

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, 2013

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Will be held at:

Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday
April, 10th
10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
PEGGY BRADBERRY

11:00 AM

Business & Social Meeting

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

**“An investment in
knowledge always pays
the best interest.”**

--- Ben Franklin

A Butterfly Fable



A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole.

Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon.

The butterfly then emerged easily. But it had a swollen body and small, shriveled wings.

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our lives. If we were to go through our lives without any obstacles, we would not be as strong as what we could have been. We could never fly!

---Author Unknown

IT'S THAT TIME OF THE YEAR AGAIN!



IT'S 2013 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. 13th	Henry Kemper
Apr. 14th	Susanne Stevenson
Apr. 22nd	EARTH DAY
Apr. 24th/34	Lafayette McCray
Apr. 30th	Elmer Pinckney
Apr. 30th /40	James Seegars

**April is National Head and Neck
Cancer Awareness Month**

MEETING MINUTES

March 13, 2013

The meeting was called to order by **President Stanley Lipscomb** at 11:10 AM. Others present for the meeting were Herb & Sally Simon, Bernard Lewis, Susan & John Ray, Peggy Bradberry and Annetta Rapp, who had to leave shortly after the meeting started, due to another appointment. **John Ray** read the Prayer for a Laryngectomee using his Esophageal voice. **Susan Ray** then read the Prayer for a Laryngectomee's Spouse. Stanley welcomed everyone and we each introduced ourselves with the laryngectomees telling when and where they had their surgeries. The minutes for the February meeting were approved as published in the March issue of the newsletter.

Treasurer's Report: **Herb** reported that there had been little change in the funds in the club Treasury since last month. He told us he wrote 3 checks for a total of \$195, made one deposit in the amount of \$55.00, and that we now have 23 dues paying members for 2013.

Aunt Bea's Sunshine Report: Stanley reported that **Addie Shaw** was not here today because her granddaughter was expecting a child at any minute! Herb then updated that by telling us that Addie was on her way to Virginia to be with her **granddaughter Candice** and her **new great granddaughter, Eliana Faith Pico**, who had been born the night before. Addie also said to tell everyone hello. **Helen Kane** became ill on her drive down to the meeting this morning, so she dropped the refreshments off and got right back in her car and drove back to Frederick. Herb read an email message from **Michel Pommier** telling us that Michel could not be at the meeting today because he is having a health screening. He also wrote that he will not be at the April meeting because he will be in France. He said to say hello to everyone and he will see us in May. Herb read a hand written message from **Helen Cary** that came with her dues. She thanked us for keeping up with her and wrote that "*Life is Great.*" Helen is the widow of **Harold Carey**, a former laryngectomee and active club member before he passed away many years ago. Harold wrote interesting articles and thoughts for *THE VOICE* over the years. **Peggy** told us she is so glad to be able to attend meetings again. She explained the treatments and effects she's been going through and explained some of the health issues she's been dealing with. She let us know that the good news is that her tumor has shrunk considerably. That was Great news! One thing that hasn't changed is Peggy's **SMILE!** Itzhak Brook wrote that he was sorry he could not attend today.

Old Business: There was none.

New Business: Herb made a motion to be reimbursed \$24.19 for the Avery mailing labels he purchased for mailing out the newsletters. The motion was seconded and unanimously passed.

General Discussion: A lively discussion on several subjects took place with everyone in attendance sharing thoughts and experiences. John shared that he recently retired and he and Susan have relocated from Baltimore to the small town of Centreville, on Maryland's Eastern Shore. He hasn't been to meetings in many years due to being so busy with his tree business. He expressed his appreciation to the club for so much help and insight, when he was a new laryngectomee. He and Susan were able to attend the IAL conventions in 2000 and 2001. John attended the Voice Institute and was able to perfect his esophageal speech and fine tune his EL speech, which he also uses. The subject of laryngectomees yelling a lot was brought up! The laryngectomees who were

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MEETING MINUTES

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present agreed they feel that raising one's voice is a way of placing emphasis on what they are saying. This seems to be a very common occurrence in most families that have a laryngectomee in them. Some of the spouses present feel differently about it. They feel that the laryngectomees can **YELL** (a lot)! Traffic stops while driving our cars, amplifiers, texting, and medical benefits were topics that followed. An in-depth discussion about causes of our surgeries was also discussed. **Bernard**, having served in Korea told us that his throat cancer was due to his exposure to agent orange when there. He told us that he has full medical benefits from the VA for this reason. John also served in the military. His job opened him up to damaging chemicals and defoliants, as did his career in the tree business, when he was constantly exposed to sawdust. Herb shared that the cause of his cancer was due to smoking, drinking and a lot of stress over a period of many years. Everyone was thankful to **Helen** for bringing the refreshments, even though she couldn't stay. Peggy volunteered to bring them to the April meeting. The meeting was adjourned at 12:45 PM.

---Meeting notes taken by,
Herb & Sally

Editor's Note: As we were cleaning up after the meeting, recent laryngectomee Dwayne Boston came into the meeting room with a look of amazement on his face. He said he heard the EL voices from the room he was in at another meeting down the hall. His address had not been added to the mailing list, so he did not receive the newsletter with the meeting information in it. He stayed and talked for awhile and indicated that he will plan to attend future meetings.

Update: **Helen Kane** went to see her doctor the day after the meeting and he found that she had a staph infection. She was treated and is now feeling better.



<<<from the WEB>>>

Subject: [WebW] FW: got my youth back.
Date: 03/10/2013 7:06:11 A.M. Eastern Daylight Time
From: glosters@live.no
To: webwhispers@mail-list.com

Hi

After an active life in the British Army and British Royal Marines when I had this Laryngectomy 3 years ago it really got me down and hit me with depression. Of course I will always wonder why it happened to me as a non-smoker and very moderate drinker with parents in their late 80s and healthy back in the UK. Its a mystery why I got this crap. However the events below have cheered me up some and I feel presently good.

Well I hung my Skis up 10 years ago and hadn't been skiing for 10 years. However 2 weeks ago whilst in the north of Norway visiting my son, he wanted me to Ski with him. So I borrowed a friends skis and off we went. We had a great time and I was just as good as I was 10 years ago.

Yesterday Me, My Wife, and 2 truck driver friends (Polish and Danish) spent the day skiing, and I really enjoyed it. But I had to get my skis waxed as they were running slow. I will ski again Saturday, the 23rd with 2 mates. At Easter Saturday, the 30th March, we have the wife's niece flying over to us for 3 days and my son flying to us plus a Norwegian and Danish friend and the 6 of us will have great days skiing.

Its very expensive in Norway but it's a thrilling game downhill skiing. I was apprehensive about skiing again as its been so long, plus this laryngectomy crap in my neck; but everyone says I'm a good and very fast skier. So this recent activity has given me a boost to my morale, and as a lary made me feel extra good being able to shine at the sport without anyone around me even knowing I had this disability. When I ski, not only am I one of the oldest there, but also the only lary there.



Best wishes,
English Alan living in Norway
Laryngectomee since Feb 2010

GET FIT WHILE YOU SIT



- 1) Your knees should be at 90 degrees or less (you may need a foot stool).
- 2) You may need a lumbar support; the proper support can relieve all of your low back muscles and hamstrings from constant stress.
- 3) Your wrists should never go above your elbows.
- 4) Your monitor should be directly in front of you.
- 5) Your monitor should be at eye level or a bit higher.
6. Exercises:
 - a) Head Rotations (pick a spot on the wall; look at it; hold for 20 seconds)
 - b) Shoulder exercises (shrugs and rolls; forward and backward)

CELEBRATE EARTH DAY



April 22, 2013

NEW LARYNGECTOMEE PATIENT UPDATES

Feb. 11th – **Tina Coop**, a work associate and close friend of **Tim Nettleton**, reported that Tim had his surgery and all went well. She said “*He’s a real fighter.*”

Feb. 14th – **Dr. Bianchi** reported that **Don Sievers**, who attended our recent Holiday Party, had his surgery at NIH and is doing well. **SLP Beth Solomon** is working with him on his speech.

PRE & POST-OP LARYNGECTOMEE VISITS

Mar. 5th – **Herb & Sally** went to visit with new laryngectomee **Tim Nettleton and his wife Greta** at their beautiful home overlooking a lake in Emmitsburg, MD. Also present were Tim’s mother and stepfather. Tim had his laryngectomy on Feb. 11th at Inova Fairfax Hospital in VA. He had extensive surgery and has been experiencing some problems following his discharge from the hospital on Feb. 22nd. Tim had been ill during the night before and morning of this visit. They were going to be leaving soon to go to an Emergency Care facility, so this was a relatively short visit. When Tim came downstairs to meet the Simons, he had a smile on his face, even though he was very uncomfortable due to what had been bothering him through the night. Tim was not able to use a speech device yet and they are looking for a SLP in their area to work with Tim. Herb and Sally were able to answer most of questions the Nettleton family had. Herb left several different types of stoma covers, compliments of LCMC, for Tim to try out. Everyone left at the same time; the Simons heading home and the Nettletons to the Emergency Care facility.

Mar. 19th – **Thurmond (Dickie) Dickey** and his wife **Queen Jones** came to Herb & Sally’s home to get a loaner Electro-larynx. The loaner he was using from the Hospital was no longer working. LCMC was able to loan Dickie a Servox Inton speech device and Dickie was ‘*back in business!*’ Dickie, whose surgery was on Feb 5th, looks very good and seems to be doing well since having his surgery. Herb answered some questions for Dickie & Queen and gave them a couple of different types of stoma covers. They were both very grateful for the loaner Servox provided by LCMC and Dickie said he would like to attend some of the club meetings in the future.

Mar. 24th – **Curt and Mae Forsythe** came to Herb and Sally’s Silver Spring home for a pre-op visit. The Forsythes live in Germantown, MD. They have been married for 26 years. Curt, who is 51 years old, is a construction superintendent for a design company for large commercial buildings. Curt was diagnosed with Stage 2 cancer of the Hypopharynx in 2011. He underwent radiation and chemo treatments and is now cancer free. However he is suffering with pain in his neck and has difficulty swallowing, so he now has a feeding tube. He has also had a tracheotomy. He has lost quite a bit of weight and is strongly considering having a laryngectomy that should enable him to swallow and eat normally again and have less pain in his neck area. As a caregiver, Mae is very concerned about what lies in store for Curt. Both she and Curt had some important questions to ask Sally and Herb. Many were answered and it was clear to both of them that life can be good after this surgery. They received an Information Packet, courtesy of LCMC. Thanks go out to **Dr. Newkirk at Georgetown University Hospital** for referring the Forsythes to LCMC. They were grateful for the opportunity to speak to a laryngectomee and learn about what lies ahead for them from people who have been there.