

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



APRIL, 2016

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Monthly Support Group
Meeting will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday

April 13th at 10:15 AM

Speech Class with
Mandy Pietropaolo, SLP

10:30 AM

Socializing & Refreshments
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

THE TRAIN OF LIFE



At birth, we boarded the train of life and met our parents, and we believed that they would always travel by our side. However, at some station, our parents would step down from the train, leaving us on life's journey alone.

As time goes by, some significant people will board the train: siblings, other children, friends, and even the love of our life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we won't realize that they vacated their seats! This train ride has been a mixture of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells.

A successful journey consists of having a good relationship with all passengers, requiring that we give the best of ourselves. The mystery that prevails is that we do not know at which station we ourselves will step down. Thus, we must try to travel along the track of life in the best possible way -- loving, forgiving, giving, and sharing.

When the time comes for us to step down and leave our seat empty -- we should leave behind beautiful memories for those who continue to travel on the train of life. Let's remember to thank our Creator for giving us life to participate in this journey.

I close by thanking you for being one of the passengers on my train!

---Written by Kathleen a Nazarene,
Submitted by Ursula McDonald



1. Reduces Cholesterol
2. Natural Diuretic
3. Reduces Inflammation
4. Protects from Cancer
5. Helps Treat Bladder Infections
6. Good for Joint Health
7. Helps Manage Blood Pressure
8. Treats Bad Breath
9. Aids in Weight Loss
10. Alleviate Menopausal Symptoms
11. Reduces Stress
12. Supports Proper Digestion
13. Improves Sexual Health
14. Good for the Eyes
15. Slows the Aging Process

PONDER THIS!



If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

MEETING MINUTES

March 7, 2016

The meeting was called to order by **President Stanley Lipscomb** at 11:02 A.M. Others in attendance were Donald Sievers, Jim & Ursula McDonald, Phyllis & Richard McMullen, Bernard Lewis, Michel Pommier, Charles Pickett, and Herb & Sally Simon. The minutes for the December meeting were approved as published in the January issue of *THE VOICE* newsletter. Phyllis McMullen read the Prayer for a Laryngectomee and her husband, Richard followed by the reading of the Prayer for a Laryngectomee's Spouse/Caregiver. There were no new members or guests present today.

Treasurer's Report: Herb reported that since the last report in December, he has written four checks totaling \$455.00 and made two deposits in the amount of 335.00 for a negative cash flow of \$120.00. He said before today's meeting we had 21 dues paying members for 2016, and added that several members paid their dues at the meeting today.

Sunshine Report: Herb received an email message and some notes with dues payments and shared them with the group: **Carol and Rick Gregory**, sent a personal note with their dues saying they enjoy the newsletter and hearing about everyone. They send their best wishes to all of us for a healthy New Year. Carol is the sister of **Phil LeGrande**, a long time active member of LCMC who served as President for 3 terms before passing away several years ago. **Sue Griffing** sent a note with her dues payment. Her husband, **Robert Griffing**, was a very active member of the club for several years before passing on a few years ago. His passion was giving Tobacco Awareness presentations to Middle School students. Sue wrote that she retired on the first of this year and has been enjoying everyday since. She shared that her son Rob is getting married on May 14th, and she is loving all the fun and preparation for this gala event. Sue closed with telling us all to "take care and be well." **Rowland Nelson** sent in his dues along with a handwritten note wishing us all a belated Happy New Year. He wrote that he has been having some ups and downs, and that he hopes that we are all in good health and spirits. **Julie Robbins**, sent an email message letting us know the sad news that her father **Harvey Radtke**, who lives in Pomfret, MD, is not doing well, and is now under hospice care. **Ursula** shared with us that Laryngectomee **Martin Wielgus**, from Hedgesville, WVA passed away unexpectedly on February 25th and brought a copy of his Obituary that appeared in their local newspaper to the meeting. Herb added that he has been in contact with Martin's niece, Ann, who will be writing a Memorial Article for her Uncle that will appear in the next issue of *THE VOICE*.

Old Business: None

New Business: Herb told us how much money was spent for the Holiday Party by Sally. **Don** made a motion for reimbursement for the party expenses, which was seconded by **Jim** and unanimously passed.

General Discussion: Don shared with us that due to breathing problems and lack of energy, he couldn't come to the Holiday Party. He said that he is now receiving Pulmonary Therapy and Rehab, and is showing improvement and feeling better. **Charles** concurred with Don on importance

(continued from page 2)

MEETING MINUTES

(continued from page 2)

of exercise and said that he does so everyday at home. **Bernard** told us he hasn't been to club meetings recently because he has been traveling a lot more than usual. Much of his traveling has been to see his Grandson, who is attending Miles College in Alabama on a golf scholarship, compete in many of his tournaments. Ursula shared some information from an article in her local newspaper entitled "To Your Good Health", written by Dr. Keith Roach. The article was about the many benefits of the HPV vaccine. It suggested that Oropharyngeal cancer in both men and women is on the rise a connection has found with HPV in cervical cancer. It urged that all 11-12 yr. olds should get the HPV vaccination. There does not seem to be a weakening of protection and boosters should not be needed. Don mentioned a dinner followed by an outdoor concert that the group had at McGinty's Pub & Restaurant in Downtown Silver Spring, last year. He enjoyed the food so much; especially the Corned Beef. He suggested that we do it again this year. Sally will check for the dates that the concerts will take place in Silver Spring this summer. Stanley mentioned a Medicare Manual he receives now and a discussion followed about vision benefits as well as some of the pro's and con's of Medicare, VA, Kaiser Permanente and other insurers by several members (just about every laryngectomy present had input in this topic of discussion). You can also access this manual and find all the guidelines online at www.mymedicare.gov. A discussion about CT Scans followed, some members have had them, some never. A multitude of scans can have negative effects on your body. A member suggested that bloodwork to check T-Cells can show something amiss in your body. Phyllis made a motion to adjourn that was seconded by Jim and passed. The meeting adjourned at 12:40 pm.

---Respectfully submitted by,
Ursula McDonald

IN MEMORIAM



Martin Wielgus

Uncle Marty was born on July 4, 1940 in Bayonne, New Jersey, and he passed away on February 25, 2016 at his home in Martinsburg, West Virginia after a battle with cancer. He grew up the son of a baker and his wife, the middle child of 5, and graduated in 1957 from Regis High School in New York City. He attended the Julliard School of Music for some time. In 1962 he joined the U.S. Navy. He served for four years, mostly in Spain.

He worked for some time in NYC, and later attended Fordham University, but he transferred and graduated from the University of Texas with a B.S. Degree in math.

Though he was a man of few words, Uncle Marty was always the silent observer, a genius of sorts, he was multilingual, studied things like sand script, just for his own interest. He loved to listen to and write classical and jazz music.

He continued a lifelong love of learning with degrees from University of Texas, a Masters in computer science from Johns Hopkins University, a BS in Economics from Shepherd College, and he enjoyed spending his days deep in studying.

Besides his studies, he was a student of the world and loved to travel. He also had his pilot's license and flew his own plane until his health issues forced him to give up the skies

The bulk of his adult life he lived in Texas and mainly worked writing software for Mack diesel truck engines. He also spent his professional career in other specialized analytic fields, and he lived in many states including Arizona, Alaska, Texas, Maryland, New Jersey, Pennsylvania, New York, and finally in West Virginia.

Uncle Marty is survived by his sister, Susan Wielgus Gattis of Bayonne, NJ; his brother, Joseph of Bridgewater, NJ; and eight loving nieces and nephews. He requested to be cremated, with no services to be held at his time of death, and to have a Naval burial at sea.

---Ann Witmer, Niece

LARYNGECTOMEE SUPPORT GROUP PRESENTATION



**By LCMC Member
Dr. Itzhak Brook**

March 17th - LCMC member Dr. Itzhak Brook gave a lecture about 'Life Challenges as a Laryngectomee' to the New Voice Club of the New Frontier in Buffalo, NY. There were about 40 attendees including longtime club SLP Joseph Sonnenberg and 4 other SLPs and club members. Dr. Brook spoke about side effects of radiation and chemotherapy; methods of speaking after surgery, airway, stoma, and voice prosthesis care, eating and swallowing, medical, dental and psychological concerns; respiration; anesthesia; and traveling. At the conclusion Dr. Brook answered questions and signed copies of his book, 'The Laryngectomee Guide' given free to those present by Atos Medical.

***Editor's Note:** At a recent meeting, Ursula McDonald told us that she read an article in the latest issue of The IAL News by SLP **Joseph (Joe) Sonnenberg**. He has headed the support group that she and Jim attended, when they were living in Buffalo, where Jim had his laryngectomy. She added that Joe was very instrumental in helping Jim's well being, right after his surgery, and continued to do so through the aftermath that followed. Ursula sent Joe an e-mail to complement him on the article. She also mentioned that Dr. Brook, who was published in the same issue, is a member of LCMC, the support group that she and Jim are now active members of. Ursula & Jim made a trip to Buffalo for another reason and were able to attend the Buffalo Club's February meeting. They enjoyed visiting their 'old' group and seeing Joe Sonnenberg again. He asked for a copy of our 'THE VOICE' newsletter, and Ursula gave him a couple of recent issues. They will be keeping in touch through it in the future.

NEW LARYNGECTOMEE VISIT

March 4th - **Michel Pommier** went to Georgetown University Hospital for a post-op visit with **Mr. Donnie Henry**. When Michel arrived, Donnie was resting. Michel introduced himself and asked if it was a good time to talk with him. Donnie, remembered that **SLP Eliza Peoples** had mentioned a possible visit by LCMC people and immediately welcomed Michel. Donnie is a 59 year old gentleman who lives in Laurel, MD and has two children. He had both a total laryngectomy and esophagectomy on February 17, 2016. He has also had radiation and chemotherapy. Michel explained what the main purpose and activities of the LCMC support group are and gave him a copy of the latest two club newsletters. Michel also gave Donnie a copy of the books: 'The Laryngectomee Guide' by Dr. Itzhak Brook and 'Why Didn't They Tell Me' by Donald Moss, as well as some brochures for several of the excellent vendors for laryngectomee supplies and equipment. Donnie communicated by writing his thoughts and questions. He had an electro-larynx in his bedroom, but had not been using it yet, explaining that he had problems using the EL. It was neatly placed in it's original packaging. Michel demonstrated some various ways on how to use it for him, and he was happy to see and learn how it could be used. He declined trying it at this time because he was too tired. He was also very interested when Michel explained and demonstrated to him the HME system he uses. Donnie smiled a lot during the visit, and had a very positive outlook. He was also very excited about the wedding of his son, that was going to take place a few days later. Michel felt that Donnie will do well, when he is less tired and back in his familiar environment. Donnie thanked Michel for this visit as Michel was leaving.

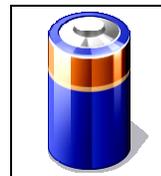
HAPPY BIRTHDAY



| | |
|------------|-------------------|
| Apr. 1st | Diana Cross |
| Apr. 3rd | Lottie Jeter |
| Apr. 6th | Robert Evans |
| April 13th | Henry Kemper |
| Apr. 14th | Susanne Stevenson |
| Apr. 22nd | EARTH DAY |
| Apr. 24th | Lafayette McCray |
| Apr. 30th | Elmer Pinckney |
| Apr. 30th | James Seegars |

**April is National Head and Neck
Cancer Awareness Month**

DO YOU NEED BATTERIES FOR YOUR SERVOX?



You can purchase new batteries for your Servox at any of our monthly business meetings or social events. The cost for these batteries is \$20 apiece or two for \$35.00. You may also pick them up at Herb & Sally Simon's Silver Spring home.