

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



AUGUST, 2010

MARK YOUR CALENDAR

**THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY**

AUGUST 11th – 6:30pm

NO SPEECH CLASS

Beth Solomon will be away

AUGUST 11th – 7:30pm

Business & Social Meeting
Refreshments – Helen Kane

AUGUST 25th – 7:00pm

SPEECH CLASS

With Beth Solomon

*** We are trying to be more flexible to meet the needs of our members. If you would like to see Beth in August, but the above date does not work for you, please contact her to set a date that works well for both of you. You can call Beth at: 301- 496-8831. Leave a message and she will get back to you. You can also reach Beth by E-mail at BSolomon@cc.nih.gov.

If another speech class is scheduled, an E-mail announcement will be sent to other members, so they can also attend.

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

THE BEST WAY OUT IS ALWAYS THROUGH



- **Persist no matter what.**
- **Endure discomfort.**
- **Request help.**
- **Steadfastly hold on to your beliefs and values.**
- **Envision triumph.**
- **Very consistently keep at it.**
- **Embrace adversity as your teacher.**
- **Refuse to give up.**
- **Enjoy and celebrate every tiny bit of progress!**

--- B. J. Gallagher

“The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”

---Vince Lombardi

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



Aug. 3rd	Carol Kanjian
Aug. 5th	Lausell Galloway
Aug. 19th	Michel Pommier
Aug. 24th	Donna Dupler
Aug. 24th	Jim Rigas
Aug 26th	Helen Kane

**"Silence is often misinterpreted,
but never misquoted."**

---Unknown

MEETING MINUTES

June 9, 2010

The meeting was called to order by **President Jim Roby** at 7:30pm. Others in attendance were Peggy Bradberry, Stanley Lipscomb, Herb and Sally Simon, Mary Speiden, Howard Eskildson, Helen Kane, Itzhak Brook, Beth Solomon and first time laryngectomee attendee Fernando Javier, who was accompanied by his sister Carmelita Carter, and his niece Consuella Miles. **Helen** read the Prayer for a Laryngectomee using her electro-larynx. We all introduced ourselves with the laryngectomees telling when and where they had their surgery. A special welcome was extended to Fernando, who was celebrating his 83rd birthday this evening. A birthday cake with only a few candles on it was presented to him, as we all sang "Happy Birthday". Fernando kept insisting that it was his *42nd Birthday* as he blew out the candles. Jim welcomed Helen back and presented her with the LCMC Secretary's Notebook. One correction was made to the minutes for the June meeting. It was pointed out that **Howard**, not Jim, provided the refreshments for the June meeting. An apology was extended for the error. The minutes were approved as amended. Fernando asked a question about the TEP speech he was seeing for the first time. An explanation and discussion followed.

Treasurer's Report – Herb reported that two checks totaling \$271.50 were written and a deposit of \$45.00 was made, since the last report.

Aunt Bea's Sunshine Report – Herb read notes from LCMC members **Paul Blevins**, who has been away and is looking forward to joining us at the Annual Summer Picnic again this year; **Karol Beaufore**, a longtime member who lives in Michigan; and **Jackie & Lydia Hinkle**, who live in Severna Park, MD. Herb also read a message from **Jackie Rodgers**, another longtime club member. Jackie, who lives in Pittsburgh, PA, sent some information and materials that were distributed to the members present tonight. This information was about the ORAL CANCER FOUNDATION. The members present will review the information and it will be discussed at the August meeting. For those of you who were not present and would like to learn about this, you can do so by going to the following website: www.oralcancer.org.

Words of Wisdom from Beth Solomon – Beth reminded us that summer is here and our air conditioners have filters. These filters can cause more dryness for us, despite the humidity. This drying agent can have an effect on the way we talk, breathe, and swallow. She said it is important to take measures to moisten the air to enable better breathing. Some suggestions made to offset this were to use a humidifier, take showers, and use a moist cloth or gauze pad, or spray your foam stoma cover with water, if you wear one. **Itzhak** added that as we age, our heat intolerance increases.

Old Business – **Herb** and **Itzhak** reported on the IAL Annual Meeting. Itzhak told us that this meeting was well organized and that he was able to meet lots of people while sitting at the Luminaud table in the Vendor's room. He told us that several issues were voted on. Herb added that due to financial difficulties, the IAL has implemented many cost cutting changes and some very positive things are happening. He explained that several of the present IAL officers and BOD members are successful, experienced businessmen who are truly interested in the welfare of the IAL. Herb added that this meeting went much smoother than recent ones. Everyone seemed to be in agreement on key issues this year. He also told us about the WW Annual Dinner and

(Continued on page 3)

MEETING MINUTES

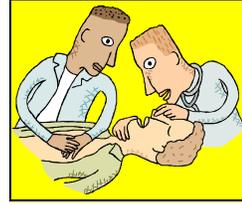
(Continued from page 2)

the IAL Banquet and the entertainment and good time that was had by all. Sally shared information about the historic candy factory that was visited and the trip to the horse races at Churchill Downs. Candy from the candy factory was passed around. Our Treasurer, Herb Simon, presented Itzhak Brook with a check in the amount of \$500 for being a first-time attendee and LCMC Delegate at the annual meeting. Several dates for the summer picnic were discussed. It was tentatively agreed that the picnic will be held at the home of Herb and Sally Simon on Sept. 25th at 2:00 p.m. Itzhak announced that he will be visiting family in California and has been invited to speak at The Orange County Lost Chord Club in September. Jim Roby again brought up the subject of meeting attendance that has recently been lower than usual. There was a good discussion on this topic, and it was decided that we will begin working on a questionnaire letter to be sent to local members for their feedback and input. It was agreed that a possible change for the time and day of the monthly meetings will be addressed at the Annual Summer Picnic, when we normally have more attendees. Herb gave us an update on the patient who had been undergoing radiation and chemo therapies and had a feeding tube placed. He located a non-laryngectomee Head and Neck cancer support group for the assistance he was looking for.

New Business – There was no New Business tonight. Peggy spoke to the group by using a computer program on the laptop she brought with her tonight. She sounded good with it. Thanks went out to **Peggy Bradberry** for bringing the refreshments to the meeting tonight. Helen Kane volunteered to bring the refreshments to the August Meeting, if she is in town. If she's not here, Herb & Sally will bring them.. A motion was made and seconded to adjourn. The meeting was adjourned at 8:58pm.

---Respectfully submitted

UPCOMING RESCUE BREATHING PRESENTATIONS



In May and June, Jim Roby, Itzhak Brook and Herb Simon made well received presentations to Montgomery County employees on the needs of Laryngectomees and other Neck Breathers in an emergency situation. These presentations are a part of the Montgomery County Advanced Life Support (ALS) continuing education requirements for county paramedic providers. The purpose of our participation is to help County emergency responders know about the issues these patients might have and what kind of emergency care may be needed on the scene, when a 9-1-1 is made. There are usually between 15 and 25 providers at each of these sessions. The providers who will attend these sessions include full-time career Fire/Rescue employees, and volunteers who cover many stations in the evening and on weekends, but have full-time non-Fire/Rescue jobs in the daytime. These volunteers may be teachers, lawyers, medical workers, etc. during the day and are medics at night and on weekends.

Below is the Airway presentation schedule for the rest of this year:

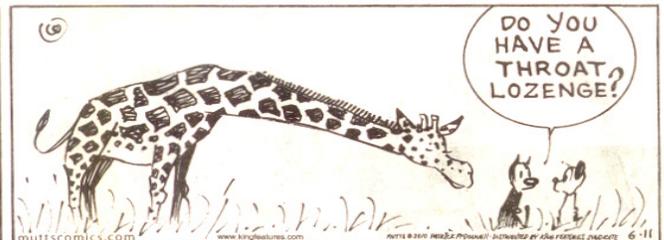
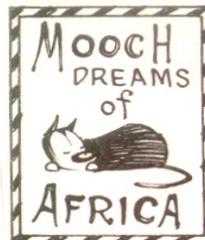
Section 1: Airway	08/11/2010	Wednesday
Section 1: Airway	08/28/2010	Saturday
Section 1: Airway	09/13/2010	Monday
Section 1: Airway	10/18/2010	Monday
Section 1: Airway	11/15/2010	Monday

We are once again looking for volunteers to take part in these presentations. Due to the amount of time allowed for this presentation, two laryngectomees is an optimal number for this presentation. We have found this will allow both presenters ample time to speak and answer questions from the audience. It is best if one is a TEP speaker and the other uses an Electrolarynx, but that is not absolutely necessary. One laryngectomee can give this presentation, if two of us are not available.

Would You Like To Take Part in one of these Presentations?

If you would like to participate in this meaningful project, contact Herb Simon at 301-588-2352 or by Email at H457@aol.com.

MUTTS



PATRICK MCDONNELL

STAYING HEALTHY

Act FAST if You See Signs of Stroke!

Stroke symptoms come on suddenly and may include:

- Numbness or weakness on one side of the body
- Trouble speaking or understanding
- Difficulty seeing
- Trouble walking
- Severe headache

The National Stroke Association recommends remembering the word FAST:

F = FACE Ask the person to smile.

Does one side of the face droop?

A = ARMS Ask the person to raise both arms. Does one arm drift downward?

S = SPEECH Ask the person to repeat a simple sentence. Can the person repeat it correctly?

T = TIME If the person shows any of these stroke symptoms, call 911.

A transient ischemic attack, or TIA, is a stroke with symptoms that vanish within one to 24 hours. The culprit is usually a blood clot that temporarily disrupts blood supply to the brain. A TIA may be a warning sign for a future stroke, requiring medicines or other stroke-preventing treatments. Because you can't tell whether an episode is a TIA or a stroke, get to the hospital as soon as you can.

Source: National Stroke Association

LARYNGECTOMEE PATIENT VISIT

July 2nd – Herb went to the Clinton, MD home of **Carmelita Carter** for a post-op visit with her brother, **Fernando Javier**. Fernando lives nearby with his niece **Consuella Miles**, who is Carmelita's daughter. Consuela arrived soon after the visit began and joined in. Throughout this visit, several other family members were present for short periods of time. Fernando is 82 years old, divorced and has three children and four grandchildren. He retired from George Washington University in 1982, when he first became ill. He had worked there for 27 years as a painter and plasterer. He had some treatments at that time and they were followed by a partial laryngectomy. Fernando had his laryngectomy surgery in January, 2008. Other than right after his surgery, he has never had a means of speaking, other than moving his lips with his audience watching closely. He wrote most of the time at the beginning of this visit, until Herb brought out a Loaner electro-larynx (EL) for him to try. After trying it a couple of different ways, it was determined by all present that he was most understandable when placing the EL to his cheek. Being used to writing everything, it took constant reminding that he could now talk. He began to use the EL more and more throughout the meeting. A Laryngectomee Information Packet with lots of information was discussed and left with Fernando. Fernando and his family are planning to attend the Speech Class and Meeting on July 14th. They made the decision that becoming more proficient at talking would be a great way to celebrate his 83rd birthday, which just happens to be that same day.

July 2nd – While in this area of town, Herb also visited with long time club member, laryngectomee **Ernest Johnson**, who needed a couple of new batteries for his EL. Ernest recently moved to a Senior's residence in Suitland, MD. He is very happy there. He has made a lot of new friends and joins in on many of the activities that go on there. Ernest expressed a strong desire to come to speech classes and club meetings again. He prefers not to travel by himself. He hopes that he can ride with someone, whether by automobile or on the Metro. Anyone who would like to help Ernest with this request may reach him by phone at **240-619-4855**.

Editor's Note: Many of our club members, who are Prince George's County residents, have expressed a desire and/or need to attend meetings more often. Helping Ernest would be a great opportunity to join us and help another laryngectomee at the same time. We hope to see Ernest and others at future meetings and club events.

July 21st – Herb went to the Bethesda Manor Care Health Services campus to visit with **Dr. Malcolm (Monty) Martin** (the patient) and his wife, **Dr. Arline Martin**. Also present was staff SLP **Jennifer (Jen) Rosensweig**, who arranged this visit. Dr. Martin is not a laryngectomee, however, he has not been able to voice, as a result of a recent illness. Herb and Jen worked with both Dr. Martins to help with voicing. The Martins were very appreciative of this visit and for being able to borrow an Electrolarynx from LCMC to use. They are hoping that being able to be heard and understood will soon be possible.

“PROBLEMS cannot be SOLVED with the MINDSET that created the problem.”

--- Albert Einstein