

RADFORD UNIVERSITY | MARCH 2023

NSSLHA NEWSLETTER



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MARCH 21ST IS WORLD DOWN SYNDROME DAY!

Down syndrome is a genetic disorder due to an extra 21st chromosome.

What are common characteristics of Down Syndrome?

- A flatter appearance of the face, especially the bridge of the nose
- Almond-shaped eyes that slant up
- A larger tongue that can stick out of the mouth
- A single line across the palm of the hand (palmar crease)
- Poor muscle tone or loose joints

How can Down Syndrome affect speech or hearing?

- A build up of fluid in the middle ear or inner ear hearing loss are common in those with Down Syndrome.
- Hearing loss can have a significant impact upon the acquisition of language.
- The anatomical differences in the oral structure often cause difficulty in feeding, swallowing, and speech

PROFESSOR SPOTLIGHT

Dr. Michelle Lenhart

**CAN YOU TELL US A LITTLE BIT
ABOUT YOURSELF?**

I AM IN MY THIRD YEAR HERE AT RADFORD. I TEACH COURSES IN LANGUAGE DEVELOPMENT, INTERVENTION, LANGUAGE DISORDERS, AND STUTTERING AS WELL AS SUPERVISE IN THE CLINIC. IN MY PREVIOUS LIFE, I WORKED AS A CLINICIAN WITH ADULTS (BRIEFLY) AND IN THE SCHOOLS WITH ELEMENTARY, MIDDLE, AND HIGH SCHOOL STUDENTS, BUT AS ANYONE WHO HAS TAKEN ANY OF MY CLASSES KNOWS, MY MOST IMPORTANT JOB (THAT I TALK TOO MUCH ABOUT) IS BEING A MOM TO MY TWO BOYS! IN MY RAPIDLY VANISHING “SPARE” TIME, I WATCH (TOO MUCH) REALITY TV AND SPORTS AND LOVE ON MY CATS.



**WHAT IS THE MOST REWARDING PART OF WORKING WITH THE
SCHOOL-AGE/ADOLESCENT POPULATION? MOST CHALLENGING?**

MY FAVORITE PART OF WORKING WITH SCHOOL-AGE KIDS AND ADOLESCENTS IS THAT YOU ARE ABLE TO TEACH THEM NEW THINGS OR WAYS TO TACKLE THINGS THAT WERE HARD FOR THEM BEFORE.

I ALSO LIKE BEING ABLE TO HAVE “REAL” CONVERSATIONS WITH THEM AND TACKLE REAL ISSUES THAT ARE IMPORTANT TO THEM. THE HARDEST PART, IN MY OPINION, IS HELPING THEM UNLEARN SOME OF THAT NEGATIVE SELF-TALK LIKE “I CAN’T DO THAT” THAT THEY’VE ACQUIRED AFTER YEARS OF THINGS BEING HARDER FOR THEM THAN OTHERS.



MARCH 4TH - MARCH 12TH

HAPPY SPRING BREAK

NSSLHA hopes you have safe and amazing break!



Don't have plans?

Heres some things you can do to relax or stay busy... whichever you prefer!

- Catch up on your favorite TV show
- Cook/bake your favorite dish
- Spring cleaning
- Create a DIY craft or project
- Go outside for a walk
- Call a friend or family member
- Listen to music



March ANNOUNCEMENTS

General Meeting 2

March 13th at 6:00pm

- Will be on zoom and in person

Guest Panel

March 20th at 6:00pm

- More info TBA

Rock Your Socks Day

March 21st all day

- Wear mismatched socks to spread awareness for Down Syndrome!

Craft Night

March 22nd at 6:00pm

- More info TBA

Bingo Night

March 28th at 6:00pm

- Prizes for the winners!

Scavenger Hunt

Every Tuesday and Thursday of March, a shamrock will be hidden somewhere in Waldron! If you find it, your NSSLHA family will get a point (the family with the highest points will win a prize). If you find it, send a picture to the NSSLHA groupme or an officer!