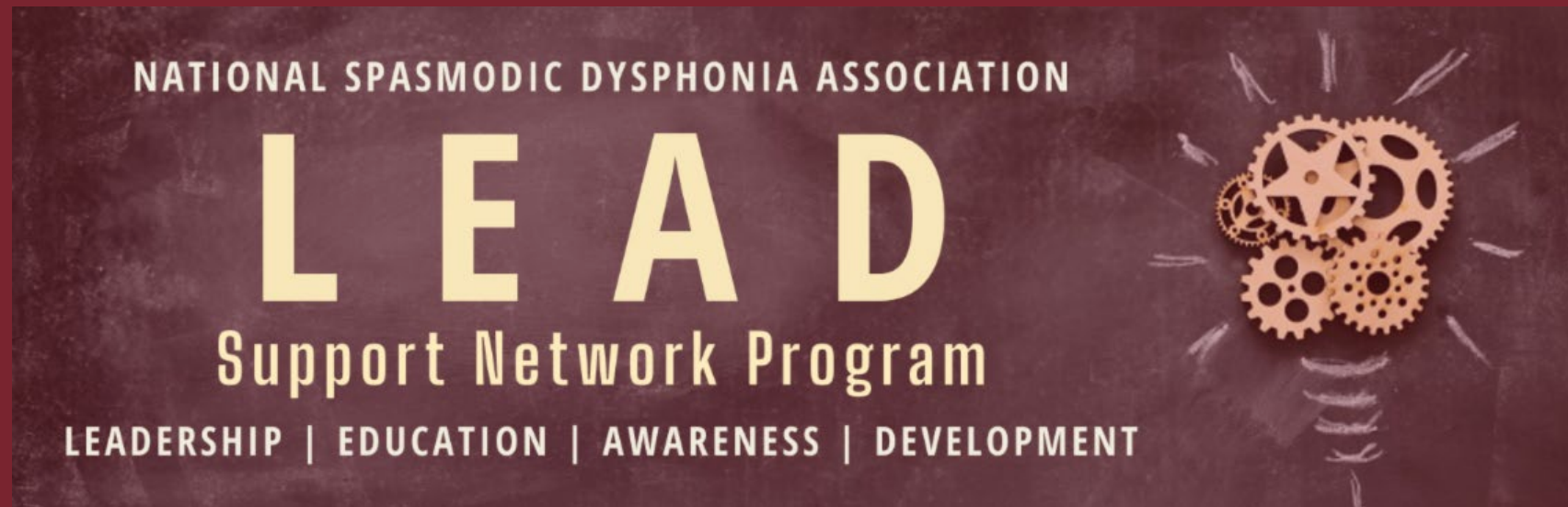

LEAD SUPPORT NETWORK PROGRAM

JULY 22, 2021



*WELCOME
TO OUR
INAUGURAL
MEETING*



Welcome and Introduction of our Virtual LEAD Programs

Mary Bifaro, *Support Services Director*

Using Chatterfall

Carol Doles, *Eastern Region & Canada Representative*

Creating an Advice Document for People Newly Diagnosed with a Voice Disorder

Carol Doles, *Eastern Region & Canada Representative*

Returning to In-Person Meetings (or hybrid with virtual)

Mary Bifaro, *Support Services Director*

New Process for Submitting Events

Angie Pinski, *Data & Administrative Coordinator*

Open Forum: A Conversation Among Leaders



Kimberly Kuman, *Executive Director*

Wrap-up Comments and Post-Program Evaluation

Nancy Panos, *Program Manager*



TODAY'S AGENDA



Carol Doles
NSDA *Eastern*
Region & Canada
Representative

USING CHATTERFALL





CHATTERFALL
ENABLING MEANINGFUL
CONVERSATION


Chatterfall is posting a question or prompt in the chat feature of your videoconference tool and then ask everyone to respond at the same time

HOW TO USE CHATTERFALL

- Explain technique
- Ask question and allow time for participants to think about and write their responses
- Give the prompt for answers to be revealed
- Ask participants to read and reflect on the responses
- Call on volunteers to talk about their impressions

LET'S TRY IT

What is one thing that
you still wonder about
your voice disorder?



Carol Doles
NSDA *Eastern*
Region & Canada
Representative



ADVICE FOR PEOPLE NEWLY DIAGNOSED



ADVICE DOCUMENT

- Helps the one receiving and the one giving
- Provides tools, techniques, and tips for newly diagnosed people
- Serves as a reminder of progress on the journey to coping well with a voice disorder
- Can be used by support groups and individuals



01

List the challenges

02

List techniques,
tools, and tips

03

Recall any funny
incidents or positive
experiences

Mary Bifaro
NSDA Support
Services Director

RETURNING TO IN-PERSON MEETINGS *(OR HYBRID WITH VIRTUAL)*

FUTURE MEETING OPTIONS



Only in-person meetings



Only virtual meetings



In-person and virtual at the same meeting



A combination of virtual and in-person meetings

RETURNING TO IN-PERSON MEETINGS



Keep in mind the number of attendees to allow for social distancing



Meeting venue space to allow for social distancing or offer outdoor seating



Serving food or beverages can be individually packaged



Respect varying comfort levels with in-person meetings



ALWAYS FOLLOW CDC GUIDELINES

[CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)

Angie Pinski
NSDA Administrative
and Data Coordinator

NEW PROCESS FOR SUBMITTING EVENTS

HOW TO SUBMIT EVENT INFORMATION ONLINE

Go to <https://dysphonia.org/submit-an-event/> to Submit a New Event Request

- Submit early for best attendance
- Virtual | Confirm date or provide own Zoom information
- In-Person | Provide location details (home addresses will not be listed for privacy)
- Hybrid Support Group Meetings (new!)

Submit an Event to be posted on the NSDA Website

Please send in your event information, such as a Support Group Meeting, a Fundraiser, or Educational Conference, and it will be reviewed and posted on the NSDA website. In addition, if appropriate, the NSDA will send an email notification to people in the area and share on social media. If you have an questions, please contact us at NSDA@dysphonia.org.

Event Information

Name of Support Group or Name of Event *

Type of Meeting

Virtual

In-Person

Hybrid (In-person and virtual)

If virtual, do you need a Zoom link from the NSDA?

Yes, I need a Zoom Link

No, I am providing a Zoom Link

Third Choice

Date of Event *

MM DD YYYY

Event Start and End Time

Event Location

EVENT DETAILS

Provide as much detail as possible to make the email enticing for attendees

Event Details "Give Specifics" Please provide the exact verbiage you would like used in the email blast. Include biography information for guest speakers if applicable.

ADD YOUR CONTACT INFORMATION & HIT SUBMIT!

Include contact info for co-leader (if applicable)

Once the date is confirmed, NSDA will:

- Provide Zoom link
- Request a photo (if applicable)
- Post a “Save the Date” to the NSDA website.
- Draft an event email and send the Support Group Host for review
- Once approved, send out email and future reminders

Primary Contact

Name *

<input type="text"/>	<input type="text"/>
First	Last

Phone

Email *

Secondary Contact

Name

<input type="text"/>	<input type="text"/>
First	Last

Phone

Email

NATIONAL SPASMODIC DYSPHONIA ASSOCIATION

GREATER PITTSBURGH SPASMODIC DYSPHONIA SUPPORT GROUP

[CLICK HERE TO REGISTER](#)

Calling all Yinzer's to the very first virtual meeting of the Greater Pittsburgh Spasmodic Dysphonia Support Group. This will be a dedicated WELCOME event to meet, greet and get to know one another on Tuesday, June 29, 2021, at 6:00 PM Eastern Time.

Connect with a community who understands the challenges of living with a voice disorder. Find a comfortable place to share your experiences and learn from others. Discussions can be informative for both the newly diagnosed as well as those who have been dealing with spasmodic dysphonia and related voice conditions for many years. Friends and family are always welcome to join too.

JOINING IS EASY!

Register [HERE](#)

You'll receive a confirmation email containing a link to join the meeting at its scheduled time.

WHEN

Tuesdays, June 29, 2021

TIME

6:00 PM ET

Sign-in a few minutes prior to the meeting to make sure video and audio is working properly

This virtual session will be hosted utilizing Zoom, an online meeting platform. You can participate via video or audio.

This meeting is password protected to ensure your privacy.

We hope to "see" you there!

HOST

Greater Pittsburgh Spasmodic Dysphonia Support Group Leader
Ali Lewandowski | ali.lewandowski@gmail.com

NATIONAL SPASMODIC DYSPHONIA ASSOCIATION

VIRTUAL JOINT MEETING OF NSDA NORTH CAROLINA SUPPORT GROUPS

[CLICK HERE TO REGISTER](#)

You are invited to our next virtual meeting hosted by the NSDA North Carolina Spasmodic Dysphonia Support Groups on Saturday, June 19, 2021 at 10am Eastern Time.

The topic of discussion will be Voice-recognition technology. According to the article found [HERE](#), tech firms are working on improving their voice assistants to understand atypical speech.

Without improved functions, it can leave behind people who have trouble using their voices. What are your thoughts on this possible means of communication and have you been able to use voice recognition technology effectively? What has made communicating with others easiest for you? In a perfect world, what would your ideal voice recognition technology do to help you more with day-to-day living? We would like to open this up for a well-rounded discussion so we can gather and share as many ideas as possible, meanwhile supporting one another for those that may be technically challenged. We hope you will join us for this very interesting and thought-provoking topic.

JOINING IS EASY!

Register [HERE](#)

You'll receive a confirmation email containing a link to join the meeting at its scheduled time.

WHEN

Saturday, June 19, 2021

TIME

10:00 AM ET

Sign-in a few minutes prior to the meeting to make sure video and audio is working properly

This virtual session will be hosted utilizing Zoom, an online meeting platform. You can participate via video or audio.

NATIONAL SPASMODIC DYSPHONIA ASSOCIATION

LOS ANGELES AREA SPASMODIC DYSPHONIA SUPPORT GROUP

[CLICK HERE TO REGISTER](#)

Please join the Los Angeles Area Spasmodic Dysphonia Support Group for a virtual meeting on Thursday, July 15, 2021 at 5pm Pacific Time.

Our guest speaker, Sherry Yafai, MD, (pictured right) will be discussing the topic "Cannabis 101" and her perspective on Spasmodic Dysphonia and the use of CBD and THC. Dr. Yafai is a Cannabis and Emergency Medicine physician at Providence St. John's Medical Center since 2009. She started her medical career at UCSD Medical School graduating in 2005 and UCSD Emergency Medicine Residency in 2009. In 2017, after recreational marijuana laws had passed in California, Dr. Yafai opened her private Cannabis Clinic, the ReLeaf Institute, where she sees patients referred by physicians for cannabis education and treatment.



Dr. Yafai is the past Vice President of the Society of Cannabis Clinicians, the Medical Director of In Home Infusion, member of the National Advisory Board for the Center for Medical Cannabis Research at UCSD, as well as a renowned speaker for medical education. In 2018 she was accepted as an Adjunct Associate Professor at John Wayne Cancer Institute (now the Saint Johns Cancer Research Institute) working to educate physicians, clinicians, and other health care providers on the most up to date clinical data and research in the field of Cannabis. She is the author of "The Case for Cannabis" the monthly column in Emergency Medicine News Magazine, the upcoming Merck Manual Cannabis Chapter and a consultant for a new CBD oil, Ulli Organics.

We look forward to this informative discussion and we hope you do, too!

JOINING IS EASY!

Register [HERE](#)

You'll receive a confirmation email containing a link to join the meeting at its scheduled time.

WHEN

Thursday, July 15, 2021

LEAD TIMES

Virtual Meetings:

- Three to four weeks prior to the meeting
- Reminder sent a few days prior to the event

In-Person Meetings:

- One and half to two months prior to the meeting
- Reminder sent a one and two weeks prior (depending on lead time)

Calendar set for the year? Submit all the dates in advance

QUESTIONS ABOUT SUBMITTING MEETINGS?

Angie Pinski

NSDA Administrative and Data Coordinator

apinski@dysphonia.org

800-795-6732



OPEN FORUM



POST EVENT SURVEY