

Better Hearing & Speech Month



Amidst all this craziness, we cannot let May go by without honoring it at **Better Speech and Hearing Month (BSHM)**.

This is a month to increase awareness for our profession, as well as audiologists. TLC will be providing educational materials to highlight some topics such as speech sound development, how to protect your hearing, cognitive and linguistic changes in the elderly, and awareness of hearing loss.

This week we are highlighting something we don't often think of, but is really important: **vocal hygiene**. This is a term used to describe what we can do to take care of our voice.

This includes:

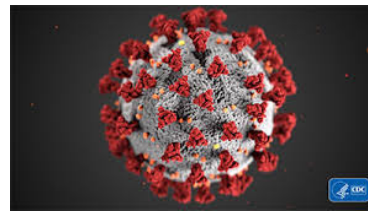
- Keeping your throat moist. (Stay hydrated by drinking water throughout the day.)
- Rest your voice when ill or tired.
- Avoid whispering.
- Avoid clearing your throat repeatedly.
- Keep your neck and jaw relaxed when speaking.
- Avoid yelling or screaming.

For more information about BSHM visit:

[ASHA](#)

[TLC Speech CT](#)

[Best Life Hearing Center](#)



TLC continues to pray that this finds each family home safe and healthy.

We hope you enjoyed the scavenger hunt last Saturday as much as we did! It was good to you all! Also thanks to all those who participated in the ASRC's virtual walk to support individuals with ASD. TLC's team, #TLC4ASD, was strong.

Teletherapy continues to be provided to patients. If you are not currently receiving teletherapy, and would like to try, please let your therapist know. TLC hopes everyone continues to stay healthy and safe. Know all of us miss all of you! We are here to support you however you need.



Insurance update for teletherapy.

Aetna, Anthem BCBS-CT, Cigna, and CTCare have approved teletherapy for 90 days. We are awaiting guidance from ASHA, as well as our governing bodies here in CT, to know if teletherapy coverage will be extended longer.