which hinders their capacity to communicate.
- Early identification and rehabilitation of speech and hearing disorders can often prevent communication difficulties in school, on the job, and in social situations.
- Speech-language pathologists are educated professionals who are trained to evaluate and treat speech and language disorders.
- Audiologists are essential members of the health care team who are trained to evaluate and treat a full range of hearing disorders.
- Speech-language pathologists and audiologists work within the school, health care, or private sectors to improve the quality of life of people who have communication disorders.

## Thank You For Donating to the Warren Center January 2009-March 2009

### Annual Fund

Janette Grindle, David Rier, John Schroder, Eileen Hernandez, Helen Dudman, Irv and Karen Marsters, Robert Gustafson, Rod MacInnes, Mary Arell, Clyde and Trudy MacDonald, Constance and Wright Pinkham, Ronna Sawyer, Parker K. Bailey & Sons, Inc. Stephanie Cotsirilios, Ruth Ellis, Calvin and Dot White, Anna Brodbine, Richard Tozier, Melinda and John Wentworth, Diane Bergey, Norman Minsky, Twyla Bahr, Fred Brown, James Hayes, Annegrete Eastman, Pauline Barron, Alan Glanville, Marjorie Ludwig, Josephine McAlary

### ReHAB

Charles Campbell, Raymond Wheeler, Joan Gagnon, Jerry Jordan Opticians, Norman Letarte, Sheldon and Jill Goldthwait, James Gardner, Millard York, Royce Wheeler, Albertress Stearns, Janice King, James Snow, Dianne Whitcomb

### Other Contributions

Mary-Anne Saxl

### Wish Mittens/ In-Kind

Peggy McPike, Maria Clark

### Voices to Be Heard

Cyr Bus Line

***“Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has.”***



Margaret Mead  
Anthropologist

**Donate Now**

## You can now donate online!

Our online donation form is fast, easy and secure. You can make a general donation, a tribute/memorial donation to honor someone, or a monthly gift.

Go to the The Warren Center's website at [www.warrencenter.org](http://www.warrencenter.org) to get started. This is an earth friendly way of donating. No paper and no stamp needed.

## Old Hearing Aids

Do you know someone with a set of hearing aids in a drawer? We could use them to help a Maine resident. Send used hearing aids to the Warren Center or drop them off at: 175 Union Street, Bangor, Maine 04401.

## Calendar of Upcoming Events—

### ***May is Better Hearing and Speech Month***

**May 4-30** Collecting gently used items for Annual Yard Sale

**May 30** 8am -2pm Yard Sale—Red Sox Ticket Give away -Rain or Shine!!

**May 30** 1pm Talk by Robert Lagos about living with Aspergers @ The Bangor Public Library Story Room.

**Mondays July 6, 13, 20, and 27—** Summer Program Pragmatic Skills- Call to register **COOKBOOKS**- For sale at area outlets & at the Warren Center. \$8.00 a piece. Call #941-2850 to purchase a cookbook.

**Mission Statement:** The Warren Center for Communication & Learning provides evaluations, therapies and technologies in the areas of speech, language development and hearing to the children and adults of Eastern and Central Maine.



# Ask The Audiologist



## I love my ipod. Is it really safe to use everyday?

The more our technological devices move to ear level the more we need to think of our ears and protecting our hearing. There are several ways to protect your hearing when using an iPod. Newer software updates for iPods and iPod Shuffles give you step-by-step instructions for setting a maximum volume level. Handy for both adults that can get distracted and accidentally turn it too loud at the gym or other high noise areas and great for children whose parents want to take an extra few minutes to ensure their healthy hearing. iHearSafe earbuds are also an affordable option that caps the sound at a safe level. Limiting use of such devices to an hour a day is a great way to keep your noise exposure down. Remember noise induced hearing loss is 100% preventable, and hearing aids are expensive!



**Listen To Your Buds™** is a consumer awareness [campaign by the American Speech-Language-Hearing Association](http://www.listentoyourbuds.org/) about the potential risk of hearing loss from unsafe usage of personal audio technology. <http://www.listentoyourbuds.org/>

*Written by Warren Center Audiologist Dr. Amanda Samoluk, CCC-A, Dr. Kim Starkey, CCC-A, & Alison Settele, M..S.P.A., CCC-A*

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## Ways of Giving

With each gift of money, time, or in-kind donations our supporters are making a difference in the lives of thousands of Mainers. There are many convenient ways to lend your financial support to the Warren Center's Annual Fund. All are tax-deductible. All will support the work we do throughout the year — and for years to come.

- Donate a gift of **stock**. The Center accepts gifts of publicly traded stocks, mutual funds, and bonds.
- Enroll in your employer's **workplace giving program**. The Warren Center is a partner in the United Way of Eastern ME.
- Include the Warren Center in your estate plans.
- Give an **in-kind** gift. The Center is always in need of items for speech therapy rooms.
- If you are affiliated with a **grant making organization** consider making the Warren Center a recipient through foundation giving.

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***May is Better Hearing and Speech Month***

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