

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, 2010

LCMC MEETING MINUTES November 10, 2010

Vice President **Ishmael Rivera** called the meeting to order at 7:30 P.M. Others in attendance were Herb & Sally Simon, José & Marina Cruz, Stanley Lipscomb, Charles Pickett, Mary Speiden, Howard Eskildson and Beth, our club Speech Pathologist. **Stanley** read the Prayer for a Laryngectomee using his Servox EL. Ishmael called on **Beth** to share some of her words of wisdom with us at this time, because she needed to leave early tonight.

(continued on page 2)

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

**December 8th
Speech Class
Has been canceled**

**Dec. 8th – 7:30 pm
Business & Social Meeting
ELECTION NIGHT for our
2011 Club Officers**

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

WISDOM OF WOLVES

by Twyman Towerly



The attitude of the wolf can be summed up simply: it is a constant visualization of success. The collective wisdom of wolves has been progressively programmed into their genetic makeup throughout the centuries. Wolves have mastered the technique of focusing their energies toward the activities that will lead to the accomplishment of their goals.

Wolves do not aimlessly run around their intended victims, yipping and yapping. They have a strategic plan and execute it through constant communication. When the moment of truth arrives, each understands his role and understands exactly what the pack expects of him. The wolf does not depend on luck. The cohesion, teamwork and training of the pack determines whether the pack lives or dies.

There is a silly maxim in some organizations that everyone, to be a valuable member, must aspire to be the leader. This is personified by the misguided CEO who says he only hires people who say they want to take his job. Evidently, this is supposed to ensure that the person has ambition, courage, spunk, honesty, drive: whatever. In reality, it is simply a contrived situation, with the interviewee jumping through the boss's hoops. It sends warnings of competition and one-upmanship throughout the organization rather than signals of cooperation, teamwork and loyalty.

Everyone does not strive to be the leader in the wolf pack. Some are consummate hunters or caregivers or jokesters, but each seems to gravitate to the role he does best. This is not to say there are not challenges to authority, position and status - there are. But each wolf's role begins emerging from playtime as a pup and refines itself through the rest of its years. The wolf's attitude is always based upon the question, "What is best for the pack?" This is in marked contrast to us humans, who will often sabotage our organizations, families or businesses, if we do not get what we want.

Wolves are seldom truly threatened by other animals. By constantly engaging their senses and skills, they are practically unassailable. They are masters of planning for the moment of opportunity to present itself. When it does, they are ready to act. Because of training, preparation, planning, communication and a preference for action, the wolf's expectation is always to be victorious. While in actuality this is true only 10 percent of the time or less, the wolf's attitude is always that success will come --- and it does.

IT'S THAT TIME OF THE YEAR AGAIN!



IT'S 2011 DUES TIME!

Make your check payable to:

**The Laryngectomee Club
Of Montgomery County
or 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.



The AMERICAN CANCER SOCIETY office is moving to a new location, in Downtown Silver Spring. LCMC can begin using this new office space in January. The new address will be:

**801 Roeder Road - Suite #800
Silver Spring, MD 20910
301-933-9350**

ON A SAD NOTE

LCMC member **Robert J. Ferketic, Sr.** passed away on November 19, 2010. Robert lived in Bowie, MD

LCMC MEETING MINUTES

(continued from page 1)

Words of Wisdom from Beth – Although it seems as if laryngectomy numbers are in a phase of plateau, research continues in an effort to find help for patients with radiation treatments and its sequelae. There are always new clinical trials going on. If interested, I would suggest that you look at the following website:

www.clinicaltrials.gov.

Treasurer's Report – Herb reported that he sent a check in the amount of \$502.76 to Hair Fashions, Inc to pay for wigs purchased for the American Cancer Society. This was the second such purchase made this year. These funds are part of a donation made to LCMC and the ACS by **Theresa Cosca**, in memory of her husband and LCMC member **Robin Maxwell**. Herb also requested permission to write a reimbursement check to Sally for money spent for the LCMC Annual Picnic. A motion was made, seconded and unanimously passed for this request. Herb read a letter that accompanied a generous donation from **John T. Collins** to LCMC in memory of Frances Reising, who recently passed away. Frances' son Paul, who passed in 1996, was a laryngectomee and an active LCMC member. Frances often accompanied Paul to meetings. Herb passed a picture around that was from a club meeting in 1995. Frances and Paul were seated together. Herb was seated behind them and Sally and her husband, Mike Santasania were also in the picture.

Aunt Bea's Sunshine Report – Herb reported the following:

Helen Kane is relaxing in Florida, after a very stressful winter.

Irwin and Tema are enjoying their home in Canada and happy to be living in one place now, after many years divided between Canada and MD. They have made many new friends. Irv has been in and out of the ER and the hospital, while dealing with some medical issues. Tema reports that he is home and doing better now. They are tentatively planning a trip to South America on a medium sized cruise ship in January or February. They said to tell everyone hello and that they miss us.

Bill & Annetta Rapp, who recently moved back to the area from Emmitsburg, are now living in Leisure World near Olney, MD. Bill had a recent bout with Lung cancer, but it was caught early and he is doing fine now. They said they hope to be able to attend some meetings in the future.

New Business – The election of LCMC officers will be held at the December meeting. Ishmael appointed Herb to be the chairperson of this committee. Howard and Mary volunteered to serve on the committee. Howard requested an updated roster of LCMC members eligible for election for him and Mary.

Herb said he would email them one the next day. Herb announced that the ACS building has been sold and the new address will be published in the December newsletter. Information sheets for a University of Washington research project were distributed. Several members stated they have already participated. Herb read a letter from LCMC member **Chuck Silsbee**, who lives in Gillette, Arkansas. The letter described how Chuck, who has been in the hospital a lot over the past couple of years, and a nurse of his put together a reference list of all his medications. He updates it regularly and it has proven to be a useful resource for him. He wanted to share it with us. A discussion on this important subject followed. Herb read a note from **Dr. Lou Laborwit** that expressed how much he and Phyllis enjoyed seeing everyone at the club picnic in September.

Old Business – Results from the Survey regarding the possible change of time and day for LCMC meetings were distributed to all those present. This subject will be discussed in greater detail in future meetings. Ishmael was thanked for bringing the refreshments to the meeting tonight. **Stanley Lipscomb** volunteered to bring them to the December meeting.

*---Respectfully submitted by,
Herb Simon*

LCMC SURVEY RESULTS

A letter and survey form were recently sent to local laryngectomees in an effort to get feedback, thoughts and ideas about possibly changing the day and time of future LCMC meetings. Copies of the responses were distributed to all who were present at the November meeting. Below are results compiled from these responses by **Howard Eskildson**:

- Q) Will you attend a LCMC Meeting on a Saturday?
A) Yes: 11 No: 0
- Q) Will you attend a LCMC Meeting on a Sunday?
A) Yes: 5 No: 5
- Q) What is your preferred time of day for a Saturday meeting?
A) 10:00am – Noon: 4
1:00pm – 3:00pm: 5
- Q) What is your preferred time of day for a Sunday meeting?
A) 10:00am – Noon: 3
1:00pm – 3:00pm: 2
- Q) Will you attend daytime meetings if they are on a week day?
A) Yes: 10 No: 1
- Q) If so, please indicate which day or days of the week do you prefer?
A) Any day works for all but one responding member, who cannot make it on Tuesdays.
- Q) I am happy with the current schedule of LCMC Meetings on the Second Wednesday of each month starting at 7:30pm:
A) Yes: 10 No: 1

These results will be discussed at the December meeting. Responses to the other questions that were asked on the survey will also be discussed at the December meeting.

Editor's Note: If you have not responded to this survey, but would like to; call or email your response before the next meeting to **Herb**:

Phone: 301-588-2352

Email: H457@aol.com

LCMC MEMBER ITZHAK BROOK, MD



I am a physician who specializes in Pediatrics and Infectious Diseases. I earned my medical degree and completed residency at Hebrew University, Hadassah School of Medicine, in Jerusalem, Israel, and obtained my master's degree in pediatrics from the University of Tel Aviv in Israel. Subsequently, I completed a fellowship in adult and pediatric infectious diseases at the University of California, Los Angeles School of Medicine. I served in the Medical Corps of the US Navy for 27 years. I am married to Joyce and have 5 children and 2 grandchildren.

I am currently a Professor of Pediatrics at Georgetown University Washington, DC with expertise in infections caused by anaerobic bacteria and head and neck infections. I have delivered numerous lectures in the USA and abroad and have performed extensive research on anaerobic and respiratory tract infections, and infections following exposure to radiation.

I am presently the editor of 2 medical journals and an associate editor of 6 others. I have also authored six medical textbooks, 102 medical book chapters and numerous scientific publications.

I was diagnosed with throat cancer in 2006 and received radiation therapy. Two years later my cancer recurred, and I had my larynx removed. I am currently speaking with a tracheo-esophageal prosthesis.

Since my laryngectomy, I have devoted much of my time to assisting other laryngectomees and to educating the medical community about our needs.

This work includes:

- ✚ Lectures to physicians, speech and language pathologists and other health care providers and laryngectomy clubs across the country about my experiences as a patient with neck cancer, and the medical and psychological issues facing many laryngectomees
- ✚ Having manuscripts published in medical literature on the above topics.
- ✚ Preparing a slide and video presentations that explains how to provide urgent medical care and CPR to neck breathers. I am now working on a video presentation on this topic. I give this presentation to emergency room staff and Emergency Medical Teams in the area.
- ✚ Authoring a book entitled *My Voice- A Physician's Personal Experience with Throat Cancer*. This book offers a personal look as a physician who becomes a patient dealing with medical and surgical treatments and adjusting to life afterward.
- ✚ Creating a Blog to help laryngectomees. This Blog contains useful information about dealing with depression, lymphedema, radiation side effects, eating and swallowing, pain, medical and dental problems relating to throat cancer, stoma and HME care, and getting emergency treatment.

I aspire to continue to assist my fellow laryngectomees through these and other avenues in the future.

Editor's Note:

Dr. Brook's book, *My Voice – A Physician's Personal Experience with Throat Cancer* is available at <https://www.createpace.com/900004368>

Dr. Brook's Blog URL is: <http://dribrook.blogspot.com/> It contains his entire book, and access to the CPR slide and video presentations.

2011 LCMC OFFICERS



NOMINATIONS & ELECTION

The election of the LCMC Officers for 2011 will be held at the December 8th meeting. **Herb Simon** will chair the Nominating Committee this year. **Howard Eskildson** and **Mary Speiden** will serve as members of the committee.

Please be sure that the person you wish to nominate is willing and able to serve as a Club Officer in 2011, before submitting their name to a member of the Nominating Committee. Listed below are the email addresses for the Nominating Committee members:

Herb: h457@aol.com

Howard: laryngectomee@gmail.com

Mary: mfspeiden@yahoo.com

To nominate someone, please email all three of the above listed committee members with the name of the person you are nominating. If you do not have email access and would like to nominate someone to serve as an LCMC officer in 2011, please contact **Herb** by phone at **301-588-2352**. Nominations will also be accepted from the floor on the night of the Election.



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

RESCUE BREATHING PRESENTATIONS



November 15th – **Itzhak Brook** and **Herb Simon** gave another Rescue Breathing for Laryngectomees and other Neck Breathers Presentation for a Montgomery County Advanced Life Support (ALS) Continuing Education class. In attendance at this presentation were 25 ALS providers: 21 career, 3 volunteer, and one career from the US Park Aviation, who covers all US Park Properties.

Below are comments from provider's evaluation forms:

- presentation by Mr Simon and Dr Brook was one of the best presentations that I have ever had in my 29 years of paramedic continuing education. They "humanized" an area that many prehospital providers are uncomfortable with. Consider Mr Simon and Dr Brook for state-wide EMS Training (ie: one of the EMS Conferences (Pyramid, etc)
- guest speakers, great presentation
- knowledgeable instructors
- laryngectomee club was great
- guests from laryngectomee club provided great insight into trach care. Should video their presentation for other jurisdictions that are too far for them to travel
- very informative session in the morning from the laryngectomee club
- Guest speakers, Dr Brook and Herb were great, very informative. I got some new information that I never knew
- The laryngectomee instructors were great
- Outside speakers! This topic should be provided to all MCFRS (Montgomery County Fire & Rescue Services) not just the medics
- The guest speakers were excellent source of knowledge, more learning than just going through the motion
- Laryngectomee club – great to have them speak, They really wanted to help "us" help them. They should also do the EMT-Refresher, even if you just do the video
- Simon/Brook were excellent in content, presentation, and authenticity

Editor's Note: A video was made of the October presentation and will be made available for fire stations and additional EMS training courses.



SEASON'S GREETINGS