

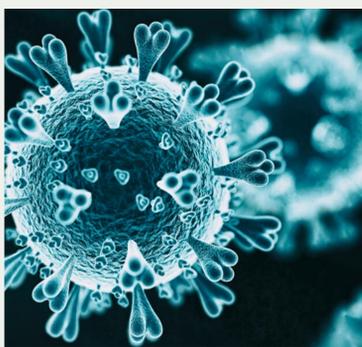
## MARCH 2020 NEWSLETTER

### Thank you for being part of our agency family!

We look forward to keeping you up to date on agency news and sharing educational articles and exciting milestones.

We would love to "HEAR" from you! Contact us - [Click Here](#)  
 We are currently 98 years strong!  
 #centennialjourney

#### ABOUT US



#### COVID-19 Update Our Commitment To You

At this time, out of an abundance of care for our staff and the individuals and families we serve, Rochester Hearing and Speech Center has made the difficult decision to temporarily suspend regular client services until further notice, with the intent to resume services, as soon as, it is safe and reasonable to do so.

We are closely monitoring the rapidly evolving COVID-19 crisis, including local, state and federal guidelines and recommendations, which currently suggest we all refrain from non-essential travel, appointments, and socializing.

If you have an emergency, please leave a message at 585-271-0680. This line will be monitored daily and the appropriate person will return your call within 24 hours. You may also reach us via e-mail at [info@rhsc.org](mailto:info@rhsc.org).

To read the full update from RHSC President/CEO, **Mary L. Balme**, click the button below.

READ FULL UPDATE



#### Meal Time For Children With Special Needs

Being present and eating with your child at mealtimes is extremely beneficial for their nutritional development. When children dine together with their parents and family members, they are more willing to taste and try new foods. Let them see your joy and pleasure as you enjoy a meal. Offer brightly colored fresh fruits and vegetables. If a child refuses a new food, offer again at another meal. Research has shown that new foods need to be tasted up to ten times before they become preferred.

– **Rita Myers, M.Ed.**  
 (Special Education Teacher, Developmental Group Coordinator)

To learn more about our Education and Clinical Services click the button below.

OUR SERVICES



#### Audiology Client Referral Program

The greatest compliment that we can get from our satisfied clients is the referral of friends and family.

When you refer a new client to us, you can count on us to provide excellent care. Both you and your referral will be entered into a quarterly drawing to win a gift card.

Questions? Email Us at [info@rhsc.org](mailto:info@rhsc.org).

FIND OUT MORE



#### Employee Spotlight - SOFIA

Sofia Halaris, MS, OTR/L, is an Occupational Therapist in her third year at Rochester Hearing and Speech Center. She works with early intervention as a part of our developmental classroom, as well as, with pre-school age children providing services throughout Monroe County.

"Sofia is a beautiful, vibrant ray of sunshine when she enters our classroom. She has a wonderful ability to take any difficult situation and handle it in an eloquent manner" –Rita Myers, M. Ed

–Sofia Halaris, MS, OTR/L

READ MORE



#### March to Health National Nutrition Month®

Nutrition is fundamental to health, but we do not often learn about the relationship between diet and the auditory system. Nutrition and hearing ability is, in fact, connected. Studies have shown that poor nutrition not only stunts anatomical development in children but slows inner ear development. Malnourished children were more likely to develop hearing loss as young adults compared to their well-nourished peers. In addition, according to a National Institutes of Health project, individuals with type II diabetes were more likely to develop hearing loss than non-diabetic individuals. To ensure proper nutrition to protect and preserve hearing, visit a nutritionist, along with regular hearing checkups with an audiologist.

– **Deborah Sanderson, Au.D., CCC-A**  
 (Senior Clinical Audiologist, Board Certified Doctor of Audiology)

If you've never had your hearing checked or you think it might be impacting your balance or overall health, book your hearing test today by clicking the contact us button below.

CONTACT US



#### Take Control Of Your Hearing Health!

If you notice it is hard to understand conversations in noisy environments or if you catch yourself asking people to repeat themselves, you might have some level of hearing loss.

If your family complains that you listen to the radio or TV too loud, that is a clear sign of hearing loss. It's common for people to live with hearing loss for several years before they do anything about it, but that's not good for your quality of life.

Locations:  
 Rochester/Brighton | Greece | Webster

To Schedule a Hearing Test:  
 Call 585.271-0680 or Fill out our Contact Us Form: [Click Here](#)

FIND OUT MORE



#### Up to \$300 Off Hearing Aids

We have an amazing discount opportunity for those looking to purchase new or replace an existing pair of hearing aids.

We are offering \$200 off for a pair of hearing aids and a special discount of an additional \$100 off for educators, healthcare providers, and artists/musicians.

Mention coupon offer when calling to schedule a comprehensive hearing test & hearing aid consultation.

COUPON OFFERS



#### Featured Testimonial - DREW

Recently, as a high school junior, Drew entered an oratory contest sponsored by the Rotary Club of Greater Rochester and was awarded the third-place prize. The college scholarship he is in line for is a testament to the fine work that Beth did with him all those years ago when he was in the Rochester Hearing and Speech Center's Early Intervention Developmental Group Program.

"We are forever grateful to Beth and Rochester Hearing and Speech Center for the mark they have left on our children, especially, Drew."

–Nan and Mark, Drew's Parents

READ MORE

### Communication for Life

We are the longest standing and most experienced provider of speech, language and hearing services. We are a not-for-profit agency serving Rochester, NY and surrounding communities.

Three Locations: Rochester/Brighton | Greece | Webster



Our Contact Information  
 Rochester Hearing and Speech Center  
 1000 Elmwood Avenue, STE 400  
 Rochester, NY 14620

(585) 271-0680 | [www.rhsc.org](http://www.rhsc.org) | [info@rhsc.org](mailto:info@rhsc.org)

98 YEARS  
 1922 - 2020

