

**Nu-Voices Club of Mt Sinai Hosp, Inc**  
Member of IAL  
April 17<sup>th</sup>, 2016

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Dear Members and Friends,

President Saul Silver called the meeting to order at 1:35. In attendance were 9 members and friends as shown and named below.



**Standing: Leslie & Don McDonagh, Saul Silver, David Koslofsky**  
**Seated: Joan Friend, Leola Glover, Jim Friend, Jay Hauben**



**Ace Photographer**  
**Gerry Silver**

We missed Frank Deppolder, who couldn't make it this month. He also reported that he is saddened by the passing of his good friend Maureen.

We heard from Katrina Hanton, Elaine Hudson's daughter. She reported that Elaine, our dear friend and long-time member had a stroke and is recuperating at the Jewish Home on Kingsbridge Road in the Bronx. We all wish her a speedy recovery. The members present all signed a get well card for Elaine.

We were very pleased to welcome new friends Jim and Joan Friend. Jim is a new laryngectomee and he and Joan found their way to us because their daughter-in-law went to the Web Whispers website and corresponded via email with Jay Hauben. She got our information from Jay and recommended us to her in-laws.

Happy Birthday to Jay Hauben! This May 9<sup>th</sup> baby is turning 75. Jay reported that he had received the attached email from Clarissa Bushman before he left for the meeting and he shared it with those in attendance. All present send their best wishes to her and hope she will be up to attending future meetings.

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

Leola Glover reports that she is doing fine and is keeping up with her checkups.

David Koslofsky said his Parkinson's disease is giving him some challenges.

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Saul still has some after effects from his lung cancer treatments, but he is grateful that all his discomfort gave him a great outcome. He will continue with his scans to monitor the situation.

Jay is still having a leaky prosthesis. At his last visit with his SLP she tested his prosthesis by having him drink some cranberry juice and lo and behold, it didn't leak. Jay also has been having some prostate problems and is hopeful that they are minor and can be resolved quickly.

Jim Friend told us that his cancer surgeries (the laryngectomy was not his first) effected his neck muscles so much that they could not support his head. He has to hold his head up with his hand. Jim and Joan are looking around to find some sort of surgical collar or other support to do the job for him.

We had some discussion about attending the IAL annual meeting. Saul and Jay and Gerry and Ronda all attended the 2015 meeting in Towson MD in 2015 and highly recommended it, for useful laryngectomy information, fun and making new friends. The 2016 meeting will be on June 23 – 26 in Dallas TX. Attending the meeting will be somewhat expensive, but help with the costs is available. There are grants available from the IAL for the registration fee (Jay applied for and got this last year), and this year the club treasury will provide some subsidy toward the airfare for Nu-Voices members. Also, the IAL has arranged for an inexpensive rate of \$115/night (including breakfast) at the hotel.

We also had some discussion about the convenience of having all doctors in one place. Most of us as we get older, find ourselves being referred to different specialists for different problems and we travel all over to see them. It is a great advantage to find all our doctors in one place. Saul and Gerry said they try to find doctors of all specialties at the NYU Medical Center. It is big enough to have all the specialties and the great advantage of being within easy walking distance from their home.

We ended our April meeting at about 3:10 PM.

The May issue of The Voice of Montgomery county is posted on the IAL website, here's the link'

[http://www.theial.com/ial/index.php?option=com\\_docman&task=cat\\_view&gid=42&temid=73](http://www.theial.com/ial/index.php?option=com_docman&task=cat_view&gid=42&temid=73)

Happy Mother's Day to all mothers! Mother's Day falls on May 8<sup>th</sup> this year.

The May meeting will be in our usual place; seminar room B, 2<sup>nd</sup> floor at 1470 Madison Avenue, between 101<sup>st</sup> and 102<sup>nd</sup>. We will meet at 1:30 PM on Sunday, 5/15/2016.

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Hello my dear friends of the Laryngectomy Community:

First, thank you all for your concerns about my health. I have been on a new drug called Lenvima for three or four months, and my last scans were very heartening. Things are staying the same or getting smaller, and the tumor behind my eye is no longer visible on scans. (!)

I also discovered that the medicated liquid I was using in my Nebulizer, though it was clearing my lungs, was also making me sick. So that's behind me.

However, four of the last five times I've been in the hospital, my symptoms have begun with shakiness--beginning in my hands, and sometimes to the center of my body, making me jerk around uncontrollably. When I get very shaky, other less pleasant physical symptoms sometimes ensue. When I shake I am to take a Lorazepam and go back to bed.

Well, I had hoped to make it today, but I am shaking this morning. I had hoped it would stop but it has not. I'm going to be a compliant patient and take my pill and get back into bed.

I will miss seeing you today.

Thank you for your sweet card. Many days I am as fine as I ever get. Today I am not, and I hope you will forgive my failure to appear.

Best in every little thing--

Clarissa Bushman