



# WYOMING FAMILIES FOR HANDS & VOICES

## 2022 Parent Training



## HANDS & VOICES UPDATE

BY WENDY HEWITT-EXECUTIVE DIRECTOR

It is hard to believe that we are approaching the end of another school year. Like it or not time just keeps flying by. We hope this newsletter finds each of you doing great and enjoying this spring.

We are so excited for our 5th Annual Parent Training that will be held in June 24th and 25th. Jonah Berger (The Rhythm Within) is our the keynote speaker for the training. He is an amazing motivational speaker that several Wyoming parents have had the opportunity to listen to in Estes Park.

Visit our website and social media pages for upcoming Virtual Events. Our 2021 ASTra Advocacy Training was a huge success. Be watching for information about a Fall 2022 training. It is packed with valuable information to help families advocate for their children. Don't miss out on these opportunities!

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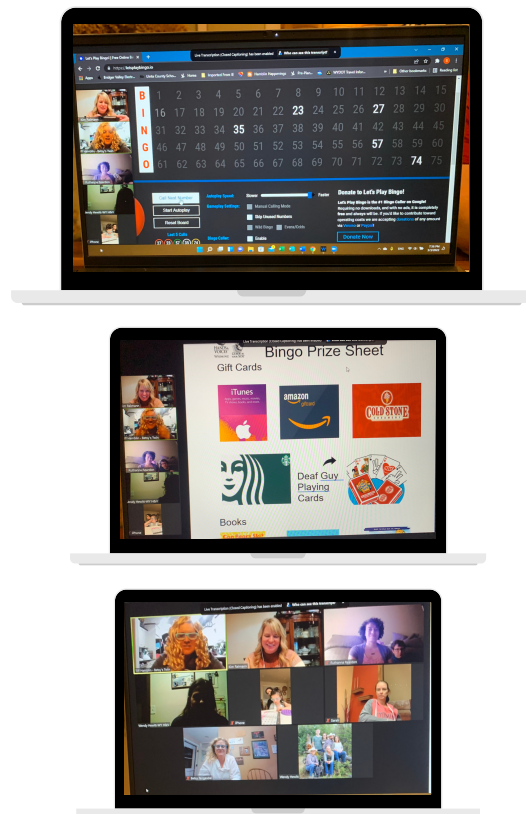
# VIRTUAL BINGO NIGHT

BY TIFFANY HAMBLIN

STAFF MEMBER

On Thursday March 3, 2022, Wyoming Families for Hands & Voices kicked off their Virtual Zoom Events with a fun family night of Virtual Bingo. Those who were in attendance were in for a surprise as one of the leaders moderated the night's event dressed up as Betsy Tengesdal and Hazel McColley with blue glasses and a wig!! Betsy's twin even had some tennis rackets on hand to play a round against McKenzie Nokes!! It was a great way to start the evening off with a good laugh!

Everyone who registered received a bingo card via email to print off. Each family participated via zoom. Families could see the bingo game on their screens and when someone had the all the numbers, "BINGO" was shouted out! It got very competitive! The participating winners had a choice to receive a gift card or children's book of their choice!! Not a single adult who played (with the exception of our ASL interpreter student) came out a winner that night!! For those who didn't win a game, their name went into a random drawing for a couple more gift cards! Thanks to all who attended!! We had a blast!



## BEHAVIOR AND THE D/HH CHILD VIRTUAL PRESENTATION

BY KRISTIN CAMPBELL

PARENT

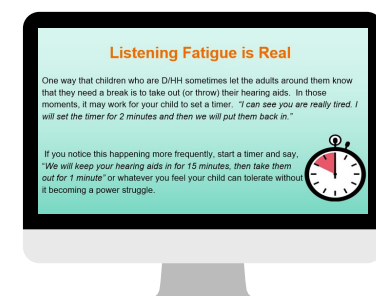
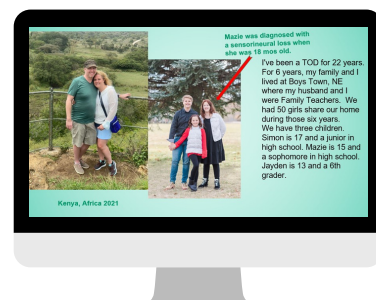
I think we can all agree, behavior and emotions can be big when we are little. As a parent of two young children, both with unilateral hearing loss, it is a challenge to teach them to understand their emotions and express them in appropriate ways. In her presentation, Behavior and Emotions, Betsy Tengesdal offered steps for parents or caregivers to help children identify and express their emotions and connect those feelings to behavior.

What resonated most with me is the concept that feelings precede behaviors. Behavior is a reaction not the reason, and the reason behind behavior is often emotions.

As a parent, when your child is in the throes of an emotional outburst, that behavior can take center stage while the root cause of the behavior, the feeling, can be eclipsed. So how do we encourage prosocial behaviors from our children when emotions are the source of the behavior? To begin, before children can express what they are feeling they need to identify what it is they are feeling. While many children may learn these skills through incidental learning, deaf/hard of hearing children may need more direct teaching to master these skills. To do so, Betsy encouraged parents and caregivers to model expressing feelings/emotions through your reactions, give children the language for the feeling, and by becoming a two-way mirror.

Examples Betsy used include "You felt excited about the park, and you unbuckled your car seat. That wasn't safe" and "You felt angry you had to take a nap, so you threw all your blankets out of your bed." Applying Betsy's techniques have calmed situations at my house that had previously been more explosive.

It is satisfying to see my children better understand the emotions they are feeling and learning how to express those emotions in more appropriate ways. It has also helped me be more reflective on my reactions and feelings. We have some big transitions coming up this year and I'm confident using these techniques will ensure they will be smooth.



# ICE SKATING FAMILY FUN NIGHT - CODY, WY

**BY EVEE GREER**  
**PARENT**

A few families from around the Big Horn Basin gathered at the Riley Arena Ice Skating Rink in Cody, WY on April 4, 2022 to enjoy pizza, ice skating and connecting with other families and friends associated with Wyoming Families for Hands & Voices. It was a wonderful opportunity for children, parents, grandparents, and professionals to meet and get to know each other. There is something about sharing pizza and chocolate chip cookies that brings people together!

The children enjoyed racing around on the ice together, eating pizza and meeting new friends. For many of the kids, it was the first time they had met another child who was deaf or hard of hearing. Their faces lit up as they compared hearing aid devices and realized that someone else understood, from the same perspective, the world of being deaf or hard of hearing (D/HH)! Many of the adults were even brave enough to don a pair of ice skates and attempt to keep up with the kids. Mostly, they shared stories and experiences relating to their children and hearing loss, both triumphs and challenges.

Gathering with families in the area is helpful for sharing experiences and knowledge as well as allowing our children to see that they are not alone in their challenges of being D/HH. Everyone was grateful for those that organized the ice skating activity and dinner and we hope that we can do it again soon!



## MAY DAY BASKET FUNDRAISER

**BY WENDY HEWITT & TIFFANY HAMBLIN**

**EXECUTIVE DIRECTOR & STAFF MEMBER**

Wyoming Families for Hands & Voices' 2nd Annual May Day Basket Fundraiser really exploded this year! Especially up in the Big Horn Basin with the help of some excellent marketing strategies that included this sweetie to the right! A BIG thank you to all of you who shared our flyer to help spread the word about the fundraiser! With all of your efforts, we more than doubled our profits as well as giving those who received a basket something to smile about! It was fun and rewarding!

A HUGE thank you goes to all of you who purchased a basket and our AMAZING Board Members and Guides who spent a considerable amount of time putting the baskets together and delivering them. Without your incredible support, we wouldn't have had the response we had. It is our hope that next year, we can reach more communities throughout our state. If you are interested in helping with this project in the future, please contact us!



**PICTURED ABOVE:  
SOPHIA HOLLAND**



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## NCAA MARCH MADNESS FUNDRAISER

**BY TIFFANY HAMBLIN**  
STAFF MEMBER

Wyoming Families for Hands & Voices held their 1st NCAA March Madness Tournament Challenge Fundraiser. Those who wanted to participate joined our group on ESPN. The cost to submit each bracket was \$10. Each game you guessed the correct winner, you earned points. The person with the most points at the end of the tournament won. The first place winner would receive a \$100 Amazon gift card and second place would receive a \$50 Amazon gift card. Five brackets were allowed to be submitted. Sixteen people participated with 28 brackets submitted.

WYHV 3 (Kassidy Hewitt) won the \$100 gift card for taking first place. Second place "2022Bracket01" (Rachel Whiteside) won the \$50 gift card. Wyoming Families for Hands & Voices came out on top by raising \$130! We truly can't thank you all enough for participating!! We hope you had as much fun as we did while supporting a great cause!! We hope to do this again next year!

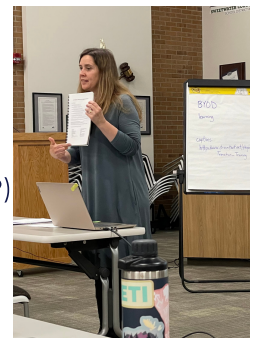


## TRANSITION WORKSHOP - GREEN RIVER

**BY WENDY HEWITT & TIFFANY HAMBLIN**

**EXECUTIVE DIRECTOR & STAFF MEMBER**

On April 11th, Wyoming Workforce Services and the Wyoming Department of Education D/HH Outreach held a Transition Workshop for D/HH children ages 12-21 at the Sweetwater County #2 District Office. Wendy and Tiffany along with another student and other professionals were privileged to learn about various programs and services that are available, including receiving a "Guide to Access Planning" (GAP) book, a transition binder and checklist. Division of Vocational Rehabilitation (DVR) and Wyoming Relay presented on services that they can also provide to D/HH students. Meagan Thomasson did an exceptional job in discussing how D/HH students can start planning for potential careers and how to help students discover careers they may want to pursue. This Transition Workshop was offered in additional locations throughout the state during the month of April and May. These locations included Afton and Cheyenne.



**PICTURED ABOVE:**  
MEAGAN THOMASSON  
WDE OUTREACH