

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, 2011

MEETING MINUTES

March 16, 2011

The meeting was called to order by **President Herb Simon** at 11:30 am. Others present at the meeting were William & Annetta Rapp, Stanley Lipscomb, Charles Pickett, Larry Dawkins, Itzhak Brook, Peggy Bradberry, and Sally Simon, who arrived a little late, due to not feeling well earlier in the morning. **Bill Rapp** read the Prayer for a Laryngectomee using his Servox EL. Everyone introduced themselves with the laryngectomees telling when and where they had their surgery. The Minutes for the February
(Continued on page 2)

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

**Business & Social Meeting
Refreshments by Sally**

April 13th – 11am

**At the former ACS Building
11331 Amherst Ave.
Silver Spring, MD 20902**

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

INCOME TAX TIME

Why Not Keep Books Like This

I've figured my blessings, I've counted my cares,
I've balanced the book of my daily affairs.

A column for credits, a column for debit,
A place for unkindness I cannot forget.

And yet there were pleasures along with the pain,
And seldom a loss, but had some little gain.

I find I have more than I ever have known,
Astonished to note all the wealth that I own.

I've figured my blessings, but little I fear;
My cares I have counted each day and each year.

Forgotten the pleasure, the pain I have kept,
Forever in mind ev'ry moment I wept.

The loss I remember, the sorrow recall,
The happiness hardly remember at all.

But now I have taken a balance at last,
The joys of the present and the griefs of the past.

I've figured my blessings, I've set them apart
In a book I am keeping – the book of my heart.

I need not set down all the trouble and care;
I find I had already written it there.

But I had forgotten the love that is mine....
It took a whole column, the hate but a line.

The joy always greater, the grief always less,
I'm really astonished at the wealth I possess.

---Author Unknown

Submitted by LCMC Member Addie Shaw

DO YOU KNOW WHAT TIME IT IS?



IT'S 2011 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. 6th	Robert Evans
Apr. 6th	Rudy Dupler
Apr. 14th	Susanne Stevenson
Apr. 23rd	Bill Zuckerman
Apr. 24th	Lafayette McCray
Apr. 30th	Elmer Pinckney
Apr. 30th	James Seegars

**National Head and Neck Cancer
Awareness Week**

MEETING MINUTES

(Continued from page 1)

meeting were approved as published in the March issue of THE VOICE.

Treasurer's Report: Herb reported that the Treasury had changed very little since the last meeting report. He told us that he purchased a package of 3000 mailing labels for the newsletter mailings. A motion was made, seconded and passed to reimburse him for the cost of these mailing labels. This meeting, like the February meeting, was more informal than club meetings in the recent past. General discussions and Q&A sessions were mixed in with the normal business topics. **Peggy** told us that she had recently visited the University of Pennsylvania. While there, she learned of an upcoming Head & Neck Cancer Conference in April in Philadelphia. She passed around a flyer for it. **Itzhak** told us about another Head & Neck Cancer event being held in April. This one is the Patient Information Day at Johns Hopkins University Hospital in Baltimore. Both of these conferences are FREE (there is more information on these conferences on page 4 of this issue).

Aunt Bea's Sunshine Report: **Larry** reported that **Addie Shaw** wasn't at the meeting today because she wasn't feeling well and went to see her doctor. Herb read a message from **Bob King**, who lives in Parkville, MD., that came with his dues and a donation to the club. Bob and his late wife **Marie**, who was a laryngectomee, were active in the club many years ago. Bob still keeps in contact and enjoys the newsletter and reading about the club activities each month. Herb also read a note from club member **Arlene Meachum**, who lives in Fort Washington. She mentioned that she is only able to join us for our Annual Holiday Party and Picnic in the note that came with her membership dues and donation. Arlene's birthday was on the 13th. Herb, having realized that her name was not on the Birthday list that appears in THE VOICE each month, brought a Birthday Card for her. It was a talking card that sounded like a Laryngectomee. As each of us signed it, we laughed and smiled as we got to hear it over and over. We hope Arlene enjoys it as much as we did. **Sally** described the beautiful Memorial Service for **Jim McKnight**. **Sally** & Herb and Stanley were there. The Memorial Services were held at the Holy Redeemer Church in College Park, and at the Gate of Heaven Cemetery. The services were followed by a really nice luncheon at McGinty's Pub House in Downtown Silver Spring.

New Business: Herb told us that the club is running low on our supply of Servox batteries, and that he would like to order some. **Larry** then asked a question how long a battery charge should last. There was some discussion about it and another question came up about the battery chargers. **Stanley** gave a detailed answer on how the lights on the newer Servox battery chargers work. A motion was then made and passed for the club to purchase 10 new Servox batteries. Herb also mentioned that we have many older assorted brands of ELs, some in need of repair, that we can donate. He requested approval for the funds necessary to mail the EL units to Lauder Enterprises and Luminaud, Inc. for repairs. These companies can then distribute the devices to laryngectomees in need. All in attendance were glad we can continue to help others in this way. A motion was made and passed to send them. **Larry** told us of his interest in becoming a New Laryngectomee Patient Visitor. He is planning to train with Herb and join him on new patient visitations in the coming months. **Itzhak** shared that he will be speaking at a meeting at the VA Hospital in Charleston, S.C. later this month. He also told us that he wrote an article on Radiation for Wiki-Pedia. Thanks to **Annetta and Bil Rapp** for bringing the delicious assortment of foods to the meeting. The meeting was adjourned at 1:15pm. Several members stayed, conversed and munched on the food, for awhile, after the meeting adjourned.

--- Respectfully submitted by,
Herb Simon

IT'S A SMALL WORLD



ANN O'NEILL

It is indeed a small world and one never knows when you will be able to touch the lives of others, just by being in the right place at the right time. Recently, while I was on a short get-a-way, after losing my dear sweet Mom, I had one of those moments. It happened when I was in a Target Store in Tampa Florida. I was in the photo department trying to print out some photos of my Mom. The young lady who was helping me commented on my trach (I am not a laryngectomee) and the fact that I speak so clearly with it. This led to a conversation about her dad, who also has a trach, due to having had surgery for throat cancer. She told me how depressed he seems to be. She said how sad she is that they do not have the kind of conversations that they used to have. She had tears in her eyes, as we continued to chat for quite a while. She told me that her dad lives near Fredericksburg, VA. With this in mind, I offered to get in contact with Herb Simon to see if there was any kind of help he could offer her dad.

Not long after this chance meeting in the Target store, Herb and Sally Simon visited with the young lady's father at his home in VA. The goal was to find out what is bothering him, to offer support, and to let him know there are support groups that he can seek help from.

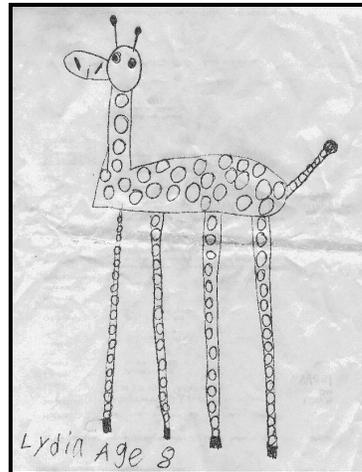
I am thankful that we were all able to reach out to help a stranger. Hopefully, our combined efforts have helped improve this man's life and the life of his family members.

Yes, it is indeed a small world. If one is open to helping others, it can make a huge difference in this world as a whole.

---Ann O'Neill

NEW LARYNGECTOMEE POST-OP VISITS

March 5th – New laryngectomee **Charles Carter** came over to Herb & Sally's home for a post-op visit. Charles' daughter **Marian Williams** and his 8 year old Granddaughter **Lydia** were with him. Charles, a retired D.C. Fireman, is 71 years old. He had a partial laryngectomy two years ago and became a total laryngectomee on December 27th at George Washington University Hospital. All were seated at the kitchen table, and Charles was writing his questions and answers, as all got to know one another. When Herb found out that Charles was a D.C. Fireman, he mentioned the name of a friend of his and Sally's, who is also a retired D.C. Fireman. A look of surprise and a big grin came to Charles's face, as he wrote that Herb & Sally's friend was his Fire Chief. Herb soon brought out a Servox Digital EL for Charles to try. Due to his chin and neck areas being so hard, Charles tried using the EL placed on his cheek. He did very well, considering how new he was at it. When he spoke his first words, Lydia's eyes lit up and she smiled real big, as she gave her Granddad a high-five! It was a moment that all present will probably never forget. Some time was spent acquainting Charles with the speech device and how to use it. While this was taking place, Lydia was sitting quietly at the table sketching. Herb gave Charles a laryngectomee information packet from LCMC and went over the items in the packet with Charles and Marian. As Charles and family were getting ready to leave, Lydia presented Herb with a sketch she had made of a Giraffe, while the meeting was going on.. She had noticed the many Giraffes in Herb & Sally's home. Her Mom had her sign it.



Herb was noticeably touched, and in turn, gave Lydia a small stuffed giraffe to take home. Charles said that he plans to attend LCMC meetings in the future. Thanks go out to **SLP Mona Faddah** for referring Mr. Carter to LCMC.

March 8th – Herb went to Rockville Adventist Rehabilitation Center for a post-op visit with new laryngectomee **Paul Corridean** and his wife **Joan**. **SLP Jessica Pecora**, who arranged this visit, and Loyola University **SLP Grad Student, Jessica Silinonte**, (yes, both are Jessicas!) were also present for this visit. Before the Corrideans arrived, **Dr. Chris Sinha**, who performed Paul's surgery, stopped by to say hello. It had been many years since Dr. Sinha and Herb had seen each other. Soon after Dr. Sinha left, Paul and Joan arrived. Paul, who is 62 years old, was a Maintenance Manager in the Petroleum Industry, when he became ill. He and Joan have been married for 31 years and live in Rockville. Paul was in need of an electro-larynx to use, until he gets one of his own. Herb brought a couple of different types of ELs to try out. Paul liked the Servox and borrowed a Digital one from LCMC. For the rest of the visit, Paul communicated both by speaking with

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FREE EVENT
Johns Hopkins University

**Head & Neck Cancer
Patient Information Day**

Saturday April 9th
8:30am – 2:00pm

at the
Weinberg Building Auditorium
To RSVP Call: 410-955-2309
or Email: abrady6@jhmi.edu

FREE CONFERENCE
PENN MEDICINE

Focus on Head & Neck Cancer

Covering Risk, Treatment, Survivorship,
and Research Advances

Date: Friday, April 8, 2011

Time: 8:45AM - 3:00PM

Place: Hilton Hotel

4200 City Ave. Philadelphia, PA

Register by phone: 1-800-789-7366

or by Email:

www.oncolink.org/conference/HeadNeck

2011



**ANNUAL MEETING &
VOICE INSTITUTE**

June 15th thru June 18th

The International Association of Laryngectomees Annual Meeting and Voice Institute will take place in Kansas City, Missouri. The Voice Institute classes will begin on June 15th. The Annual Meeting will begin on June 16th. The Annual meeting will close on the evening of Saturday, June 18th with the Annual Banquet. This will all take place at the Holiday Inn at Coco Key. The \$85.00 per night room rate is for single or double occupancy. To make reservations call 1-866-754-0200 and be sure to mention the IAL Annual Meeting to receive this special pricing.

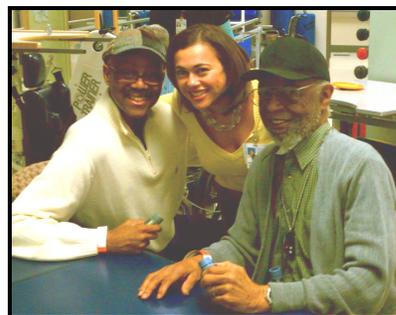
NEW LARYNGECTOMEES POST-OP VISITS

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the Servox and by writing. This was a very interesting visit that combined speech therapy with many interesting laryngectomee questions regarding life after surgery and laryngectomee emergency safety. Herb left an information packet from LCMC for the Corrideans. Paul and Joan were very appreciative of this visit and look forward to meeting other LCMC members in the future.

March 13th – Herb went to Georgetown University Hospital to visit with new laryngectomee **Joseph Markaroff**. Joseph is 81 years old and lives in Germantown, MD. He was born in Japan, and came to America in 1965. He worked for Pan American Airlines for 23 years, until they went out of business in 1987. While with Pan Am, Joseph was the Director of the Eastern Europe office, located at the Frankfurt Airport in Germany. Prior to that, he worked as a Director in the Film Industry. He met and worked with many famous actors. One of his favorites was Marlon Brando, who Joseph said was easy to work with. Joseph was an Assistant Director for two of Brando's films: 'The Tea House of the August Moon' and 'Sayonara'. Just prior to his surgery, Joseph was working for Montgomery County. He worked on a school bus taking care of children (many of them are handicapped). Joseph's laryngectomy was on February 15th at Georgetown University Hospital. He was transferred to the National Rehabilitation Center upon discharge from the hospital. After a short stay there, he was readmitted to GUH, due to some complications. When Herb arrived, Joseph's loaner, a Cooper Rand was not working. Fortunately, Herb had one in his briefcase. He left it for Joseph to use, while the broken one is being repaired. Joseph had many questions regarding life after surgery. He was upbeat and displayed a beautiful smile throughout the visit. Herb brought a Visitor's Packet from LCMC for Joseph, and went over the items in it with him. Thanks go out to **SLP Eliza Peoples** for arranging this visit. Eliza has since reported that Joseph was transferred to the Manor Care facility in Bethesda on March 25th.

March 17th – **Larry Dawkins** went to George Washington University to visit with fellow patient and new laryngectomee **Charles Carter**. When he arrived, he joined a speech session Charles was having with **SLP Mona Faddah**. Charles' daughter, **Marian**, was also present. While conversing and getting acquainted, it was learned that Charles and Larry are both natives of North Carolina and have some mutual friends. They even attended the same university (at different times) *and* were both in the band. Mona said: "hearing all this really brightened my day". Larry thought Charles was speaking very well, especially being so soon after his surgery. Charles was in good spirits, but expressed that he was concerned about his poor appetite and feeling so weak, since beginning his post surgery radiation treatments. Larry explained that these issues are normal and should improve in time; once the radiation treatments are completed. Larry exchanged contact information with Charles and Marian, and they plan to keep in contact with each other. Charles said he will attend LCMC meetings.



Larry, Mona, & Charles