

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, 2013

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
On

Wednesday
Dec. 11th at 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

'TIS THE SEASON



During the holidays this year, the word "celebration" comes to mind. This is a season filled with a diversity of emotions. The following poem, whose author remains unknown, captures a unique spirit that truly embodies what every season and every day is, or should be all about.

"A Celebration of Life"

**Gather 'round and celebrate the joy
that has been given.
A gift of love – of flesh and blood...
a tiny bit of heaven.
See the wonder of it all,
and marvel at the sight.
Share the happiness we know,
celebrate the life.
Make memories of the times to come,
of hours and days and years.
Mark down each step, each task, each word
– the laughter and the tears.
For a celebration of life is such,
that one must never be In too big a hurry
to stop and smell... to feel... to touch... to see.
Yes, gather 'round and celebrate...
the life that has been given,
A gift of love - of hope eternal...
Our tiny bit of heaven."**

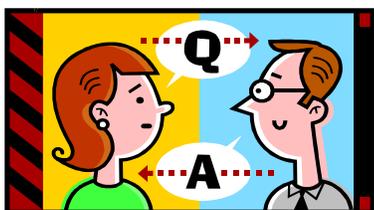
---Author Unknown

Happy Birthday

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



SEASON'S GREETINGS



Q. What would indicate that I have breathed unwanted particles in and what should I do?

A. Normally you will have a coughing spell, or a sensation of burning, depending on what the substance is. A toxic fume will elicit a sensation of burning or drying of the mucous. On the stoma cover you can see a round dark spot where the air passes through the cover and into the stoma. As this spot thickens breathing becomes noticeably more difficult. Normally the darkening of the stoma cover is no problem, provided it is changed frequently. With a noticeable inhalation of unnatural particles the cover or filter should be replaced immediately. The stoma should be cleaned and flushing the trachea with a saline solution should be considered if there is a significant amount of foreign material in the trachea. If pain or bleeding occurs and cannot be stopped, you should seek medical attention.

MEETING MINUTES

September 11, 2013

The meeting was called to order by **President Stanley Lipscomb** at 11:05 A.M. Others present were Herb & Sally Simon, Helen Kane, Robert Boyd, Thurmond Dickey & Queen Jones, Donald Sievers, Harold, Maxine & Rhonda Zuckerman, Eyvette McIntosh and Dwayne Boston. **Don Sievers** read the Prayer for a Laryngectomee using his TEP voice. Stanley extended a warm welcome to all in attendance. We all introduced ourselves with the laryngectomees telling when and where their surgeries were performed. We were especially pleased to welcome visitors Harold Zuckerman, Maxine Zuckerman, Rhonda Zuckerman and Eyvette McIntosh. **Harold** is in the process of deciding whether or not to have a laryngectomy. The minutes for the October meeting were unanimously approved as published in the November issue of *The Voice*.

Treasurer's Report: **Herb** reported that there had been very little change in the club treasury. He said that he wrote two checks totaling \$90.00 and made one deposit of \$25.00 since the last report.

Aunt Bea's Sunshine Report: **Robert** had just finished antibiotics for pneumonia and was happy to report he is feeling better. **Thurman** has fluid on his lungs and may have to be catheterized. We will keep him in our prayers. **Dwayne** shared that he spoke to **Rowland Nelson** this morning and was surprised to find out that Rowland was in the hospital recently for congestive heart failure. Nelson is back home now and doing better. **Stanley** told us that he has been diagnosed with borderline glaucoma in his right eye and had a laser treatment to relieve pressure. **Don** said that he had a fall and has been going to physical therapy which is helping. Herb read email messages from **Joan Eskildson** and **Joe Mansary**. Joan wrote that she was in Roanoke visiting with her Aunt. Even if she can make it back in time, she will not be able to attend the meeting, due to her part-time job of caring for an old dog. She hopes to be able to come to the December meeting and is definitely planning to come to the LCMC Holiday Party in January. Joe wrote that he is not able to join us today because he has an appointment with a new SLP. He stated that his swallowing ability has not been good since his surgery. He asked that club members remember him in our prayers

Old Business: Our December election of club officers was discussed. Herb accepted Helen's nomination for Treasurer. Stan volunteered to continue as President. All were in agreement when Helen said that Stan has done a very good job. No other nominations have been received so far. Herb reminded us that the 2014 IAL Annual Meeting and Voice Institute will be held in Buffalo, NY in June. There are plans in the making to hold the 2015 Annual Meeting and Voice Institute in Baltimore. A meeting to introduce The IAL Board Members will be held in the Baltimore area on December 13th. Herb will notify us of these plans when they are finalized. Anyone interested in helping at the Annual Meeting is welcome to attend.

New Business: No new Business was discussed.

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STAY HEALTHY

Does your neighbor have the flu? WEBMDCOLD AND FLU MAP

The warnings have already begun: The flu season is on the horizon. If you want to know how close that horizon is to your front lawn, WebMD has a map and will tell you. Its cold and flu map is available this year through WebMD's mobile site. It can tell you the prevalence of flu in your neighborhood. Using a combination of geo-location data and symptom information reported by WebMD users, the map pinpoints sickness hot spots, labeling them mild, moderate or severe, right down to the Zip code.

This map is not the only program of this sort --- the Centers for Disease Control and Prevention offers similar information on its flu tracker site, as does Google's flu trends site. But WebMD says its information, updated weekly, is more current than that used by the CDC, which "uses physicians' reports after patients seek treatment." (The WebMD map is based on patient reports, which are arguably less reliable than doctor diagnoses.)

Knowing that flu is on the rise in your area may not prevent you from catching it, but the WebMD site offers tips on how to stem the spread of infection, including setting up "sanitizer stations" and using paper towels, which it says are less likely to carry germs than those made of cloth. Better yet, get a flu shot **NOW**.

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

(continued from page 2)

General Discussion: Stan asked if any veterans were present. We gratefully applauded Don, Robert, Stan, Herb and Howard, showing our appreciation to them. Each of our veterans shared the locations of their service. Because Harold is struggling with aspiration pneumonia, he may decide to have a laryngectomy. The Zuckerman family had many questions regarding surgery, daily life following surgery, and also different types of speech. Some of the pros and cons of having a TEP were discussed. Stoma care and cost of medical supplies were addressed. Herb stated that even if one uses TEP voicing, an electro-larynx should be available for backup. Maxine asked about an electro-larynx and the length of time it takes to learn to use one. She was told this time varies. Several club members demonstrated their "sweet spots". Herb also showed how to use an oral adapter. Maxine said the most important thing will be for Harold to be able to be understood. We also talked about the issues of taste and smell. The sense of smell for many comes and goes. Stanley shared with us that his loss of smell affects taste. Rhonda had questions regarding suctioning and swallowing. Although we shared our experiences, Herb stated that we are all different and until surgery is performed, one doesn't know how they will react to things. Dwayne has been told by his doctor that he is a prime candidate for a TEP, but feels he is comfortable with and has adjusted well to the use of a Servox. He said that becoming a laryngectomee has changed how he sees others and he has become kinder and more understanding. After further discussion on the subject of whether to try the TEP, he feels "If it ain't broke, why fix it" and has decided not to have additional surgery. Helen was thanked for the refreshments. Sally volunteered to bring the goodies to the December meeting. The meeting was adjourned at 12:26P.M.

---Respectfully Submitted by
Helen Kane

BIT OF HUMOR



2014 LCMC OFFICERS



NOMINATIONS & ELECTION

The election of the LCMC Officers for 2014 will be held at the December 11th meeting. **Addie Shaw** will once again chair this committee. **Herb Simon** and **Dwayne Boston** will also serve on the Nominating Committee this year. If you would like to nominate someone to serve as a Club officer in 2014, 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 or **Dwayne:** dwayneboston1@aol.com with the name of the person you would like to nominate. If you do not have email access and would like to nominate someone to serve as an officer in 2014, please contact **ADDIE** by phone at 301-982-3201 or **HERB** at 301-588-2352 or **DWAYNE** at 301-675-2673. Nominations will also be taken from the floor on the day of the election.

DO YOU NEED BATTERIES FOR YOUR SERVOX?



You can purchase new batteries for your Servox at any of our monthly business / social meetings. 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.

POST-OP LARYNGECTOMEE VISIT

November 14th – Herb went to the Alexandria, VA home of **Paul & Janet Pearson** for a post-op visit. Paul met Herb in front of the high rise building they live in and drove with him to a parking place inside the building. Paul, who had his laryngectomy on October 16th at George Washington University Hospital, was speaking like a veteran laryngectomee with his TEP voice. He is adapting very well to his new voice as shown by his friendly conversations with other residents of the building that he greeted as he led Herb up to his residence. Janet greeted Paul & Herb when they arrived. The Pearsons, who are originally from Oklahoma, have been married for 63 years. They have 3 sons, 16 grandchildren and 5 great grandchildren. Paul is a double retiree. He retired after serving in the US Army for 28 years, and is now retired again after 20 years in his second career as an officer in a private supply company. The Pearsons and Herb sat at the dining room table with a beautiful view overlooking the Potomac River with the Washington Monument in the distance. The Pearsons had many good questions. One of their questions was about how long Paul would need to use the humidification machine they are presently renting. One of the problems they expressed was the noise it produced. Room humidifiers were then discussed in great detail. Paul has a Tru-tone electro-larynx that he has not been very understandable with. He expressed a desire to become understandable using it. Herb adjusted the tone, searched for a good 'sweet spot' for Paul to try it with, and gave him some general pointers, as well as leaving him some written instructions on how to use it. Paul is very motivated to learn to use it and said he will practice regularly. The importance of laryngectomy safety and some necessary precautions was another subject that was discussed at length. Thanks go out to George Washington University Hospital SLP **Mona Faddah** for giving Paul a copy of *THE VOICE* newsletter. Paul said that when he read the newsletter after returning home from the hospital, it inspired him to call Herb for a visit. When Paul was walking Herb back to his car, he thanked Herb for visiting him and his wife and said he's looking forward to coming to club meetings in the future.

YOU ARE WELCOME TO CONTRIBUTE TO **THE VOICE**

If you have something that you feel is newsworthy: an article, story, cartoon, or a personal experience that you think would be interesting and enjoyable to others, please send it via Email to **Herb Simon** at H457@aol.com or by U.S. mail to him at 403 Hamilton Avenue Silver Spring, MD 20901. Any and all will be considered for publication in a future issue of *THE VOICE*. Don't be bashful.

"Our days are happier when we give people a bit of our heart rather than a piece of our mind."

---Unknown