

The New Voice

Newsletter of the

Laryngectomee Association of Victoria Inc. (A0022313R)

Dedicated to the rehabilitation of laryngectomees and those with similar vocal disorders.

Patrons: Mr. S. Kleid. MB; BS; FRACS.

Mr. J. Kennedy. FRACS; FACS; M.S.(Iowa). DABO.

Affiliate: International Association of Laryngectomees. (IAL)

Accredited Support Group: Cancer Council of Victoria.

Founded 1954



February 2022

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Mr. Roger Exell Mrs. Glenda Pelicier

Subscription: Fifteen dollars a year, payable
January BSB633000 A/c171683600 Ref:
Surname/Initial or by mail.
Note: Receipts will only be issued if requested, and a
stamped self addressed envelope would be
appreciated.

Loan of Speech Aids: A loan instrument is available
for members while waiting for provision under
A&EP or when a member returns their instrument to
a supplier for repair.
Mr. John Fardell
Mobile 043 206 4807.

All correspondence:

Laryngectomee Association of Victoria
Lorraine Lancaster 38 Balerno Way,
Mernda Vic 3754. Mobile 0449 268 158.
inquiries@laryassocvic.org

Following items available by post or at meetings.

Stoma Covers:

White, Navy, Black and Maroon stocked
Single (1 bib on a neck band) \$5.00 + p/p

Double (2 bibs on a neck band) made to order only.

Shower Collar: (vinyl bib type) \$12.00 + p/p

Shower Shield: (molded pvc 'nose') \$30.00 +p/p

Stoma Patch Kits: (foam + double-sided tape)
Make-Your-Own \$30.00 +p/p***

Double sided tape: \$12.00 +p/p***

Ready Made Patch: 30 pack \$34.00 +p/p

Battery rechargeable Ni-Mh:

Suit 'Servox' 'Romet' \$25.00 +p/p

Postage and packing please allow \$10.00 minimum on
each order.

SPOUSE'S SUPPORT

Ring if you need a sympathetic ear.

Mrs. Robyn Stark, (03) 9808 9264

MEETINGS:

Normally a General Meeting is held on Zoom on the
second Thursday of the months of November,
February, May, and August to commence at 2.00pm.
We conduct a Social Gathering fortnightly on Zoom
Commencing at 2.00pm. We, also organize a face-to-
face Social Gathering from time to time at a Venue
and Time of our choosing. We will give you plenty
of notice of these gatherings through our monthly
newsletter.

**See Page 7 for future Social
Gatherings /General Meeting Dates.**

WELCOME

Welcome all members to our first newsletter for 2022. I hope you are looking forward to a good year ahead. After much discussion, our committee members, are looking at ways to grow our existing membership base. Some ways suggested were by adding more features to our existing website "laryassocvic.org" including making copies of our monthly newsletter readily available online. By offering more help, support, (including the re-introduction of the Laryngectomy bag or "Coming Home Kit" for new laryngectomees,) and by adding more knowledge through more guest speakers on Zoom. We are also planning some great quarterly catchups where we will meet face to face at an indoor or outdoor setting and great theme days online at our Zoom Social Gatherings.

NEW REGISTRATIONS and VISITORS.

We had three first time visitors to our General Meeting held on the 10th, February. The new visitors included Alan Spinks, who is a laryngectomee who has been with Atos in the UK for many years. Other visitors were Darryl Cooper (a new laryngectomee himself) and his partner Cherie Curlow. A big welcome is extended to Alan, Darryl and Cherie.

APOLOGIES

Geoff Keith, Tony Bigum, Alf Glover, Geoff Walsh.

SICKNESS REPORTS

Alf Glover has completed his course of radiation and will have to wait until middle of February to have scans to see if the radiotherapy has shrunk his tumor. Jenny said Alf's appetite has not fully returned but we hope that will improve. Alf is in the Kingston Centre in Cheltenham for his rehabilitation.

Dot Pockett is keeping, her chemotherapy on hold, at least until the birth of her two great grandchildren, one of whom is due to be born at the end of April the other baby is due early May. Dot is still calling Bingo fortnightly and has plans to visit Bendigo for Easter. Her muscle deterioration is progressing, and she is waiting to have a scan on her kidneys. Alf and Dot we are keeping you both in our thoughts and prayers.

LARYNGECTOMEE ANNIVERSARIES

Congratulations to our Past President Josephine Gwynne on her 8th Anniversary as a laryngectomee on the 19th, February, wishing you many, many, more years ahead, Josephine.

Congratulations are also in order, for Maureen and Keith Abbott on their 59th Wedding Anniversary which will be celebrated on the 9th, March. What a wonderful achievement for the both of you, we wish you many more happy years together. All our very best wishes are forwarded to you both on your special day.

PREVIOUS MINUTES

Moved Lorraine Lancaster. Seconded by Jennifer Goon.

BUSINESS ARISING

(See **GENERAL BUSINESS** for Previous Minutes).

SCHOOL VISITS METROPOLITAN SCHOOL REPORT

Geoff Keith our Metropolitan School Co-Ordinator advised us that there will be a school presentation on the 18th, February to Mullauna Secondary College in Mitcham. We hope all goes well for the team on their first visit and presentation for 2022. Our plan is to visit more schools this year than we have been able to do in the past 2 years. Again, we are requesting our current members to please consider becoming part of our school presentation team. Contact Geoff Keith on Mob: 0409 438 645 or Email geoffrkeith43@gmail.com

CORRESPONDENCE

MISCELLANEOUS

Email 13/11 sent by Gerard Pelicier to Nigel Balm Secretary/Treasurer the Laryngectomee Association of New South Wales Inc. inviting Nigel to join us for a special meeting on Zoom on Sunday the 20th of March 2022, at 11:00am (Melbourne/NSW time) for an hour. We will be talking to Dr. Itzhak Brook (laryngectomy and MD) from Washington DC USA. Email received 13/11 advising Nigel's and Laryngectomee members of LANSW would be very pleased to attend this exciting event and he would be happy to advertise the event in their February 2022 edition of their Newsletter, "STILL TALKING". He will advise all members who have a registered email address and include Speech Pathologists that may be interested in attending.

Email 15/11 sent to Nigel from Gerard Pelicier advising him that on Thursday the 25th of November on zoom commencing 1:00pm Melbourne / NSW time, we are having paramedic Mr. James Marshall talking to us. Would you or any of your members be interested in joining us? Email 16/11 from Nigel confirming he would be happy to join this Zoom event on 25th November.

Email 19/11 from Gerard Pelicier who has just had his Nu-Vois electrolarynx repaired by a firm located in Camberwell West, Victoria called RemediX. John Dale who is a representative there, said we are the Australian distributor for Nu-Vois products and provide support for repairs and warranty claims here. Unfortunately, we can only do this for Nu-Vois products. Members are there any other companies you know who deal with Nu-Vois electrolarynx in this way, or any other brand of electrolarynx?

Email 25/11 from Tony Bigum regarding an app he uses called **"Talk to Me"**. It's an app on his Apple iPad. A further email on the 2/12 was received from Geoff Walsh another member who said "I have the same app **"Talk to Me"** on my iPad although I have never become as proficient with it as Tony certainly is. But it was very useful when I was recovering in hospital and in the first few months after my laryngectomy surgery. My only problem with it is that I am pretty much a "one fingered typist" so my input was slow! This requires patience by the "listener." Being a one finger typist myself I totally can relate to you Geoff.

Email 26/11 sent by Gerard Pelicier inviting Heidi McKenzie from ATOS, Lorraine, and I, to a special Zoom Meeting on Wednesday 1st of December 2021 at 2:00pm to discuss the introduction and distribution of Coming Home kits for New Laryngectomees.

Emails 2/12 and 3/12 from Gerard Pelicier regarding the ordering and approval of our Seat Belt Sleeves with our logo embroidered on them. These Seat Belt Sleeves will be used by laryngectomees to warn emergency services and the public that we are total neck breathers, The initial order of 30 has been approved by our Treasurer Lorraine Lancaster and are now available for our members to purchase from Lorraine. Lorraine's contact details are Lorraine Lancaster 38 Balerno Way, Mernda Vic 3754. Mobile 0449 268 158.

inquiries@laryassocvic.org.

Emails 2/12 and 3/12 sent from Gerard Pelicier and Heidi McKenzie regarding the New Registration Form and Welcome Letter which will be included in our Laryngectomee Coming Home Kits.

Email 2/12 received from Kyocera advising there have been important changes to our contract with them. The change was a small increase made to their service pricing which is due to commence on 1/1/22.

Email 3/12 received from Victoria Gill from ATOS Medical Australia. Dear Friends don't miss out on the upcoming Virtual Patient Panel on the new Provox Life system. Hear from your peers who have trial, the new product range provide extensive feedback on the different HMEs and Attachments and how the new system has improved their quality of life through situational products. This will be a practical session for you to get to grips with the new Provox Life HMEs and understand how they fit into you and your peers' everyday life. We would like to extend the invitation to carers too. Your Speech Pathologists across ANZ have also been advised. Date: Thursday 9th December Time: 11.00am AEDT.

Email 6/12 received from Malcolm Babb President of the UK Laryngectomy Association NALC's (National Association of Laryngectomy Clubs).

Hi Robyn, NALC's testing leaflet has now gone public and has been very well received by clinicians, mainly SLTs, so is no longer confidential. We will be sharing it with our community in the December edition of CLAN, our newsletter, downloadable from our website www.laryngectomy.org.uk.

It is not unusual for laryngectomees to struggle to get clinicians to take onboard their different circumstances and needs. Since my laryngectomy in 2002 I have not had a cold or flu, and I am aware that others report such an experience. It can only be down to an altered airway. It is far easier to get a sample from the stoma than the throat and refusals to do so are mystifying. We are now facing the challenge of the Omicron variant which provides all the confirmation needed that we aren't getting back to normal just yet. All we can do is try our best to support each other as best we can whilst trying to keep each other safe. I send Christmas and New Year greetings to you and your community. Keeping in touch is beneficial and appreciated. Malcolm.

(SEE GENERAL BUSINESS WHICH EXPLAINS THE 4 STEP PROCEDURE THEY USE THERE FOR THEIR LARYNGECTOMEE COVID TESTING).

Emails 6/12 and 9/12 from our new members Ching and Thomas Tan who are interested in joining our association. They also wished our members a lovely Christmas Luncheon at Braeside Park on the 9th, December 2022 and Email 9/12 from Heidi McKenzie I wanted to say Merry Christmas and I hope you have a prosperous new year too. A letter received by post on 14/12 from our member Jim Hansen. Jim thanked Committee and members, for all their help and hard work on behalf of our organization this year. Jim also wished us a lovely Christmas and a great New Year.

Email 14/12 from Geoff Keith our Metropolitan School Co-Ordinator, I have a booking for Mullauna Secondary College on the 18th, February 2022. Email 15/12 in, regard to our Schools Program and whether we had any official guidelines.

Email 16/12 from Victoria Gill from ATOS Medical Australia. Good, afternoon, find attached the latest Customer Care Newsletter. We would like to take this opportunity to wish you and your families a safe and happy festive season ahead from the Atos Medical ANZ Customer Care team.

Email 21/12 from Gerard Pelicier containing Coming Home Kits and the final Welcome Letter and New Laryngectomee Registration documents for approval. Email 22/12 from Gerard Pelicier containing the modified Welcome Letter as an attachment. A further Email 22/12 from Heidi McKenzie acknowledging the receipt of the modified Welcome Letter.

Email 31/12 from WCMICS e-newsletter Q4 2021. Welcome to the last issue of the WCMICS e-newsletter for 2021! Highlights of this edition include the following, the Launch of Cancer Mind Care to help address the rising demand for psycho-oncology services, WCMICS partnered with Peter Mac psycho-oncology team to develop the Cancer Mind Care website. There was strong representation of local WCMICS projects and funded projects at this year's Annual Scientific Meeting of COSA (Clinical Oncology Society of Australia), from e-posters to rapid fire presentations to Best of the Best orals from KATH QUADE WCMICS Manager.

Email 7/1 from Lorraine Lancaster containing the adjustment to our association rules which will be sent for approval to CAV (Consumer Affairs Victoria). Further Email 8/1 from Lorraine thanking me for submitting annual statements for years 2020 and 2021 and the adjustment to our Associations rules for their approval.

Email 13/1 from Gerard Pelicier inviting our committee members to a Special Committee Meeting to be held on 19/1/22 to discuss 1. School Program, 2. Seat Belt Sleeves, 3. Introduction of the Coming Home Kits to New Laryngectomees, 4. Upgrade of our Website, 5. Payment of Subscriptions, and any other matters relating the smooth running of the association.

Email 15/1 from Geoff Keith containing details of the School Presentation format. Geoff said there was no official guide he followed a step-by-step process which included 1. Geoff said, I introduced who we are that is, we are from the Laryngectomee Association of Victoria. 2. Then I introduce myself and the other speakers. 3. Then I play, a DVD which runs for about 15 minutes. 4. Then we all tell our experiences of being a Laryngectomee. 5. Then it is question time for the students, and teachers to ask anything they can think of. Sometimes no questions or a lot, it all depends on the students.

Email 19/1 from Jennifer Goon a good friend of Alf giving us an update on how he is. Alf has had another 7 days of radiation. Then we wait until middle of February to have scans to see if tumor is shrinking.

Email 21/1 from Gerard detailing an incident he had recently with his Provox Life HME. A problem that I found with the Provox Life is that it is very easy to cough out the HME (it happened to me twice) as the depth that it secures into the base plate is very shallow half the depth that the standard Provox Extra Moist has. Also, the shower nozzle is again the same problem, and I certainly would not want this to fall out while showering.

NOTE MEMBERS: WE WOULD LIKE YOUR FEEDBACK IF YOU HAVE ALSO EXPERIENCED THIS PROBLEM OR A SIMILAR PROBLEM WITH THE PRODUCT GERARD MENTIONED.

Email 24/1 from Heidi McKenzie advising if any of our members would like to obtain some of ATOS Emergency Cards, please contact Heide via her email address Heidi.McKenzie@atosmedical.com or by Telephone 1800 286 728 or Mobile 0448 148 510.

The emergency cards are used to alert the public that this person is a Neck breather. It advises on the reverse of the emergency card it to contact a trained medical professional and before they arrive remember the following points 1. Keep the neck opening free of all matter. 2. Do not twist the head sideways. 3. Resuscitate with air or oxygen to neck opening or use mouth to neck breathing. 4. Keep the neck opening clear and protected from liquid. If anyone would also like free Provox Life samples as well, please advise Heidi and she will explain the process of ordering these items on the one form.

Email 29/1 from Gerard Pelicier inviting Committee members to a scheduled Committee Meeting Topic: Discuss the upgrade of our website Date: Thursday 3rd of February Time: 1:00pm. Further emails received on 3/2 and 4/2 and 5/2 from Lindsay Boribon and Gerard Pelicier relating to the update of the website.

Email 6/2 from Gerard Pelicier inviting me to the Laryngectomee Association General Meeting on Thursday 10th of February at 2:00pm.

Email 9/2 from Heidi McKenzie ATOS Regional Sales Manager. Gerard and Robyn, I wanted to ask a quick question regarding today's meeting. At Atos Australia, we have a new team member, Alan Spinks. Alan has been with Atos in the UK for many years and is also a nurse but is also a laryngectomee. I wonder if you wouldn't mind Alan jumping on the call today for me to briefly introduce him. Possibly at around 2.30pm? Of course, if you think best another time, that's ok too but I thought he is such a great resource and always happy to chat to other laryngectomees, the sooner the better. Let me know. See you soon either way, Heidi.

Email 10/2 from Lorraine Lancaster containing two attachments, the Treasurer's Report and a list of members who have paid their annual subscriptions for the year 2022.

CANCER COUNCIL VICTORIA

Email 13/12 from Danielle Spence. Dear Robyn, the holiday period and new year bring up a range of emotions – and after the year that's been, it's likely these feelings will be amplified. For some there's anticipation – it's a great time to catch up with loved ones and to relax and recharge after rounds of treatment and isolation from family and friends. For others, there's anxiety or grief as you venture out for the first time in a while or mourn the loss of a loved one. I encourage you to read the tips below that, others have shared, on what can be helpful and not so helpful during this time. An important safety reminder. Whether you're undergoing treatment yourself or spending time with a loved one who is, please consider anyone who's immunocompromised who remains vulnerable to COVID-19. Regardless of whether you and your loved ones have had the vaccine or not, it's important to continue COVID-19 protective measures like hand washing, wearing a mask and keeping physically distanced. Finally, an end of year wrap up wouldn't be

complete without some heartfelt thanks. Thank you to our many volunteers and staff, all of whom have tirelessly supported and advocated for people affected by cancer when they've needed it most. And a special thank you to the dedicated health professionals who have carried a heavy burden and been a steady and reassuring presence through so much change. Stay safe, take care and let's hope the new year brings good health, happiness, and a return to normalcy. Take care, Danielle Spence. Other articles contained included the following: Nutrition and Cancer are you looking for answers, Clinical Trials receive 1.5 million boost for Victorians affected by Cancer, Concerning decline of Cancer Diagnoses in Victoria in 2020 and more.

Email 20/12 from Briony Squibb. Dear Support Group Leaders, SAVE THE DATE! Tuesday 25th January, 10am. As per our email on the 1st of December advising of Cancer Council Victoria's latest vaccination information, I am writing to let you know about a webinar we have planned for CSG leaders. This webinar has been designed with the assistance of the Education & Training team. It is based on existing evidence-based communications content but adapted to meet the needs of support groups leaders who may encounter difficult conversations regarding vaccination status with their group members. WHEN: Tuesday 25th January, 10:00am WHERE: Online via Microsoft Teams HOW: the link to register via Event Brite will be sent to you during this week. This WHAT: a 90minute webinar covering communication skills, scenarios, and question time. More information and a link to register will be sent out to you soon but we wanted to give you advanced notice of the date.

Email 20/12 received from the Cancer Council of Victoria (CCV) acknowledging receipt of our Covid-19 Safe Plan. Cancer Council of Victoria will make a note of this on their database.

Email 23/12 from Briony Squibb Coordinator, Cancer Education Programs. Kate and I would like to wish all of you a happy festive season. I also wanted to draw your attention to the attached resource which discusses the importance of getting a COVID-19 vaccination booster. This may be helpful for use with your group. Book your third COVID-19 jab today. Studies of COVID-19 vaccines in people with cancer who are immunocompromised show that a third dose is needed to have a similar level of protection to people with a healthy immune system.

How to get your third dose.

Regardless of age, anyone with a weak immune system who had a second dose more than two months ago should get a third dose as soon as possible. • Visit a doctor, pharmacy, or Victorian Vaccination Centre. • Ask your doctor or specialist which vaccine is right for you. • Take a letter about your cancer to your vaccine appointment or download an Eligibility Declaration Form from our website. Third dose versus booster strength, of the vaccines reduces over time, which is why all Australians are encouraged to get a booster, currently at least five months after their last dose. A third dose for people who are immunocompromised is different to a booster. Health experts are determining if people who receive a third dose will also need a booster.

COVID-19 and cancer. Some types of cancer and treatment increase the risk of catching COVID-19 and having a more severe illness. The vaccine reduces your risk of: • getting sick from COVID-19, • going to hospital if you get COVID-19, and • helps reduce the chance of infecting COVID-19 to others. All approved vaccines in Australia have passed safety, quality, and effectiveness standards. COVID-19 vaccines do not contain the live virus so you can't catch COVID-19 from them.

Email 23/12 from Briony Squibb containing Vaccination Conversations Webinar registration. Good afternoon, everyone, As advertised earlier in the week, please find below the link to register for our Vaccination Conversations Webinar on the 25th, January. Please note, this will be recorded so if you can't make it, you will still have access – but we do encourage you to attend if you can as you will have the opportunity to ask questions. As always, don't hesitate to get in touch if you have any questions. Kind regards, Briony Squibb Coordinator, Cancer Education Programs and Coordinator.

Email 31/1 received from Briony Squibb regarding, opportunities to contribute within our Cancer Advisory Network. Dear Support Group Leaders, you may be aware of our Cancer Advisory Network which aims to give those who have experienced cancer in some way opportunities for contribution to policy and projects in the cancer space. Below are some opportunities that might be of interest to you. If interested, please contact Diana on engagement@cancervic.org.au. Share your story on the cost of cancer.

We are looking for five people to take part in the development of short videos that discuss the cost of cancer. The videos will focus on how cancer affects all aspects of a person's life. If you experienced financial hardship because of your cancer treatment, and are interested in sharing your story on camera, we would love to hear from you. Virtual focus group to support the development of new webinars. We are looking for nine community members to participate in an online focus group to share their experiences of barriers in communication you may have had (or know others have had) when communicating with health professionals following a diagnosis, during treatment and through the follow-ups. By participating in this discussion, you can help Cancer Council to understand the communication challenges patients and carers may have when speaking with health professionals. This will help us to create a series of communication skills webinars to empower people to advocate for their own health and wellbeing. Participants will be required to: Have an introductory phone call with Laura Edwards in our Education & Training team to explain the process and

answer any questions Be available to attend the online focus group on Friday 4 February at 10.00-11.30am Please email engagement@cancervic.org.au for more information on any of the above and/or to express your interest. Warm regards, Briony Squibb. T: 9541 6332 Mon – Thurs, 8am to 4pm.

Email 3/2 from Briony Squibb regarding Proof of vaccination for support group members. Dear Support Group Leader, Re: Proof of vaccination for support group members. We understand that some of you might be anxious about communicating this with your group members, so we have developed a template for you to forward to your group members as an email or letter, with all the required information. We recommend you allow plenty of time before your first meeting to communicate this with your group, so members have time to understand and follow the requirements. You will only need to sight a copy of their vaccination certificate (or exemption). This could be on their phone or device or a printed copy. There is no need to keep a copy (this is private medical information). To assist you with any difficult conversations that arise we have included the recording of the 'Vaccination Conversations Webinar for Cancer Support Group Leaders' webinar. Vaccination Conversations Webinar for Cancer Support Group Leaders - Recording (vimeo.com) Please contact me on csg@cancervic.org.au if you have any questions or concerns Kind regards, Briony.

Email 10/2 from Briony Squibb, as you know, Kate Wakelin was helping me out in the CSG program while I was seconded to another team for a while. The time has come for me to come back to my 'home' of working with support groups, which means we have had to say goodbye to Kate. I thank her for all her hard work, and I know all of you would have appreciated the interaction you had with her.

CONSUMER AFFAIRS VICTORIA

Email 6/1 from CAV acknowledging their receipt of our CAV Annual statement for the years 2020 and 2021 and an email on 8/1 acknowledging the receipt of our association rules adjustment.

DISABILITY SERVICES COMMISSIONER

Email 24/1 received from the Disability Services Commissioner. Welcome to our first update for 2022. Last year many of the service providers that the Disability Services Commissioner had oversight of transferred to the jurisdiction of the NDIS. Other items included Managing Deteriorating Health Poster, and Farewell to Samantha.

Correspondence Moved by Glenda Pelicier. Seconded by Roger Exell.

TREASURER'S REPORT

As at 30/11/2021 \$1532.16 Total Expenses \$2528.60 Total Credits \$60171.22 Total Debits \$Nil. Stock Value @ at 31/12/2021 \$10484.00.

Moved by Lorraine Lancaster. Seconded by Jennifer Goon.

GENERAL BUSINESS

1.The reintroduction of Satchel Bag (Coming Home Kits) CHKs for New Laryngectomees. Our Laryngectomee Association of Victoria Incorporated in conjunction with ATOS is working on this project together. When a new Coming Home Kit (CHK) (Provox or Provox Life) is requested one each of the following forms is included with the kit), a New Laryngectomee Association Registration Application and a Welcome Letter. This will be in addition to what ATOS already include for CHKs. This will be a 3, month trial and we will reconvene in May to see how it is going.

2. Funding and distribution of Seat Belt Sleeves embodied with our Laryngectomee Association Lyrebird Emblem. We have an initial order of 30 of these Seat Belt Sleeves held with our Store/Treasurer Lorraine Lancaster ready for distribution. A special Committee Members Meeting was held on the 3rd. February 2022 and a decision was made by those in attendance to charge \$15.00 for each Seat Belt Sleeve.

3. Annual Subscription Fees due and payable by the 31st. January 2022. It was also decided at that special Committee Meeting that if any member paid their Annual Subscription Fee by 31/1/2022 and they were also interested in purchasing a Seat Belt Sleeve they would be entitled to purchase the Seat Belt Sleeve at half price, that is \$7.50. It was later decided to extend the offer to 31/3/2022 to enable our members who receive a paper edition of our monthly newsletter rather than by email, to also take advantage of the special offer. So, the total cost of the Annual Subscription, \$15.00 Seat Belt Sleeve \$7.50 plus Postage Cost \$2.20 will be \$24.70.

4. Upgrade of our Website. Some of the planned changes proposed include replace the current background image with a picture of our laryngectomee group image. Add a "Welcome" section directly above "The Association". We intend to include the ability to access and download our monthly newsletter from the site and we need to change page name in menu to NEWSLETTERS and provide details of the date of our next Social Gathering either online or face to face and also General Meeting date.

5. School Presentation Program was discussed including the fact that there was no formal guide. The targeted aged group was students from Years 7,8, and 9 and included teachers and other staff, and the requirement to have a Working with Children Permit. The theme of the whole presentation was based on making the right decisions for your body health-wise rather than focus on the damage that smoking can do to your body and your health.

NATIONAL ASSOCIATION OF LARYNGECTOMY CLUBS (NALC'S) UK TESTING LEAFLET

This leaflet has been produced with the assistance of University College Hospital, London. Laryngectomees are neck breathers, taking in air through a neck stoma not the mouth and nose. This means a covid test must be done differently to how it is usually done, swabbing the stoma not the throat. Please look at the instructions on your test kit, as well as this leaflet. If unsure seek further advice from your clinician.

STEP ONE

Wash your hands thoroughly. It may help to stand in front of a mirror when carrying out the test, and as you may cough, ensure nobody is near you.

STEP TWO

Remove any HME cassette or stoma cover. Place the swab about 2 cm into the stoma, moving it in a circular motion 5 or more times. Remove the swab and look for mucus on it. REPEAT if there is none.

If you use a lary tube or button do not remove it, place one hand on it to secure it whilst putting the swab in the tube to get the sample of mucus.

STEP THREE

Now take a sample from the nose. Use the same swab. Tilt the head back and move the swab gently into one nostril about 2-2.5cm, when you may feel some resistance. Rotate 5 or more times to ensure a good sample.

STEP FOUR

Place the swab in the pouch that has been provided, making sure you enter your details on the label. Wash your hands again thoroughly.

CHRISTMAS LUNCHEON 2021

This year we were blessed to be able to celebrate our Christmas Luncheon face to face at Braeside Park. Braeside Park is located between Melbourne's south-east suburbs of Mordialloc and Keysborough, and it is a family oasis adventure park nestled in nature. Children love exploring the large adventure playground, while their parents appreciate the park's many shady spots and the peacefulness of a playground surrounded by nature. The park has picnic areas with free electric barbecues for social gatherings, a community garden and easy walking and cycling trails.

We had thirteen members attend some travelling long distances as far away as Craigieburn and Travancore. It was a lovely day not too sunny but warm. We enjoyed a delicious luncheon including roast chicken, ham, plenty of salads, dessert included a pavlova, cheesecake, fresh fruit platter, other beautiful Christmas goodies and a lovely freshly baked Christmas Cake. We also held our traditional Christmas Raffle where we managed to raise \$150.00 for the Smith Family Christmas Appeal, which was a great effort on behalf of the people who attended. Raffle winners included Gerard and Glenda (main Christmas Hamper), Vin and Wilma Minogue's daughter Jane Booth, (lovely you could all come) won the (ATOS Christmas Hamper). A Small Gift Bag was won by (Wilma Minogue), Lions Cake (John Ritchie), Petite Sweets (Geoff Keith), Mince Pies (Roger Exell), and Mince Pies (Josephine's Gwynne's daughter Melanie Ryan).

Thank you, ladies, and gents for providing the delicious luncheon, Gerard and Glenda for the Christmas music, Christmas cutlery, and everyone thank you for your presence on the day. We are looking forward to an even better end of year Christmas Luncheon for 2022.

I would like to thank Heidi McKenzie and Victoria Gill from ATOS for organizing this month's insert which featured the new Provox Life Adhesive and Attachments.

UPCOMING SOCIAL GATHERINGS ON ZOOM AND FACE TO FACE EVENTS THIS YEAR.

*24th February 2022. Danielle Stone Speech Pathologist from ATOS Medical Australia will come along to speak to us on Zoom commencing at 2.00pm for a Question-and-Answer Session. She will be accompanied by Alan Spinks from ATOS.

*20th March 2022. Itzhak Brook MD (USA) will do a presentation on Zoom commencing at 11.00am AEST. Please do not miss this valuable session as we would like as many attendees as possible on the day.

*12th May 2022. Our next General Meeting will be on Zoom commencing at 2.00pm.

***The Zoom Link is as follows:**

<https://us02web.zoom.us/j/5305379795?pwd=M1dIVCtRaEVEcENQdVJuOUFuK0pXQT09>

Meeting ID: 530 537 9795. Passcode: Pu3ghM.

Cheerio, for this month from Robyn. I do hope the coming month will be a good one for you all.

****ATOS Medical Australia. Address 6 / 174 – 180 Pacific Highway, North Sydney NSW 2060.
Phone : 1800 286 728 Email: info.au@atosmedical.com ATOS: Provox Vega Voice Prosthesis, HMEs and
Base plates, Provox FREEHANDS, brushes, tubes and buttons and all accessories.
TruTone – Emote electrolarynx.**

**** Clifford Hallam Healthcare ** Main Medical . 3 Balbu Close, BERESFIELD NSW 2322.
Phone: 1300 00 5279 Email: info@mainmed.com.au
Blom-Singer Voice restoration products. Servox electrolarynx. Kapitex products.**

**** Axion Biomedical. (Alan Beal) 59 Haley St. WONDAI, QLD 4606. Phone: 1300 650 272
Email: axionmedical@bigpond.com
Electro larynx service and repairs. Please ring first, a simple adjustment may be the answer.**

**** Laryngectomee Association of Victoria (03) 5143 3307 . Please leave a message.
Rechargeable battery to suit 'Servox' and 'Romet' , stoma covers and foam products.**

Issue:
If undeliverable return to:
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