

THE VOICE

of the

LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY SILVER SPRING, MARYLAND

SERVING THE GREATER WASHINGTON, DC METROPOLITAN AREA

Established in 1970

Affiliated with the American Cancer Society South Atlantic Division, Inc
Member of the International Association of Laryngectomees



APRIL, 2010

MEETING MINUTES

March 10, 2010

The meeting was called to order by **President Jim Roby** at 7:35pm. Others in attendance were Mary Speiden, Beth Solomon, Herb & Sally Simon, Itzhak Brook, Paul Evitts, Rachel Carlberg and Julia Miller. Jim welcomed everyone to

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MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

April 14th – 6:30pm

SPEECH CLASS

With Beth Solomon

April 14th – 7:30pm

Business & Social Meeting

Refreshments

GUEST SPEAKER

CHRISTINE CALLAHAN

Clinical Social Worker at NIH

April 27th – 7:00pm

SPEECH CLASS

With Beth Solomon

**FOR INFORMATION
CONTACT: HERB SIMON
301-588-2352 or
H457@aol.com**

YOUR BANK ACCOUNT

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

"I love it", he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied.

"Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged . . . it's how I arrange my mind. I already decided to love it. It's a decision I make every morning, when I wake up. I have a choice: I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or I can get out of bed and be thankful for the ones that do".

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life.

Old age is like a bank account. You withdraw what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories! Thank you for your part in filling my Memory bank. I am still depositing. Remember these five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less

---Submitted by J. R. Gilmer

DO YOU KNOW WHAT TIME IT IS?



IT'S 2010 DUES TIME!

Make your check payable to:

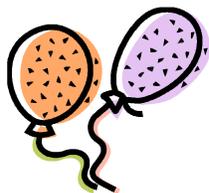
**The Laryngectomee Club
Of Montgomery County
or to
LCMC**

Send it to:

**HERB SIMON, Treasurer
403 Hamilton Avenue
Silver Spring, MD 20901**

Annual dues are \$5.00 per person or \$10 per family. Many of us send additional money with our dues, to make a donation to the club. These donations help us to continue our helpful and charitable endeavors.

Happy Birthday



Apr. 1st	Diana Cross
Apr. 3rd	Lottie Jeter
Apr. 3rd	Jim McKnight
Apr. 6th/51	Robert Evans
Apr. 6th/24	Rudy Dupler
Apr. 12th	Bill Pototsky
Apr. 14th	Susanne Stevenson
Apr. 23rd	Bill Zuckerman
Apr. 24th	Lafayette McCray
Apr. 30th	Elmer Pinckney
Apr. 30th	James Seegars

MEETING MINUTES

(Continued from page 1)

the meeting. He then read the Prayer for a Laryngectomee in his TEP voice. Jim announced that **Secretary Helen Kane** is not able to be with us tonight because she is in North Carolina with her grandson, who is ill right now. She is also helping the family by taking care of her other grandchildren, while there. She and her family are in our prayers. Jim asked for a volunteer to take the minutes in Helen's absence. Herb volunteered to do it. The minutes from the December minutes were approved as published in the January issue of THE VOICE.

Treasurer's Report – Herb reported that we recently received a very generous monetary donation from **Theresa Cosca**, who along with her late husband **Robin Maxwell**, were actively involved with LCMC for many years. It was noted that this donation should be shared with the ACS, which it will be. Herb read a letter sent to LCMC from the ACS thanking us for our recent donation and describing how it was used to help cancer patients. Herb reported that we now have 40 LCMC dues paying members in 2010.

Aunt Bea's Sunshine Report – A very proud and happy **Mary Speiden** announced that her daughter Jenni is now pregnant with her 4th child. Congratulations, Grandma Mary! Herb shared several messages that have accompanied recent Dues and Donations. The first one was from **Bill and Annetta Rapp**, who live in Emmitsburg, MD. They wrote that they are doing well and sorry they couldn't make it to the Holiday Party in January. They wished all of us a Happy, Healthy 2010. The next one was an email message from **Lakshmi and Ponnuswami Jayaraman**, who live in Mechanicsville, MD. They also wished us all a happy, healthy and prosperous New Year, along with wishes for the club to grow in strength and usefulness. A message from **Bob King**, who lives in Parkville, MD., that came with a generous donation to the club, was read. He and his late wife Marie, who was a laryngectomee, were active in the club many years ago. He mentioned in his note that he doesn't recognize many of the names anymore. President Jim Roby, who has been a laryngectomee since the late 1980's remembers the Kings. Herb read a moving letter from **Joseph Shelton** that told of his recent episode of continued bleeding. Because of the blizzard like conditions experienced in February, he was forced to go to the ER at Shady Grove, a local hospital that he doesn't usually go to. While there he met **Dr. Michael S. Morris**, who he was very impressed and happy with. He gave Dr. Morris a copy of a recent issue of THE VOICE and included Dr. Morris' contact information, so that LCMC can contact him.

Words of Wisdom from Beth Solomon – There were no words of wisdom from Beth tonight. She had to leave right after speech class because she is busy packing and getting ready for her upcoming move to a new residence.

Old Business – Jim Roby passed out copies of the 2009 Club Membership Roster to all in attendance. He will have them to pass out at future meetings for those who would like one, but were not able to be here tonight.

New Business – Jim Roby pointed out that the Simons had not yet been reimbursed for the monies they spent for the Holiday Party in January, which totaled \$117.96. A motion was made, seconded and unanimously passed to reimburse this amount to the Simons. Jim passed out Registration Forms for the ACS Survivor Luncheon that will be held at the Relay for Life in the near future. Herb explained that our membership has not been on the ACS mailing list for this event and by filling out this form, we will be in the future. If anyone would like one of these forms emailed to them, let Herb know. Jim thanked **Sally** for the refreshment at the meeting. A motion was made and seconded and passed to adjourn the meeting at 8:50pm.

*---Respectfully submitted by
Herb Simon*

Editor's Note: **Dr Paul Evitts** accompanied by Towson University Master's students **Rachel Carlberg** and **Julia Miller** arrived at the ACS at 6pm. They set up their recording equipment in an office not far from our conference meeting room. Herb Simon and Mary Speiden read the two articles, using their Servox ELs. Jim Roby used his TEP voice to read the same materials. Dr. Evitts was very happy with the results and will return to another meeting in the near future in hopes of having more laryngectomees assist him in this way.

NEW LARYNGECTOMEE VISIT

Feb. 27th – **Timothy Welsh** came to Herb & Sally's home for a post-op visit. Timothy, who is 63 years old, was accompanied by his wife **Marvelle** and his grandson **Darius**. Timothy and Marvelle, who have been married for 40 years, live in Baltimore, MD. They have three grown children, 10 grandchildren and one great grandchild. Timothy is a retired forklift operator. He had his laryngectomy on December 28, 2009 at Union Memorial Hospital. He had not been talking prior to this meeting, other than when he had speech therapy. Soon after their arrival, Herb brought out an electro-larynx for Timothy to use. Herb gave Timothy some initial instructions and pointers. Soon Timothy was speaking and for the most part, he was understandable. He will need practice to get even better. Timothy will use the club loaner, until he receives a device of his own. Herb gave Timothy a New Laryngectomee Visitor Kit, compliments of LCMC. The contents of the visitor packet were then discussed in great detail. Several important subjects were covered including laryngectomee safety and emergency breathing, humidity, and the importance of keeping the stoma covered at all times. Marvelle and Timothy are planning to go to their local fire department to make them aware of Timothy's needs in case an emergency situation arises. This visit was made possible through the efforts of **SLP Jen Barker** at Union Memorial Hospital in Baltimore.

When you point your finger at someone,



Three are pointing back at you!

Stroke Study Finds Neck Stents Safe, Effective



SAN ANTONIO (AP) -- A big study finds that people with narrowed neck arteries that could lead to a stroke can be safely treated with a less drastic option than the surgery done now.

Doctors say that hundreds of thousands of Americans a year might be able to have an artery-opening procedure and a stent instead of surgery to remove built-up plaque. A stent is a mesh tube that props the blood vessel open.

Stents have long been used to fix heart arteries but are approved for use in the neck only for people too sick for surgery. The new study, in people with less severe disease, suggests stents will find much wider use.

"The sea of people is gigantic" who could benefit, said Dr. Walter Koroshetz, deputy director of the National Institute of Neurological Disorders and Stroke, the study's main sponsor.

"We now have two safe and effective methods" to treat neck vessels, said Dr. Thomas Brott of the Mayo Clinic in Jacksonville, Fla. He led the study and gave results Friday at an American Stroke Association conference.

The treatments have different complications, though. Strokes were more of a problem after stents, while heart attacks were more common in people given surgery. Which risks a patient chooses to take may depend on their general health, and how badly they want to avoid undergoing surgery, doctors say. A big factor will be whether [Medicare](#) decides to cover stents for this purpose.

The study enrolled 2,502 patients in the United States and Canada. Half had recent symptoms such as a mini stroke. The rest had no symptoms but significantly narrowed neck arteries. They were given either surgery or a stent.

A month later, about 4 percent of the stent group had suffered strokes versus 2 percent of those who had surgery. About 2 percent of the surgery group had heart attacks compared to 1 percent of those given stents. The overall rate of major complications did not differ between the groups.

By *THE ASSOCIATED PRESS*
Published in the *NY Times* on February 26, 2010

GUEST SPEAKER



**CHRISTINE CALLAHAN, MSW,
LCSW-C**

Christine has been a clinical social worker for the National Institutes of Health (NIH) Clinical Center in Bethesda, Maryland, for the past 17 years. She is a doctoral candidate in social work at the National Catholic School of Social Service, The Catholic University of America in Washington, DC. Christine has written numerous articles and given talks on the psychosocial impact of cancer and cancer treatment, including changes to one's sense of self, when coping with head and neck cancer treatment. Her other strong interest is the economic toll of cancer and cancer treatment, especially when people are experiencing other vulnerabilities in their lives at the same time. At the NIH Clinical Center she has worked with many patients and families over the years, as they take part in clinical trials to fight their illnesses. She has worked with people with all different types and stages of cancer, bone marrow failure illnesses, and infectious diseases. She currently works in the medical ICU at the Clinical Center and also with patients treated in the Hematology Branch of the National Heart, Lung, and Blood Institute.

“COPING WITH GRIEF AND LOSS” will be the topic of Christine's presentation. Christine will explore some of the issues that arise when we grieve the loss of someone close, along with the disquieting feelings that can occur when we lose someone whose life had touched ours in a special way. Though difficult to talk about and face, many times openness in dealing with loss helps with overall coping. There are many helpful things that the experts in grief work advise us to be aware of and to incorporate into our lives. These interventions and ideas will be explored as well. As losing someone close is something that happens to all of us—no matter our age, vocation, residence, or income level, to name just a few—it is hoped that this group will be an opportunity to talk about handling loss in our lives and finding that path towards greater healing.

WHEN FAMILIES GRIEVE

by Terri Holmes



Wayne, Zuriel & Terri Holmes

I am thrilled to announce the program **"When Families Grieve"** will launch on April 14th at 8 pm on PBS (check your local listings for any schedule changes) with a 1-hour Television Special hosted by Katie Couric and the Sesame Street Muppets. Immediately following we will begin the distribution of hundreds of thousands of "When Families Grieve" outreach resource kits across the US to families as well as those providing direct services/support to grieving families.

Some of you may not be aware that I served on the advisor board and was instrumental in the development of this project. It was a fulfilling but difficult experience (if you know what I mean). However, there are so many families that will benefit from this project and the mere thought simply energizes me. This was a two year process and the results are great!! As it turns out, they are launching an event in NYC (at Sesame) on Zuriel's 7th birthday and essentially the third anniversary of Wayne's death. I can't think of a better way to honor the life and death of the main men of my life - how great is God to orchestrate this just for ME. We will attend, and Zuriel along with other kids that have lost a parent(s) will plant a tree in the park to commemorate their deceased parent. I'm so excited and I just wanted to share this with everyone. If you know of anyone that would benefit from watching the program please pass on the information above. God Bless You!!

Editor's Note – Teri Holmes and her late husband **Wayne Holmes**, as well as Wayne's parents, **Nazarea and Rodney Holmes**, were active members of LCMC from shortly after Wayne became a laryngectomee in May, 2005, until he became too ill to attend club functions. Their son **Zuriel** was just two years old when Wayne became a laryngectomee.

Over the years many LCMC members and associate members have passed away. Members of our club have experienced grief for the loss of our new friends, brought together by laryngectomy surgery. Many spouses, family members, caregivers and friends of these departed members have remained on our newsletter mailing list and still keep in touch. I would like to personally invite all of you to attend this meeting and meaningful presentation. It may offer some additional insight and help for you, *and* it would be so nice to see many of you again.

---Herb Simon