

BERARD AUDITORY INTEGRATION TRAINING SYSTEMS, INC

Helping Children and Adults live better lives...

690 Boyd Rd Leicester, NC 28748

828-683-6900



www.aithelps.com



info@aithelps.com



FATHER AND DAUGHTER do AIT

We recently had a chance to speak with the family of the adorable 3-year old Hayla Wike, who along with her father, Kevin Wike, completed their first AIT program. Before doing AIT, Hayla's mother, Kristie, told us that she was a very moody child, was timid around strangers, close friends, and even church members she saw every week. Her delayed speech caused great frustration for her when trying to communicate with her family when they couldn't understand what she was saying. Her poor global skills and extreme sensory issues foretold a bleak outlook for her future so much so that her mother feared public or even private school would never be an option for Hayla. With her behavior getting worse and an increasing inability to cope with the world around her, Kevin and Kristie turned to us for help after hearing about AIT at a workshop and consulting with her school psychologist.

Thankfully, the difficulties that led Kevin to consider the AIT program for himself were not nearly as extensive as his daughter's. Nonetheless, he felt he would benefit from the AIT program also.

The family made the decision to complete the program by traveling each day to our office location in Western North Carolina. The days were long, but immediately, from the very first session, Hayla's family noticed a change. She was now being cooperative and easy-going, despite the lengthy days. She literally begged to wear the headphones and listen to the music!

Now, 4 months after completion of the AIT program, people are noticing a huge difference. Acquaintances and co-workers are remarking at how much of an unbelievable change they can see in Hayla. Even people who have no idea she did AIT are commenting on the improvements they see.

Kevin's progress is also being seen by himself and others. He told us that while he was doing AIT, his ears felt fatigued, almost like a temporary soreness from an exercise work-out (a common effect of AIT). He quickly noticed the ability to hear more sounds like that of the katydids and other bugs at night. Since completion of the program, we asked if he noticed any difference. He told us that while out hunting, he noticed that he could hear the squirrels making noises in the leaves around him and could identify which direction they were coming from; something he was unable to do before AIT. His secretary even noticed that his hearing has improved after he noticed her making a lot of noise rustling papers around. It never bothered him before, but now he hears so much more clearly.

We are thankful to the Wike family for allowing us to share their story with all of you. To read more about Hayla (and see more of her smile) and other families that have completed AIT with us, please go to our website at www.aithelps.com or check our new page on Facebook at www.facebook.com/aithelps1.

If you would like your AIT story highlighted in an upcoming newsletter, please let us know by calling (828)683-6900 or writing to us at info@aithelps.com



NO-BAKE PUMPKIN CHEESECAKE BITES (GLUTEN-FREE; VEGAN)*

The Harvest season brings out the Pumpkin lover in us all, so here is a delicious Pumpkin treat that can be made ahead and frozen for up to 3 months so you never find yourself without a treat for the holiday festivities:

CRUST:

- 1 cup pitted dates
- ½ cup almond flour
- 1 Tbsp cacao powder
- 2 tsp vanilla extract
- 1 Tbsp almond milk

CHEESECAKE LAYER:

- 1 ½ cups raw cashews
- 1/3 cup maple syrup
- 1/3 cup canned pumpkin
- 1 tsp pumpkin spice

INSTRUCTIONS:

Soak the cashews in water for 1 hour.

Line a loaf baking pan with parchment paper and set aside. Place the crust ingredients in your blender and pulse until the mixture comes together; about 1 minute. Press this mixture evenly onto the bottom of the prepared loaf baking pan and place it in the freezer while you continue. Place the cheesecake ingredients in your food processor and pulse until smooth. Pour the cheesecake mixture over the crust in the baking pan and spread it evenly. Freeze for at least 2 hours.

**recipe found on pinterest*



May our hearts be filled with THANKS and GIVING.

The Holidays ARE COMING

~from our Clinical Director, Sarah Gewanter~

Holidays can be lovely times to share and be with family and good friends, but they can also be disastrous, chaotic and stressful. There is much more to do beyond our already busy schedules; add to this the extra responsibilities of children or adults with special needs and everything can be even more complicated.

What to do? Planning, planning, and planning! Start thinking now, before the chaos begins and make lists to figure out what will work. Make foods in advance as much as possible, taking advantage of foods, such as dressing, that can be frozen a week ahead and thawed the day before. Make sure you have snacks and meals that fit any special diets. There are great recipes nowadays for gluten and casein-free diets. Thank goodness, Thanksgiving is the season of the Harvest foods, so as long as you don't load up on starches, it is possible to eat enjoyably and not gain weight.

Make sure to plan "me time" for yourself, especially if you are the primary caregiver. Remember, if you are not feeling good, it's hard to be there for anyone else; emotionally or physically. Some suggestions for "me time" might be:

- Start your days by breathing deeply 10 times
- Go for a walk
- Do something creative that you enjoy
- Take a bubble bath
- Stop to enjoy a cup of hot tea
- Schedule a massage (either by yourself or as a couple)
- Go stargazing in the evenings
- Meditate
- Pray
- Love



REMEMBER TO SMILE - Smiling is interesting. Not a "grimace" or forced smile but an inner smile that radiates throughout the body, spirit, and mind. When you smile in this deeper way, it sends signals to your brain helping you feel better. Pay attention to how you hold your face and practice a little bit at a time until it becomes natural.

~ Happy Holidays from Sarah Gewanter, LCSW, Director



We're on FACEBOOK!

Please join us as we grow. Our hope is to establish a community with families that are willing to share their experiences with AIT with one another and with others who are seeking answers to their questions about AIT. Join us at www.facebook.com/aithelps



Have a friend that you believe could benefit from learning more about AIT? Share this newsletter with them or if you would like for us to send more information to them, please contact us:

Phone: **(828)683-6900**

Email: info@aithelps.com

Internet: www.aithelps.com

Mention this newsletter for \$50 off your next AIT session

Leicester, NC 28748

690 Boyd Rd

www.aithelps.com

Berard Auditory Integration Training Systems, Inc