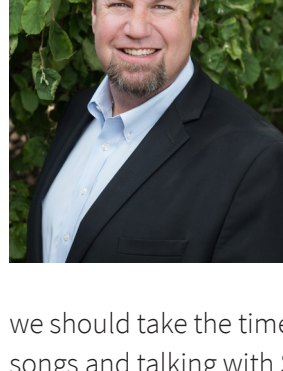




Words from CEO Brett Bachmann



"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us." — Hal Borland

Happy New Year! We hope you and your family had a wonderful holiday season.

We celebrated the holidays at Heuser Hearing & Language Academy with our annual Christmas party thanks to the Kiwanis Club of Louisville, complete with Santa and Rudolph. It is such a joy to see the excitement in the children's faces and hear their laughter as Santa appears to hand out the presents sponsored by the Kiwanians. This annual event reminds us of the innocence of our childhoods and as we grow older, that we should take the time to appreciate those around us. The sounds of the holidays, like our students singing holiday songs and talking with Santa, are not to be taken for granted. I am glad that the audiologists and researchers at Heuser Hearing Institute are able to help people in our community experience the sounds of the holiday season.

I'm encouraged and hopeful for 2018 as we continue our mission. We look forward to a new year with the staff, teachers, families, friends, donors and supporters by our side. As always, I thank you for your support, this year and beyond!

-Brett

Brett Bachmann, CEO
Heuser Hearing Institute



Donor Appreciation Reception

On Tuesday, December 5, Heuser Hearing & Language Academy honored the contribution of the Dorothy M. Akin Fund through the Woman's Club of Louisville. New additions to the Donor Tile Wall were also dedicated. Brett Bachmann presented a plaque honoring the gift to Linda Steder, President of the Woman's Club of Louisville. We are grateful for the gift from the Dorothy M. Akin Fund that allowed us to make capital improvements to our campus for the safety and comfort of the students, and for the ongoing support from our donors.

See more photos from the event on our Facebook page.



Kiwanis Christmas Party

We thank the Kiwanis Club of Louisville for sponsoring a Christmas party for the students and families of Heuser Hearing & Language Academy. The children performed holiday songs for their families, teachers and Kiwanians and visited with Santa and Rudolph and received presents!

See more photos of the fun on our Facebook page.

Meet Ellie Kate Cook, Kosair Kid!



Congrats to Heuser Hearing & Language Academy student, Ellie Kate Cook, for being featured in Kosair Charities Kite Tales!

Ellie Kate was selected to receive a one-of-a-kind dream playhouse through a partnership of Kosair Charities, YouthBuild, the Building Industry Charitable Foundation, and River City Bank. Her playhouse will be unveiled in March 2018. Ellie Kate told her builder and designer that she would like her house to have a place for art and dress-up, and would like it to have a doorbell. Ellie Kate's mom, Jana asked that the house incorporate sounds and lights so Ellie Kate can work on her therapy at home. In October, Kosair Charities announced that Heuser Hearing Institute will receive a \$218,000 grant to guarantee that kids like Ellie Kate and her future little sister receive the therapy and education they need to ensure a healthy and successful future.

Ellie Kate started her journey at Heuser Hearing Institute in the early intervention program. Ellie Kate received occupational therapy, learning how to chew and swallow solid foods and how to crawl, cruise, walk and run, all before her second birthday. Ellie Kate received loaner hearing aids while the Cook family began the process of getting her cochlear implants. The hearing aids did not do much good for Ellie Kate, and insurance approved their request for the implants. Ellie Kate received her first implant, in her right ear, on Dec. 23, 2013. Her cochlear implant was activated on Jan. 3, 2014, and Ellie Kate could hear for the first time. Ellie Kate began seeing a speech pathologist and attending weekly playgroup at Heuser. Because she had never heard sound before, she had to be taught how to listen and respond. Ellie Kate graduated from the early intervention program and enrolled at Heuser Hearing and Language Academy. Jana says, "Ninety percent of children who are deaf are born to hearing parents. The only way hearing parents know what to do is because agencies like Heuser are there to hold our hands from the beginning."

Read the full article in the Fall 2017 issue of Kosair Charities Kite Tales.



Hear for the Arts Gallery

Have you seen our new Hear for the Arts gallery wall in the lobby of the Downtown Clinic? We have so many artistic patients and wanted a place for them to showcase and sell their artwork. Our current featured artist is Daressie Laird. She creates beautiful ASL greeting cards for all occasions, in addition to Christmas ornaments and magnets. A portion of the proceeds benefit Heuser Hearing Institute.

If you are interested in displaying your art, call (502) 584-3573.

IRA Charitable Rollover



If you are 70 ½ or older and have a traditional Individual Retirement Account (IRA), you can use your required minimum distribution to transfer up to \$100,000 directly to Heuser Hearing Institute through an IRA Charitable Rollover gift. An IRA Charitable Rollover makes it easier to use IRA assets during your lifetime to make charitable gifts without first having to recognize the distribution as income.

To discuss how you can use the IRA Charitable Rollover to give children who are deaf or hard of hearing the gift of sound and language, contact Shannon Kisselbaugh at shannonk@thehearinginstitute.org or (502) 515-3320. Consult your tax advisor before making any charitable gift.



New Year's Resolution: Eat Well for Healthy Hearing

You've probably heard the phrase "you are what you eat." While that may not be entirely true, the foods you consume can have a positive effect on your hearing. Studies indicate foods rich in certain nutrients can help boost your hearing. In some cases, they may even help prevent or delay hearing loss.

Omega-3 fatty acids, typically found in fish such as salmon, tuna and sardines, contain anti-inflammatory properties that help strengthen the blood vessels in the inner ear, helping protect against hearing loss. Research shows that individuals who eat two or more servings of fish a week are 42% less likely to develop presbycusis (age-related hearing loss) compared with those who do not eat fish regularly.

Antioxidants are another excellent source of protection from hearing loss, particularly folic acid. They help reduce the number of damage-causing free radicals in your body, and ultimately help prevent hearing loss. Good sources of folic acid include leafy greens such as spinach and romaine lettuce, black-eyed peas, kidney beans and black beans, and nuts. Persons over the age of 50 with a folate deficiency have a 35% higher risk of hearing loss.

Vitamin B12 works similarly; like folic acid, it creates new red blood cells and improves the flow of blood to the ears. Foods high in B12 include lean meats, dairy and eggs. Clams, liver and fish are especially high in this nutrient. Vitamin C helps boost the immune system and is plentiful in citrus fruits and vegetables. Excellent choices include oranges, grapefruit and bell peppers. Vitamin E helps improve circulation and can be found in almonds, peanut butter and sunflower oil. Vitamin D keeps the bones and tissue in the inner ear healthy, preventing bone loss and otosclerosis; good sources are fish and milk.

Zinc is another nutrient that can help protect against age-related hearing loss. It can be found in dark chocolate and oysters, among other foods. Magnesium may prevent noise-induced hearing loss. Look for it in bananas, potatoes, artichokes and broccoli.

While there's no guarantee that consuming these foods will keep you from developing hearing loss, including them as part of your diet will help improve your overall health regardless.

Make hearing health a part of your New Year's Resolution! Schedule an appointment today at the Heuser Hearing Institute by calling (502) 584-3573.

2017 Calendar of Events

For more information on the calendar of events, call **(502) 515-3320** or visit **www.thehearinginstitute.org** and click on Event Calendar.

January 9 | 9:30 - 11:30 am
Butterfly Society January Event

Make popcorn bags for students to celebrate National Popcorn Day.

January 15
No school for Heuser Hearing & Language Academy

Lyndon Location
417 Benjamin Lane
Louisville, KY 40222

Dupont Location
3900 Dupont Square South, Suite D
Louisville, KY 40207

Downtown Campus
111-117 East Kentucky St.
Louisville, KY 40203