

WaveLengths



IDAHO HANDS & VOICES January 2011

www.idhandsandvoices.org

IT'S THAT TIME AGAIN--PLEASE UPDATE YOUR MEMBERSHIP!

Even if you have a scholarship membership, we appreciate it when you contact us to let us know that you want to remain a member, and tell us about changes in your mailing address, email address or phone number. We also need paid memberships to be able to continue functioning, and donations in order to support activities such as picnics, parties and workshops. Please renew your membership by filling out and mailing the form included with this newsletter. It is attached to the email version. If all of your contact information remains the same, we now have a way for you to do it by credit card. Go to our Razoo site, at <http://www.razoo.com/story/Idaho-Hands-And-Voices>. (If sending in dues, don't make it anonymous! And if you need to let us know about a change of address, do that by another means.) We've chosen to use this particular donation service because they don't have set-up or subscription fees, just a small processing fee. There's also the option of setting up your own creative fund-raiser for us. By the way, the date on your mailing label indicates the December in which your membership officially expired....

We're also looking for parents willing to plan family gatherings in some areas of the state that don't have them yet. This does not need to be complex; we just need someone with local knowledge who can plan ahead. Two people willing to work together are even better! We have some limited funding for food and/or childcare.

EHDI ACT RE-AUTHORIZED

The 2010 Early Hearing Detection and Intervention Act was signed into law in December. The original EDHI legislation is almost ten years old, and the new law reauthorizes the program and puts more emphasis on (and provides more funding for) follow-up to newborn hearing screening and early intervention services.

PARENT INPUT REQUESTED!

Shannon Garlitz will be attending the EHDI conference next month in Atlanta as Idaho's 'token' parent for Sound Beginnings. She is going to be a great parent representative, because she is planning to meet with other parents before she leaves to discuss their experiences. She's planning a gathering for next Wednesday, January 19 at 6:30 pm, the location to be determined depending on how many parents are interested and what works for them. Some of the things she would like to discuss are diagnosis stories, services and resources availability, what has worked well, what you might have done differently, what you would like to see in the future, and other issues depending on where the discussion goes. It will also be a chance to catch up with each other and introduce new families to "old." Very informal and flexible--contact Shannon (shangarlitz@gmail.com) to RSVP. **She also welcomes email input, especially from families outside the Treasure Valley.**

EXPANDING CHAPTER COMMUNICATION OPTIONS

The ways in which we can communicate with our members and provide information to new families have been proliferating over the past few years. We began with a packet of handouts and this newsletter, then added a web page and an email distribution list. We're now trying to fix up the webpage and offer more information and new features that broadband connections make possible. (If anyone can help Renee do this, especially if you are in the Pocatello area, please volunteer--it will happen faster that way!) One thing

we want to add is some short videos of families with positive messages for new families. If your family is ready to be internet video stars, let us know, and we will make it happen one way or another.

We've also just finished setting up a Facebook page for our organization. We'll need your help to spread the word--just type "Idaho Hands & Voices" into the search bar, and tap "like" when you get there so that your Facebook friends will find out about the page, and so that news and announcements we post there will appear in your News Feed.

Since not everyone is on Facebook, we'll continue to use our email distribution list when something comes up and we need to get the word out fast; if getting it twice bugs you, we can remove your name from the distribution list, but won't do this unless you ask us to. We'll still mail the state newsletter the old-fashioned way to those who have requested it.

MORE ON-LINE RESOURCES FOR IDAHO FAMILIES

Several agencies and organizations have acquired a Facebook presence in the last several months. Use the search bar to find Idaho Council for the Deaf and Hard of Hearing, Idaho Sound Beginnings, Deaf Center of Idaho, Idaho Parents Unlimited, and the Idaho School for the Deaf and the Blind Foundation. Stay up to date on all their posts!

One of the most frequent concerns of families with a newly-identified child is how to pay for a hearing aid. If you know of a family facing this challenge, please refer them to the Idaho Council for the Deaf and Hard of Hearing web site (www.cdhh.idaho.gov), which has what I believe to be the most comprehensive list of possible hearing aid financial help resources. Follow the links to "Resources" and then to "Hearing Aids and Implants." I'd print it out for this newsletter if it wasn't more than three pages long--as it is, I'll happily print it out and mail it to anyone who doesn't have internet access.

ONE LAST CHANCE (a rerun from our November issue)

The Americans with Disabilities Act became law in 1990. Twenty years' of technological advances later, the Department of Justice is seeking public comment about what changes in regulations need to be made, specifically in three areas: 1) access to the Internet 2) access to 911 emergency services and 3) captioning and video description in movie theaters. The comment period for all of these extends until January 24, 2011, so you still have a few days! Go to www.regulations.gov. You will need to do a "search"-under Document Type, check "Proposed Rules" and under Comment Period check "open." Type "DOJ Internet ADA" in the search box and you should get to a page with only the three documents of interest listed. Each one is a link that will take you to a long description of the issues and what kind of information the Department of Justice is seeking.

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UPCOMING AND ONGOING EVENTS

Idaho Parents Unlimited scheduled several workshops for January. I forwarded the information to our distribution list, but the only one that will make it into the newsletter with time to spare is "Early Childhood Rights - IFSP to IEP" Saturday, January 15, 11:00 am to 4:00 pm, at the Department of Health and Welfare, 1350 Troy Highway, Moscow. Contact Lorisa Wellock (lorisa@ipulidaho.org) IPUL also has a monthly support meeting at their offices in Boise at 500 South 8th Street the second Wednesday of each month, from 6:00 to 8:00 pm. It's a little too late to get this month's information into this newsletter, and next month's is not yet available, but if you are interested, check the IPUL website at www.ipulidaho.org.

Elks Hearing and Balance Center Workshops 510 N. 2nd Street, Boise, from 6:00 – 7:00 pm.

February 22 Sensory Integration: Does my child need help? Presented by Beth Jacob, OT
Is your child irritable? Inattentive? Has difficulty keeping still or keeping his hands to himself? Does he chew on nonfood items? Appears overly sensitive or lazy? If these problems sound familiar then your child may have sensory needs. You can learn more about sensory integration and how to become a “sensory detective” at this seminar. Beth Jacob will discuss how to identify sensory needs, when to seek help and how you can manage unwanted behaviors at home.

March 15 A Parent’s Perspective: Hints and Tips for Managing Family Life with Hearing Loss
Presented by Shannon Garlitz, mother of three children, ages 7, 4 and 2, all of whom have hearing loss. Managing four cochlear implants, two hearing aids, an FM system and all the components and accessories can be quite a challenge. Shannon has found some clever and effective ways to deal with equipment, multiple appointments and challenging listening environments. She’ll share her ideas and suggestions on managing it all for travel, school and family outings.

Region 5 (Magic Valley) annual Valentine party at the Jerome Public Library, meeting room A, 2:00 to 4:00 pm Saturday, February 12. Cookies to decorate, valentines to make, and a chance for young and old(er) to visit. Watch for a reminder postcard and/or Beth's voice on your answering machine.

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FUN THINGS TO DO WITH YOUR KIDS--The Saturday Night Campout

At our Magic Valley H&V picnic last summer, Gretchen Manker mentioned an interesting tradition that got started about ten years ago in her family. When her oldest was about two, they'd make "tents" in the living room using chairs, tables and blankets. She doesn't remember exactly how it happened that the two of them started sleeping overnight in the structure they'd created. Gretchen has always been a camper and hiker, and can sleep anywhere the kids can, so Saturday night at her house has become Campout Night.

Where do they sleep? In a kid-designed blanket-and-furniture shelter; in a real tent indoors or in the back yard; on top of the trampoline, with or without a tent; in the family's camping trailer, parked in the driveway; in the tree house; on camp mattresses, on sofa cushions, on the carpet. Camping Night is eagerly anticipated by everyone except the oldest (now 12, she's decided she's too cool for it) and Dad, who prefers his bed. The family also does real camping during the summer. Dad's the only one that has trouble sleeping in camp, probably because he doesn't get weekly practice!

There's a fire pit in the backyard, so sometimes they toast marshmallows. Once in a while they haul the television and DVD player out to the tent and run an extension cord to the house so that they can watch a movie before falling asleep.

Those of us who go camping "for real" know about the hassle, the preparation time, the driving time and the clean-up time. It makes camping an occasional activity. But for Gretchen's family, camping at home is easy enough to do every week and has several benefits. It shows the kids that Mom can have fun, too, while adding a bit of unstructured structure to the week. Any new activity gets parents and kids to use new vocabulary and concepts: tent, fire, marshmallow, and "remember to turn off the sprinklers so they don't come on in the middle of the night." Gretchen reports that setting aside a special night also helps to keep the younger children in bed during the rest of the week, at least on school nights.

So--if you're in a rut, upset the old family routine a bit and enjoy yourselves!

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The next issue of *Wavelengths* will appear sometime in early March. Please send in stories, book reviews, helpful hints, whatever you have to share. To contact Lorna Irwin for any reason: niwri2@msn.com or (208) 324-7544. We're still looking to contributions to our series "Fun Stuff to Do with Your Kids."

AND DON'T FORGET TO RENEW YOUR MEMBERSHIP!