

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



DECEMBER, 2012

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Will be held at:

Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday Dec. 12th

10:30 AM

Socializing and Refreshments
Refreshments to be furnished by:
SALLY SIMON

11:00 AM

Business & Social Meeting
DEC. 12th – 11:00 AM
ELECTION DAY

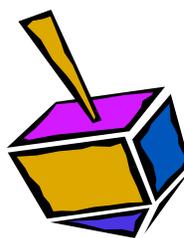


Join us and be a part of the
election process for our

2013 LCMC OFFICERS

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

HOLIDAY GIFT SUGGESTIONS



To your enemy, **FORGIVENESS.**

To an opponent, **TOLERANCE.**

To a friend, **YOUR HEART.**

To a customer, **SERVICE.**

To every child, **a GOOD EXAMPLE.**

To yourself, **RESPECT.**

To all, **CHARITY.**

---Author Unknown

2013 LCMC OFFICERS



NOMINATIONS & ELECTION

The election of the LCMC Officers for 2012 will be held at the December 14th meeting. **Addie Shaw** will once again chair this committee. **Herb Simon** will also serve on the Nominating Committee this year. If you would like to nominate someone to serve as a Club officer in 2012, please make sure they are willing and able to serve in that position, before notifying a member of the Nominating Committee. If you wish to nominate someone, please email: **ADDIE:** Addie15@aol.com or **HERB:** h457@aol.com with the name of the nominee. If you do not have email access and would like to nominate someone to serve as an officer in 2012, please contact **ADDIE** by phone at **301-982-3201** or **HERB** at **301-588-2352**. Nominations will also be taken from the floor on the day of the election.

HAVE YOU GOTTEN YOUR FLU SHOT YET?



If you haven't gotten your flu shot yet and want to find out where you can get one near you, go to:

<http://flushot.healthmap.org/>

MEETING MINUTES

October 10, 2012

President Stanley Lipscomb called the meeting to order at 11:10 AM. Others present were Addie Shaw, Betty Money, Helen Kane, Rick Hunt, Herb & Sally Simon, Mamie Redman and Michel Pommier. We all applauded **Rick Hunt** after he read the Prayer for a Laryngectomy that he recorded on his cell phone with a Type & Speak app. Stanley extended a warm welcome to everyone. We then introduced ourselves. The minutes for the October meeting were unanimously approved as published in the November issue of *The Voice*.

Treasurer's Report: Treasurer **Herb Simon** reported that the treasury is in good shape. He told us that he wrote three checks and made one deposit, since the last meeting.

Aunt Bea's Sunshine Report: Herb reported the following: **Peggy Bradberry** could not be with us today, due to having a doctor appointment. She said that she really enjoyed being at the last meeting and seeing everybody. She said she will be back and sent her regards to everyone. **Itzhak Brook** wrote that he is sorry he could not be at the meeting today. He was attending a conference on medical errors this week at Johns Hopkins. **Chuck Silsbee**, a longtime club member who lives in Arkansas, sent a message saying that the October issue of *THE VOICE* was kind of funny to him because of the article entitled: Do you need a hearing test? He said he had his hearing tested a month earlier and will soon have tubes put into his ears! He also said to say Hi to all. **Willie Shives** is a laryngectomy who lives in PA. He had his surgery at Walter Reed many years ago and reads our newsletter regularly. He has written a couple of nice articles for the newsletter in the past. He wrote a note to share his positive experience using the Atos Stabilibase HME base plate, after reading in the November issue that **Mandy Pietropaolo**, the Atos rep was the guest speaker at our October meeting. **Bob Westmoreland** called this morning and said he had planned to attend today, but found out at the last minute that he had to work. He said to say hello to all and he hopes to join us next month.

Old Business: No Old Business was discussed.

New Business: **Stanley** reminded us that the election of 2013 LCMC officers will be held at the December meeting. He told us that **Addie** will serve as the chairperson of the Nomination Committee again this year. Herb then volunteered to serve on the committee with Addie. Stanley passed around a page from the club bylaws stating the duties of the officers. More information regarding the election will appear in the December newsletter.

General Discussion: Many interesting and informative topics were covered. Several members wanted to either share information or get opinions of others. Although all were happy to participate, it was pointed out that medical concerns should always be discussed with one's doctor. **Stanley** said that he had cut his larynx neckerchief in half and felt it no longer fit properly. It did not cover well and the fabric rolled. He also shared that a friend of many years had recently been diagnosed with esophageal cancer. He was reminded that because of his experiences, he has much to offer his friend. **Mamie** had questions and concerns about her TEP. **Michel** discussed some possible options for her and mentioned that he would soon be receiving Cymetra

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MEETING MINUTES

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injections for leakage and will report his experience to us. Another question that came up was whether a TEP should close naturally or be sutured, if it is to be removed. **Addie** shared that she has been experiencing continuous infections and asked for suggestions. **Rick** said that he had an upcoming dental appointment and asked for suggestions. The subjects of swallowing, botox injections, stenosis, lary and trach tubes, and humidifiers were also brought up. A lively discussion took place with all present sharing ideas, thoughts and experiences on these subjects. A flyer about a new HME compatible laryngectomee tube sent to us from Blom Singer Rep **David DiToro** was distributed when the subject came up. **Sally** stated that there are no questions we shouldn't ask at our meetings. Thanks were given to **Helen** for the wonderful refreshments. Sally volunteered to bring the refreshments to the December meeting. The meeting was adjourned at 12:25 P.M.

---Respectfully submitted by
Helen Kane



Happy Birthday

Dec. 1st	Elaine Samuel
Dec. 2nd	Nick Goodpaster
Dec. 7th	Jan Carlson
Dec. 7th	Ron Finn
Dec. 8th	Bernard J. Becker
Dec. 9th	Jim Roby
Dec. 13th	Sue Wilcom
Dec. 22nd	Pat Fleming
Dec. 22nd	Caroline Gregory
Dec. 23rd	George Dickens
Dec. 23rd	Vivian Riggs



SEASON'S GREETINGS

NEW LARYNGECTOMEE VISIT

Nov. 3rd – Michel Pommier & Herb Simon went to Georgetown University Hospital to visit new laryngectomee **Raymond (Ray) Little**. Ray, lives in Suitland, MD with his wife **Dorena** and eight month old daughter **Maya**. Ray has been a driver in the food services division at Bolling Air Force Base for 18 years. Ray had his surgery on October 28th. Ray was very tired when Michel and Herb arrived. Not too long into this visit, Ray flashed his first smile and did so more and more as the visit went on. He really paid attention to what was being said and seemed to be taking it all in. This visit concentrated mostly on 1) having a positive outlook and that a bright future may lie ahead for him, and 2) helping Ray with his EL speech. Prior to this visit, Ray had not been using his EL with an oral adapter very much to speak. Early in this visit, he would write down his thoughts and questions. After trying placement of the EL without the oral adapter at Ray's cheek, his speech became noticeably more understandable. He needed constant reminding to use it during this visit, but that will most likely not be necessary once he gets in the habit of using it. A new laryngectomee information packet compliments of LCMC was given to Ray. He was very thankful to Michel and Herb for visiting with him. Thanks go out to **SLP Eliza Peoples** for referring Ray to Michel, Herb and LCMC.



Q. How long must I wear the tube in my stoma?

A. Early on it is worn to maintain the size and openness of the stoma. How long it is worn varies greatly with the individual. Some wear it permanently, some at night only. Most do not wear it at all after leaving the hospital. Your doctor will make this decision based on the extent or type of surgery and other factors of your healing.

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

Editor's Note: This particular question and answer seemed very appropriate for this edition of our newsletter. This was a widely discussed topic at our November meeting. The answer above helps to explain all the varied responses from the participating members so simply and clearly.

ENHANCES

A SUPPORT GROUP
WORKING TO SHAPE LIVES



HOLIDAY PARTY

December 5th – 2:00 PM
at

George Washington Univ. Hospital
900 23rd St. N.W.
Washington, DC

(In the 4th Floor Rehab Dining Room)

Hello, ENHANCES members & friends:
Mona and I would like to invite you to our ENHANCES holiday party. We will not feature any guest speakers and will have no formal agenda. We welcome you to join us for refreshments, snacks, and socializing as we near the holidays! Please feel free to bring a friend, spouse, or family member if you'd like.

Please RSVP to me via email or phone if you will be attending. Let me know if you have questions.

We're looking forward to catching up with everyone!

Best to all,

---Tracy Higgins M.A., CCC-SLPP
Phone: 202 – 715 – 5098

Tracy.Gee@gwu-hospital.com

NO WORRIES

If we fill our hours with regrets of yesterday and with worries of tomorrow, we will have no today in which to be thankful.

Turn your face to the sun and the shadows will fall behind you.

---Author Unknown

TO YOUR HEALTH



OK guys; listen up. We need to have a heart to heart talk about exercise.

Sometimes it seems as if exercise is the step child of a healthy lifestyle.

Taking supplements is easy, and most of us can manage a healthy diet - when we think of it.....but exercise – who has time?

The more we learn, the more it looks like we should really make the time to exercise on a regular basis.

For example, a study reported in the British Journal of Cancer (98: 1864-1869, 2008) showed that moderate exercise significantly reduces cancer incidence and decreases cancer deaths in men.

This study followed 40,708 Swedish men, aged 45-79, from 1998 to 2004.

When men who walked or cycled an average of 30 minutes a day were compared to men who exercised very little there was a 5% (non-significant) decrease in the incidence of new cancer and a 33% increase in 5-year survival after the cancer diagnosis!

When they looked at men who walked or cycled an average of 60 minutes a day the 5-year survival after cancer diagnosis was about the same as for the men who were exercising for 30 minutes a day.

But, there was a statistically significant 16% decrease in the incidence of new cancer diagnosis compared to men who exercised very little.

What does this mean to me and you?

If you are a man, this study shows that moderate intensity exercise has the potential to decrease both your chance of developing cancer and your survival if you do get cancer - and as little as 30 minutes of exercise a day can make a difference.

But the sad fact is that less than 50% of the men in this country exercise for 30 minutes even 5 days a week - and 15% are bone fide couch potatoes.

So it's time to dust off that exercise cycle or lace up your walking shoes and get moving.

To Your Health!

---Dr. Stephen G. Chaney, May, 2010