

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, 2013

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

ANNUAL SUMMER PICNIC

will be held at the home of:

HERB & SALLY SIMON
403 Hamilton Avenue
Silver Spring, MD 20901

On

Saturday
August 10th
at 1:00 PM

(See picnic announcement on
pages 5 & 6 of this newsletter)

The next regular meeting
will be on

WEDNESDAY
September 11th at
10:30 AM

Refreshments to be furnished by:
SALLY SIMON

11:00 AM

Business & Social Meeting

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

TEN IMPORTANT THINGS

LOVE

The Special Feeling That Makes You Feel
All Warm And Wonderful.

RESPECT

Treating Others As Well
As You Would Like To Be Treated.

APPRECIATION

To Be Grateful For All The Good Things
Life Has To Offer.

HAPPINESS

The Full Enjoyment Of Each Moment.
A Smiling Face.

FORGIVENESS

The Ability To Let Things Be
Without Anger.

SHARING

The Joy Of Giving
Without Thought Of Receiving.

HONESTY

The Quality Of Always
Telling The Truth.

INTEGRITY

The Purity Of Doing What's Right,
No Matter What.

COMPASSION

The Essence Of Feeling Another's Pain,
While Easing Their Hurt.

PEACE

The Reward For Living
These Most Important Things.

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



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

MEETING MINUTES

July 10, 2013

The meeting was called to order by **President Stanley Lipscomb** at 11:10 A.M. Others present were Herb & Sally Simon, Donald Sievers, Addie Shaw, Larry Dawkins, Helen Kane, Dwayne Boston, Rowland Nelson, and Bernard Lewis. **Addie** read the Prayer for a Laryngectomee using her Servox EL. We all introduced ourselves with the laryngectomees telling when and where their surgeries were performed and also sharing a little of their personal experiences. Everyone applauded Addie upon hearing she had reached her 12-year anniversary. The minutes for the June meeting were approved as published in the July issue of *The Voice*.

Treasurer's Report: Herb reported that he wrote two checks to the Christ Congregational Church for the May and June Meetings and another check to the IAL for a donation to help with the expenses for the Annual Meeting and Voice Institute. These checks totaled \$1,150. A deposit in the amount of \$205.00 was also made, since the last report. He also told us that he has Servox batteries available for purchase at the meeting today. The cost is \$20 each or two for \$35.

Aunt Bea's Sunshine Report: Herb read a message from renewing member **Karol Beaufore**, who lives in Alpena, MI thanking us for the work we do for laryngectomees. He also told us that **Itzhak Brook** is not able to be here today due to several appointments, and also let us know that **Michel Pommier** is about halfway through his HBO treatments now. Michel says 'Hi' to all of us. **Stanley** was happy to share that his younger brother, who underwent a liver transplant one year ago, has ended his weekly Interferon injections and is doing well.

Old Business: No Old Business was discussed.

New Business: Herb reported that there was excellent turnout for the 2013 Annual Meeting and Voice Institute in Spokane. A motion was made, seconded and approved to reimburse Herb and Irwin Title \$100 for their registration fee and representing LCMC at the IAL Annual Delegates Meeting. **Sally** reminded us that first-time attendees at the conference receive a reimbursement in the amount of \$500 towards their expenses. Herb and Sally said they enjoyed visiting the Spokane area and were able to have dinner with **Irv** and **Tema Title** to celebrate Tema's birthday. We were pleased to hear that the Titles are doing well. We discussed a date for the LCMC Annual Picnic and the availability of **Jim Lauder** to attend. It was decided that the picnic will be held at 1:00 P.M. on Saturday, August 10, at the home of **Sally** and **Herb Simon**.

General Discussion: The symptoms experienced before our laryngectomy were discussed. Most had hoarseness while some had

(continued on page 3)

MEETING MINUTES

(continued from page 2)

lost their voice entirely. **Rowland** told us about **IP6**, a cancer fighting supplement that helps build the immune system. The importance of securing an electro-larynx when in public was addressed. Some use a holster attached to a belt while others carry their device in their pockets. Herb said he always wraps his Servox cord tightly around his hand. Addie pointed out how by sharing ideas we learn from each other. Herb showed us an elastic band, invented by Jim Lauder, which can be attached to the top part of an electrolarynx to protect the inner workings from getting wet and also to keep the cap in position. **Bernard** said he had read that the number of laryngectomees is increasing. Although fewer surgeries are required because of smoking, more are needed because of the human papillomavirus. Herb stated that smoking cessation is both mental and physical; however, after 30-45 days it is no longer physical. From then on it is totally mental. Herb distributed orange neck breather awareness bracelets, which had generously been donated to the club by Luminaud Inc. **Helen** was thanked for the wonderful refreshments. **Sally** volunteered to bring the goodies to the September meeting. The meeting was adjourned at 12:50 P.M.

*---Respectfully submitted by,
Helen Kane*

"People don't care how much you know until they know how much you care"

POST-OP LARYNGECTOME VISITATIONS

July 13th – **Curt & Mae Forsythe** came over to Herb's home for this visit. Curt, who had his surgery on May 3rd at Georgetown University Hospital, looked great. The purpose of this visit was to look at the various types of Electro-larynxes available for him to use, before purchasing one of his own. He is presently using a Servox loaner from the hospital where he had his surgery. His neck is still way too hard to find a good sweet spot. He was speaking quite understandably with an oral adapter. With the device placed at his cheek, he was also understandable, when the placement was good. He could not hear himself speak with the device placed at his cheek, due to vibration and buzzing sound. Herb suggested that Curt practice both methods daily in front of a mirror, both with Mae present and by himself. When Curt & Mae were told about the upcoming LCMC Annual Summer Picnic, they were excited about this news and told Herb they plan to be there and look forward to meeting others who will be there.

July 27th – Herb went to the Annandale, VA home of **Jim Crupper**, who had his surgery on June 24th at Inova Fairfax Hospital. Jim, who is 86 yrs. old, was a wholesale building supply representative before he retired. He loves gardening, has served as an usher at his church, and he likes to read. Also present for this visit were his daughter **Susan Edson**, home care nurse **Catherine Duran** and home health **SLP Giovanna Perkins**. Susan requested this visit with the purpose of letting her dad see that there can be good quality of life after surgery and to hopefully help to motivate her dad to learn to speak with an electro-larynx. Jim had a new electro-larynx that he had been trying to learn to use with an oral adapter. He became frustrated and decided that he did not want to talk with it. At the beginning of this visit, Jim was communicating by mouthing words and writing down his thoughts on a writing board. Herb adjusted the EL for him and coaxed Jim to try to speak with it. He was not very understandable with the oral adapter, so the EL was placed to Jim's cheek and after some instruction, he was able to speak somewhat understandably without the oral adapter. Jim was having trouble with placement, so Herb next tried placing it at Jim's neck. Because Jim had not had radiation treatments prior to his surgery, his neck was rather soft. With some instruction on placement, articulation and phrasing, Jim began to speak and be understood by all present, and he soon began to smile some as he improved. Having accomplished this, the conversation moved to daily living after surgery. The subject of laryngectomee safety was the first topic and Herb went over some helpful materials he brought that pertained to this important subject. Many good questions were asked by Susan and Catherine about mucus secretions, showering and the importance of keeping the stoma covered. The importance of humidification and hydration were also discussed. Catherine had prepared lunch and it was time for Jim to eat. Herb left an information packet from the New Voice Club of Northern Virginia. Jim smiled and sincerely thanked Herb very much for coming to visit.



Q. What humidity level is best for a laryngectomy?

A. 40% to 60% humidity is pretty well accepted as the best level for a laryngectomy. Cold, dry or dusty air is to be avoided. In general, laryngectomees fare better in the summer months and in warmer climates. Digital hygrometers can be purchased very inexpensively and are a good bet for laryngectomees to be certain their humidity level is where it needs to be.

*---Reprinted from
The Florida Laryngectomy Association
Q & A Booklet for the Laryngectomy*

BITS OF HUMOR



“Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.”

---Henry James

NEW LAUDER ELASTIBAND TECHNOLOGY

The number of uses for it depends on the user's imagination. Pictured are just a few of the uses.



It is especially useful to hold a moisture barrier in place, or to keep the sounding head of your artificial larynx precisely placed. It can be placed over the external knobs and switches to protect and keep them from wandering.

We are not selling this product. Anytime an instrument comes in for repair, it will leave with a Elastiband on it. We will also be installing them on instruments at Laryngectomy conferences and clubs that we visit around the country.

--- Jim Lauder

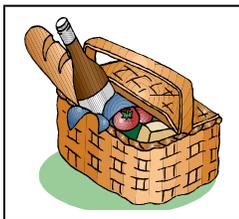
Editor's Note: Jim will be giving away his latest useful invention for laryngectomees . . . the new protective covers for Electro-larynx devices at our upcoming Annual Summer Picnic next month. He will also be available for a FREE Tune Up & Repairs for your speech devices, so all you laryngectomees who are planning to attend; be sure to bring yours with you.

SLPs are welcome to join us and bring your Loaner Inventory to receive this free service from Lauder Enterprises. For the devices cannot be repaired here, Jim will take them back to be repaired at his shop in San Antonio, TX. This will save you half of the shipping and handling fees.

DO YOU NEED BATTERIES FOR YOUR SERVOX?



You can purchase batteries for your Servox at our Annual Summer Picnic. The cost for these batteries is \$20 apiece or two for \$35.00.



LCMC



2013 Annual Summer Picnic



The Laryngectomee Club of Montgomery County and
Annual Picnic will be on
SATURDAY, AUGUST 10th at 1:00 PM
at Sally & Herb's Hacienda

SPECIAL GUEST – JIM LAUDER

Jim will be giving away his latest useful invention for laryngectomees . . .
the new protective covers for Electro-larynx devices

LARYNGECTOMEES & SLP's

Bring your Electro-larynges – FREE Tune Up & Repairs by Jim Lauder



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 - Raffle and Door Prizes



Main Course and Non-alcoholic Drinks furnished by LCMC

GRILLE CHEF PETE WILSON

will be preparing the burgers & dogs again this year

BRING A FAVORITE DISH

Salad, Side Dish, Veggie Dish, Fruit, Dessert OR
Just bring yourself and join us for a fun time.



RSVP

By Wednesday, August 7th

Call Sally or Herb (301) 588-2352 or E-mail 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 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** (7th 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.