

EDITORIAL NOTE

let's be <sup>vi</sup>~~covid~~



*daniela*

## Better Communication

**P**lanet Earth goes round in a steady slow pace. It takes its time to go round, one rotation every 23 hours roughly. However, if one has a closer look to what is happening in the world, one just realizes that we are living in one crazy fast world!

Surrounded by so many different noises, we do not realise how much they are polluting our lives! We just ignore them as they are embedded in our lives.

It's like we set ourselves to keep on going on this frenetic daily race that we forget that we are in control....we can slow it down and we can even stop it and change its direction.

We are so distracted with our duties that we ignore that we are not a world of our own, but we make part of a world made up of many different creatures and human beings. We take for granted the need to communicate with our neighbours, our loved ones, our colleagues and friends. We are born to be part of a community, to communicate, to help each other, inspire and support one another. The lack of effective communication brings along an empty feeling, solitude which will be much harder to eradicate once it has rooted deep down within! We need to change our own priorities, the mind set with which we face each day and really look on what makes us feel good, complete and energized!

We need to accept the wonderful fact that as human beings we are made up of some many different components that make us who we are! Let's be vivid and fight for better communication between our little circles to be able to spread that feeling into the larger strata!

WEBINAR for SLPs

# Focusing on Post-Extubation Dysphagia

**Ms. Priscilla Cassar**

B.Sc. (Hons), Post-Grad Dip. Ger., M. Ger.

**Wednesday, 26th May**

18:00 - 19:00

Members: **Free**

Non-members: **€3.00**

Limited number of participants

Book your place on [info@aslpmalta.org](mailto:info@aslpmalta.org)



## The Importance of Mental Health Awareness

# May is World Mental Health Awareness

Mental illness can affect anyone around us and creates challenges in coping with everyday situations. “People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church pew”. In this **article**, [CLICK](#)

[CLICK](#) **Jean Holthaus**, gives us an overview of the importance of mental health awareness. Let’s all join in this fight for **better mental health**.

[CLICK](#)

# Hearing loss with the use of protective face masks

We have all learnt the vital benefits of using protective face masks over the past year and a half. However, for those individuals with an underlying hearing loss or impairment, face masks can introduce a new, unexpected barrier to communicating with others, whether they are currently using hearing aids or not. In this **article**, ENTHealth, an American Academy of otolaryngology - head and neck surgery, suggest some tips and advice in this regards.



CLICK 

## How does noise damage your hearing?

Noise is all around us. It has become an integrated part of our lives. We do not realise we actually live in a very noisy world until we hear silence! But how is noise affecting our hearing and the way we communicate with each other? In this short but interesting **article**, one can find some useful tips on how noise can affect one's hearing and what changes one can undergo to lessen these affects.

CLICK 

**It's A Noisy Planet: Protect Your Hearing**  
A message from the National Institute of Deafness and Other Communication Disorders  
<https://www.nidcd.nih.gov>

### How Does Noise Damage Your Hearing?

Sounds that are too loud or too long can damage your hearing permanently. The level of noise is measured in decibels (dB). The louder the noise, the faster it can damage your hearing. If the noise is very loud, you could lose your ability to hear instantly. If the noise is not so loud but long-lasting, hearing damage can build slowly. NIDCD can help you understand if it's important to take steps to protect your hearing and your own hearing aids.

Think of the many sounds at different volumes you hear in a day, a week, or a year. The effects of loud sounds are not always obvious. There is no warning from noise exposure. Usually, you don't notice it until you have trouble hearing. If you notice the signs of hearing loss until they become more serious.

Over time, sounds may become distorted or muffled. You might find it difficult to understand people who talk, or you might turn up the volume on the TV. The damage from NIDCD can occur to and participate in daily activities.

The good news is that you can prevent NIDCD by teaching children healthy hearing habits, you can help them learn to hear better.

#### How You Hear

You hear because of a series of steps in your ear that change sound into electrical signals. The auditory nerve carries these signals from your inner ear to your brain, which makes sense of the sounds you're hearing.

- The cochlea is a spiral-shaped organ in your inner ear that is filled with sensory hair cells.
- On top of each sensory hair cell is a bundle of tiny hair-like structures called stereocilia. When they vibrate, they bend and push against the stereocilia. This motion causes the hair cells to send electrical signals to the brain. If the hair cells are damaged, they can't send these signals, leading to permanent hearing loss.

**Healthy hair cells** send signals to the brain. **Damaged hair cells** can't send signals to the brain.

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# Let's meet...

# Martina Grech Galdes



By  
**JAMIE SAID**

Status: Married  
Children: 1

*Q. When did you graduate and how long have you been involved in ASLP?*

A. I graduated in 2014 and became a committee member of ASLP in 2016.

*Q. What is/were your roles in ASLP?*

A. Committee member, KomunikAPP co-ordinator, Ethics Officer

*Q. What is ASLP for you or what drew you to ASLP?*

A. SLP works so hard in creating awareness, in providing support to local SLPs and continuously strive to provide learning opportunities to all. ASLP is fun, it does wonders and is always there to give rather than to receive.

*Q. What is your area of special interest in SLP?*

A. I love working with clients with different needs and with different conditions.

*Q. What do you like most about being a SLP? OR What do you like most about being involved in ASLP?*

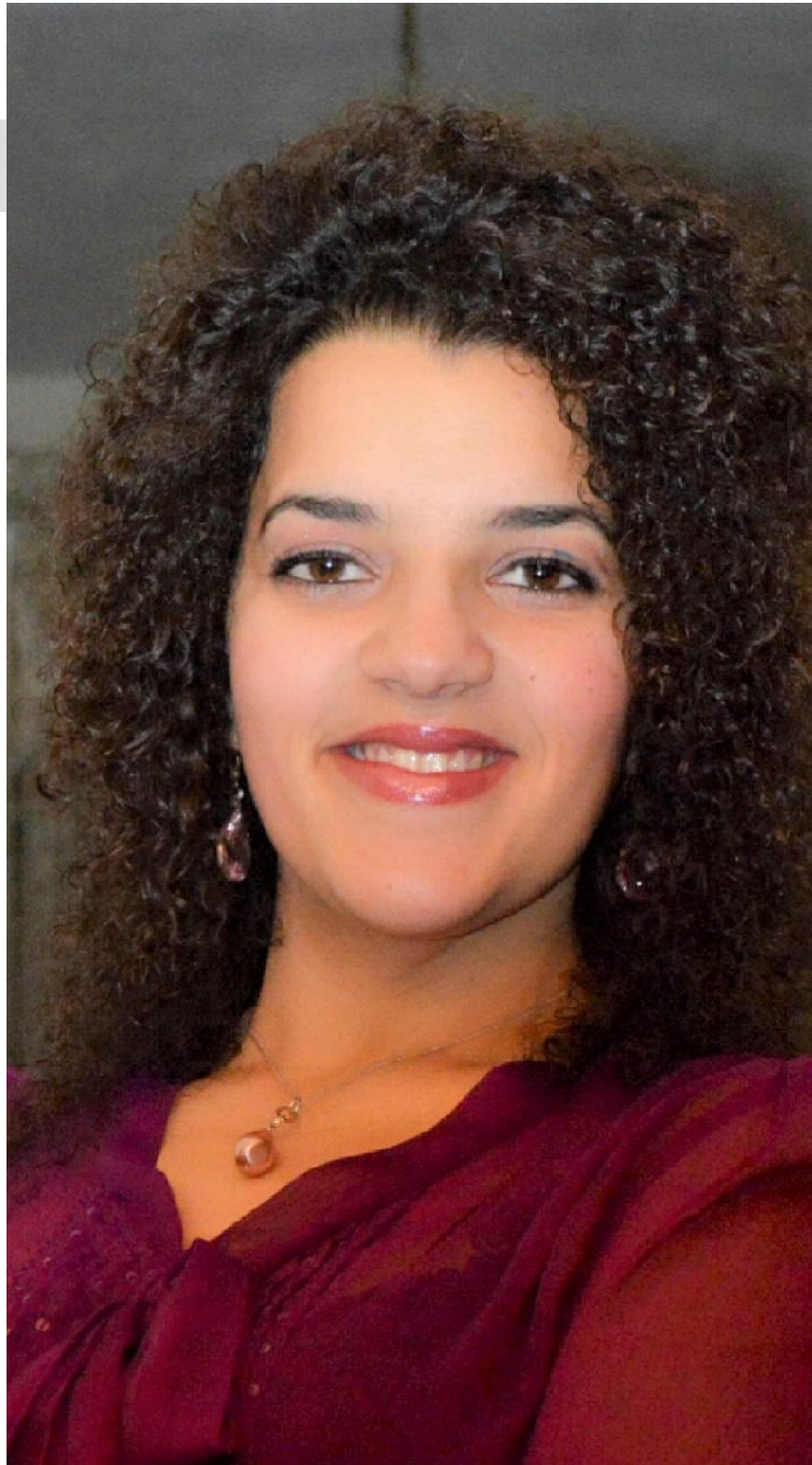
A. Helping others communicate.

*Q. What are your non-SLP skills?*

A. I am a qualified audiologist. I sing and I am an animator.

*Q. What are your hobbies?*

A. Cooking, walking, swimming and singing.



# RESOURCES FOR SLPs, PARENTS and KIDS



By  
**LISA ABELA** and  
**ERICA BONELLO**

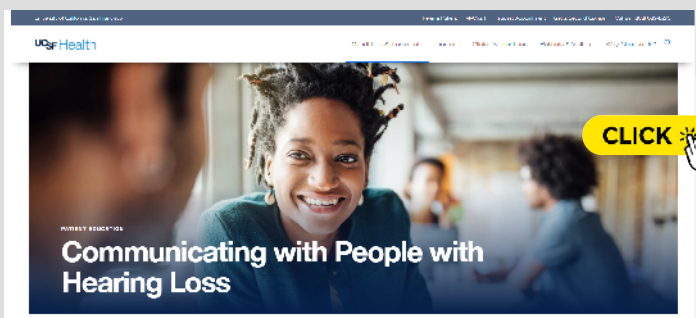


Student Speechies

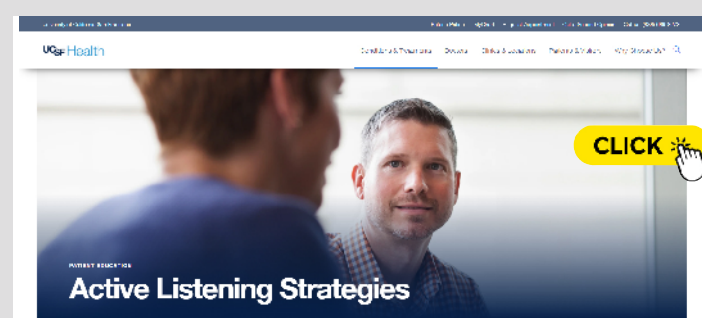


#studentspeechies.mt

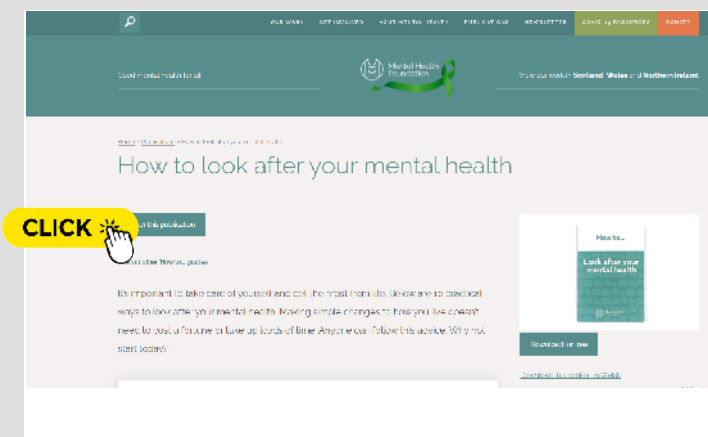
## Communicating with people with hearing loss



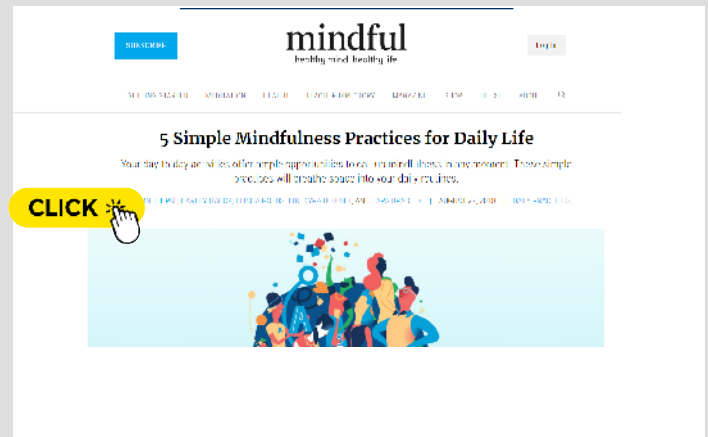
## Active listening strategies



## How to look after your health



## Daily tips for mindfulness practice for daily life



## INSPIRATIONAL QUOTE

*“Alone we can do so little, together we can do so much” - Helen Keller*