

Nu-Voices Club of Mt Sinai Hosp, Inc

Member of IAL

December 20th, 2015

Dear Members and Friends,

Happy and Healthy New Year to all!!

President Saul Silver called the meeting to order at 1:45. In attendance were 13 members and friends as shown and named below.



Gary Huth, Milagros Huth, Margaret Race, Cecilia Wennerstron, Larry Velez, Leslie McDonagh, Frank Deppolder, Don McDonagh, Saul Silver, Ian Ensign. Seated Dave Barry, Larry C. Powers



Ace Photographer Gerry Silver

We missed

- David Koslofsky who had family obligations
- Leola Glover who has been having knee problems
- Elaine Hudson sent regrets and best wishes for the holidays
- Clarissa Bushman who wasn't feeling well enough to come.

Leslie McDonagh read "The Prayer for Laryngectomees", then Saul Silver led off the round table.

A big thank you to Dave Barry who gave up his Sunday and provided spring water and cookies for us and to ATOS Medical who advertised for laryngectomees to attend a presentation of ATOS products in conjunction with our meeting. Dave gave us a close look at the Vega prosthesis, the new Flexi-Voice hands-free device (see attached care tips for the Flexi-Voice), lary tubes, etc. He answered people's questions and concerns and gave out sample products. Dave also said that he is planning a Voice Institute in February in NYC and will pass along the details as soon as they become available and the club will pass them along to the members.

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The laryngectomies present exchanged stories about their surgeries and daily challenges. One big problem was how the outside world reacts to laryngectomees. It was great meeting the new people who attended because of the ATOS advertising. We hope that these new friends will continue to attend and become old friends.



Sofia and Cecilia

Guess who is competing at the Westminster dog show in February?

Don't forget everyone – 2016 Dues Are Due. The next time you are at a meeting, just hand \$10 per person to our able treasurer Leslie McDonagh or make out a check to “Nu-Voices Club of MtSinai” and mail it to Leslie. Her address is at the end of this newsletter.

Herb Simon has posted the latest newsletter for his club on the IAL website. If you would like to check it out, here is the link

http://www.theial.com/ial/index.php?option=com_docman&task=cat_view&gid=42&Itemid=73

We ended our December meeting at about 3:00 PM.

The January meeting will be in our usual place; seminar room B, 2nd floor at 1470 Madison Avenue, between 101st and 102nd. The meeting will be at our usual time: 1:30 PM on Sunday, 1/17/2016.

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CareTips¹⁵

By Atos Medical Inc.

Hospital	_____
Department	_____
Clinician	_____
Contact information	_____

Provox® FreeHands FlexiVoice™

The Provox FreeHands FlexiVoice is both a speaking valve and a heat and moisture exchanger (HME). It allows you the flexibility of speaking either hands-free or with manual occlusion depending on your situation. There are three speaking valves - each having different strengths. You can tell the difference between the valves by the number of dots on the top of the strength membranes. For example: light (one dot), medium (two dots) and strong (three dots).



Steps to choosing the appropriate valve strength:

- 1) Snap the Provox® FreeHands HME® to the medium FlexiVoice valve (two dots);



- 2) Push your air forward against the valve and say "ahhhhhh;"
 - a. If it is too hard to close the valve, try the light FlexiVoice valve (one dot)
 - b. If it closes too easily while breathing at rest, try the strong FlexiVoice valve (three dots)

NOTE:

While exercising, you may need to use a stronger membrane or turn the automatic speaking valve mode to off.

- 3) Practice turning off the automatic speaking valve mode by turning the valve as you breathe in or when holding your breath. This assures that the hook is able to meet the loop on the valve. In this mode, you can still speak by placing your finger over the opening on the valve.



- 4) Practice manually occluding the valve by placing your finger or thumb over the opening of the valve. Be sure not to press too hard.



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