

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, 2015

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

ANNUAL SUMMER PICNIC
Special Guest – JIM LAUDER

Saturday, August 22nd
at 1:30pm

(See picnic invitation on last
two pages of this newsletter)

The September LCMC
Monthly Support Group
Meeting will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday

Sept. 9th at 10:30 AM

Socializing & Refreshments
Business & Social Meeting

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

THREE THINGS

Three things in life that, once gone, never come back:

1. Time
2. Words
3. Opportunity

Three things in life that can destroy a person:

1. Anger
2. Pride
3. Unforgiveness

Three things in life that you should never lose:

1. Hope
2. Peace
3. Honesty

Three things in life that are most valuable:

1. Love
2. Family & Friends
3. Kindness

Three things in life that are never certain:

1. Fortune
2. Success
3. Dreams

--- 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 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

MEETING MINUTES

The meeting was called to order by **President Stanley Lipscomb** at 11:08 A.M. Others present were Herb Simon, Jim & Ursula McDonald, Donald Sievers, Phyllis & Richard McMullen, Raphael Urciolo, Jean Urciolo, Constance Battle, Michel Pommier & Julie Knowles and Susan Dunton.

Donald Sievers read the Prayer for a Laryngectomee with his hands-free TEP voice. Stanley extended a warm welcome to all in attendance. We each introduced ourselves with the laryngectomees telling when and where their surgeries were performed. The minutes for the May meeting were unanimously approved as published in the June issue of *The Voice*.

Editor's Note: **SLP Mandy Pietropaolo** conducted a very well attended speech class prior to the meeting. Due to other commitments, she had to leave when the speech class was over, and could not stay for the meeting.

Treasurer's Report: **Herb** reported that he had written 4 checks totaling \$1,872.96 and made one deposit in the amount of \$380.00, since the last report. He broke down for us the reason for each check and who it was for. One was for our meeting room rental fee. The others were for the IAL Annual Meeting and Voice Institute held in Towson, MD in June to pay for the baskets with items from Maryland that were given as prizes at the IAL Banquet, and for the entertainment at the IAL Banquet. The banquet turned out to be a grand affair enjoyed by all who attended. Herb passed out reimbursement checks to the laryngectomee club members for their IAL AM / VI registration fees, before and during today's meeting.

Aunt Bea's Sunshine Report: Herb reported the following: **Helen Kane** passed away on June 9th. He and **Sally** attended her Memorial Service on June 14th. A sympathy card for Helen's family was passed around and signed by all in attendance. **Rosa & Edward Fernandez** wrote that they are not able to be present at the meeting today because Edward has an appointment regarding undergoing lymphedema physical therapy. The email message included thoughts on their experience at the recent IAL AM/VI that they attended and want to share with us. Copies of the message were passed around to those present, and **Michel Pommier** read it aloud to everyone at the meeting (see their article on page 3 of this issue).

Old Business: None

New Business: Herb brought up the date for the LCMC Annual Summer Picnic. He'd already been in contact with **Jim Lauder** and they had tentatively planned for Jim to come for the picnic on September 19th. The group voted for that date, but when we found out that **Michel and Julie** would be traveling to Europe again at the end of August, Herb said he would call to see if Jim could be here for the Picnic in August. The group agreed that was a good idea, so the actual date was not decided upon at this meeting (Update: Jim agreed to the August 22nd date). Herb brought up the need for an interim replacement to serve as the LCMC secretary for the rest of the year, due to the recent passing of our longtime secretary, Helen Kane. **Ursula McDonald** graciously volunteered to serve in that position.

General Discussion: This segment of the meeting focused on the events at the IAL Annual Meeting and Voice Institute in Towson MD in June. Stanley told about how he helped the students in the Voice Institute by

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MEETING MINUTES

(Continued from page 2)

demonstrating the use of electro-larynxes, including a 'Tokyo' pneumatic speech device that he was introduced he was introduced to at the Voice Institute earlier. He added that you can see this device demonstrated on You Tube. The question on laryngectomees being able to swim again, after surgery was brought up. Stanley said there was a swimming demonstration at the hotel swimming pool. He mentioned the use of a Larkel device and other methods that were used (Note: this demonstration takes place at most IAL meetings). **Phyllis**, who has been a laryngectomee for almost 21 years, thanked Herb and the club for reimbursing her for the registration fee for the IAL Meeting. She also inquired about the club's support in this manner for members and new members. Herb clarified it for her. Phyllis shared her experience and some of her thoughts about the IAL Annual Meeting. She told us that the 2016 IAL AM / VI will be held in Dallas, TX. There was some general discussion on the way the meeting was conducted and that the number of members on the IAL Board of Directors has changed noticeably in recent years. There was a lot of discussion and conversation on this subject. Herb told us that the Silver Spring office of the ACS will be closing in August and moving in with the Prince Georges County office. This could possibly result in a change in how the newsletter is copied and mailed. Herb requested for all who are receiving the newsletter via US mail who have Email access to let him know, so he can email the newsletter to them in the future. Michel opened a discussion on esophageal speech and where find out more about this method of communication. Everyone thanked **Phyllis & Richard** for bringing the delicious food goodies today. The meeting was adjourned at 12:45 PM. Many of us stayed around eating and chatting for quite awhile.

*---Notes for the meeting minutes by,
Susan Dunton*

SHARING OUR EXPERIENCES AT THE IAL ANNUAL MEETING & VOICE INSTITUTE



Edward & Rosa Fernandez

We would like to share our experiences at the IAL Annual Meeting & Voice Institute in Towson with the group. We were looking forward to the July LCMC meeting, but I (Edward) have my first doctor's appointment for Lymphedema physical therapy. I first learned about Lymphedema physical therapy at the speech class before the LCMC meeting in May from Atos rep and SLP Tara Dean, and we would like to thank her. We also learned more at that meeting and at the IAL Annual Meeting & Voice Institute.

The IAL Annual Meeting and Voice Institute were very informative, and everyone was very friendly and helpful to us. There were people helping me in speech classes. We also went on a trip to Johns Hopkins University Hospital, where I was evaluated to see if could speak, and I did very well.

When we returned home I received several email messages from Dr. Philip Doyle, Ph.D., Professor and Senior Research Scientist, Rehabilitation Scientist, Voice Production & Perception Laboratory for Well-Being and Quality of Life at the University of Western Ontario, Canada. He is gathering information for me regarding speech devices.

I've also received email communication from Dr. Paul Evitts, Ph.D., SLP-CCC, Associate Professor Department of Audiology, Speech-Language Pathology, & Deaf Studies at Towson University. He spoke with me at the IAL meeting in Towson and wants to follow up on our discussion of an AAC device for me. His university is able to do a complete evaluation for me for an AAC device that will help enable me to talk/communicate.

I told Dr. Evitts that I have appointments in July for Lymphedema physical therapy, however, I would I love to get a complete evaluation for an AAC device in the near future. So hopefully after therapy I will be going to Towson for a complete evaluation for an AAC device.

*---Thank you for letting us share,
Edward & Rosa*

TEAMWORK

“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.”

---Vince Lombardi

IN MEMORIAM



Helen Gail Kane

August 26, 1942 – June 9, 2015

Mom was born on August 26, 1942 in Tacoma Park, Maryland. She was the youngest of three children born to Lonnie and Mamie Beach. Her family called her "Dimples" because of her beautiful dimples when she smiled. Her beautiful granddaughter, Katelyn, was the lucky one who inherited those dimples!

Mom's life revolved around her family, especially her children. When we were growing up, there were trips to the beach, the park for picnics, the lake for swimming, the zoo, Hershey Park, King's Dominion, The Enchanted Forest, neighborhood cook outs, and camping. Mom loved seeing her children happy. She even counted out m&m's so we didn't complain that one of us got more red ones than the other! Mom was also very involved with her church, St. Francis of Assisi. She volunteered tirelessly. She was always willing to lend a helping hand to anyone one who needed it. When her brother Lonnie fell on hard times, he stayed with her.

In 1988, Mom was diagnosed with throat cancer. The cancer was pretty advanced when it was discovered, so her prognosis was not great. But Mom was a fighter. She still had her youngest child, Daniel, to raise and she was not about to leave that job unfinished. Mom had surgery and spent six weeks in the hospital. Once her radiation started, she drove herself to every treatment. She had started a new job just before her diagnosis, so she was anxious to get back to it as soon as possible. Mom now talked with a servox, but she did not let that hold her back. She was indispensable to her boss, Mr. Dickoff, the principal at Watkins Mill High School. Daniel also attended Watkins Mill, and was very surprised to learn that people actually liked her!

Mom retired from Watkins Mill in 1999. Then she began her next adventure. She became part owner of a furniture store with her long time companion, Ennis. Mom retired from the furniture business in 2006 and moved to Frederick.

Mom joined the Laryngectomee Club, eventually becoming their secretary. Mom enjoyed the meetings and the group outings they went on. It was nice for her to have a connection with others that were dealing with the same things she was.

Mom was a voracious reader. She was tickled when her friend, Grace, gave her a Kindle for her 70th birthday.

Mom was a fabulous cook. No matter what she made, it was delicious. We all had our favorites...crab dip, mincemeat pie, rigatoni, potato salad, macaroni and cheese, meat loaf and hash brown casserole. I have until Thanksgiving to work on my crab dip recipe!

Mom loved to travel. She went on cruises with her friend from work, Ruth. There were many trips to New York City with her lifelong friends, Doris and Grace for shopping and shows. And in the last two years, Mom and Doris traveled to Prince Edward Island and Alaska, which had been a lifelong dream for her.

Mom was a friend to everyone she met. Her friend, Agnes, has been in a nursing home for the last two years. Mom would drive from Frederick to Bethesda two to three times a week to spend time with her. She did this faithfully, despite the fact that she did not feel well herself, and visited Agnes right up until the time she went into the hospital herself in January. She made many wonderful friends at Watkins Mill and they continued to get together for girls' lunches, after everyone retired.

Mom's greatest joy in her life were her children, Patti, Michael, Tony and Daniel, her grandchildren, Beth, Tommy, Brendan, Katelyn, Patrick Kehoe, Karla, Anthony, Michael, Jonathan, Keilie, Patrick Kane, Margie and Angie, and her great grandchildren, Tyler, Kaylie, Chase, Connor, Madison, Teigan and Remy. While she didn't get to meet Remy in person, she did hear him cry just after he was born.

Mom also cherished her nieces and nephews and was a big part of their lives.

Mom was always there for us, no matter what. She supported us in good times and bad.

Our beautiful Mother passed away on June 9, 2015. She went to heaven to be with her family members that went before her...her Mama and Daddy, her love, Ennis, her beloved sister Thelma (Boots) and her brother in law, Joe and their children Ronnie and Lisa, and her brother Lonnie (Snookie). We know they were waiting for her with open arms.

There is a hole in our lives where Mom once was, but we know Mom is now our angel, looking down and keeping an eye on us all.

---Patti Kehoe



LCMC



**The Laryngectomee Club of Montgomery County
Annual Summer Picnic will be on
SATURDAY, AUGUST 22nd at 1:00 PM
at Sally & Herb's Hacienda**

SPECIAL GUEST – JIM LAUDER

LARYNGECTOMEES & SLP's

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

~~~~~  
*Y'all Come and Join the Fun! - You don't want to miss this one!  
Bring Family and Friends - See Old Friends Make New Friends  
And last, but far from least --- EAT SOME GREAT FOOD*

~~~~~  
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.**

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**RSVP**

**By Wednesday, August 19th**

**Call Sally or Herb (301) 588-2352**

**or E-mail [H457@aol.com](mailto:H457@aol.com)**

**Address and Directions to the LCMC Picnic are on the next page.**

## **Herb & Sally Simon**

403 Hamilton Avenue  
Silver Spring 20901  
301-588-2352

### **DIRECTIONS TO THE LCMC ANNUAL SUMMER 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.**