



On July 13th the “*Break the Sound Barrier*” Annual Motorcycle Run benefiting hear ME now included a kids bike parade. Kids gathered in Kennebunk with decorated bicycles. Over 75 motorcycles arrived and were available for viewing. What a fun event! A **HUGE thank you** to the **Widows Sons Maine Chapter** for organizing this fun event and continuing to generously support hear ME now!

“We love hear ME now because they are family.” - Amanda Brooks Landry

Non Profit Org
US Postage Paid
Portland, ME
Permit #402

PO Box 896
Portland, ME 04104



“Hear Me Now gives our family Hope.” - Adel Shakhili

Hear ME! Hear ME!

THE GAZETTE OF HEAR ME NOW

FALL 2019

hear ME now and Maine Hands & Voices Celebrate the Start of a New School Year!

This year's annual *Back to School* picnic was held in collaboration with Maine Hands & Voices, on a beautiful August evening on Mackworth Island in Falmouth. This event is always a wonderful way to connect with old and new friends before the start of a new school year!



Please check out our [Facebook](#) page for more pictures from the event.



Pamela Dawson
Executive Director



Dear friends of hear ME now,
The school year is underway! Our staff reports that children are listening and speaking in their own homes and in their community schools all over our beautiful state! See page 3 for some wonderful back to school photos from the hear ME now community.

Thanks to your ongoing support, we have much to tell you about...

hear ME now is sharing our specialty with other professionals to increase opportunities for families in all of northern New England. We continue to mentor speech pathologists and teachers of the deaf working with children with hearing loss in Vermont and New Hampshire. See page 3 to learn more about this exciting program.

hear ME now is collaborating with multiple stakeholder groups in Maine to learn what families need for comprehensive pediatric hearing health care. A generous 2 year grant from the Oberkotter Foundation is giving us the opportunity to listen to families as they tell the story of their journey. We will work together to identify barriers and solutions to meet their needs.

hear ME now cares about connecting families. Our annual Back to School picnic was a terrific way for students of all ages to come together with their families and look towards a new school year of listening and learning.

We are busy preparing for our annual Break the Sound Barrier Ski Race and Winterfest on March 1, 2020. This year will include an expansion of our Hearing Buddies program that connects teens and young adults with our younger students and their families. We have also completed our Family Journeys videos that give young families a glimpse into what is possible as their children grow and

We can't do what we do without your help and support. Thank you!!



From Our Staff

What is the most gratifying part of your work at hear ME now?

- “The most gratifying part of my work with hear ME now is the delight in the eyes and on the face of a parent of a child with hearing loss when their child achieves a skill for the very first time. It’s like magic.”
~Cathy Janelle, MS, CCC/SLP, LSLs Cert. AVT
- “I love watching parents take on the role of being their child’s most important teacher. I also feel such excitement when adult cochlear implant recipients come back for a post-implant visit and they name all the new sounds that they haven’t heard in a long time.”
~Hannah Birnie, MSP, CCC-SLP
- “The most gratifying part of my work is collaborating with public school professionals and seeing my students thrive in their community schools—sharing with peers about their hearing loss and being comfortable with their hearing technology.”
~Katelyn Spalding, MED, Teacher of the Deaf

hear ME now Video Series – Family Journeys in Listening and Speaking!

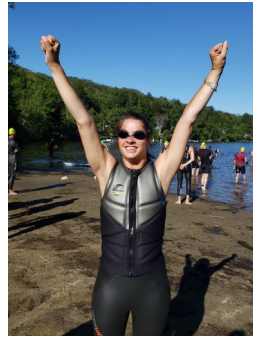


Last year we introduced a series of videos of children, who are deaf or hard of hearing, growing in listening and speaking over time. Did you know hear ME now helps families through tele-therapy—no matter where they live? One of the children featured in our video series is Avery from New Hampshire. She was born with moderate hearing loss and fitted with hearing aids at 3 months. See how her parents learned to help her develop language skills. hear ME now supported them even though they live in another state.

Check out her video and more on our web site [hear-me-now.org](#) and on facebook @hear-ME-now! Let us know what you think!

Hear Me! Hear Me!

Abby Takes on a Tri



Abby Latulippe, hear ME now alum and ski race captain extraordinaire, recently competed in her first triathlon. Way to go Abby! Here's what she had to say about the experience.

Why did you decide to compete in a triathlon?

I have mild cerebral palsy and am profoundly deaf. I love to bike, like to swim but did not know how to swim for 800 yards, and I dislike running. I decided to race in a triathlon because of my personal aspirations. I was inspired by a woman with cerebral palsy who successfully completed a triathlon. I look up to her as a positive role model.

What event did you like best? What event did you like least? And why?

Surprisingly, I enjoyed all of the events- swim, bike and run for different reasons. The swim was probably my easiest event because I trained for that event the most as I did not know how to distance swim. I was pleased with the bike portion since I beat my personal best time. The run turned out well because I got to run with my sister which was a surprise and she kept me on pace. However, I did not like the run portion of the Tri because I find long distance running challenging and I trained the least for the running portion.

Did you make any accommodations to either your training or competing for your hearing loss? How did that go?

During the Triathlon, I had some accommodations for my hearing loss. I do not wear my cochlear implant (CI) for swimming because I am concerned the water could cause it to malfunction. I depend on my CI for my everyday life and work and did not want to take a chance. My dad, David Latulippe, was in a kayak guiding me in the water as I swam the backstroke most of the time. He was able to sign instructions to me if necessary. My dad did the bike and run portions beside me for encouragement and in case something went wrong with my bike.

I can hear the cars well when I am biking and running. I also have a mirror on my bike. When I run, I tighten my cochlear implant magnet so it does not fall off. I have a swim coach to teach me how to distance swim, she uses a white board to communicate with me and she knows some sign. Everything went smoothly and I had a lot of fun.

Any advice for anyone thinking about a triathlon?

You need to have motivation or inspiration. Train for your weak areas, and don't put it off. Practice the transitions. Research pre race food plans

Do you have any plans to do others? Oh yes, I have plans to do another one in May 2020!

Dust off the skis and mark your calendar!

hear ME now's **Annual Break the Sound Barrier Ski Race & Winter-fest** will be held on March 1, 2020. As fall is upon us, we're already thinking about snowy ski slopes! The event will be at Mt. Abram and includes family friendly Winterfest activities with outdoor games, snow decorating, outdoor fire pit, hot chocolate, and s'mores. We hope you can join us!



We have been so fortunate to have wonderful sponsorship partners that make this event possible. If you're interested in creating a race team, volunteering, or just joining in on the fun and helping support this event and the work we do at hear ME now, let us know. We can't wait to see you on the slopes in March!

Board of Directors

Gregg Lagerquist,
President
Dick O'Meara,
Treasurer
Deb Feagans,
Secretary

Harriet Gray
Matthew Hearst, M.D.
Lynne Lewis
Gregg Novick
Kristen Pfeife

Executive Director

Pamela Dawson, M.Ed.

hear ME now
PO Box 896
Portland, ME 04104
207-781-7199

www.hear-me-now.org

*"Where children and adults
with hearing loss learn to listen
and speak."*

We asked and you responded!

Check out back to school photos, from our friends- Kindergarten to High School, on the following page.

*Don't forget to follow us on Facebook @hear-ME-now!

Hear Me! Hear Me!

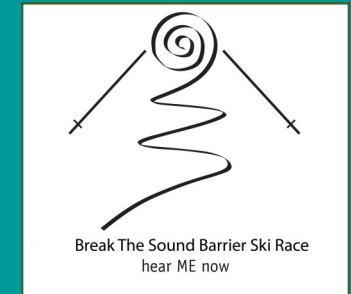
Sharing What We Know

For the last 18 months, hear ME now has been working on an exciting program with the state of New Hampshire. We are supporting young children with hearing loss, their families, and their New Hampshire based speech language pathologists as they facilitate listening and spoken language development. Through the internet, we are able to connect as they go about their daily routines and coach them together in their homes.

At the one year mark, we had solid data that shows growth in the knowledge and skills of both the remote providers and parents to help their children develop listening and spoken language. We have encouraging taped interviews from participants that are excited by this opportunity to provide access to specialists – no matter where a family lives! Those interviews have been instrumental in encouraging more families and providers to reach out to us – not only in New Hampshire, but also in Vermont.

If you know of any families or speech pathologists in Maine, New Hampshire or Vermont that could benefit from this support, please contact Pam at pdawson@hear-me-now.org. In most cases, tele-health services are covered by private insurance.

SAVE THE DATE



Join us on March 1, 2020 | Mt. Abram

for our
18th Annual hear ME now
Break the Sound Barrier Ski Race
and Winterfest

*Hello to a new
school year!*

