

**Nu-Voices Club of Mt Sinai Hosp, Inc**  
Member of IAL  
May 15<sup>th</sup>, 2016

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Dear Members and Friends,

President Saul Silver called the meeting to order at 1:40. In attendance were 6 members and friends as shown and named below.



**Saul Silver, Gerry Silver, Jay Hauben, Larry Powers, Frank Deppolder**

**Occasional Fotog  
Ronda Hauben**

We missed Jim & Joan Friend who are busy with kids and grandkids.

We missed Cecilia Wennerstrom who is busy with another dog show trial.

We missed Don and Leslie McDonagh who are attending a graduation.

We missed Clarissa who was celebrating her son's birthday. Her email is on page 4.

We heard from Katrina Hanton, Elaine Hudson's daughter. She reports that Elaine has good and bad days and is in early stages of dementia due to her stroke. Everyone was sad to hear this news. Elaine is a long time member of the club and always had a positive attitude and a smile for everyone.

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

Larry Powers is not getting the IAL News magazine. We will ask Leslie to contact the IAL to get him on the list. He reports that he had his prosthesis changed and the old one fell apart as it was removed. He says he will be better about changing it in the future. This is a big step for him as he doesn't like medical procedures.

We had some lively discussion about the effects of different medications, conflicts between them and effects of stopping and starting them.

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Jay Hauben reports that he will have a biopsy of the prostate. Everyone wishes him well with it.

He is planning a trip to Bulgaria in August.

He gave a 2-hour tour using his amplifier and all went well – someone even asked if he was a professional tour guide

He uses a “patient changeable” prosthesis, but always needs the SLP to change it for him. He recently lost his prosthesis and the SLP sent him for a chest Xray, but the prosthesis didn’t show, so it must have been swallowed. He and Ronda were happy he had a red rubber catheter on hand to keep the puncture open until he was able to get a new prosthesis as his puncture closes quickly. On the Web Whispers website members reported all sorts of problems with missing prostheses being found much later imbedded in the esophagus. A cautionary tale. The Silvers will ask if prostheses are radio opaque at the IAL meeting.

Jay also said he had told someone about getting 50 stoma pads for free. He was told that this was just a way for the vendor to get his name on a mailing list. Nothing is free in this life.

We ended our May meeting at 2:45 PM.

Dave Barry, ATOS Sales Rep sent an email saying that they are running 3 promotions. This quarter, they added some promotional incentives/codes to these campaigns as indicated below. Postcards will go out to customers explaining the offer and the offer is good until June 30<sup>th</sup>.

- **MC1708-ThUSENL** = \$50 off FlexiVoice Set Plus (**F50**)
- **MC1709-ThUSENL** = Free Shipping on HME Accessories (**FSH**)
- **MC1710-ThUSENL** = Buy One Box of HMEs, Get One Box 50% Off (**H50**)

A fellow laryngectomee named Jim Flint sent an email reminder of self-help books available to laryngectomees. His email is reproduced on page 3.

***Happy Father’s Day to all the Dads out there! Note that our June meeting will be on the 4<sup>th</sup> Sunday, June 26<sup>th</sup> to avoid conflict with Father’s Day, 6/19. The Silvers will be away at the IAL meeting in Dallas, so our able treasurer, Leslie McDonagh will preside.***

The June 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, 6/26/2016.

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My fellow laryngectomee,

I wanted to make you aware of 3 free books that can assist you.

1. "The Laryngectomee Guide" by I. Brook MD .

Contains practical information on medical, dental and psychological issues, side effects of radiation and chemotherapy; speaking; airway, stoma, and voice prosthesis care, eating, swallowing, and travel.

Free download from <http://www.entnet.org/content/laryngectomee-guide>

Available also as paperback at: <http://dribrook.blogspot.com> and

Dr Brook's other book "My Voice, a physician's personal experience with throat cancer" is also available on that website.

2. "Self Help for the Laryngectomee" by E. Lauder.

Contained useful information. Very useful to learn esophageal speech. It helps understand becoming and learning to live as a laryngectomee.

Can be downloaded for free at

[http://electrolarynx.com/Self\\_Help\\_for\\_the\\_Laryngectomee\\_book.pdf](http://electrolarynx.com/Self_Help_for_the_Laryngectomee_book.pdf)

Available also in paperback from: <http://www.electrolarynx.com/>

3. "Handbook for laryngectomy patients"

Published by the British National Association of Laryngectomee Clubs. Has information about the stoma care and return to normal life. Can be downloaded at

[http://www.laryngectomy.org.uk/files/7013/8600/0359/NALC\\_Handbook.pdf](http://www.laryngectomy.org.uk/files/7013/8600/0359/NALC_Handbook.pdf)

I hope you find these books helpful.

Jim Flint

Laryngectomee since 2003

Hello--

My calendar tells me that we are to have a meeting this Sunday, and I am writing, yet again, to tell you that I will be unable to make it. It is my son's birthday, and I will be taking part in celebratory events in keeping with the day. I'm never sure how old people are. My brain is too lazy to do the math these days. But he was born 5/15/88. (28i?).

I was in the hospital again this past week. I've been having these "spells," where I get incredibly shaky. Most times I have not been able to walk, and I've added going totally out of my mind to the mix of indignities I currently experience. Tongue in cheek. It doesn't really bother me much. Usually, they give me an MRI, judge my brain clean, except for the two tumors I already I already know about), keep me a couple of days and send me home without any answers. This time was a bit different. I understand that, in addition to not making any sense, I was very hard to control mel physically. (Read physically violent.) I don't mind it so much, but it is very inconvenient for my caretakers. This time, the drs whacked me out entirely, (I think they gave me an MRI too, but I'm not sure, since I was not, in a manner of speaking, there.) Turned out that I also had the flu, so they put me in one of those single rooms where everyone has to wear those disposable yellow dresses, and then assigned a person to sit there in the room for the first couple of days because they were afraid I would get out of the bed and try to walk. Weird to have someone staring at you all the time.

After they ruled out seizure and stroke, they looked at my Meds--finally. I have been taking 6 different psych drugs. (Bet you didn't know there were that many.) So they've dropped a couple of them. Why do you think I am always so annoyingly cheerful?

Anyway, in real life I am having a ball studying East Asian Art. That's China, Korea, and Japan. I'm doing the history first, and I'm only up to China with Genghis and his Merry Mongols. The art means so much more if you sort of understand what the artist's reality was like.

So, here i am apologizing for my upcoming absence again. A piece of my energetic and positive karma will be there with you. (Kidding)

Best in Every Little Thing--Clarissa