

Illinois E.A.R.S

E.A.R.S = Events And Resources Statewide



**GUIDE BY
YOUR SIDE™**

Illinois Guide By Your Side (GBYS)
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Special points of interest:

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**Illinois Hands & Voices
(H&V)**

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Web:
www.ilhandsandvoices.org

Parents head to Galena, IL

Our Illinois Chapter of Hands & Voices Board of Directors and Guide By Your Side Parent Guides joined over 160 other Hands & Voices Leaders from Friday September 15th through Sunday September 17th. As the host chapter for this annually held national event we had to make sure the attendees were well entertained. We kicked off the event Friday evening with a fun welcome to Illinois where each of our 15 participating Illinois members shared a fun fact about IL. Of course we started this out with a little bragging about being baseball world champions. We ended it with gifts of Twinkies and ice cream sun-Twinkies and ice created here in Illi-

We continued the evening festivities with a local band playing great country, country rock and rock hits from the 70's and 80's. All participants also took part in making their own s'more to enjoy.



dae pop tarts, both cream sundaes were nois! Did you know?

Our Board of Directors and Guide By Your Side Team also worked hard to provide fun events and activities at the close of Saturday's sessions. Hiking, craft making, Galena downtown tours, wine and beer tasting name just a few. Peo-

(continued to page 10)


Kids Meeting Teens with Hearing Loss



Come one; come all. And they did...to the Family Fun Day that was held on July 16, 2017. It was a great gathering of old and new faces hosted by our President, Andrea Marwah. She graciously opened her home for another fun-filled afternoon of pizza, playing and lively conversation. Many of our new faces became part of our growing Illinois Hands and Voices family as members.

We were lucky enough to have several teenage volunteers who also have hearing loss to play and entertain the kids with bubbles, crafts, and games. This much needed assistance allowed the parents to speak freely, make new acquaintances and renew old friendships. One parent mentioned how motivating it was to see the older children with hearing loss, as her

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**JOHN POWERS CENTER
201 HAWTHORN PKWY
VERNON HILLS, IL 60061**

ASL CLASSES

Three eight-week sessions of ASL classes will be offered at two skill levels: ASL Level 1 and ASL Level 2. If you are interested in joining a class, there is no need to preregister. Registration will be held from 6:00 - 6:30 pm on the first night of class. For inquiries, please call 1-847-680-8320 or email rpatel@sedol.us.

Sign Class Fee:

\$50.00 per 8-week session

Book Fee:

\$55.00 (optional)

**PAYMENT OPTIONS:
CASH OR CHECK**

**WEDNESDAY EVENINGS
6:30 - 8:00 PM**

Three 8 Week Sessions Start:
September 13, 2017
January 24, 2018
April 4, 2018

Tips for Encouraging Positive Behaviors

Think Positive!

Instead of telling your child what not to do, tell them what you would like to see them doing.

For Example:

Instead of, "Don't hit your sister."

Try, "Use your words to tell her why you are upset."

Teach the Behavior You Want to See

Rather than assuming your child knows the expectations, be clear and concise and tell them what you want them to do.

For Example:

"Everyone gets angry and it is okay to feel that way. When you are angry you can use your words to tell someone why you are upset. Instead of hitting, you can take 5 deep breaths, squeeze a ball, or walk away to take a break."

Model the Behavior You Want to See

Your child has heard the expectations, now it's time to SHOW them.

For Example:

Role play an instance that might make your child angry and demonstrate what you want the child to do. You can even make a video or a book with pictures of your child to demonstrate what you want them to do. Kids love seeing pictures and videos of themselves!

Reinforce the Behavior You Want to See

Children need repetition in order to make behaviors routine. Hold them accountable every single time!

For Example:

Create a chart to record their progress- this can be used as a reward system such as earning a special treat, extra time on the ipad, later bed time, or other incentives. Eventually you can move onto verbal praise, a high five, or fist bump.

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tion our 15th year of anniversary of an upcoming event in the year of 2019.

Keep your eyes out for the upcoming flyers through the website: <https://www.facebook.com/illinoisdeafcampers/>.

Anita Mazique-Cervantes, Executor & IDC Camp Director.
executor_idcnfp2014@outlook.com, 309-319-7700



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We should pay close attention to each family's dynamics and preferences, be aware of cultural influences, and offer our support accordingly. We are not alone. We all are constantly navigating others' beliefs and behaviors. Finally, we should ask for help when in doubt, or if we think we are running short of resources. We are here to help each other help more families succeed.

Thank you to Rana Ottallah & Rosabel Agbayani parent-guides for their input in writing this summary. Thank you to all the panel participants for the content of this summary: Apryl Chauhan (CA), Yiesell Rayon (HQ,CA), Janet DesGeorges (HQ), Djenne-amal Morris (HQ), Rana Ottallah (LA), Rosabel Agbayani (CA), and Alejandra Ullauri (IL).

References:

Betancourt, J.R. (2003). Cross-Cultural Medical Education: Conceptual Approaches and Frameworks for Evaluation. *Academic Medicine*, 78(6), 560-569. Dy, C.J., Nelson, C.L. (2011). Diversity, Cultural Competence, and Patient Trust. *Clinical Orthop Related Research* 469, 1878-1882.



"You are the future"
College and Career Fair
for High School Students
who are Deaf or Hard of Hearing



Thursday, October 19
6:30 to 8:30 p.m.

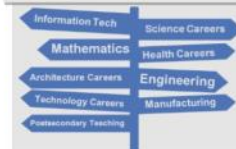
Harper College, D Building

(closest parking is Lot 6)

RSVP by October 1st to
Marcie Sacks Botto at
msacksbo@harpercollege.edu

Harper College
Kimball Hill Family Deaf Institute
Harper College

STEM Demonstrations and
Info about STEM Careers

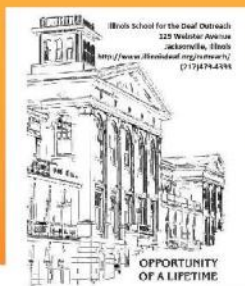


Illinois Service Resource Center
Behavior support for students who are
Deaf, Hard of Hearing, or Visually Impaired
A Service and Resource Center of the
Illinois State Board of Education



Deaf TEC





Parent Advocacy Training

What you need to know: IDEA Law
How to advocate for your child

Training for parents who

- Have children with a disability who will enter or are currently in grades K-12
- Want the most appropriate education services for their child with special needs
- Want to know their rights as a parent in today's education system
- Need a refresher course on the skills needed to get your child what is needed to succeed
- Want to go into their IEP meeting more prepared

Training for professionals who

- Want to know what parents' rights are
- Want to service their clients correctly

When:

Saturday, October 14th

OR

Tuesday, October 17th

Time:

9:00am to 2:00pm

(Please bring a packed lunch — we only have 30 minutes)

Location:

Child's Voice School
180 Hansen Court
Wood Dale, IL

Cost for the course is:

FREE

EI Credit

applied for

LSLS

CE Hours—5.0

Register today
(space is limited):

[CLICK here to register](#)

Or visit: <http://bit.ly/ISD-OutreachEvents>



To guarantee accommodations, requests must be made 3 weeks prior to the event.



State of Illinois
Dept. of Human Services
Illinois School for the Deaf

Bruce Rauner, Governor
James T. Dimas, Secretary
Julee Nist, Superintendent

Trainer

Andrea Marwah

IL School for the Deaf Outreach

Please note: Childcare is not provided for this event, no children under age 15 may attend.
Thank you in advance for your cooperation.

Fun for All

H&V/GBYS Family Event

November 12th— at 1:00-2:30 pm. In Edwardsville at Edison's Entertainment Complex, 2477 S State Rte 157, Edwardsville, IL 62025.

Come join the fun at Edison's Entertainment Complex! Mingle with other families who have children with hearing loss while the kids enjoy an All-Access Pass to Bowling, Laser Tag, and Arcade. Lots of fun for all ages!

Call or text Kelley at 913.221.7304 to RSVP and for more information!

This event is LIMITED to 12 participants so please RSVP asap. FREE for the child that has hearing loss.

A few things to keep in mind:

- * Siblings who do not have hearing loss are welcome to join in on the fun for a cost of \$12.
- * Be sure to notify Kelley if you are planning on bringing siblings so that she can lock in the special rate.
- * Socks must be worn with bowling shoes.

Please call to get all the details and to RSVP.

Guide By Your Side provides unbiased emotional support and resources by trained Parent Guides to families with children who have a hearing loss

Guide By Your Side is the result of a collaborative effort between the following: IL Hands & Voices and the IL Early Hearing Detection & Intervention (EHDI)

Communication accommodations available upon request. Interpreter requests are needed two weeks before the date of the event. Requests after this time are not guaranteed.



All families with children who have a hearing loss are welcome to join us for an exciting experience while meeting others who have a hearing loss too! This event is for the whole family.

HEAR to LEARN



BUILDING SUCCESS ONE STEP AT A TIME
Hearing - Language - Literacy



<http://heartolearn.org>

This user friendly learning resource is for parents and professionals to support spoken language learning for young children who are deaf or hard of hearing.



This website includes:

- Video tutorials
- Downloadable intervention materials
- Current research
- Communities

The website will continue to offer new learning resources, materials, and research - visit often!



Gail's Pumpkin Patch

Beason, IL



*Hosted by Illinois Hands & Voices/Guide By Your Side
Family Event*



*Date: Saturday, October 21, 2017
Time: 1PM - 4 PM*



Visit us at <https://www.facebook.com/GailsPumpkinPatch/>

This pumpkin patch is located a hair north east of Lincoln-south of Bloomington. There is a pumpkin patch to pull wagons out & cut your own gourds straight from the gourd tendrils (they provide wagons & cutters but you are welcome to bring your own as well), a playground, picnic benches, an outdoor area of activities & games, a bucket train ride, wagon rides through the patch, store with holiday decorations, treats, and goods to purchase. There is a charge for all activities except for the outdoor games & playground. Parent Guides, Anita from Bloomington and Deb from Springfield are organizing. Here is more information to browse at <http://www.gailspumpkinpatch.com/>

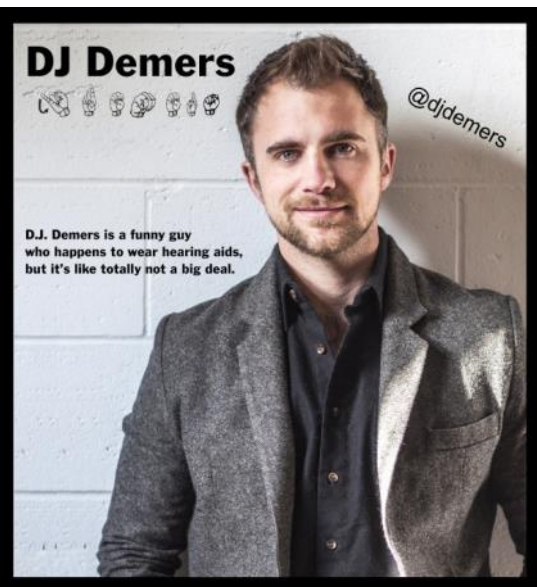
IL Hands & Voices, Guide By Your Side Silent Auction, Charity Dinner 2017

We held our 2nd biennial silent auction and charity dinner on Saturday April 22nd at the Hilton in Lisle. The event was attended by 125 people. Those in attendance were families, professionals and also individuals who are deaf or hard of hearing themselves. The night was a huge success for our organization.

Our night included many fun events such as 50/50 raffle, a fun game of "heads or tails", a wine pull and sale of chocolate shaped ears which includes changes to win an extra prize over and above the bottle of wine or chocolate. This year we continued our educational component with the always well received communication stations. Those stations allowed family members who may not know a lot about hearing loss to experience it in a unique way first-hand. Included are: lip reading, ASL, Cued Speech and a hearing loss sound simulation. This year we tried a new game called the Jewelry Tree, all Jewelry was purchased for a flat amount that was considered a donation to Hands & Voices, all pieces were donated.



Our auction was filled with interesting items that caused near chaos at the time of the close of the tables. We had items that related to hearing loss, such as phones, systems from Phonak that were donated, free full hearing assessments, hearing aids and t-shirts that had catchy images that related to deaf and hard of hearing individuals. We had a very popular Adirondack chair that was hand painted with the Cubs World Series on it plus many more fun items up for bid!



Our entertainment for the evening was a true treat. D.J. Demers, the comedian who coins himself with the phrase "a pretty funny dude (who happens to wear hearing aids, but it's like totally not a big deal.)". Our attendees laughed at his humor that many attendees could relate to. He has been featured on the Conan show as well as America's Got Talent, he resides in Los Angeles but is a Canadian.



wear hearing aids, but big deal.)". Our attendees laughed at his humor that many attendees could relate to. He has been featured on the Conan show as well as America's Got Talent, he resides in Los Angeles but is a Canadian.

We profited approximately 12K which will allow us to continue offering family events as well as supplement the Guide By Your Side program which is funded partly under the IL EHDI HRSA Grant. Our next auction will take place in 2019.

A special thank you to our sponsors: Cochlear and MedEL were Silver sponsors, Child's Voice School, ACS: Alternative Communication Service and C.A.R.T.E.R. were Bronze sponsors. Others who contributed to our event either by providing materials or monies: I.S.R.C., Illinois Service Resource Center, AG Bell Montessori/AEHI, Northwestern University Hearing Lab and Phonak. We also must thank the many volunteers, the Guide By Your Side team and the Hands & Voices Board of directors for all the hard work they put in to make this night a success.



Save the Date

Conferences for Parents of Children who are Deaf and Hard of Hearing

- IEP Law and Advocacy
- Technology
- Behavior
- Family Panel

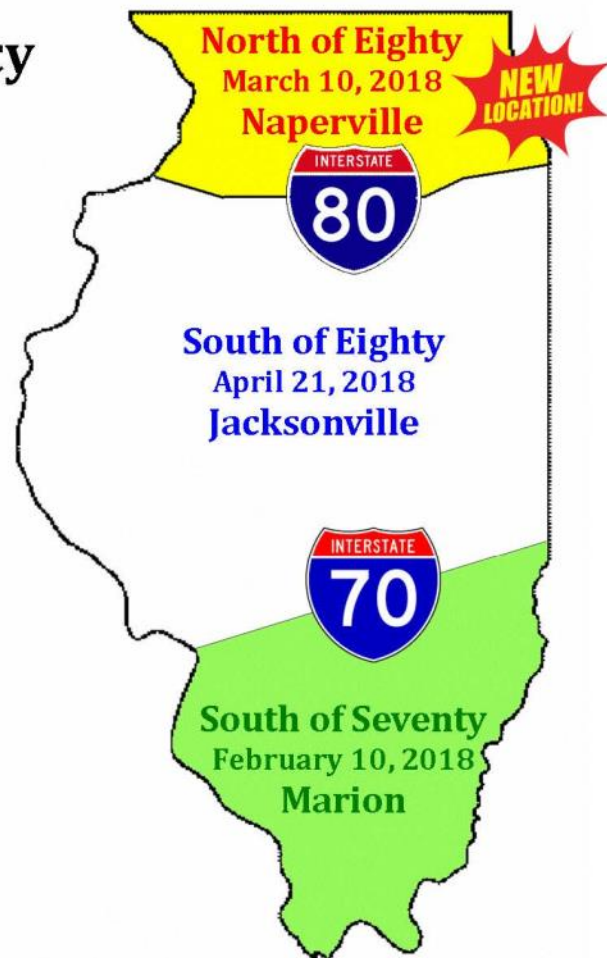


For more information contact:

Andrea Marwah
Andrea.Marwah@illinois.gov
708-409-8800 x 244

Parents:
Financial assistance may be available to help
with travel, lodging and/or childcare costs.

Professionals:
PD and EI credits are available.



State of Illinois
Bruce Rauner, Governor
Department of Human Services
James T. Dimas, Secretary
Illinois School for the Deaf
Julee Nist, Superintendent



This newsletter was produced by Illinois Hands & Voices, Guide By Your Side in collaboration with:



Be Kind To Yourself

Parenting is one of those jobs that is so much harder than it seems from the outside observer. There are no pre-qualifications needed to become a parent. To make matters worse, no two children are the same. Basic needs of food, shelter, safety, and love are the same, but how one responds to their environment is so different

from how another will respond. Three children growing up in the same home will have three different sets of needs and three different experiences. This is true of all families.

Now add the aspect of a child or children in the family that have additional needs beyond what is typical. Perhaps there are issues with behavior, vision, hearing, processing, etc. Now the already challenging task of being a parent has just become harder. As parents, we want what is best for our children and will often feel guilty when we cannot provide for them the way we imagine.

Somewhere we have learned (incorrectly) that all the children should receive the exact same thing or else it is not fair. But reality is that fair means each gets what they need. Too often parents are running around trying to give each child an equal amount of time, effort, money, etc. in an effort to squash their negative feeling of guilt, shame, or embarrassment. In the end, the only thing that happens is that parents end up burnt out and overwhelmed. When they are at their wits end, it is impossible to be an effective parent, spouse, friend, or even human being.

So, what do you do? You start by being kind to yourself. This is not selfish or mean. Society has painted a picture of the parent who gives endlessly. This is not in the best interest of anyone. So how do you be kind to yourself and still care for your family? Here are some things you can try:

- 1. Meditate daily.** Meditating is not just for monks and hippies. Sure, this is their thing but we can learn so much from that Zen state of mind that gets portrayed in the media. Meditating means to pay attention on purpose to a specific task. Meditating can be done for any length of time. I would recommend that you start small. There are many mini meditations out there that can guide you through that are less than 5 minutes long. Some are even just 1-minute long. Why should you take the time to meditate? By stopping and being purposeful in your actions you allow yourself to become grounded. If you are like me, you wake up and begin running around trying to get things done. In your frantic effort to get it all done, you forget things or make mistakes. You most likely become frustrated. This will set the tone for the rest of the day. Now imagine if you start your day by meditating. You stop and calm yourself. Your thoughts and feelings are not scattered all over the place. You become grounded. You can begin your day with a clear mind. Starting meditation on your own is hard. There are several places you can get help. The one I like best is called Insight Timer. It can be found on your phone's app store. The app is free and easy to use. Once the app is downloaded, you can click on the symbol of the headphones and there is a large library of guided meditations available to explore. I recommend starting with either the mini-moments or the first-time playlists.
- 2. Try doing something nice for yourself.** These can be things like taking a bath, getting a pedicure, getting a massage, talking a walk, listening to your favorite music, reading a book for pleasure, having a glass of wine, going on a date with your spouse or significant other, or meeting a friend for coffee. When we take time for ourselves we can rejuvenate. This rejuvenation allows us to accomplish so much more with a lot less frustration. In addition to making time to do something nice for yourself, you need to arrange for the children to be with someone else so you do not have to multitask. Last, but not least, you need to not feel guilty that you are being kind to yourself. Your children are not going to suffer because you took care of yourself. In fact, they are much more likely to suffer if you don't.
- 3. Stop those negative thoughts.** Learn how to take those negative thoughts and turn them into neutral or positive thoughts. We have so many negative thoughts running through our brains. It happens so often that we generally have no idea it is going on. If we continue to be negative to ourselves about ourselves, we are going to begin to believe it. I am sure if you stopped and thought about it, you are quite mean to



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Welcome to the Team!

This summer we announced Parent Guide openings for our IL Guide By Your Side team. After holding extensive interviews we are happy to announce and welcome to our team two experienced moms as our newest Parent Guides, Miriah Martin and Danielle Sibert. As part of our initial Guide training they have completed over 9 webinar training sessions, attended our annual in-person training in Galena and are rounding out their experience with mentoring from fellow guides. We look forward to being a part of their journey as parents of children with hearing loss!



Mother's Luncheon

Illinois Hands & Voices has a dedicated chapter for Spanish speaking families! We started our group meeting on April 28th celebrating Mother's Day. Moms and grandmas were invited to participate. We had all together 11 participants. We shared what IL H&V and GBYS stand for and what we do. We also discussed family fun events and how we can support family meetings with baby-sitting and food so parents can meet and kids can have a play date. We emphasized our commitment with supporting families through education about hearing loss and hearing solutions as well as language options.



Moms were very receptive, and they shared they were happy to bring other families that might want to be part of the group. Everybody enjoyed great Mexican food at De Colores!

What are the next steps? We started a FACEBOOK GROUP this is how we will communicate for group activities. Next event will be for the whole family. We will continue to share links to our webinars/presentations by text and email with new families!

Spanish Committee: Alejandra Ullauri, Lydia Hernandez, & Lucy Espinoza.

Do you or your child have something to share? A new adventure or an accomplishment? They can be a part of our next newsletter! Stories can be submitted to ilhvgbys@gmail.com

Latest Promotion on our Team

Movin' On



Hands & Voices Headquarters implemented a leveled Recognition Program for all Guide By Your Side (GBYS) programs. This program ensures that all GBYS programs provide the same basic training which is labeled the Guide Level. There are two additional levels, Lead & Senior, that guides can achieve based on completing basic competency tasks and additional activity points.



Up!

Don't hesitate to congratulate **Lydia Hernandez** on her recent promotion to Senior Guide the next time you speak with her.



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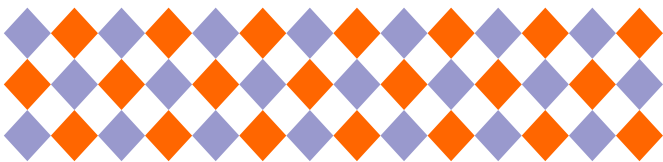
ple were thrilled with the events offered and we all got to participate too, it was truly a win-win. You



can view some pictures on both the Illinois Hands & Voices and Hands & Voices Facebook pages.

With 3 plenary presentations and 17 break-out ses-

sions, our Illinois team was busy learning the latest and greatest ways to support families in Illinois without bias. We also had some of our own presenting at the conference: Alison Rollins and Christen Nolfi co-presented on "Promoting Positive Behavior in Children with Hearing Loss"; Carrie Balian and Andrea Marwah co-presented on "How to Run a Successful Fundraiser in Your State"; Karla Giese talked about her life as a deaf adult while she presented on "Taking Advantage of Lifelong Opportunities"; and Alejandra Ullauri was part of the final plenary of the event being part of "Engaging Families and Leaders in a Diverse World". Next year the hosting chapter is Wyoming. We look forward to visiting their beautiful state and learning more and more from great Hands & Voices leaders from around the world.



(Continued from page 1)

daughter is still young. "It is wonderful to see them doing so well, as I wonder where my child will be at that age." Another comment was the wealth of resources that our collective community can share when we get together and talk. Thank you everyone who came; stay tuned for more upcoming family events!



Written by Madeleine Daley

Looking for a great way to help IL Hands & Voices?

No time to run to the store for cards?

No time to do a scrapbook of your kids?

Looking for a unique iPhone cover?

Illinois Hands & Voices has a solution: SendOutCards! Not only do we use this service for our non-profit organization, we are offering it to our members and families. For every subscription, IL Hands & Voices receives a percentage.

With SendOutCards, you can create customized greeting cards that can also include gift cards, books and gifts as well. The company prints and sends out the cards through US mail. You can upload your handwriting font and signature too!

SendOutCards can also help you create:

- Custom photo mugs
- Canvas prints
- iPhone and iPad covers
- Metal prints
- Scrap book and photo books
- Postcards
- Posters
- And much, much more



"Changing Lives... One Card at a Time"

www.sendoutcards.com/illinoishandsandvoices

Check it out!

Illinois Hands & Voices and Guide By Your Side participate in various fundraisers to support and enhance these organi-

-zations. If you are interested in making a tax deductible donation contact Andrea Marwah at (877) 350-4556 or email her at ilhansandvoies@gmail.com.

Gift Cards for sale!

Do you buy gift cards? Why not buy gift cards through us and allow us to earn a percentage from your purchase? Here is how it works:

1. Go to www.shopwithscrip.com and set up a family account.
2. Enter **ED2CCL6419145** so that your purchase will come back to IL Hands & Voices Guide By Your Side.
3. Select and pay for your gift cards using presto pay.
4. We finalize all orders the 22nd of the month.
5. You will receive your order in the mail approx. 5-7 days after we finalize the orders.
6. We receive the donation from your purchase directly from Shop With Scrip!

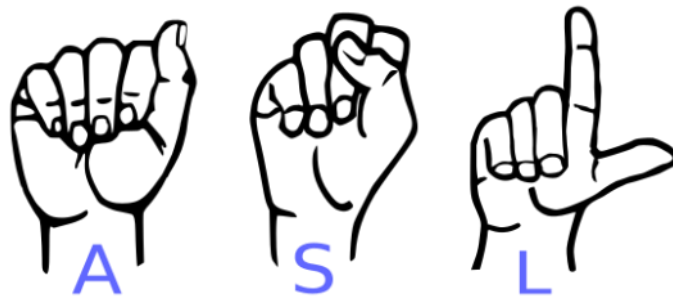
Lots of gift card choices - check them out at www.shopwithscrip.com. There are even reloadable and Scrip Now cards which allow you to print the gift certificate out from your home printer! Questions? Contact Carrie 866.655.4588 or email her at GBYS@choicesforparents.org.

ASL Classes

Where: Columbia College, Chicago, IL **Time:** 6:30 PM - 8:30 PM **Cost:** \$110.00

Description: Join Columbia College Chicago's American Sign Language Department for ASL Institute, a series of American Sign Language workshops to increase your skills and conversational fluency. These workshops are open to anyone interested in learning American Sign Language. Beginner and Intermediate workshops meet on Tuesdays. Advanced workshops meet on Wednesdays. Register at <http://www.colum.edu/academics/special-programs/asl-institute.html>.

Contact for Information: For more information, contact Nina at ncampbell@colum.edu or visit www.colum.edu.



Where: Center on Deafness, 3444 Dundee Rd., Northbrook, IL **Time:** 7:00 PM - 9:00 PM **Cost:** \$110.00

Description: Classes for Adults: Beginner I - Students are introduced to ASL including basic sentence structure, negatives and questions, including classifiers,, quantifiers and directional verbs; Beginner II - Students continue learning vocabulary, key phrases, cardinal/ordinal numbers and about Deaf culture; Intermediate I - Students learn to improve ASL structure, learn to negotiate a signing environment, check for comprehension and improve

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UNIVERSITY OF CHICAGO MEDICINE
OPEN HOUSE

We are hosting our annual meet and greet for families with children affected by hearing loss! Mingle with other families, enjoy great food, and see a magician!

When: October 28, 2017 from 10:30am-1pm
Where: University of Chicago Medicine Duchossois Center for Advanced Medicine (DCAM) - 4th Floor lobby
5758 S. Maryland Avenue Chicago, IL 60637



The magician starts at 11:15AM!
Pizza and salad will be served

Please RSVP to Sally at 773-702-8182 or sallyt@uchicago.edu

SPECIALIZED CARE FOR CHILDREN

How We Help

The University of Illinois at Chicago - Division of Specialized Care for Children offers free care coordination for families of children with special health care needs in Illinois.

Care Coordinators tailor services to each family's needs. Our support may include:

- » assistance accessing free diagnostic testing;
- » finding specialized medical care;
- » help utilizing insurance;
- » finding resources and information;
- » developing a plan of care;
- » communicating with doctors, specialists, and schools; and
- » preparing for transition.



Free care coordination is available if your child has, or is suspected of having, a treatable chronic condition in one of the following categories:

- » Cardiac Impairments
- » Cystic Fibrosis
- » Eye Impairments (Cataract, Glaucoma, Strabismus)
- » External Body Impairments (Cleft Lip and Palate, Craniofacial Anomalies)
- » Hearing Impairments
- » Hemophilia
- » Inborn Errors of Metabolism (Phenylketonuria [PKU])
- » Nervous System Impairments (Seizures, Nerve, Brain, Spinal Cord)
- » Orthopedic Impairments
- » Speech Impairments (Dysarthria, Vocal Cord Paralysis)
- » Urinary System Impairments

You may also qualify for financial assistance for the health care needs of your child.

Call us at (800) 322-3722 to see if we can help.

We work as quickly as we can to determine if and how we can help.

See Other Side for More Information



SPECIALIZED CARE FOR CHILDREN

WHO WE ARE

Since 1937, we've been helping families of children with special health care needs in Illinois.

Today, thousands of families throughout Illinois receive some form of help from the University of Illinois at Chicago - Division of Specialized Care for Children each year. Services are coordinated by a network of professional staff, working out of regional offices across the state. We consistently draw on the relationships and knowledge we've built over the decades.



Care Coordination Teams

Staff work in care coordination teams throughout the state to help families in their community. Teams are formed based on each family's needs and may include:

- » Nurses
- » Social Workers
- » Audiologists
- » Speech-Language Pathologists

Physicians/Providers

It can be hard to find a provider who's an expert in specific health issues, who also has openings, is close to home, and works within a family's insurance coverage.

We've spent more than 75 years building relationships with the best doctors and providers for children with special needs. Not only do we fully understand the different conditions that require specialized care, we've worked first-hand with an impressive pool of specialists in and around Illinois.

Visit our website to learn more:

dsc.c.uic.edu

See Other Side for More Information



Panel Session: Engaging Families and Leaders in a Diverse World

This year the H&V Leadership Conference brought cultural diversity to the table. A group of 7 women, moms and clinicians whose cultural heritage represents many corners of the world, participated in a discussion panel.

Cultural diversity is a topic we need to discuss so we can better serve families from different cultural backgrounds. Culture is the integrated pattern of learned beliefs and behaviors (Nunez, 2006; Betancourt, 2003). It explains how we view and value the world. It is influenced by socioeconomic status, religion, sexual orientation, occupation, etc. (2006, 2003). Culture is the way we think, act, and interact with others. People from the same race do not necessarily share the same culture. As service providers, we should practice, grow and master our cultural competence skills. Cultural competence allows us to determine the social and cultural influences in a person's health beliefs and behaviors. It is the ability to interact with people who are different than ourselves (Nunez, 2006, Dy, 2011).



In the following paragraphs, parent-guides/panel participants discuss key aspects to keep in mind when serving our Hands & Voices families:

Different cultures have different reactions to a diagnosis of hearing loss. Those reactions influence how and when we seek support. As parent-guides we can help families access support services sooner rather than later if we can connect with them and understand where they are in their own journey.

Our Connection: As parent-guides serving we have a common connection between us and the DHH families that we serve, and that the connection is the common diagnosis. This is an unbreakable bond that will open the door for us to serve and support those families.

Language and translations: Language barriers also create challenges. Terms in English may not reflect the same meaning in different languages. Families need to understand exact terminology, be able to share the correct information, and exchange viewpoints about their child's care to ensure a clear understanding of the decisions they make on behalf of their children. Are we connecting families with similar backgrounds so that they can feel a sense of familiarity especially at a time when everything is new and unknown?

Family preferences: We need to understand where each family is in their own journey. Find out about the families' view of hearing loss, and support them accordingly. For instance, after the diagnosis some families are comfortable jumping in and starting an action plan. However, other families may need time to absorb, digest, and understand what their child's diagnosis means to them and how they choose to approach the decisions they need to make regarding their child's language acquisition, education, and even medical or professional treatment. It is important to provide a wide variety of opportunities for engagement. Small intimate gatherings are just as effective as big social events. Educational opportunities both virtual and real-time can bring important information. Resources should be accessible at a time that is convenient for families. We need to keep our hand on the pulse of the family when it comes to introducing new supports, like a deaf mentor, support group, family activities, etc.

Extended Families: Extended large families also play a role in many cultures and may impact how we support certain families. As members of Hands & Voices, we already know that it takes a village to raise a Deaf or Hard of Hearing Child. It is important to think about grandparents' or other family members' views on deafness or Hard of Hearing, and how we can include and involve them in our efforts to serve and educate their families.

Asking for help: Things may get difficult, and the tools that we have may not be sufficient for supporting some diverse families. At Hands & Voices, we have members from different cultural backgrounds. Reaching out to them may help parent-guides discover new resources or learn different options on how to better support a specific family. We should all keep in mind that asking for help and resources does not make us lesser advocates or guides, because all parent-guides face many challenges serving families from a different culture than theirs.

(continued to page 2)

Do you have a child who is deaf or hard of hearing age 36 months or younger?



You are eligible to get a **free** online class to learn American Sign Language!

SIGN IT!
LEARN AMERICAN SIGN LANGUAGE ONLINE

Go beyond single signs! Learn conversational ASL with Rachel Coleman from Signing Time.

To apply, visit www.infanthearing.org/signit



2017 Child's Voice Grad Success

We recently received this note from an alumni mother. Frankie is a 2017 graduate of Child's Voice and started his mainstream schooling last week. It is always heart-warming to hear these stories. Way to go Frankie, we are so proud of you!

"Hello Ladies!

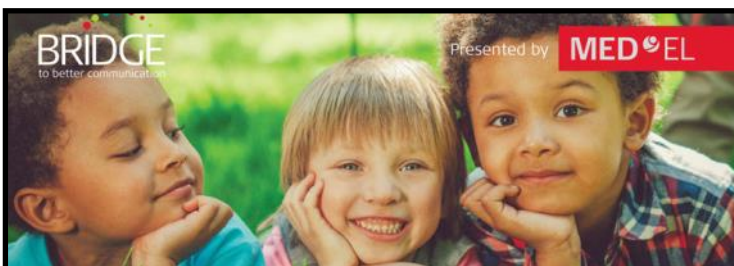
I just wanted to say thank you for preparing myself and Frankie for the mainstream!



Yesterday we had an in service in his classroom where we talked to the kids about Frankie's hearing loss, hearing aids, and fm system. He used his self-advocacy book from last year, he read it and explained it all to his classmates. He was so confident! A little quiet, but responded to every question. It was truly a proud moment for me. But I know without everyone's help at Child's Voice we would have not been able to do it. This includes those parent advocacy training classes for parents, because I as well was prepared to show the kids in a fun way!

I am truly hoping this confidence and eagerness lasts all of third grade and beyond

Again THANK YOU!!!!!"



Free One-Day Workshop for Professionals: Auditory-Guided Speech Development in Young Children

Friday, November 3, 2017 • 7:30 a.m. - 3:00 p.m.

LOCATION:
Child's Voice
180 Hansen Ct
Wood Dale, Illinois 60191

Featured Speaker: David J. Ertmer, Ph.D., CCC-SLP

In this workshop, you will learn to recognize changes in prelinguistic vocalizations that indicate that hearing is actually guiding speech development. New tools for assessing early spoken language development will be shared and family-centered strategies for very young children will be explored. Finally, phonological development and the attainment of intelligible speech will be discussed with regards to recent research, new assessment tools, and intervention techniques.



This is a free event, but please RSVP as there is limited space. Contact Landon Lacey (landon.lacey@medel.com 919-884-6491) for details.

ASHA, AAA and LSIS CEUs pending.

Breakfast, lunch and snacks will be provided.
For more information and to register, please visit www.goo.gl/EpFa0P



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conversation strategies; Intermediate II - Students learn how to describe a room using spatial agreement, tell a story, talk about life events, and how to manage a conversation; Advanced - Students discuss current events while fine-tuning their expressive and receptive skills; Conversation - Students continue to discuss current events and begin learning to voice and sign for their classmates to begin interpreter skills; Interpreter Enhancement - Whether you are preparing to taken an interpreter test or are already an interpreter, this class will give you the opportunity to clean up your signs, work on your problem areas, and learn signs particular to a specific assignment (topics such as medical, legal, therapy, business, etc.). There are additional classes available for the Deaf/Hard of Hearing individuals that need to acquire ASL/Communication skills as well as families (which run in the summer semester only). Advance registration is preferred but payment in full is required no later than the first class.

Contact for Information: For questions, send an email to Michelle Masbaum at signclass@centerondeafness.org or call her at 847-559-0110 ext. 215.

Illinois Deaf Campers

The Illinois Deaf Campers (IDC) is a 501(c) 3 not-for-profit organization and has established since 2004 to present. IDC hosts several times of the months within a year in different locations in the State of Illinois. The IDC typically runs by the Deaf and HOH (D/HOH) Wagon Board Officers included the Deaf campers until 2014. Times have changed from the past that often gathered by Deaf campers/adults whose having their hearing siblings as CODA and some Deaf/HOH children.



I have been a member of IDC since 2004 and become the IDC Wagon Board member in the year of 2008. I have become the IDC Camp Director from 2014 to present and developed the organization for a change. The D/HOH Wagon Board Officers agreed to add the new information about having the Hearing parents of the D/HOH children that they are more than welcome to join camping with us. Because the IDC have the role models of the D/HOH board officers and members, we also welcome hearing adults becoming our IDC members and to be with Deaf, HOH, and Hearing children along with their Deaf and Hearing parents as a family camp gathering included friends. Furthermore, the college students who study in Special Education, Deaf Education, and Training Interpreters, are also welcome to join and become volunteers with us because of our IDC's mission and vision statements.

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- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Illinois Families For Hands & Voices** whenever you shop on AmazonSmile.
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- Support your charitable organization by starting your shopping at smile.amazon.com.

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<https://smile.amazon.com/ch/06-1724201>
2. Enter your Amazon Account user name/password
3. SHOP



Save the Dates:

- Advocacy Training...Oct. 14 and 17
- Edwardsville family event...Nov. 12
- Beason Family event....Oct. 21
- Statewide Conferences...pg. 9
- U of C open house....Oct. 28
- Sound Experience....Oct. 28
- Sharing A Vision Conference.Oct 25-28



Sound Experience

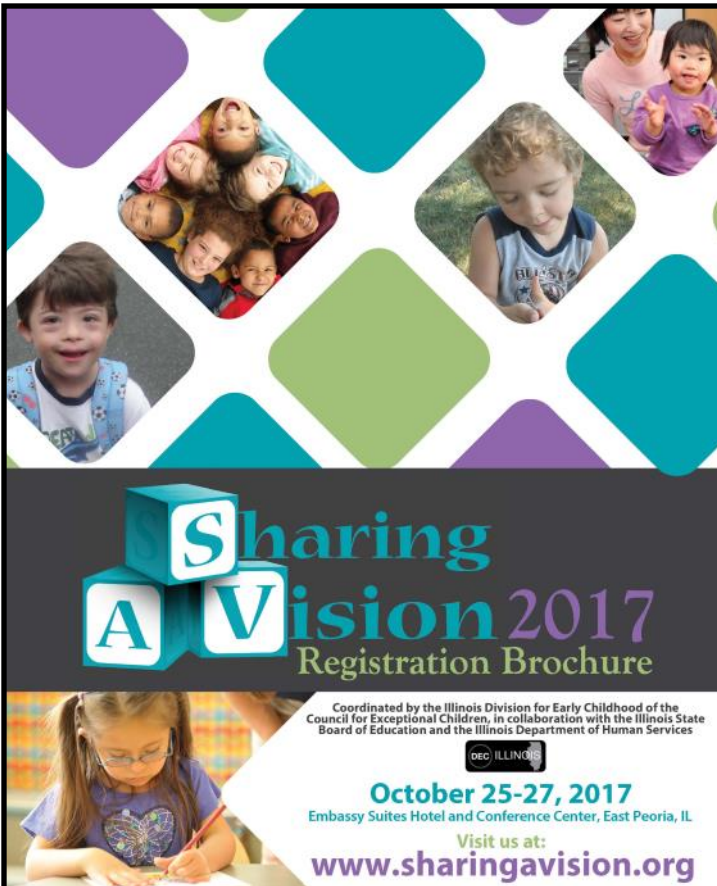
A Social Experience for Families of Children with Hearing Loss

2 Upcoming Events!

- ❖ Saturday, October 28th: Meet & Greet
- ❖ Saturday, November 18th: Parent Panel

- **Location:** Lurie Children's Outpatient Center in Westchester (2301 Enterprise Drive in Westchester, Illinois)
- **Time:** 1:00-3:00 pm
- **Please R.S.V.P.** to Cara Donahue at cdonahue@luriechildrens.org or call 312-227-3061 and let us know how many children and how many adults will be attending.
- **2018 Save-the-Dates:** January 20th (15 Years of Sound Experience Celebration Pizza Party!) and April 21st (TBD)

Sound Experience provides an opportunity to network with other parents of children with hearing loss. Children are encouraged to come so that they can meet other children with hearing loss and their siblings. Crafts and snacks will be provided.



Sharing
A Vision 2017
Registration Brochure

Coordinated by the Illinois Division for Early Childhood of the Council for Exceptional Children, in collaboration with the Illinois State Board of Education and the Illinois Department of Human Services

October 25-27, 2017
Embassy Suites Hotel and Conference Center, East Peoria, IL

Visit us at:
www.sharingavision.org

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Mission Statement: "The purpose of the IDC is to provide a gathering place for the deaf and hard of hearing campers to socialize and learn the nature of recreation at a variety of campground sites in our state. We aim to take away any feelings of isolation as we enjoyed camping with children, parents, and friends and provide for memorable experiences together. The IDC's gatherings maintain and preserve our own Deaf Culture with our cherished values and pride in ASL in coming together. The IDC creates the learning experiences, new comprehension of camping and Deaf Culture; respect the nature and our community. Hearing children of Deaf parents (CODAs) and Hearing parents of Deaf & HOH children are very welcome to join us. IDC will enrich all campers – Deaf and Hearing alike."

Vision Statement: The IDC has launched with the help of the officers and volunteers to build a better camping location, serving the needs of Deaf and Hard of Hearing campers assuring their satisfaction. We can come together as a community to promote awareness and the preservation of the Deaf camping and to educate Deaf, Hard of Hearing, and Hearing campers enjoying the outdoor experience. The IDC will strive to sponsor the fundraising, social, activities, and recreational for the Deaf, Hard of Hearing and Hearing people and children of all ages.

Our motto is "An increasing number of diversity of all ages, cultured, and an economic group will enrich the magnificent camp experience."

Hearing and D/HOH parents with their children who are Deaf and HOH, included the Hearing siblings and grandparents, will be more enthusiastic participation by creating the fun activities to play together and to gain the interaction skills of social and emotional support. But, not at all, our organization provides the education about the Deaf & Hearing cultures as well as keeping the values of our ASL tradition, included the awareness of camping in nature environmental sites. In additional information, the IDC welcome you to join us a celebra-

(Continued on page 3)





NORTHWESTERN
UNIVERSITY



Research Opportunity for Children with Hearing Loss

WHO: Children between **9 months** and **12 years** of age
who use hearing aids or cochlear implants

WHY: The Hearing and Language Lab at Northwestern University
is studying how children with hearing loss listen and learn
in their everyday environments.

WHAT: During the study, children will play games
that test their language and listening skills. Parents will receive
monetary compensation for travel and participation (\$10/hour).
Children will receive a book and a small prize.

For more information, please contact
the Hearing and Language Lab at:

EMAIL: hll@northwestern.edu

PHONE: 847-467-4156

PI: Tina Grieco-Calub,
Communication Sciences
and Disorders,
Northwestern University

IRB# STU00070688



Hearing and
Language Lab



CONNECTIONS

Mentors & Families Working Together

The **Connections Program (CP)** at Chicago Hearing Society (CHS) is an on-going, family-centered support program that links adults who are Deaf, DeafBlind or Hard of Hearing (D/DB/HH), called Mentors, with families who have children who are D/DB/HH, providing an array of support services. The **CP** is part of statewide initiative to reach out to families who are hearing and have a child who is D/DB/HH between birth to 22 years old. Research shows a child's natural ability to develop language is strongest within the first years of life and family members are their primary source of language. Through this connection, Mentors provide the entire family with the support, perspective, advocacy, community resources and options necessary for parents to help their D/DB/HH children achieve their full potential in both the hearing and deaf worlds.



“Considering our daughter was born to hearing parents, there is an area of her life that we can't adequately expose her to and teach her about - we'll never be able to...” –Parent interviewed for An Illinois Deaf Mentor Services Survey conducted and reported on by a Gallaudet University Regional Center Student in 2014

How It Works

Parents submit an application to be a part of the **CP**. The **CP** coordinator works directly with the family to arrange mentor services. Mentors then visit families, typically two hours per week, in their homes where their child is most comfortable and eager to learn. They are selected to represent the **CP** for the ease of their communication style with family members and for their comfortable approach with children.

Contact :

Michelle Mendiola

CHS Youth Program Manager

-  Phone: 773-904-0155
-  Fax: 773-409-1544
-  E-mail: MMendiola@anixter.org
-  www.ChicagoHearingSociety.org



Guide By Your Side is the result of a collaborative effort between the following: IL Hands & Voices and the IL Early Hearing Detection & Intervention (EHDI).

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yourself and would never dream of talking to a friend the way you talk to yourself. So how do you stop? First you need to catch yourself having these thoughts. Once you start noticing the thoughts, then you can do something about it. When a negative thought comes up, you need to ask yourself where is the evidence to support that thought. Most likely there is no evidence. That is when you can take the negative thought and convert it into a neutral or positive statement instead. For example, I am such a bad mom. Evidence: none really. Maybe I don't do everything right but that does not make me a bad mom. Neutral statement: I am a mom who does not always get things perfect. Positive: I am a mom who is trying her best. This technique is hard and often takes some time to get the hang of. I would recommend writing some of the negative thoughts down and working on rewriting them when you are in a calm state.



4. **Get help.** There comes a time when you need professional help. This does not mean you failed or are flawed. It means you can recognize that you cannot do things alone. Counselors can help you sort through what is happening and help you create a plan that is specific to your needs. Finding a counselor can seem overwhelming at times. If you have insurance, you can contact your insurance company for counselors in your area. You can also reach out to others and see if there are any recommendations.

The Cognitive Clinic provides individual, couples, family, and group therapy in an outpatient setting. Counseling can be done at our office or online via tele-counseling. We work with adults, children, and adolescents. Our areas of treatment include anxiety, stress management, depression, trauma, relationship issues, grief & loss, addictions, and compulsive over eating. We have specialists who are trained in Eye Movement Desensitization Reprocessing (EMDR), and art therapy, as well as mindfulness.

We help people CHANGE their thinking patterns so that they can achieve their goals. When their thoughts are more in control, they are able to DISCOVER what they are truly capable of. At that point, their entire life will begin to TRANSFORM in ways they never imaged.

If you would like to contact our office with any questions or input, you can email us at drCARLA@thecognitiveclinic.com or call us at 708-586-9050.



Looking for a special gift? Take a look at this special selection of personalized jewelry made by a fellow mom with a child who has hearing loss!



Visit the shop at www.kennebugboutique.com

Child's Voice to host Autumn Gala to benefit children with hearing loss

Please join us to celebrate the accomplishments of Child's Voice children and their families on November 11, 2017 at 6:00PM at the Morton Arboretum in Lisle, IL. Celebrations will include a cocktail hour, dinner, alumni speakers, auctions and live entertainment! To purchase tickets or for more information, please visit <https://childsvoice.org/childs-voice-autumn-gala/>

