

# 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, 2012

### MEETING MINUTES

July 11, 2012

The meeting was called to order by **President Stanley Lipscomb** at 11:06AM. Others present were Herb & Sally Simon, Addie Shaw, Betty Money, Bill & Annetta Rapp, Charles Pickett, Helen Kane, and Nick Goodpaster. **Nick** read the Prayer for a Laryngectomee using his TEP voice. We all introduced ourselves with the laryngectomees telling when and where their surgeries were performed. **Addie** expressed how glad we all are  
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### MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB  
OF MONTGOMERY COUNTY

August 18th – 1:00 PM

### AT HERB & SALLY'S HOME

See Picnic Invitation and  
Directions to Herb & Sally's  
Silver Spring Home on  
Pages 5 & 6 of this issue

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

### I'VE LEARNED



I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a "life."

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

I've learned that if you pursue happiness, it will elude you. But if you focus on your family, your friends, the needs of others, your work, and doing the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day you should reach out and touch someone. People love that human touch --- holding hands, a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn.

---Author Unknown

## DO YOU KNOW WHAT TIME IT IS?



### IT'S 2012 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

## MEETING MINUTES

*(Continued from page 1)*

that Nick is rejoining the club. The minutes for the June meeting were unanimously approved as published in the July issue of *The Voice*.

**Treasurer's Report:** Herb reported that he had written 10 checks totaling \$1,264 and made one deposit in the amount of \$45.00. He broke down for us the reason for each check and who it was for. Most of them were to members for attending the IAL Annual Meeting. One was to the accountant who files our tax form for us each year for the past three years, and another was to the Church where we are now holding our meetings.

**Aunt Bea's Sunshine Report:** Addie reported that she had spoken with Ann O'Neill. Ann said she is experiencing a lot of pain, and her doctor has referred her to an oncologist. She requested our prayers. Sally reported that she and Herb paid Rudy Lashley a surprise visit at St. Thomas More Nursing and Rehabilitation Center in Hyattsville. Although Rudy is still on a ventilator, he looks good and is in good spirits. He would welcome other visitors. Cards for both Ann and Rudy were passed around for all to sign. Herb told us that Peggy Bradberry is undergoing a new type of chemo and is looking forward to being able to attend meetings again. She sent her thanks for the card we recently sent to her. Herb reminded us of the Memorial Celebration for Howard Eskildson to be held on July 15. We all signed a card to be sent to his life partner, Joan. Itzhak Brook could not be at the meeting today, but sent a "hello" to us all. Stanley happily announced that he has a new great-grandnephew.

**Old Business:** Herb reminded us of the annual picnic to be held on August 18th. A sign-up sheet to indicate what salad, side dish or desert we prefer to bring to the picnic was passed around. Herb told us that members of the New Voice Club of Northern Virginia will be joining us this year. He also told us that Jim Lauder will be bringing the new Blom-Singer EL-1000 to the picnic, and that several improvements have been made to it since we tried it out at our May meeting. Jim will bring some of these units which will be available for purchase at the picnic. Helen passed out copies of Itzhak's paper "Ventilation of Neck Breathers Undergoing a Diagnostic Procedure or Surgery". Herb reported that the Neck Breather Medical Awareness Decals are no longer available.

**New Business:** When asked by the ACS for help from LCMC, Herb purchased and paid for a refurbished printer, copier, and scanner from Staples in the amount of \$82.48 for them. A motion was made and approved to reimburse Herb for this donation. Herb said he had received a very nice thank you note from Joan Dickson on behalf of all the ACS volunteers who are using the machine.

**General Discussion:** At the request of his ENT, Stanley had made a brief pre-op visit to Phyllis Johnson to help her address concerns and to demonstrate that there is life after surgery. Last weekend Stanley and Herb met at Phyllis Johnson's Washington, DC residence for a post-op visit. Also present were Phyllis's daughter Michelle and her brother Kevin and his wife, Christine. Herb and Stanley answered the family's questions and Herb shared important facts about mucus, hydration and being pro-active regarding emergency care and future hospital visits. Phyllis is planning to attend meetings in the future. Stanley lives close to Phyllis and offered to bring her

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## MEETING MINUTES

(Continued from page 2)

to club events. **Helen** was thanked for bringing the delicious refreshments to the meeting. **Sally** kindly volunteered to bring them in September. A motion was made, seconded and passed to adjourn the meeting at 12:20 P.M.

---Respectfully submitted by,  
*Helen Kane*

## ENHANCES A SUPPORT GROUP WORKING TO SHAPE LIVES



Mandy Pietropaolo of ATOS Medical attended our meeting. She brought some ATOS products for us to see, including the new Liberty electrolarynx. We all had an opportunity to test it out. She also gave us some more information about Heat-Moisture Exchange (HME) systems and their benefits.

Due to some scheduling conflicts, we will not be meeting in August or September, but will reconvene for our next meeting in October- tentative date October 3rd. Stay tuned for more information as we near that date!

--- Tracy Higgins, M.A., CCC-SLP  
*George Washington University Hospital*

**“The only thing better  
than singing**



**is MORE singing”**

---Ella Fitzgerald

## NEW LARYNGECTOMEE PRE & POST-OP VISITS

June 19th – **Stanley Lipscomb** went to the Northeast Washington, DC home of **Ms. Phyllis Johnson** for a pre-op visit. Also present for this visit were Phyllis’ daughter, **Michelle**, two grand-daughters, and a close family friend. Stanley had been made aware of Phyllis’ upcoming surgery that was originally scheduled to be on June 11th about a month earlier, but they had not been able to get together. On June 19th, upon returning from the IAL Annual Meeting, Stanley called Michelle, to find out how Phyllis was doing. He was told that Phyllis’ surgery had been rescheduled to be on June 20th. He was also told that Mom was somewhat apprehensive about the next day’s event. Stanley then offered to stop by to talk with them and try to answer some of their questions. Michelle was glad for Stanley’s offer and the visit was arranged for that evening. During the visit, everyone was able to see that a laryngectomee can still be a pretty normal, happy and functioning person. Stanley explained that any real medical questions and concerns should be asked and answered by her doctors. He further stated that the doctors’ instructions should be observed and followed. He answered some of their questions and offered this advice: “*don't worry, take it easy, and get well*”. When Stanley left, everyone present seemed to be in much better spirits. Thanks go out to **Dr. Maria Martinez** of Kaiser Permanente for referring her patient to LCMC.

July 8th – Stanley Lipscomb & Herb Simon met at the Northeast Washington, DC home of **Phyllis Johnson** for a post-op visit. Also present were Phyllis’ loving family members: daughter, **Michelle Reed**, and her brother and sister-in-law, **Kevin & Cynthia Johnson**. Phyllis’ surgery was on June 20th at Inova Fairfax Hospital and was followed by a stay at Inova Fairfax Rehab & Nursing Home in VA. Phyllis, who is 57 years old, has 2 children and seven grandchildren, ranging in age from 19 months to 17 years old. After retiring from the Department of Transportation, she worked for several companies as a Security Guard. She will soon be retiring from her present position as a school crossing guard for the past 23 years. Phyllis is not speaking yet, so she was communicating both by mouthing her thoughts and questions and by written notes. The family and visitors could understand much of her mouthing because she articulated so well. Phyllis and her family members had many excellent questions. Because Phyllis’ surgery was more complicated than Stanley’s and Herb’s, many of the questions were deferred to her medical professionals. Stanley and Herb were able to answer their questions about mucus, humidity, emergency response and more. The contents of the new laryngectomee visitor packet given to Phyllis, compliments of LCMC, were reviewed. Many questions that hadn’t been thought of yet were also answered! Both Phyllis and her family members stated that they are looking forward to attending support group meetings and club functions. Stanley lives just a few minutes away from Phyllis and offered to bring her to club functions, if she needs a ride. Phyllis was in good emotional spirits. Between her, her loving family members and the visitors, there was much smiling going on throughout this visit. Thanks for another referral of Phyllis to LCMC go out to **SLP Andrew Clare** at the Inova Fairfax Rehab & Nursing Home.

**“You become what you think about. Negative thoughts  
reap negative results. If you think positive thoughts, you  
will get positive results.”**

---Earl Nightingale

## **NEW LARYNGECTOMEE VISIT**

July 21st – **Vicki Redman** brought her mother **Mamie Redman**, who is a new laryngectomee, and her son **Chase** to Herb & Sally's home in Silver Spring, MD. Mamie had her surgery on June 2, 2012 at the University of Virginia Hospital in Charlotte, VA. She is 68 years old. She had been happily married for 44 years when her husband passed away 6 years ago. She has two children, five grandchildren and one great-grandchild. Mamie retired in March of this year as a cafeteria employee at a rehabilitation center, where she had worked for the past 23 years. She lives in Staunton, VA and is staying with Vicki in Burtonsville, MD until she fully recovers and adjusts to life after surgery. Although Mamie speaks very well with her TEP voice, she expressed a strong desire to use an electro-larynx. While Sally was discussing caregiver issues with Vicki and Chase, Herb and Mamie went into another room to help her learn to voice with an electro-larynx.

Although she had radiation prior to her surgery, she was able to find a couple of sweet spots in the neck area and spoke fairly well in just a few minutes. Vicki and Chase soon joined Mamie and Herb and were able to understand Mamie for the most part. Mamie borrowed a Servox Digital EL take with her and practice with. She was also given instructions on its use. Mamie said she will be practicing to improve her EL speech. At this point Herb presented the New Laryngectomee information packet to Mamie and Vicki and went through the materials in it. Herb answered many questions and gave them several tips. Mamie, Vicki and Chase were all very pleased and feeling better about things in general when they were leaving. They indicated that they are planning to attend club functions while Mamie is in the area. Vicki found LCMC on The IAL web site on the Internet.



## **A Message Just for You**

### **New Medicare Benefits in 2012**

Are you aware that Medicare added five new preventive benefits you can get for free in 2012? Take advantage of the following benefits to maintain your highest level of health possible.

#### **New preventive benefits:**

- \*Cardiovascular screening and risk reduction with advice on how to combat heart disease.
- \*Depression screening, to make sure you keep your mental health.
- \*Obesity screening, and dietary counseling for people who are overweight.
- \*Alcohol misuse screening for people who are at risk for alcohol abuse.
- \*Screening and counseling for sexually transmitted diseases/infections, to keep you sexually healthy.

#### **Other preventive benefits:**

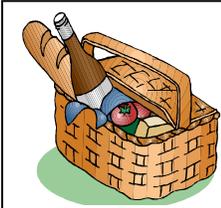
- \*Annual wellness doctor visit
- \*Flu shots and pneumonia shots
- \*Prostate cancer screenings and colonoscopies
- \*Mammograms, PAP smears, and pelvic exams
- \*Glaucoma screenings
- \*Bone mass measurements
- \*Diabetes screenings
- \*Counseling to help you quit smoking

You can find more information on preventive care covered by Medicare, at [Medicareinteractive.org](http://Medicareinteractive.org). Click on #4 "What Medicare Covers" and then under IV, choose m. "Preventive Care Services."

*---Reprinted from Strive For Healthy Living Magazine  
Summer 2012 Edition*



July 23rd – **Dr. Itzhak Brook** gave a presentation at the 8th International Conference on Head and Neck Cancer in Toronto, Ontario, Canada on. The talk's title was "Putting the personal Back in Personalized Cancer Therapy; A Physician's Experience as a Head and Neck Cancer Patient." Dr. Brook's goal is that his presentation will make surgeons more aware of their patients' needs.



# LCMC & NOVA



## 2012 Annual Summer Picnic

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The Laryngectomee Club of Montgomery County and  
 The New Voice Club of Northern Virginia  
 Combined Annual Picnic will be on  
**SATURDAY, AUGUST 18<sup>th</sup> at 1:00 PM**  
 at Sally & Herb's Hacienda

### **SPECIAL GUEST – JIM LAUDER**

**Jim will have the new Blom-Singer EL-1000 for us to try out. You can also purchase one for the \$179.00 introductory price.**

### **LARYNGECTOMEES & SLP's**

**Bring your Electro-larynxes & Loaner Inventory – FREE Tune Up & Repairs**

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*Y'all Come and Join the Fun! - You don't want to miss this one!  
 Bring Family and Friends - Eat Great Food - See Old Friends Make New  
 Friends - Raffles and Door Prizes*

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**Main Course and Non-alcoholic Drinks furnished by LCMC**

### **BRING A FAVORITE DISH**

Salad, Side Dish, Veggie Dish, Fruit, Dessert **OR**  
 Just bring yourself and join the fun.

## **RSVP**

**By Wednesday, August 15th**  
 Call Sally or Herb (301) 588-2352  
 or E-mail [H457@aol.com](mailto:H457@aol.com)

**Address and Directions to Picnic on reverse side of this page.**

## **Herb & Sally Simon**

403 Hamilton Avenue  
Silver Spring 20901  
301-588-2352

### **DIRECTIONS TO THE LCMC & NOVA PICNIC**

#### **From the Capital Beltway (I-495)**

**I-495** (Washington Beltway)

**Exit** onto **COLESVILLE ROAD – SOUTH** (Route 29)

**LEFT** at **FIRST** Traffic Light onto **Franklin Avenue**

**RIGHT** onto **WORTH AVENUE** (about 200 yards)

**LEFT** (full left-hand turn at stop sign onto **HAMILTON AVENUE**)

**#403 HAMILTON AVENUE** is at the top of hill on the left

#### **From the Olney Area**

**South** on **Georgia Avenue**

**LEFT** onto **UNIVERSITY BLVD. (Rte. 193 East)** continue several miles to

**RIGHT** onto **COLESVILLE ROAD - SOUTH** (Route 29) for about ½ mile

**LEFT** at **FIRST** traffic light onto **Franklin Avenue**

**RIGHT** onto **WORTH AVENUE** (about 200 yards)

**LEFT** (full left-hand turn at stop sign onto **HAMILTON AVENUE**)

**#403 HAMILTON AVENUE** is at the top of hill on the left

#### **From Washington, DC**

**NORTH** on **GEORGIA AVENUE** (7<sup>th</sup> Street in downtown DC)

**RIGHT** onto **COLESVILLE ROAD – NORTH**

**RIGHT** at the third traffic light onto **SLIGO CREEK PARKWAY\*\*\***

**LEFT** onto **WORTH AVENUE** (this is the first street on the left - about 200 yards)

**RIGHT** at stop sign onto **HAMILTON AVENUE**

**#403 HAMILTON AVENUE** is at the top of hill on the left

**\*\*\*Sligo Creek Parkway is not well marked.**

You may see a sign that says St. Andrews Way and think you're at the wrong place. **The key** is to turn right at the traffic light located at the bottom of the hill. It will be the next traffic light after Dale Drive and after you pass Mrs. K's Tollhouse Restaurant on the right. If you do this, you will be on SLIGO CREEK PARKWAY regardless of what the sign reads!

**You are welcome to park in the driveway. If you do, please pull all the way forward. If you park on the street, please park only on our side of the street.**