

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, 2014

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Monthly Support Group
Meeting will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901
On

Wednesday
April 9th at 10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
HELEN KANE

11:00 AM
Business & Social Meeting

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



SPRING

When the cold, harsh winter has given its last breath,
When the sky above shows life instead of death,
When the claws, reaching to the frozen sky becomes decorated with leaves,
When the animals-long in hiding- scurry from trees,
We know winter has ended.

When the frost on grass is replaced with sweet dew,
When the fields become dotted with flowers, reminding me of you,
When the lonely silence becomes filled with melodies,
When you feel warm air, erasing bad memories
We know winter has ended.

When the hard, bare ground becomes painted with green,
When the frost-bitten air becomes fresh and clean,
When the coats and boots are all stored away,
When the playgrounds become occupied again with child's play,
We know winter has ended.

When you hear the pleasant sound of children's laughter,
When the air is filled with joy - long sought after,
When the world is filled with sunlight, brighter and longer,
When the song of Mother Nature becomes stronger and stronger,

Spring has begun.

By Camille Gotera

**"It's spring again.
The earth is like a child that knows poems by heart."**

— Rainer Maria Rilke

DO YOU KNOW WHAT TIME IT IS?



IT'S 2014 DUES TIME!

Make your check payable to:

**The Laryngectomee Club
Of Montgomery County
OR 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.



Apr. 1st	Diana Cross
Apr. 3rd	Lottie Jeter
Apr. 6th1	Robert Evans
April 13th	Henry Kemper
Apr. 14th	Susanne Stevenson
Apr. 24th	Lafayette McCray
Apr. 30th	Elmer Pinckney
Apr. 30th	James Seegars

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

MEETING MINUTES

March 12, 2014

The meeting was called to order by **Pres. Stanley Lipcomb** at 11:05AM. Others present were Herb & Sally Simon, Charles Pickett, Helen Kane, Michel Pommier, Donald Sievers, Robert Boyd and Itzhak Brook. **Stanley** read the Prayer for a Laryngectomee using his Servox EL. Stanley extended a warm welcome to all in attendance. The minutes for the February meeting were unanimously approved as published in the March issue of *The Voice*.

Treasurer's Report: **Herb** reported there was little change in the club treasury. He wrote two checks totaling \$216.05 and made one deposit in the amount of \$555.00, which was made up of dues from club members and Memorial Donations made in memory of Mary Jane Hart. The bottom line was that \$338.95 was added to the club treasury since the last meeting.

Aunt Bea's Sunshine Report: We were saddened to hear that **Pete Wilson's** sister recently passed away. A sympathy card for Pete was passed around for all to sign. We are happy that Herb is feeling better, following a recent bout with tracheo-bronchitis. Herb passed around a picture of **G.C. and Faye Rogerson** taken at a Valentine's Day Party last month. It was enclosed with a note that came with their dues and a donation. G.C. had carpal tunnel surgery earlier this month and his doctor said all went well. They expressed that they wish they lived closer so they could attend club meetings (hopefully they will be able to join us at our summer picnic). **Edward Akwe** came over to Herb & Sally's home to pick up a Servox battery. He visited for awhile and is doing very well. He now has a full time job in the Federal Government that is located fairly close to where he lives. He sends his blessings to all of us.

Old Business: **Stanley** asked about the luncheon in Baltimore last December regarding the IAL Annual Meeting and Voice Institute being held there in 2015. Sally shared that she and Herb had attended. **Paul M. Evitts, Ph.D.**, CCC-SLP, Associate Professor Department of Audiology, Speech-Language Pathology, and Deaf Studies at Towson University was hosting for the Baltimore group. The IAL was represented by **President Bob Herbst**, several Board Members, the Administrative Manager, and the Director of the Voice Institute. Speech pathologists and SLP students from Towson University were also present. The folks from the IAL were very pleased with the presentation, the Baltimore location, and the facilities that will be available for the Voice Institute. Herb said the final decision regarding the meeting location in 2015 has not been made yet. This year's Annual Meeting and Voice Institute will be held in Buffalo, NY from June 25th thru the 28th.

New Business: **Herb** read an e-mail from Dr. Paul Evitts telling that after the meeting in Baltimore he was invited to join the IAL Voice Institute clinical faculty team *and* that he was also nominated to be on the Board of Directors (BOD) for the IAL. The election of the BOD members will take place at the IAL Annual Meeting at this year's location in Buffalo, NY. Dr. Evitts will be present at that meeting. Dr. Evitts spoke before our group in 2010. Herb passed around the article from that issue of THE VOICE for everyone to read. He then made a motion for LCMC to sponsor Dr. Evitts to be on the IAL BOD. A couple of the members present did not feel they knew enough about him to vote and suggested we have the vote next month. At that point Michel took out his smart phone and googled Dr Evitts. He then

(continued on page 3)

MEETING MINUTES

(continued from page 2)

began to read what he found to the members. After reading a couple of paragraphs, one of the members who was hesitant earlier said that he felt it would be fine to vote today based on what he just learned. The motion was then seconded and the vote was unanimous in favor of sponsoring Dr. Evitts to serve on The IAL Board of Directors.

General Discussion: Michel asked about the increased coughing he experienced during his recent skiing trip to Breckenridge, Colorado. Itzhak stated that cold air has no humidity, making breathing more difficult. He advised wearing extra clothing and also the use of saline solution every two hours or as needed. Bottled water may also be used in case of an emergency. Stanley said that the neckerchiefs available from Lauder Enterprises are very effective in the cold weather. He also shared that he makes his own saline solution, but makes sure he uses only non-iodized salt. Michel did enjoy his skiing trip and found Breckenridge to be a not too crowded and very charming village.

Michel reported that his hyperbaric treatments were successful. However, he recently had a dilation performed and is now concerned about the inconsistency in the power of his voice. Itzhak pointed out that it is important to balance both the ability to eat with one's speech level. Helen shared that she successfully had gradual dilations done and suggested this as an option. Itzhak generously distributed autographed copies of his latest book "The Laryngectomy Guide." Others who ordered the book at the Holiday Party should be soon receiving them by mail. Herb reminded us that books and videos are also available in the LCMC loaner cabinet. The use of fluoride was discussed. One side effect of radiation is the loss of saliva, which can lead to dental problems. Most present said they either brush with fluoride, use fluoride trays, or get fluoride treatments at the dentist's office. It was pointed out that the overuse of fluoride can be dangerous. Sally was thanked for again providing the refreshments. Helen volunteered to bring the goodies to the April meeting. The meeting was adjourned at 12:10 P.M.

---Respectfully Submitted by
Helen Kane



ISTOCKPHOTO

TAKING CARE

Little things that might save lives

MENSHEALTH.COM

Penicillin: brilliant. Polio vaccine: world-changing. But it's not just the huge discoveries that can save people's lives, Markham Heid writes online for Men's Health magazine. He points out small inventions that can also do the job. A few examples:

- If someone in your household suffers a bad heat-related burn, the American College of Emergency Physicians recommends that you reach for common kitchen plastic wrap. Why? Because nearly half of all burn deaths are due to infection. You wrap the burn in plastic wrap, which is sterile, so it keeps bacteria out, and it sticks only to itself, so doctors can remove it when you get to the hospital. (Note: This doesn't work for burns caused by acids or chemicals, which could melt the plastic.)

- More than half the asthma patients who end up in the emergency room do so because they weren't aware their inhalers had run out of medication, says a British study. Inhalers with dose counters are now widely available: Be sure yours has one.

- Shopping for a new car? The Insurance Institute for Highway Safety says your accident risk drops 20 percent if the car has forward collision warning and auto braking features. The technologies involve sensors that warn drivers and begin to engage brakes if a car approaches another vehicle too quickly. Get it if you can; it's now mostly in luxury automobiles.

— Nancy Szokan

---Reprinted from The Washington Post

DO YOU NEED BATTERIES FOR YOUR SERVOX?



You can purchase batteries for your Servox at any of our monthly business meetings. The cost for these batteries is \$20 apiece or two for \$35.00. You may also pick them up other times at Herb & Sally's Silver Spring home.

PRESENTATION



by LCMC Member
DR. ITZHAK BROOK

On March 5th Dr. Brook appeared at Case Western University in Cleveland, Ohio. He was the Keynote speaker at University Hospitals Quality and Patient Safety Fair at the Case Medical Center School of Medicine

Dr. Brook's lecture was the keynote address for a week devoted to improving patient care. The lecture was about preventing medical and surgical errors in the care of laryngectomees and head and cancer patients. Medical errors can cause suffering and permanent damage. Laryngectomees are more susceptible to these because of having difficulty communicating their needs. There is a greater need for vigilance by medical staff to help prevent these occurrences.

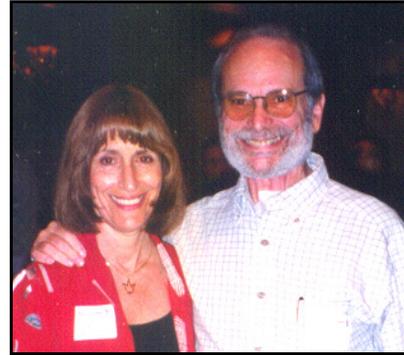
There were about 150 people in attendance made up of physicians, nurses, students, speech language therapists and social workers. The lecture was transmitted to the other medical centers that are part of the University Hospitals system. At the end of his talk Dr. Brook signed copies of his book "My Voice" that the university had obtained to hand out to attendees.

"You can't have a better tomorrow if you are thinking about yesterday all the time."

---Charles F. Kettering

MESSAGE FROM THE EDITOR

By Herb Simon



Herb & Sally at the 1999 IAL in Reno

It seems like just yesterday, when I became the Editor of *THE VOICE* of Montgomery County Maryland newsletter back in February of 1999. It is hard to believe that it's been over 15 years ago. In the beginning, I had no experience at all with this type of an undertaking. I had very limited computer knowledge; basically only using the computer for email. I began by developing a new format or look for our newsletter, by having one narrow column and one wide column and a new heading at the top of the front page. I had computer help for how to do things in Word Document from David Blevins in the beginning. He lived in Alabama at the time, and was visiting in our area. I also had monthly help from Irwin Title. He would meet me at the ACS to help run the copies. At that time we had around 150 people on our mailing list and it was all done by hard copies being mailed out to the recipients. The printer at the ACS at that time was very slow and paper got stuck in it a lot, I mean A LOT. More often than not in those early days, it would take Irwin and I anywhere from two to four hours to make the copies of the newsletter for mailing. For most of the issues over these years Sally and I fold and stuff the envelopes, while we are watching television at night. For years, Jack Henslee, an IAL officer at the time, had been urging me to have our newsletter posted on the newsletter page of the IAL web site. In about 2005 I finally began having *The Voice* posted on the web site. By doing this *The Voice* began reaching a far wider readership than it previously had.

In the beginning as a 4 year laryngectomee who was back to leading a pretty normal and productive life, I decided that our laryngectomee newsletter did not necessarily have to be totally about laryngectomees, or should I say, laryngectomy topics. On the front page of mostly all the issues since the beginning, I have tried to include an article in the wider column that is inspirational or motivating. I have received many positive and touching notes from readers over the years about those articles in particular. As time has rolled on, the newsletter has included many articles about different types of health issues that many of us have either faced in the past or may be facing in the future, with an emphasis on how to prevent them, or how to treat them if you are faced with one of them. Safety at home, healthy dietary information and humor as well as club news have also been topics included in *THE VOICE*. This has been a wonderful experience for both Sally and me. It has truly been a 'labor of love' for both of us. WOW, it's unbelievable how

"TIME FLIES WHEN YOU'RE HAVING FUN!"