

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, 2015

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

Wednesday April 8th

10:15 AM

Speech Class led by
Mandy Pietropaolo, SLP

10:30 AM

Socializing & Refreshments
Refreshments by: SALLY SIMON

11:00 AM

Business & Social Meeting

Guest Speaker

Dr. Paul Evitts

IAL Board of Directors

(see article on page 4)

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

HAPPINESS IS . . .

a perfume which you cannot pour on others without
getting a few drops on yourself. ---Thomas Mann

a habit --- cultivate it. ---Elbert Hubbard

the conviction that we are loved. ---Victor Hugo

a woman. ---F.W. Nietzsche

no laughing matter. ---Richard Whately

a by-product of an effort to make someone else happy.
---Gretta Palmer

a good bank account, a good cook, and a good
digestion. --Jean-Jacques Rousseau

knowing that you do not necessarily require happiness.
---William Saroyan

activity! It is a running stream, not a stagnant pool.
---John Mason

that pleasure which flows from the sense of virtue and
from the consciousness of right deeds. ---Henry More

at once the best , the noblest and the kindest of things.
---Aristotle

DEFINITION OF A RICH MAN

"A man who is happy with what he has"

---Author Unknown

DO YOU KNOW WHAT TIME IT IS?



IT'S 2015 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. 6th 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

MARCH LCMC MEETING MINUTES

The meeting was called to order by Pres. Stanley Lipcomb at 11:05AM. Others present were Herb & Sally Simon, Michel Pommier & Julie Knowles, Charles Pickett, Donald Sievers, Robert Boyd, Michelle Gross, and first-time attendee Susan Dunton, who had her surgery at Georgetown University Hospital in January. Michel Pommier read the Prayer for a Laryngectomee using his hands-free TEP voice. Julie Knowles read the Prayer for a Laryngectomee's Spouse or Caregiver. Stanley extended a warm welcome to all in attendance. We all introduced ourselves with the laryngectomees telling when and where they had their surgery. The minutes for the February meeting were unanimously approved as published in the March issue of *The Voice*.

Treasurer's Report: Herb reported that he wrote 2 checks in the amount of \$395 and made one deposit in the amount of \$460.00 since the last meeting.

Aunt Bea's Sunshine Report: Herb read e-mail messages from Helen Kane and Martin Wielgus. Helen, wrote that her recovery has not been going very well. The day after she was discharged from the hospital she was at in PA, she started feeling ill again. She was taken to the hospital in Frederick, MD. The plans for what comes next have not be finalized yet. She said that she misses seeing everyone and to say hello to all. Martin wrote that his prosthesis became dislodged and he spent five hours in the ER last Friday. He is presently using a catheter. He is not at the meeting today because he has an appointment with SLP Eliza Peoples at Georgetown University Hospital to have his TEP inserted.

Old Business: The IAL Annual Meeting and Voice Institute (AM/VI) were discussed at length. Don asked how much walking needs to be done at the hotel. It was pointed out that there is a lot of walking normally needed, and that most hotels can supply a wheel chair if needed. Michel mentioned that many speech pathology students are not aware of the upcoming IAL AM/VI. A discussion followed on how both our local club and the IAL can make more of them aware. Another topic of discussion was whether to attend the Annual Meeting or the Voice Institute. For relatively new laryngectomees and others needing professional assistance and input, the VI was highly recommended by some present who have attended one in the past. It was pointed out that the VI is basically a full-time training and learning process, and the AM allows more time to go to a variety of interesting, informative and fun events. Whichever you choose to attend, you will be able to spend plenty of time each day in the vendor's room where you will be able to meet the vendors in person and learn about new products that are or will soon be available. Registration Forms for both the AM and VI were distributed to those in attendance today, and it was noted that special discounted prices are in effect until May 17th. Herb suggested that single people who are planning to attend might want to ride together and maybe even share a room to save some money.

New Business: None

General Discussion: Several subjects and experiences were topics of discussion today. Pet Scans, C-Scans and PSA tests were among those discussed on the topic of ways to monitor medical concerns. Having an Annual Physical by our Primary Physician was also strongly recommended to increase the possibility of discovering a new medical condition early on. Michel shared that he had trouble breathing recently while skiing at a very high altitude. He added that he has skied at high altitudes in the past and never experienced this problem before. It was suggested that it might help if he wore a foam stoma cover rather than an HME, which has much more resistance than the foam filter. The possibility that he may have had a virus or other similar type of problem going on his body that day, was mentioned. Stanley was thanked for providing the refreshments. Sally volunteered to bring the goodies to the April meeting. The meeting was adjourned at 12:49 P.M.

---Meeting Notes Respectfully Submitted by Julie Knowles

MY RECENT TRIP TO ISRAEL



by LCMC Member
DR. ITZHAK BROOK

I recently visited Israel. While I was there I met with the local laryngectomee support group. There are about 200 laryngectomees in the country, and they meet on a regular basis. They are planning to have their representative meet any new laryngectomee and provide them with advice and support. Having communicated with them before, I brought some supplies to those who needed them. I also provided them with copies of the "*Rescue Breathing for Laryngectomees and Other Neck Breathers*" DVD. They are planning to add Hebrew captions to the DVD and make it available to all laryngectomees. I also gave them a copy of the Laryngectomee Guide, which they are planning to translate to Hebrew and make it available for all the laryngectomees in Israel.

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.

NEW PATIENT VISITS

March 10th – Herb went to Georgetown University Hospital to visit with new laryngectomee **Rolando Salguardo**, who had his surgery on March 2nd. Rolando's daughter **Georgina** was also present for this visit, which was set up by **SLP Eliza Peoples**. Rolando is 75 years old and lives in Woodbridge, VA. He was in great spirits and greeted Herb with a big smile, when he arrived. Rolando retired from the Washington Post in 2000 after working there for 25 years. He supervised the printing pressmen for a large part of that time. Following that, Rolando spent many years in a similar position working for a private company overseas in Germany and France. Rolando was using an electro-larynx loaner supplied by Eliza. Initially some time was spent working to help Rolando to be able to be understood better. His speech was much more understandable and sounded good when he was able to place the device on his '*sweet spot*'. The importance of practicing was stressed and Rolando voiced that he will practice daily. He was being discharged from the hospital the following day. Herb gave Rolando a New Patient Information Kit, compliments of LCMC and went over the materials in it with him and Georgina. He gave them many tips that should help them to have a smooth transition after being discharged.

March 16th – **Dinh Nguyen** accompanied by his wife **Nhung**, and his son and daughter-in-law **Ahn & Anna**, came over to Herb & Sally's home and were joined by **SLP Dee Dee Urban**, who helped arrange this meeting. Dinh is not a laryngectomee, but his voice has been reduced to a whisper, due to another illness. The purpose of the visit was to acquaint Dinh and his family with an electro-larynx device that they could borrow, if Dinh liked it. Herb brought out a couple of different brands to try and the Servox Inton was the one that Dinh and his family members liked the best. Herb showed Dinh how to use the device and helped him to get started. Dinh took to using the Servox rather quickly. Dinh took the Servox EL home along with some speech instructions and other helpful information.

March 17th – Herb went to Fair Oaks Hospital in Fairfax, VA for a visit with post-op patient **Wadis Brantley**, who had his surgery in January, 2014. Also present was Wadis' son **Mark**, **SLP Melanie Dorn**, who set up this visit, and student **SLP Jayeeta**. Wadis, who is dealing with other health issues has been struggling to be understood in the past. He comes to this facility a couple of times each week for occupational therapy and recently began seeing Melanie. The purpose of this visit was to let Wadis, Mark & Jayneeta hear a seasoned laryngectomee speak with an electro-larynx device for the first time. This visit went very well as Herb worked with Wadis and Melanie to help him improve his speech. Herb also told Wadis and Mark about the importance of hydration and notifying the local fire department that Wadis is a neck breather. This visit was cut short because Wadis, Mark, Jayneeta and Melanie had to leave for Wadis' appointment with his occupational therapist. Herb gave Wadis a Laryngectomee Information Kit that included lots of important information. Later that evening Herb received an email message from Melanie. She wrote the following: "I can still see the surprised and excited expression on Wadis' face when you first began to talk. It was so much fun to participate in a session that so dramatically improved his intelligibility. You will be happy to know that he was telling jokes to the occupational therapist, and it was the first time he able to be understood by her".

UPDATE FOR THE 2015

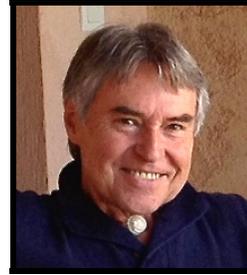


Annual Meeting / Voice Institute

Greetings to all from Northern Baltimore County. As the weather is (finally) warming up and giving us a small taste of sunshine and spring, I want to provide an update on the planning stages for the upcoming IAL conference coming to Baltimore and Towson, MD this summer. The student speech pathology students have been hard at work calling local businesses to raise some funds and have gifts donated for the raffle and auxiliary sale. I've been trying to recruit graduate students from area programs in hopes of increasing the number of speech pathology students who will attend the Voice Institute. So far, we have over 50 students committed to coming from both the US and Canada. I do want to thank each of you who have contacted me and offered to help out with the upcoming conference. All of this additional support will help make the conference the success that it is each year – thank you! For those of you who have not contacted me and are interested in helping out, I will be the Guest Speaker at the upcoming April LCMC meeting. I will be able to provide more information on the conference and some of the needs we still have in case anyone can help out. As always, if anyone is interested in helping out with the upcoming conference and won't be able to make it to the April LCMC meeting, please contact me at pevitts@towson.edu to hear about all the different ways you can help. Helping out can range anywhere from assisting at the registration table greeting people as they arrive, to helping educate speech pathologists on how you speak and some of the issues that you've experienced. There are lots of ways you can help out! Take care and I hope to see you next Wednesday.

---Paul Evitts
Member of The IAL Board of Directors

ALWAYS HAVE AN UPDATED LIST OF TRAINED SLP's HANDY



By Michel JL Pommier

In November 2011, my speech therapist (SP) changed my indwelling voice prosthesis. It had become a bit loose and was leaking a little. I requested that a smaller prosthesis be placed so that it would be tighter and hence, my voice would be louder. My SP was leaving for Hawaii for three months and wanted her patients to be properly "fitted" before her departure. She agreed to put in a smaller prosthesis, but she warned me that I should closely monitor it because it seemed a bit too tight to her. If an indentation to the tracheal tissue was to appear, I should immediately consult her replacement to up size the prosthesis to allow the tissue to heal.

Three weeks passed. Nothing happened. My voice was strong. So was my spirit. The Holiday season was approaching. My family was going to be in town within less than 2 weeks. During the first week of December, I noticed that the tissue around the T puncture started to thicken. A few days passed and I called my ENT. He told me to continue monitoring closely for any change in the tissue. The next morning the prosthesis had "embedded" into the tissue and an immediate removal was required. The risk of the prosthesis to fall in the trachea was high. A SLP at a local hospital removed the prosthesis and replaced it with a catheter. I was happy to have my Servox to communicate with. A few days before Christmas, I was cleared for a new prosthesis placement. With some luck this episode will be behind me for the Holidays and I will have my voice back.

Unfortunately, the absence of my regular SLP caught me totally unprepared. I had failed to put together a list of SLPs "trained" in the placement of vocal prosthesis and I struggled to find a clinician to install the new prosthesis during the holidays. A week went by until I found on the Internet a SLP who could see me on December 30. I had never met her. I had no background information on her besides what her Internet profile was telling me. She measured the puncture and inserted a new prosthesis. Although she confirmed that the esophageal flange was in place, she also said that she could barely see the tracheal flange. I was in shock. This meant to me that she had either inserted a prosthesis that was too small or that she had pushed the prosthesis too far away in the puncture. In both cases it was not sounding very good. She made several attempts to remove it but to no avail. She started to get very nervous when the safety strap snapped followed by the hemostats coming out without the prosthesis, which remained stuck in the puncture. I was rushed to the emergency service of a neighborhood hospital where multiple unsuccessful attempts were made to retrieve it. A CT scan showed that the prosthesis had passed into the esophagus. I was sent home with the instruction to monitor my bowel movements on New Year's Eve as the prosthesis passed through my system!!

The lesson learned from my ordeal is that having an updated list of "trained" SLPs whom you can call in case of emergency or during national holiday matters. It would have saved me a lot of time and anxiety. In the meantime, the New Year and the family were long gone....