

# 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, 2016**

### **MARK YOUR CALENDAR**

THE LARYNGECTOMEE CLUB  
OF MONTGOMERY COUNTY

**ANNUAL SUMMER PICNIC**  
Special Guest – JIM LAUDER

**Saturday, August 13th**  
**at 2:00pm**  
(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. 14th at 10:30 AM**  
**Socializing & Refreshments**  
**Business & Social Meeting**

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

### **FIGHT AGAINST CANDIDA**



*by LCMC Member Michel Pommier*

Many laryngectomees using a TEP have experienced Candida growth on their voice prosthesis. The presence of Candida often prevents the small valve of the prosthesis from closing properly, and it creates potential leaks of liquids or food into the lungs. Candida is a fungus (a form of yeast), and a very small amount of it lives in our gastro-intestinal (GI) track. Its main job is to help out with digestion and nutrient absorption, but when overproduced, Candida can cause leaky guts.

To successfully contain the growth of Candida, we need to do three things: 1) stop the yeast overgrowth, 2) build up the friendly bacteria, and 3) heal our gut.

Getting rid of the Candida overgrowth mainly requires switching to a low-carbohydrate diet. Sugar is what feeds yeast. Eliminating sugar in all of its simplest forms and cutting back more complex carbohydrates, such as grains, beans, fruit, bread, pasta, and potatoes, will help prevent the growth of Candida.

Next, we should rebuild the good bacteria that will typically keep our Candida population under control. Taking anywhere from 25 to 100 billion units of probiotics on a regular basis should help to reduce the Candida levels and restore our levels of good bacteria.

Finally, to heal our gut, we need to eliminate inflammatory foods that can harm our GI tract and provide the nutrients necessary to enable the gut to repair itself. One helpful supplement, at least for me, has been N-acetyl cysteine (NAC). NAC is a broad spectrum compound traditionally used in conventional medicine to relieve people from the coughing, wheezing, and thick phlegm associated with cold and flu. New clinical research reveals that NAC fights stomach infection on two fronts, functioning both as a powerful antioxidant and regulating inflammation. As a result, my Candida population seems to have been dramatically reduced.

## DO YOU KNOW WHAT TIME IT IS?



**IT'S 2016 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

## MEETING MINUTES

July 13, 2016

The meeting was called to order by **Treasurer, Herb Simon** at 11:05 A.M. Herb told us that **President Stanley Lipscomb** is not able to attend today because he is having trouble with his car and is waiting for a tow truck to arrive. Others in attendance were Sally Simon, Jim & Ursula McDonald, Bernard Lewis, and Michel Pommier. **Jim** read the Prayer for a Laryngectomee using his electro-larynx, and his wife, **Ursula**, read the prayer for a Laryngectomee's Spouse / Caregiver. The minutes for the June meeting were unanimously approved as published in the July newsletter.

**Treasurer's Report:** Herb reported that he wrote a check for the meeting room rental and made one bank deposit since the last report. He then gave an in-depth report on our club bank account.

**Aunt Bea's Sunshine Report:** Ursula reported that **Mark Reichenbacher** is not able to attend today. He is in Florida visiting his 90 year old Mother.

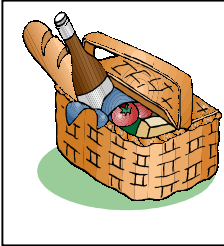
Herb read a handwritten note from **Rowland Nelson** that came with his dues and donation. Rowland is doing well and sends his best to all of our club members. Herb also read email messages from **Don Sievers** and **Sierra Downs**. Don is home now from NIH where he had been for quite a while. He cannot drive for a while due to having to wear an oxygen tank when he goes out, as well as a hose to an oxygen converter when indoors. He said he'll be all right, but it will take some time. He closed by saying that he really misses the meetings and seeing all of us. Sierra wrote to let us know she will not be able to make it to the meeting today and she hopes to make it to a meeting in the near future.

**Old Business:** None

**New Business:** Jim & Ursula, who are residents of Martinsburg, WVA presented some articles on the severe flooding that took place in West Virginia at the end of June. One of the articles told of the widespread catastrophe that has affected the residents in the areas that were flooded. Another article told of a relief fund that **Randy Smith**, a resident of Martinsburg and a great benevolent person in the community, has volunteered to match all donations up to \$10,000. A motion was made by **Michel** to donate \$200.00 to this fund to help the folks affected by the floods. The motion was seconded and unanimously passed. The LCMC Annual Summer Picnic will be held on August 13<sup>th</sup> at the Silver Spring home of Herb & Sally (see the invitation and directions to Herb & Sally's home on pages 3 & 4 of this newsletter). **Jim Lauder** will be joining us again and available to tune-up and repair electro-larynxes for those who attend. Flyers for the upcoming Atos Medical 'Your Voice' event on Aug 2<sup>nd</sup> at GMBC Hospital in Baltimore were distributed to those present.

**General Discussion:** Due to small attendance, the discussion was rather casual. Michel informed us that he recently purchased a larkel. He said it is working great and has enabled him to enjoy swimming again. He added that he is presently experiencing a problem with sciatica. We enjoyed great snacks furnished by **Sally** amid discussion about modern technology --- computers versus writing letters, language nuances and dialects in English and foreign languages, and discipline in today's society. It was discussed whether or not we should have a meeting in September because Herb & Sally and Michel will be away and we have had small attendance at the last two meetings. It is announced in this newsletter, but there will be a query at the Picnic to see how many are planning to attend. If the number is low, the September meeting will be cancelled and the next meeting information will appear on the front page of the September issue of our newsletter. Ursula & Jim will provide the refreshments for the next meeting. A motion to adjourn was made by Jim and seconded by Bernard. The meeting was adjourned at 12:45 PM.

---Respectfully submitted by,  
Ursula McMullen



**LCMC**



**The Laryngectomee Club of Montgomery County  
Annual Summer Picnic will be on  
SATURDAY, AUGUST 13th at 2:00 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.**



**RSVP**

**By Wednesday, August 10th  
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.**