



Fall/Winter 2008

HEARING LOSS AS REPORTED BY WABI-TV AND REPORTER SARAH KOMAUNIESKI

November 12, 2008

Researchers say 1 in 3 adult Americans already suffer from some sort of hearing loss - and that number might be on the rise.

Here in Maine, we like things loud. "This is a really noisy location," says Dr. Amanda Samoluk of the Warren Center. "We have a lot of industry noise. We have people who work in mills and who are in the logging industry...and we also have a lot of noisy hobbies." Hunting, biking, snowmobiling...

"There's a lot of noise exposure going on in our state," says Samoluk

And the kids...with those iPods. It all leads to hearing loss...it's permanent, and happening younger, says Dr. Samoluk. "We normally see noise induced hearing loss in I would say 40 on up, but we're definitely seeing it younger and younger every year."

Across the country, researchers say personal stereos and an aging population could make for a hearing loss epidemic.

Warren Center client Dwight Grant says, "I sort of basically picked up that I wasn't understanding people when they was talking," . He was a longshoreman for years -

Continued on the back page



A Mom's Voice

Stories of One Mother
With Hard of Hearing Children

By Deb Pinkham



Ahhhh! That is a primal yell. It stems from being overwhelmed by responsibilities at home, at work, and about the upcoming holidays. We've all experienced this feeling at some point. When you have a child with special needs there is often another layer of pressure on parents. In coping with day to day events, it can be difficult to keep up with the learning activities we do with our children to help them lead successful lives.

For children with speech and language difficulties or hard of hearing, consistency is important to improving their speaking, reading, and writing abilities. Young children (birth-age 8) need to be exposed to a lot of language.

During these early years children are sponges, soaking up anything we expose them to. In 20 minutes of cuddling on the couch, reading aloud to your children, you are exposing them to story structure, new vocabulary, and the importance of reading.

You are also providing uninterrupted time for your children to respond to the books and express themselves to their most important teacher, you.

Mom's Voice continued on page 2

From the Executive Director

Mary E. Poulin, MHA



This year Attorney General Steven Rowe has been telling anyone who will listen how important it is to get children off to a good start in life and to make sure they are ready to learn when they enter kindergarten. The Attorney General is interested in the subject because the research available indicates that those who are not ready to learn on entering school have a many times 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 them.

At The Warren Center much of what we do is preparing preschoolers for school. We provide early language development services at many day care sites and preschools as well as at the Center. As the economy around us gets tighter, it gets harder to fund the work we do at The Warren Center. As those of us here and those in our justice system know, it is especially important that we continue to do this work with our preschoolers though it is the lowest reimbursed part of our services.

Thanks to all of you, donors, staff, volunteers and board members, who make it possible for The Warren Center to continue to make a long term difference in individual lives and in our society as a whole.



A daily reading time can also be beneficial for Mom and Dad. Many times I've been reluctant to read because I've been too tired or have had too much to do. On these occasions, the cuddling and reading became extra necessary. This time slowed me down and focused my attention on my boys.

I encourage all parents (and grandparents) to read daily with their children. My gift to you this holiday season is permission to put off doing the dishes or the laundry! Cuddling on the couch with a book and children you love is lot more fun anyway.

Deb Pinkham serves on the Warren Center's Board of Directors and is a teacher at the Mary Snow School in Bangor.



THANKS DAISY'S!

Members of Daisy Troop 147 and one member of Cub Scout Pack 313 present a Fisher Price Little People Animal Sounds Farm to MaryBeth Richards, Associate Director of The Warren Center for Communication & Learning.



New Staff Member

Alison Settele, MSPA, CCC-A

Alison joins the Warren Center as its newest

Audiologist. She is a 20 year veteran of audiology having worked in Japan, California, and Italy. She most recently worked for Eastern Maine Medical Center in their audiology department. Alison has two children and lives with her husband in Bangor.

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.

- Monetary Donation
- Donate a gift of **stock**.
- Give an **in-kind** gift.
- Give a **commemorative gift**
- Enroll in your employer's **workplace giving program**.
- **Volunteer** your time.

Thank You For Donating to the Warren Center

Your support helps your friends and
neighbors with communication disorders

August 1, 2008-October 31, 2008

Annual Campaign

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Rachel & Kermit Bailey, Elna Campbell-Wade,
Jean Deighan & Glen Porter

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Voices to Be Heard Donations

Parker K. Bailey & Sons, Inc.,
Deborah Pinkham

Annual Campaign

Watch for mailings on this year's Annual
Campaign and your chance to win a
beautiful piece of ART as you help support
vital programming at the Warren Center.

UPCOMING EVENTS

ANNUAL CAMPAIGN—

The Art of Communication—Each \$100
donation places your name in a drawing
for art work. Drawing July 2009-To learn
more go to our website: www.warrencenter.org
COOKBOOKS - For sale at area outlets & at the
Warren Center. \$8.00 a piece. Call #941-2850 to
purchase a cookbook.



WHAT FUN WE HAD AT THE ART OF COMMUNICATION KICK OFF PARTY



Board
Member Roger
Choquet and his
wife Greta with
Warren Center
Associate
Director Mary-
Beth Richards

Chris Henderson
and her daughter
Rachel enjoying
the Art of
Communication

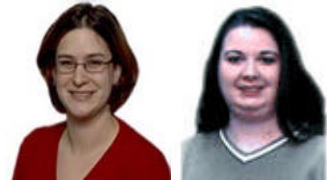


Aaron Largay, Jen
Hughes, and Nate
Freeman at the
Warren Center's
Kick off Party held
November 12, 2008

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



What are the effects of newborn screening? Is this a diagnosis? If a baby passes the screening, is everything okay? If they fail, are they deaf or hard-of-hearing?

The screening is a simple test done by an audiologist which takes only a few minutes to perform. It is not a comprehensive testing of hearing. Its purpose is to identify babies that need further testing to determine the presence of a hearing loss. If a baby does not pass the screening test, more thorough hearing testing is normally done before a diagnosis is made.

It is important for parents to realize that in screening, there can be "false positives." Screenings are not comprehensive. A baby may fail the screening, but follow-up testing can indicate no hearing loss. On the other hand, a baby may pass the screening, yet in time, a hearing loss may be identified.



Written by Warren Center Audiologist Dr. Amanda Samoluk, CCC-A & Dr. Kim Starkey, CCC-A

Continued from page 1 loud years - that hurt the tiny hair cells inside the ear that do the listening. Like blades of grass under a heavy foot, those hair cells are damaged by sound louder than a normal speaking voice. "The tiny hair cells inside the ear get mowed down over time," says Dr. Samoluk.

Losing your hearing can make every sentence a challenge. Just ask Arleen Grant. "He missed at least five words of what I said - so that changed the whole context. And when he gives you an answer, he's answering something that has no relevance of what was asked!" Dwight says he missed out on things. But, he's hearing Arleen a bit better now, thanks to a hearing aid from the Warren Center.

Dr. Samoluk says to prevent damage, turn the sound on your I-Pod headphones down to half volume. And, if you're in a loud place, put in ear plugs or pop on earmuffs. "If we can stop or eliminate it by wearing hearing protection, then by all means that's the way you want to go."
