

Still talking

Dedicated to the welfare of Laryngectomees and those with similar vocal disorders

TIME FOR YOUR FLU SHOT IF YOU HAVE'NT DONE IT YET

ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW, PO Box 380, BELROSE, NSW 2085 Fax & Phone 02 9451 7926 Email: lansw@bigpond.com

No 219

The Laryngectomee Association of NSW[©]

MAY 2011

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OFFICE BEARERS 2011

PRESIDENT: Brian Gardner, 4 Merelyn Road, BELROSE, 2085. 02 9452 2858

VICE PRESIDENT (1): Russell Green, 17/765 Princes Hwy, BLAKEHURST, 2221. 02 9547 3669

VICE PRESIDENT (2): Peter McGregor, 21/39 Cook Rd, CENTENNIAL PARK, 2021. 0419 421 324

TREASURER/WELFARE OFFICER: Carol Gardner, PO Box 380, BELROSE, 2085.
Fax & Phone - 02 9451 7926. Email - lansw@bigpond.com

ASSISTANT WELFARE OFFICER & Hospital Packs: Bruce Hodges, 31 Clack Rd, CHESTER HILL, 2162. 0404 400 842

SPEECH AIDS COORDINATOR: John Chaloner, PO Box 31, SUMMER HILL, 2130. 02 9560 2852

EDITOR: A.T.Krasnodebski, PO Box 232, BONDI, 2026. 02 9130 2560. Email - antoni.krasnodebski@deewr.gov.au

WHO TO CONTACT

BLOM SINGER SUPPLIES: David Smith, 27 Bellevue Pde, NORTH CURL CURL, 2099. 02 9939 1539 Ask for David personally.

SPEECH AIDS, BATTERIES, ADVICE ON REPAIRS: John Chaloner, PO Box 31, SUMMER HILL, 2130. 02 9560 2852

SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS: Carol Gardner, PO Box 380, BELROSE, 2085.
Fax & Phone 02 9451 7926

ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME: Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOOLOO, 2011 (PO Box 572, Kings Cross, 1340) Phone 02 9334 1900 Fax 02 9357 2676. Or contact Social Worker at the hospital you will be attending.

WEBSITES

ASSOCIATION WEB PAGE: www.stilltalking.org

INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES: www.theial.com/ial

WEB WHISPERS: www.webwhispers.org

NEXT MEETING

Wednesday 18 May, 2011 at the Sydney Mechanics Institute 280 Pitt Street, SYDNEY. 11 am.

The meeting will be followed by light refreshments.

Laryngectomees, Friends, Families, Professionals all WELCOME.

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MONTHLY MEETINGS

NSW Association: 3rd Wednesday of month Sydney Mechanics Institute, 280 Pitt St, SYDNEY, 2000 at 11am.

NEW ENGLAND: Meets 2pm 1st Wed. December Conference Room, Rehab Unit, Tamworth Base Hosp. 02 6767 8369

NEWCASTLE: 3rd Tues. Monthly Mayfield Bowling Club, Ingall St, Mayfield. Contact John Lovett 02 4954 8308

NORTHERN RIVERS: 4 times annually at rotating venues. Contact Speech Pathology Lismore Base Hospital 02 6620 2157

ALBURY: Meets alternate months from Feb. Contact Norma Teasdale 02 6021 1749

CANBERRA: 1st Thu. at 11am Mar. Jun. Sep. Dec. Canberra Hospital.

SOUTHERN DISTRICTS: Last Wed of month 11am. Thomas Rachael Moore Education Centre, Liverpool Hospital. Contact Pres. Richard Patman 02 9607 6708

MID NORTH COAST: Port Macquarie Community Health Centre. Last Wednesday of March, June, Sept, & 1st Wed Dec. Contact David McClymont - President 02 6559 8383

CENTRAL COAST: Meet at Central Coast Leagues Club. Contact Speech Pathology Department (Gosford Hospital) 02 4320 3634 or Bill Byfield 0402 045 048.

COFFS/CLARENCE: Coffs Harbour Health Campus, Shearwater Lodge. Meets 4 times annually. Contact Melissa Parish (SP) 02 6656 7606

MINUTES

MINUTES OF MONTHLY MEETING HELD 20th APRIL 2011 – LARYNGECTOMEE ASSOCIATION OF NSW at SMSA, 280 PITT STREET, SYDNEY at 11am.

PRESENT: Brian Gardner, Russell Green, Ruth Gray, Peter McGregor, Barry Bunker, Fred Lee, Greg Joss, Bruce Hodges, Bob Nash, Victor Stumbles, Noel Gildea. Non Lary: Carol Gardner, Pat Dawson, Pat Bunker, Charm Nash.

APOLOGIES: Patricia Lamont, Antoni Krasnodebski, Ray Chappelow, Bob Shirley.

THE PRESIDENT opened the meeting and welcomed those present. It was requested that the Minutes of the meeting of 16th March 2011 as presented in the April 2011 Newsletter be accepted as read. There were no matters arising therefrom.

Resolved Ruth Gray/Barry Bunker.

SECRETARY/TREASURER REPORT:

CORRESPONDENCE: Letters and emails from Jessica Payne, Community Network Co-ordinator Central and Southern Sydney, Cancer Council NSW re attending as a Guest Speaker at one of our meetings – date most likely 15th June 2011 - to be confirmed, also information re other possible speakers on matters of interest to our members on mutually acceptable dates.

Email to the website from Jeff Jocoy, National Awareness Coordinator for the Mesothelioma Center (Asbestos.com) who was “very impressed by the information listed on your Hints and Tips page. I’m writing you because I thought you may be interested in including a link to our site on your page at stilltalking.org/hintstips.html”. Discussion was held by those present and it was decided NOT to include this extra reference as it was felt that this was diverging from the primary purpose of maintaining the website as an information source for existing and/or future laryngectomees and their families.

Resolved Bruce Hodges/Fred Lee.

FINANCIAL REPORT (Carol Gardner) from 17th March 2011 to 20th April 2011

ADELAIDE BANK		EXPENDITURE	
Opening Balance	9364		Nil
Income/Interest	35		
TOTAL	9399	TOTAL	Nil

BALANCE AS AT 20/4/2011 = \$9399
 IOOF (PSI) as at 15/4/2011 = \$27742
 COMMONWEALTH BANK TERM DEPOSIT = \$415,000 @ 6.2% maturing 4/1/2012

COMMONWEALTH BANK		EXPENDITURE	
Opening Balance	2494	Catering	85
Cancer Council	172	Phone/Internet	80
Sales	440	Printing/Envelopes	253
Members’ Subs	147	Postage	206
Donations	50	Patient Supplies	83
		Stationery/Office	87
		Rent Feb& March	110
		Travel/Accom	17
		Sunds/Presentation	100
		PO Box Rental	86
		Bank Fees	3

TOTAL 3303 TOTAL 1110

BALANCE AS AT 20/4/2011 = \$2193

The Commonwealth Bank Term Deposit had matured on 7/4/2011. The Finance Committee shopped around for best available rate. As above it was increased by \$10,000 (accrued interest) and surplus \$1712 was deposited in the trading account as working funds (next report).

Resolved Fred Lee/Victor Stumbles.

WELFARE REPORT: (Carol Gardner)

Antoni Krasnodebski has undergone an ankle operation and is now recuperating – what a difficulty holding crutches and trying to talk and walk at the same time! He hopes to be back at work in May and to see us at the May meeting.

Patricia Lamont has also been in RNSH (recognised on a trolley in a photograph in the “Manly Daily” regarding a female Ambulance Service paramedic returning to duty after a work-related incident). Very photogenic, Patricia! Have since heard from the lady herself that she is now in Longueville Private Hospital, feeling much better and hopefully soon home. Soak up the TLC while you can!

James Watson, a Bulli member from past years, is currently in St Vincents Hospital for a couple of weeks. He has re-joined the Association and Bruce Hodges has paid him a visit.

Best wishes to all – don’t forget your flu/pneumonia injections if appropriate.

GENERAL BUSINESS:

A floral presentation was made to Mrs Pat Dawson by Peter McGregor for her wonderful work in organising our 2010 (and prior) Christmas Party. April was the first opportunity to do this as she has been “gadding about” at the theatre on the dates of our Feb and March meetings. Well done, Pat.

The Government dental scheme was discussed and members were encouraged to enquire ASAP before this benefit might be curtailed OR abandoned.

Fred Lee asked some questions re overseas air travel and any difficulties involved. He is planning a trip to England soon. Those present reassured him they had had no difficulty – the oxygen mask, if needed, could be applied at the neck stoma (excluding any leakage with a “handkerchief” or similar). He could alert personnel re his condition if he chose to but a member informed him that if he declared his status (in regard to travel insurance) he would probably find his premium would skyrocket.

Victorian Speech Pathologist student, Erica Casey, is expected to visit us (with Julia Maclean) at next meeting to give a presentation and hand out some surveys for her thesis. About 30/40 will be mailed out as well. Some members have already indicated they would like to participate and we would encourage anyone else receiving one to give a small amount of time replying to Erica for the general benefit of present and future laryngectomees.

The meeting closed at 12.15pm. Light lunch, tea and coffee followed.

NEXT MEETING will be 18th May 2011 at 11am at SMSA, 280 Pitt Street, SYDNEY.

MEDICARE DENTAL BENEFITS

Just following up from the mention in last month's Minutes about the Federal Government paying up to \$4,250 for people with a chronic condition needing dental treatment.

Apparently the scheme was supposed to cost around \$377 million but to date has cost \$1.4 billion and the Federal Government is liable to dump the scheme this

December or even beforehand. Any laryngectomy requiring dental treatment should at least try to avail themselves of this benefit while it lasts.

You must have a GP doctor's referral to take to the dentist. Should the doctor argue that you don't have a chronic condition, explain that you know of a laryngectomy who

has received this benefit, if that fails, see another doctor. You can also check with Medicare on 132 150 or through their website www.health.gov.au/dental.

Don't delay. If you are managing to hang onto your own teeth take advantage of this Government initiative and strengthen them against future deterioration.

SHOWER SHIELD REPAIR

Do you have a Medmart Shower Shield that has come to the end of its usefulness because the velcro is no longer holding while you take a shower or has become too dirty and unhygienic? If the stoma guard is still in good condition then

rather than buy a new Shower Shield, consider replacing the velcro.

Buy a length of 20mm wide velcro from a sewing shop or department store. Carefully unpick the old velcro from the Shower Shield. Cut lengths of new velcro to match the

discarded pieces. Stick the new velcro in place on the Shower Shield and hand sew through the holes left from the previous cotton.

There. You have a new Shower Shield, or as good as new as makes no difference.

FLU VACCINATIONS

Now is the time to talk to your Doctor about flu vaccine. It is strongly recommended for those over 65 and is available free of charge to pensioners. The best time to be vaccinated is in the autumn.

For most people influenza is a moderately severe illness but the dangers of flu are the complications. The most common complication when suffering flu is pneumonia (infection in the lungs). It can also worsen heart conditions, asthma, chronic bronchitis, diabetes and kidney disease by making a weak body work so much harder. People with health problems such as these, people over 65 years of age, and anyone undergoing treatment that may suppress their immune system are advised to have the flu vaccine.

humour

After having their 11th child, a Tasmanian couple decided that was enough, as they could not afford a larger bed.

So the husband went to his doctor/veterinarian and told him that he and his wife/cousin didn't want to have any more children.

The doctor told him that there was a procedure called a vasectomy that could fix the problem but that it was expensive.

A less costly alternative, said the doctor, was to go home, get a firecracker, light it, put it in a beer can, then hold the can up to his ear and count to 10.

The Tasmanian said to the doctor, "I may not be the smartest man in the world, but I don't see how putting a firecracker in a beer can next to my ear is going to help me."

"Trust me," said the doctor.

So the man went home, lit a firecracker and put it in a beer can. He held the can up to his ear and began to count:

"1"

"2"

"3"

"4"

"5"

at which point he paused, placed the beer can between his legs, and resumed counting on his other hand.

This procedure also works in New Zealand, Queensland, Victoria and Ireland.

I love the outdoors, and because of my passion for hunting and fishing, my family eats a considerable amount of wild game. So much, in fact, that one evening as I set a platter of broiled venison steaks on the dinner table, my ten-year-old daughter looked up and said, "Boy, it sure would be nice if pizzas lived in the woods."

A teacher asked her students to draw a picture of their favorite Old Testament story, and as she moved around the class, she saw there were many wonderful drawings being done. Then she came across Johnny who had drawn a man driving an old car. In the back seat was a scantily clad man and woman.

"It's a lovely picture," said the teacher, "but which story does it tell?"

Johnny seemed surprised at the question. "Well," he exclaimed, "doesn't it say in the Bible that God drove Adam and Eve out of the Garden of Eden?"

A man came home from work, sat down in his favorite chair, turned on the TV, and said to his wife, "Quick, bring me a beer before it starts."

She looked a little puzzled, but brought him a beer. When he finished it, he said, "Quick, bring me another beer. It's gonna start."

This time she looked a little angry, but brought him a beer. When it was gone, he said, "Quick, another beer before it starts."

Well, that was it for her! She blew her top and bellowed: "You bastard! You waltz in here, flop your fat ass down, don't even say hello to me and then expect me to run around like your slave. Don't you realize that I cook and clean and wash and iron all day long?"

The husband sighed. "It's started!"

Sometimes when I reflect back on all the beer I drink I feel ashamed. Then I look into the glass and think about the workers in the brewery and all of their hopes and dreams. If I didn't drink this beer, they might be out of work and their dreams would be shattered. Then I say to myself, "It is better that I drink this beer and let their dreams come true than be selfish and worry about my liver."

---Jack Handy---

"A woman drove me to drink and I didn't even have the decency to thank her."

---W.C. Fields---