

Tips to help you connect when we can't be together

It is possible to meet others in person while staying safe. Plan a small outdoor gathering in your yard, from your balcony, porch or driveway with friends or family. Make sure everyone understands and respects the rules: Stay at least six feet from others who are not from your household and wear a mask. You can also take advantage of barriers like windows or glass doors.



Technology can help us stay connected. If you are nervous about using technology, your child or grandchild might be able to help. Or, contact your local library for resources.

Right now, staying at home can help keep us safe, but we also need to take care of ourselves emotionally. Here are a few ways to stay connected:

- **Reach out**—call a loved one or an old friend
- **Listen**—discover radio programs, podcasts or audio books
- **Enjoy new movies, documentaries or books**—contact your local library for suggestions and pick-up options
- **Get a pen pal**—connect with a local voice club to find a fellow laryngectomee or contact a local nursing home or school who might have a pen-pal program
- **Take a walk**—greet neighbors and visit from a safe distance
- **Exercise**—(talk to your doctor first!) online resources are available for many levels of fitness
- **Foster a pet**—check with your local shelter or pet rescue
- **Set up a date**—go fishing, golfing or head to a drive-in movie with friends
- **Learn something new**—painting, baking, woodworking
- **Journal**—write about experiences, feelings, memories, or try stories or poetry

See “**connecting**” on page 2



In a Zoom meeting, your screen should look similar to this example. Controls for Audio and Video on are on the bottom of the screen.

“connecting” continued from page 1

It is important to check-in with people regularly. Create a routine by being intentional. Schedule frequent “appointments” to catch up with family members or friends at a time that works for both of you.

There are many free platforms available that can be used to connect with family and friends, such as **Google Hangouts**®, **Facebook**® **Rooms**, **Skype**®, **Zoom**® and **FaceTime**® (on Apple® devices only). People are using these platforms for video chats with family, telehealth visits with healthcare providers, virtual church services, game nights, parties and more! Get creative—here are a few ideas:

- Start your day with a virtual cup of coffee with someone
- Cook and enjoy virtual meals together
- Set up a virtual book/movie club, game or trivia night
- Get social on social media (Facebook®, YouTube®, WebWhispers, support groups etc.)
- Share your interests with friends by enjoying a virtual get together to knit or craft

Atos Medical is hosting Virtual Community Events to help keep you safe while staying connected. We are currently using **Zoom**® for these events. It’s easy to join! When you register for an Atos virtual event, you will receive a confirmation email with a link. This is a live meeting, so just like attending one of our in-person events or meeting friends for coffee, you will want to log in a few minutes before the scheduled meeting time. Open your email confirmation and click the blue link in your email under “Join Zoom Meeting”, then follow the prompts from the Zoom app. If you have any questions or if you need help connecting to the meeting, a member of our events team will be available before and during all virtual events to assist you! Our event topic in August and September will be, “Staying Connected and Active.” Join us for more tips and share your ideas!

Announcing new COVID-19 and Spanish resource materials from Atos Medical!

Taking Care of Yourself During the COVID-19 Outbreak was developed as a resource especially for people living with laryngectomy during this pandemic. It includes tips to help maintain wellness, helpful Dos and Don’ts, information on products that may be helpful and more.

For our Spanish-speaking customers, we have new items available including:

- **Living Well After a Laryngectomy (Cómo vivir bien después de una laringectomía)** a book full of information, especially helpful for new laryngectomees and their caregivers
- **Emergency Card (Tarjeta de Emergencia)**
- **Medical Alert Window Cling (Aferrador de Ventana de Alerta Médica)**

We are passionate about making life easier for people living with a neck stoma and strive to provide personalized care. These materials can be downloaded from the RESOURCES tab of our website or by requesting printed copies at **800.217.0025** (also available in English.)



IAL Annual Meeting goes virtual

Due to the current pandemic, the International Association of Laryngectomees (IAL) canceled their 2020, in-person, annual meeting. The event is considered by many laryngectomees, caregivers and healthcare professionals to be one of the most inspiring and motivating events to unite this community each year. Atos Medical was honored to offer a digital platform to host a revised, one-day virtual version of the event. Hosted by Atos Medical Clinical Educator, Yumi Sumida, the event included a variety of sessions lead by both laryngectomy patients and clinicians.



Meet-the-Cast panel discussion included Bill Brummel, Dr. Uttam Sinha, Associate Professor, Clinical Otolaryngology- Head and Neck Surgery at the Keck Hospital of USC and USC Norris Cancer; Dr. Thomas Moors, the choir director; and choir members Pug and Sara.

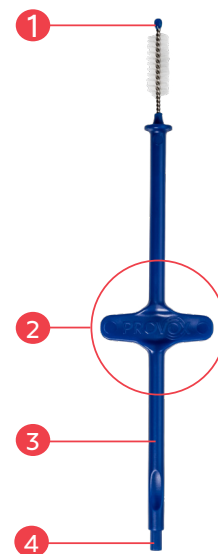
As a bonus, the more than 300 virtual event attendees were provided exclusive access to an online screening of **Can You Hear My Voice?**, a Bill Brummel documentary film. This special feature included a 'meet-the-cast' session hosted by producer/director Bill Brummel.

New Provox® Brush: Designed for durability and easier handling

The Provox Brush has been improved to increase brush head durability. The new brush head wire will be fitted into the shaft via a soft, flexible connection. The modified Brush is shorter, which allows for easier handling and maneuverability when cleaning the voice prosthesis, and it is easier to pack in a small toiletry bag. Available in two sizes with no reference number changes:

- **Provox Brush** for **4.5-10mm** voice prostheses, 6 pieces (REF# 7204)
- **Provox Brush XL** for **12-18mm** voice prostheses, 6 pieces (REF# 7225)

You should begin to see the new Brush (as stand alone product and included in the Provox® voice prosthesis packaging) beginning in September.



Features include:

- 1 Rounded tip to protect against accidental injury
- 2 Safety wings to prevent unlikely inhalation of the Provox Brush
- 3 Shorter handle
- 4 Brush end can be used to insert the Provox Plug

Current research studies about laryngectomees

Please consider participating in two online surveys:

Experiencing the SARS COVID-19 Outbreak as a Person with a Laryngectomy This survey from Michigan State focuses on understanding the experience of people with a laryngectomy during the COVID-19 pandemic. Please use this link: <https://bit.ly/MSUsarsLary>

Application of Speech Handicap Index (SHI) in Patients after Total Laryngectomy in America and SHI Item Reduction This survey from the Voice and Swallowing Center at the University of California, San Francisco focuses on speech outcomes of patients after total laryngectomy. Please use this link: <https://bit.ly/UCSFshiALary>

Are you cleaning your electronics regularly?



The CDC recommends that we disinfect frequently touched surfaces daily. This includes door knobs, handles, faucets and countertops—but don't forget about your electronics! Tech-gadgets, such as TV remotes, computer keyboards, e-readers (Kindle®), computer mouse, tablets (iPad®) and phones (cellphones, smartphones and/or landline) are touched often and by multiple people. **Follow manufacturer instructions for cleaning your devices—especially for items with screens** which can be damaged by certain cleaners and cloths.

- Clean your devices while they are turned off and unplugged.
- Use a small amount of disinfectant spray on the cloth (not directly on device) so it is damp but not dripping wet. If you use a disinfectant wipe, wring out excess liquid before using.
- Avoid getting moisture in the charging ports, openings or under buttons.