




Hear now. And always

As the global leader in implantable hearing solutions, Cochlear is dedicated to bringing the gift of sound to people with moderate to profound hearing loss. We have helped over 400,000 people of all ages live full and active lives by reconnecting them with family, friends and community.

We give our recipients the best lifelong hearing experience and access to innovative future technologies. For our professional partners, we offer the industry's largest clinical, research and support networks.

That's why more people choose Cochlear than any other hearing implant company.

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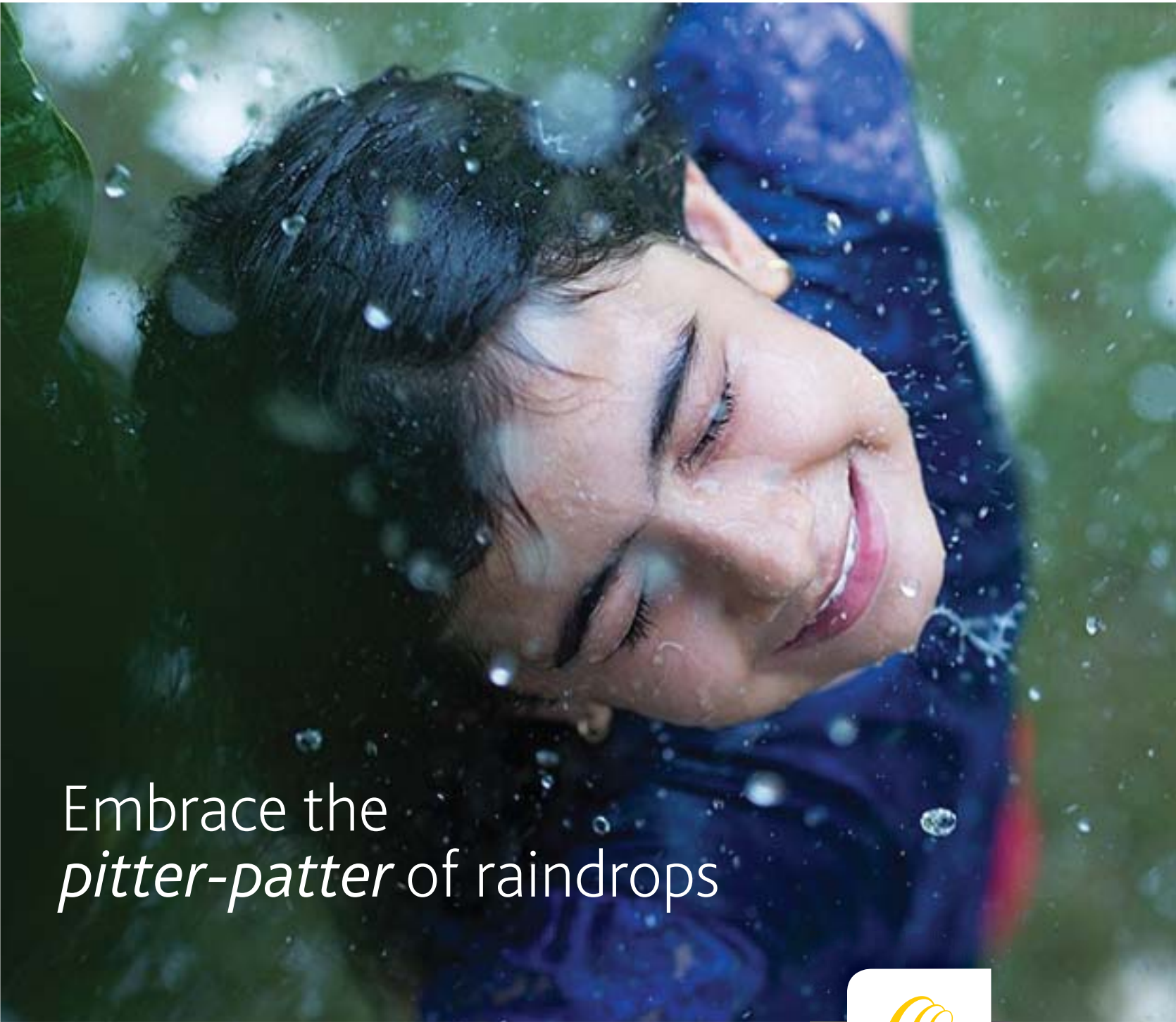


ISSUE 3 July 2015

HEART TO HEART

- The Inspiration Lane
- Classroom Acoustics
- Cochlear™ Connect

Exclusive newsletter for Cochlear™ Nucleus® Recipients



Embrace the
pitter-patter of raindrops

Hear now. And always



- ✓ Talk to your friends hands-free
- ✓ Listen to your favourite music and dance around
- ✓ Have a video chat and don't even miss a whisper

Make effortless phone conversations by just clipping it onto clothing.
Make the most of your smartphone and tablet with Cochlear™ Wireless Phone Clip *



Cochlear™ Wireless
Phone Clip

- Works with Bluetooth® enabled phones and devices
- Easy to pair and easy to operate
- Can pair with 8 devices at a time
- Talktime charge of 6 hours and standby charge of 80 hours on an average

To find out more, visit www.cochlear.com or speak to your clinician.

*Available for Nucleus® 6 System only.

Listen to the Monsoon Music!

Dear Cochlear™ Family Members,

Hope you are enjoying the refreshing showers of monsoon after a hot summer. However, sometimes it gets gloomy and wet outside. This fresh issue of Heart-To-Heart is designed to make you feel warm and protected during such times.

On that note, we bring to you the real life inspirational story of Sharanya, a fascinating Bharatnatyam dancer who, along with her mother, moves us with their actions filled with grit and determination.

With the start of a new academic year, many of our young recipients are going to have new teachers. Hence, we are glad to introduce the Classroom Acoustics section which will highlight how learning can be made easier in classroom.

This issue's Cochlear™ Connect is an exciting space to have a sneak-peek into what our Facebook fans have to say, ask or share with us.

Monsoon calls for an extra caring for your Sound Processors. Our Care and Maintain section might turn out to be an eye-opener for you.

Last but not the least, soak in every raindrop and enjoy the music of rain all around you!

We hope you enjoy this issue as much as we enjoyed putting it together. We welcome feedback at CINcustomerservice@cochlear.com.

Happy reading!

Team Cochlear™ India

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We are listening


All your views, suggestions and experiences are welcome here. Find out how you can reach us.

Therapy@Home

Track your listening child (TLC) – with tender, loving care


Observing your child's grasp of language and his/her ability to communicate is essential to his/her journey of listening normally. In the previous issue, we gave you a checklist to track the progress of a baby between the ages of 07-12 months.

Here is the checklist that will help you track the listening progress of a baby between the ages of **13-18 months**.




Receptive language – Ability to understand words and language

- ☐ Understands 2-3 word phrases such as, 'it's finished'
- ☐ Understands 'where' questions, such as, 'Where are your shoes?', 'Where is the ball?'
- ☐ Points to at least 4 body parts when prompted



Expressive language – Ability to put thoughts into words and communicate successfully

- ☐ Spontaneously uses names of some family members
- ☐ Begins singing when you sing rhymes
- ☐ Uses words to express recurrence. E.g. says 'more', do it again, etc.



Cognition – Understanding through thought, experience and the senses

- ☐ Imitates grown-up activities such as housework
- ☐ Attempts walking alone
- ☐ Looks at picture in book and turns pages
- ☐ Builds a tower with cubes/blocks
- ☐ Imitates circular scribble

You can download the TLC book in advance by visiting <http://bit.ly/1yDqDil>. If you have any questions or doubts related to your child's growth and development, write to us at CINcustomerservice@cochlear.com & our team of experts will resolve it as best as they can.

The next issue, will feature the checklist to track your child's important milestones in the developmental stage of **19 to 24 months**.

Classroom Acoustics

How can class teachers make learning easier for Cochlear™ implanted children?
Ensure to discuss these freely with your child's teacher

The classroom is a place where children spend most of their hours learning, listening, talking, giggling and laughing. An environment that is conducive to listening, will be very useful in enhancing your child's abilities to learn and develop.

There are certain Dos and Don'ts that go a long way in helping your child hear well, develop a good sense of listening and differentiating sounds.



DOs



Turn off digital projectors and computers when not in use to avoid fan noise.

Close doors and windows whenever possible. Cover surfaces with carpets, curtains, wall hangings and soft furnishing wherever possible to reduce reverberation.



Remember interference by noise affects memory.

Back-up your spoken instructions with visual cues, so that children can understand better.



Establish different working noise levels for the children ranging from 'mute' to 'whisper voices' to 'partner voices' and to 'group voices'. Also, do establish 'playground/ break-time voices' levels in the classroom.



Establish 'Quiet Zones' both at home and at school.

Teach children and young people the meaning of different working noise levels. Working noise levels are the different types of noises which a child comes across while in a classroom.

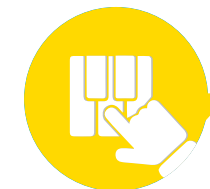
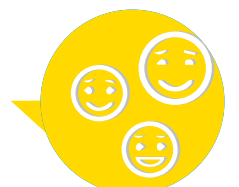


Be aware that verbal tasks like reading and spelling are affected by speech noise (babble), while non-verbal tasks may be affected by environmental noise.



DON'Ts

Don't 'walk and talk'! Distance is critical to hearing, so deliver spoken instructions near to a hearing impaired child. Provide good access to facial expressions.



Don't start music lessons if the neighbouring class is reading! Coordinate your activities.

Don't think one size fits all. There are many children whose needs can be met with a little adaptation by regular teaching staff. And there are those whose needs are highly complex which require intervention by a special educator or Auditory Verbal Therapist.



The Inspiration Lane

How a mother overcame all obstacles and moulded her daughter into a winner in life

Sarita Manoharan couldn't hold her tears back when the Shanmukhananda hall packed with 1500 spectators gave a roaring ovation to her 15-year-old daughter Sharanya after she gave her solo dance performance at an event organised recently in Mumbai.

Sharanya is an accomplished Bharatnatyam dancer, a budding musician and a Cochlear™ Nucleus® 6 Sound Processor recipient.

From losing her hearing just before her first birthday to joining a special school at 2, from graduating out of a special school after 7 long years to excelling among her peers when she finally joined a mainstream school, is a story of a mother's struggle, sacrifice, willpower and triumph.

We had a heart-to-heart chat with Sarita, Sharanya and with the people who have acted as their support system in their journey from silence to sound:

Heart-To-Heart to Sarita: Tell us how did Sharanya lose her hearing and what was your initial reaction?

When my child had meningitis and while she was hospitalised I had a doubt that she was suffering from hearing loss. Initially, even the doctors said that it was my doubt but later when it was medically confirmed I had the shock of my life. The child I had got after so much of waiting was now diagnosed to have lost her hearing ability. For a moment, her future looked dim to me. A few days ago I was happily thinking of arrangements for my long awaited daughter's first birthday and now all of a sudden the air stood still and frozen around me.

Communicating with the child who could not hear anything became the greatest hardship post her recovery. The child could not communicate to me about what was in her mind and I could not reach out to her. Even while holding the child close to my bosom, I felt we were in two worlds far away from each other. That feeling of drifting away from the most cherished and loved part of oneself cannot be expressed in words. It was not for just a day or two. I and my child went through this phase for almost three years. I used to cry my heart out with pain, agony and stress.

I fear looking back at those days now. I ran from pillar to post nervously in search of the best solution, the best remedy for my child's problem. It took two years for me and my family to finally decide and go for a Cochlear™ implant, overcoming all physical, material, and financial and so many other endless constraints.

“ I used to cry my heart out with pain, agony and stress ”

H2H to Sarita: How did you manage to get her life back on track?

Sharanya did not have an easy transition back into the world of sound after her implant. Having lost hearing, it had also become very difficult for her to concentrate. Hence, often she would not cooperate with us or the audiologists and the therapists.

She was admitted in The Education Audiology and Research Society (EAR), a special school in Mumbai, in 2002. After completing 2 years there, she moved to The Central Society for the Education of the Deaf (CSED) under the supervision of Ms. Amita Burde. When Amita realised Sharanya was still not able to achieve vocalisation after 6-8 months of one-to-one habilitation, she was put in a class with 6 other children. We saw rapid improvement after that and Sharanya was promoted to the next class within 6 months. After studying in CSED for 5 years, Sharanya graduated in 2009 and was admitted in a mainstream school on merit. She has been performing extremely well in her new school where she has not only secured scholarships but also has continued her extracurricular activities like playing keyboard and learning Bharatnatyam dance.

“ Having lost hearing, it had also become very difficult for her to concentrate ”

H2H to Sarita: What would be your suggestions to parents/guardians who are dealing with children having hearing impairment?

I learnt later that earliest implantation, preferably in the infant age, is the most critical success factor. So, parents like me with hearing impaired child, should never delay or dilly-dally over their decision. Take a quick, firm and sensible decision and get the implant done at the earliest, if necessary.

All cases may not need cochlear implants. In some cases, the child may improve with medication, treatments, hearing aids etc.; but if these fail to help and it is medically advised to go for an implant, then never hesitate or delay because that may affect the chances of your child's ability to hear adversely.

From my personal experience, I would also say, exposing Sharanya to learning classical music and dance at an early age and continuing that with sincerity has played a major role in helping her develop as a confident person despite her impairment.

She has been one of the early upgraders to the Nucleus® 6 Sound Processor and I am happy that this also turned out to be a right decision like some of the earlier decisions that have helped us change Sharanya's life for the better.

“ She has been one of the early upgraders to the Nucleus® 6 Sound Processor and I am happy that this also turned out to be a right decision ”

H2H to Sharanya: Who is your inspiration and why?

My mother is my greatest source of inspiration. More than being a parent she has been a friend to me. I owe her a lot and it is her untiring effort that has helped me be a part of the mainstream society today. My mother took the initiative and introduced me to developmental activities that included music and dance. She looked upon dance and music as an opportunity to make up for the lost learning opportunities in early childhood due to impaired hearing.

She has sacrificed a lot and had a single-minded pursuit to help me overcome my impairment. She has been a pillar of my life like, a friend, a teacher and a philosopher. She not only supports me, but also tries to contribute to the society by proactively sharing her experience and learning with parents of other hearing impaired children.

“ My mother is my greatest source of inspiration ”





H2H to Sharanya: What would you like to say about your Cochlear™ implant?

I feel absolutely blessed to be able to hear. My new Nucleus® 6 Sound Processor has opened doors to a world that I would have otherwise been deprived of. It is much easier to wear and handle than the earlier body-worn sound processor. After upgrading to Nucleus® 6, I have the freedom to even sit at the last bench in my classroom and still hear my teacher clearly. I can even hear everything clearly from the other side of the phone with the help of Nucleus® 6.

“My new Nucleus® 6 Sound Processor has opened doors to a world that I would have otherwise been deprived of”



It was definitely more difficult for her initially compared to other typically hearing children. However, she has been very perseverant and mastered the dance techniques as good as her peers in the school. Her sincerity, her ability to grasp the nuances related to the dance form and her witty comments makes everybody laugh.

- Mrs. Rohini Singhi,
Founder and Director of
Bharatanjali Nrtyalaya
(Sharanya's dance teacher)

The upgrade to Nucleus® 6 has made a lot of difference in Sharanya's day-to-day life. Most importantly, her perception of music has improved phenomenally. She is able to synchronise her dance with the rhythm very well now, which has helped her to open up not only as a dancer but also as a person.

- Ms. Rupal Chaudhary,
Audiologist at CSED



Sharanya challenged my opinion while in 4th standard. While I felt that Sharanya should not apply for the middle school scholarship as it would be additional burden for her with a new syllabus and extra subjects to study, she emerged with flying colours & did wonderfully well in her scholarship exams. But she didn't stop there. She secured scholarship in 7th standard as well. Now, her new aim is to feature in 10th standard's merit list & she is working really hard for it. She is our star student & we are really proud of her.

- Ms. Amita Burde,
School Principal at CSED
(Sharanya's second special school)

When we asked Sharanya about her aspirations, she recollected with a giggle that when she was a child, she used to say, "I want to become a Bharatnatyam dance teacher as I will be able to run my school from home and also will be able to take care of my husband".

Today, following her mother's footsteps, Sharanya wants to do something that helps the society and especially hearing impaired children, though she has not yet decided how she wants to do it. We are sure, as her mother has proven it time and again, she will also prove the saying – Where there is a will, there is a way.

Interesting Facts about Sharanya



She got her admission in Yashodham High School, a mainstream school, on merit and subsequently has also won merit scholarships.



She has completed her advance level in Bharatnatyam training and performs as part of the professional group of her dance school.



She loves music and has cleared the Grade 2 exam for playing keyboard from the Trinity College, London.



Her favourite music band is 'One Direction'.



Her favourite sound is the sound of a piano.

“Ms. Sharanya Manoharan is an active young girl of Yashodham High School & Jr. College. She is expressive and good at dancing (Bharatnatyam style). Though she is differently abled, she has been successful in managing herself in the mainstream. She participates enthusiastically in all the extracurricular activities conducted in the school”

- Mrs. Chandrika Ragji,
Principal, Yashodham
High School & Jr. College

StayNew. StayAhead.

Cochlear™ StayNew Plan*

A buyback plan for those who want their children to evolve with times, reach newer milestones & always stay ahead.

Available for less than 5 years old sound processors only.

Talk to your clinician to know more.



Samanyu Bhate, secured the second position in his mainstream school swimming competition. He is a bilateral recipient and upgraded to Nucleus® 6 (CP910) Sound Processors in 2014.

*Terms and Conditions apply.

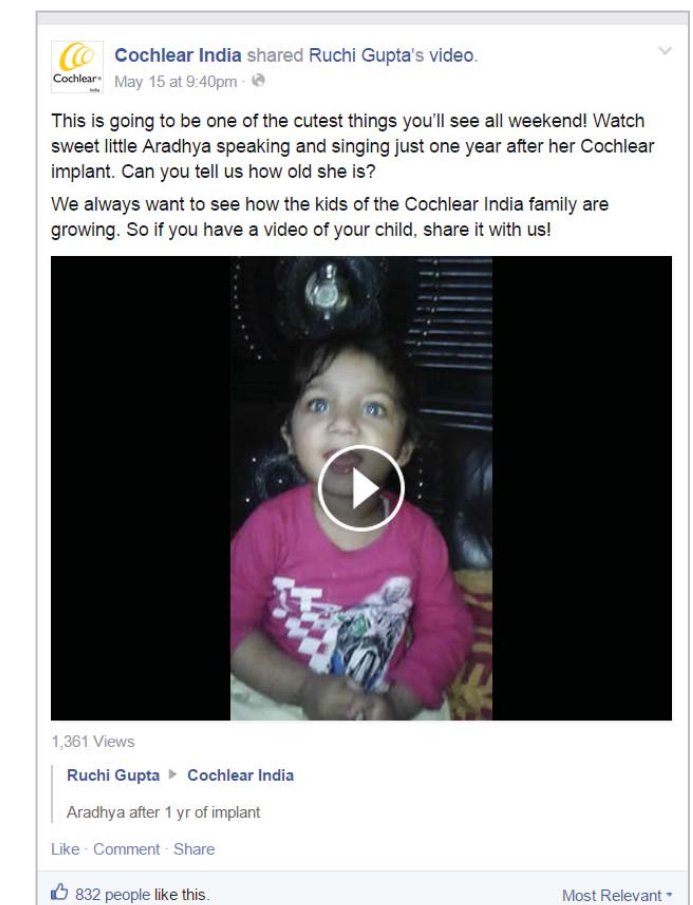
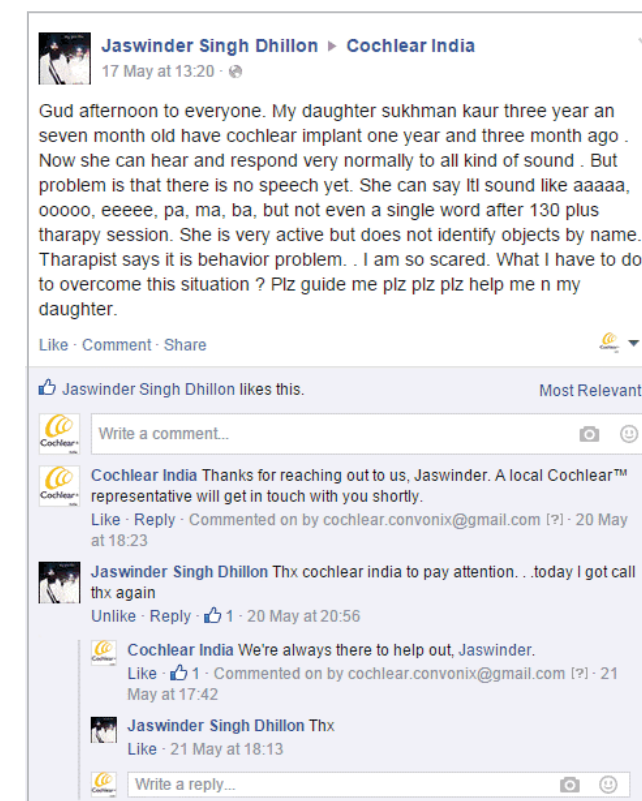
Cochlear™ Connect

A peek into what our Facebook fans have to ask, say or share with us

The journey of hearing is an exciting ride filled with many surprises for your little one. A new sound discovered or a new word learnt, every experience is like a pit stop to revitalise and move ahead.

You too might have come across many milestones in your journey of enjoying the gift of hearing. Whether it was a small roadblock or an exciting ride, share it with us, so that others like you may benefit from your experience.

Here are a few stories shared by some fellow travellers:



Like us on Facebook by following this link: <http://www.facebook.com/cochlearindia> and share your valuable feedback to keep the learning going.

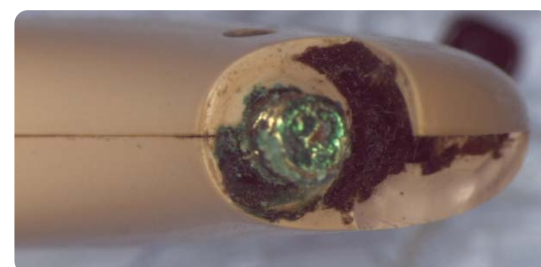
Care & Maintain

Simply follow these monsoon-care tips to keep your sound processor safe & sound

Monsoon, loved by many is a refreshing change after the scorching heat of the summer. It however, brings along risks of viral diseases, infections, etc. Parents therefore pay special attention to the health of children & take necessary precautions – like not letting them go out in the rain for long, keeping them dry and warm and covering them with raincoats whenever necessary to avoid any sort of illnesses.

Your sound processor needs an extra care in exact similar way, as during monsoon, the moisture levels are high, which might damage the processor fully or partly. Thus, being little cautious is all you need to give your device a healthy and longer life.

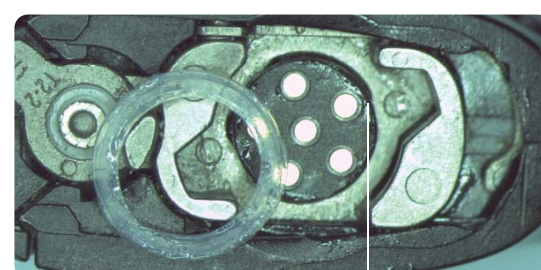
Following images show some examples of how moisture can harm your sound processor, if not taken care properly.



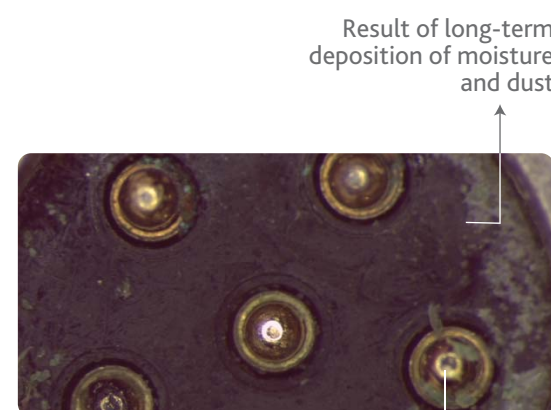
SPrint™ microphone corroded due to excessive moisture and black dust deposition



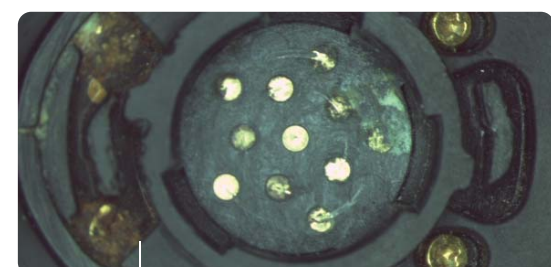
Moisture and dust accumulation on coil



Sweat deposition



Corroded connector due to excess moisture deposition



Freedom™ BTE (Behind The Ear) controller screws corroded due to excess moisture deposition

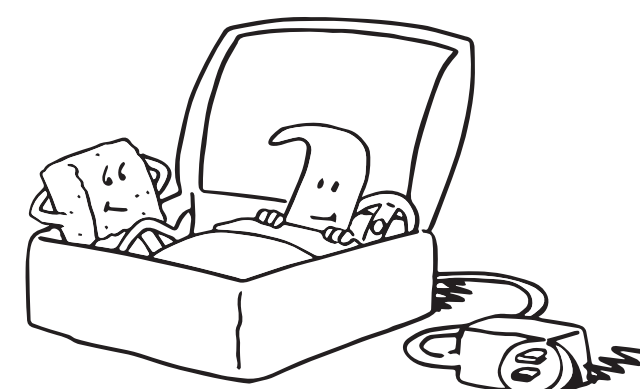
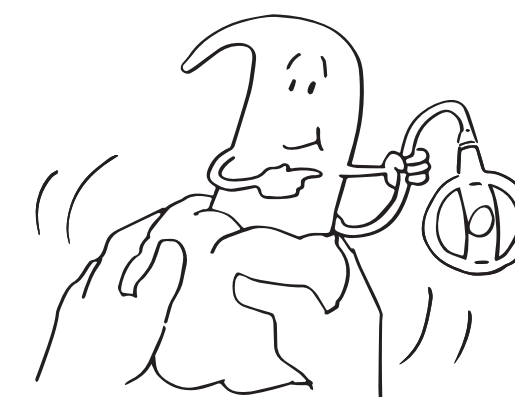
Result of long-term deposition of moisture and dust

Here are some important monsoon-care tips that will keep your sound processor healthy:



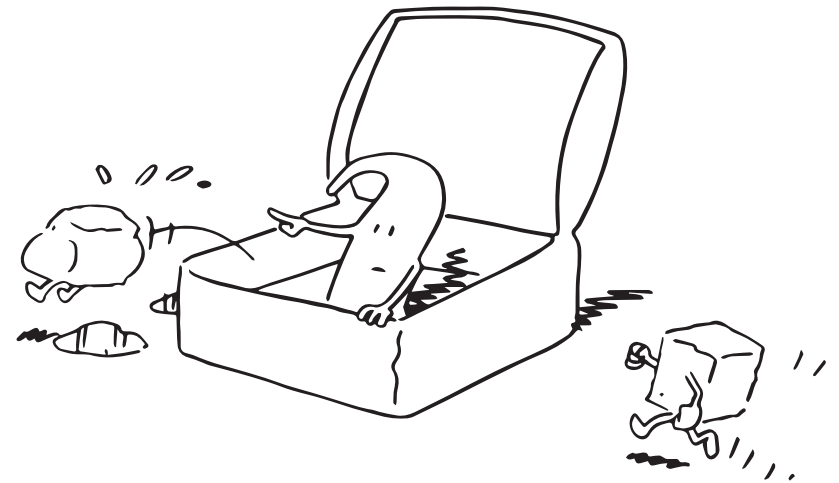
Wrap a soft cotton scarf around the ears (with the sound processor on) and the head before covering with a raincoat. Avoid silk scarves.

Keep wiping the sound processor with a soft dry cotton cloth frequently through the day.



If the sound processor gets wet due to mild spray of rain, then keep the sound processor inside the Dry & Store® after properly wiping it. Also, make a habit of keeping it inside the Dry & Store® 2-3 times a day.

Check every day if the Dry-Brik® needs to be replaced as it absorbs more moisture during the monsoon than usual.

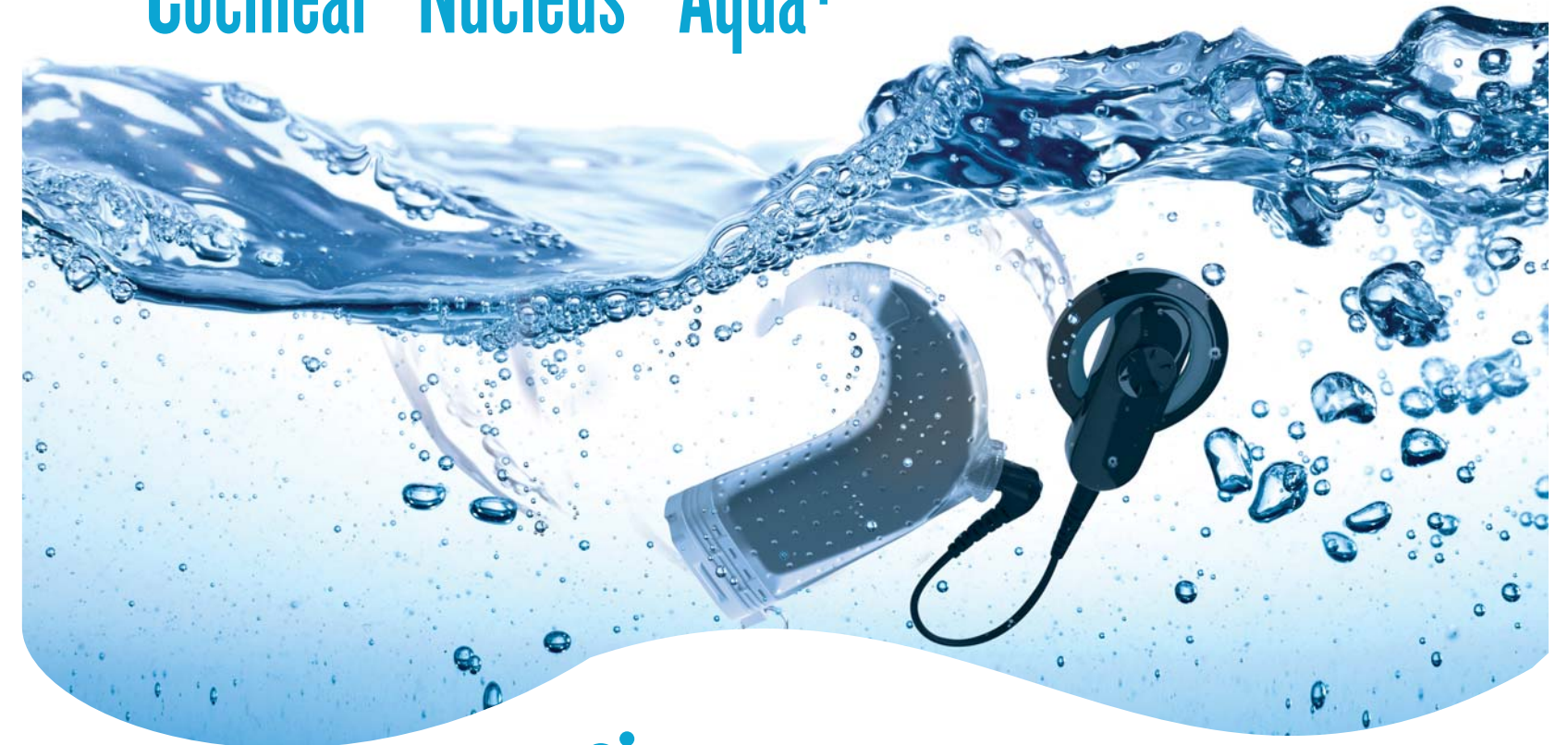


Make the sound processor wear Nucleus® Aqua+ all day long for complete waterproof protection (compatible with CP900 and CP800 series sound processors).

Your sound processor has been diligently working the whole year to help you hear the beautiful sounds of the world. It's time you show it that you care and respect its support by being a wee extra cautious.

Happy monsoon and happy hearing!

Cochlear™ Nucleus® Aqua+



The Aqua+ kit includes:



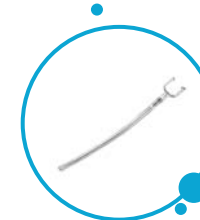
Aqua+ Sleeve



Aqua+ Safety Line



Aqua+ Coil



Mic Lock



Magnet



Storage Case

The Aqua+ is easy to use.

Just fit your sound processor inside the silicone sleeve of the Aqua+, attach the Aqua+ Coil and you're ready for the rains!

What are you waiting for? Jump into the season with open arms.

To find out more, visit www.cochlear.com or speak to your clinician.

Recipients' Corner

Straight from the heart

Recipients speak their heart out through the artworks below. They have interestingly painted their personal experiences & what difference the hearing device is making in their lives.

Thanks to SpHear Speech & Hearing Clinic, New Delhi for sharing these fabulous artworks with us.



Vaibhav Singh
Bilateral Cochlear™ Implant Recipient,
(CP910 and CP810 Sound Processors), Lucknow, U. P.



Aditya Miglani
Unilateral Cochlear™ Implant Recipient
(CP810 Sound Processor), Hisar, Haryana.

WE ARE LISTENING

If you have any question regarding your processor, its accessories or any other query related to life with an implant, write to us at CINcustomerservice@cochlear.com and our team of experts will resolve it as best as they can.

You can send your child's craft, photograph, drawings, artwork etc. on CINcustomerservice@cochlear.com.
Selected entries will be published on the Recipients' Corner page.

 Search for 'Cochlear India' on Facebook and like us to keep in touch.

Immerse in the music of rain, without care.

Sharing joy with your child strengthens the bond between you two. What could be more joyful than hugging your child, closing your eyes, forgetting everything else and immerse in the monsoon shower.

Nucleus® Aqua+ will keep his sound processor dry while both of you listen to the music of rain all around you!



- Reusable
- Soft, flexible silicone sleeve
- Water protection rating of IP68
- Compatible with CP900 and CP800 series sound processors*

To find out more, visit www.cochlear.com or speak to your clinician.

* With rechargeable batteries