

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, 2014

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. 10th at 10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
Ursula & Jim McDonald

11:00 AM
Business & Social Meeting
Guest Speaker
Kyung Hee, Nutritionist

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

The True Story of Rudolph

A man named Bob May, depressed and brokenhearted, stared out his drafty apartment window into the chilling December night. His 4-year-old daughter Barbara sat on his lap quietly sobbing. Bob's wife, Evelyn, was dying of cancer. Little Barbara couldn't understand why her mommy could never come home. Barbara looked up into her dad's eyes and asked, "Why isn't Mommy just like everybody else's Mommy?" Bob's jaw tightened and his eyes welled with tears. Her question brought waves of grief, but also of anger. It had been the story of Bob's life. Life always had to be different for Bob. Small when he was a kid, Bob was often bullied by other boys. He was too little at the time to compete in sports. He was often called names he'd rather not remember. From childhood, Bob was different and never seemed to fit in. Bob did complete college, married his loving wife, and was grateful to get his job as a copywriter at Montgomery Ward during the Great Depression. Then he was blessed with his little girl. But it was all short lived. Evelyn's bout with cancer stripped them of all their savings, and now Bob and his daughter were forced to live in a two room apartment in the Chicago slums. Evelyn died just days before Christmas in 1938. Bob struggled to give hope to his child, for whom he couldn't even afford to buy a Christmas gift. But if he couldn't buy a gift, he was determined to make one – a storybook! Bob created an animal character in his own mind and told the animal's story to little Barbara to give her comfort and hope. Again and again Bob told the story, embellishing it more with each telling. Who was the character? What was the story all about? The story Bob May created was his own auto-biography in fable form. The character he created was a misfit outcast like he was. The name of the character was a little reindeer named Rudolph, with a big shiny nose. Bob finished the book just in time to give it to his little girl on Christmas Day. But the story doesn't end there. The general manager of Montgomery Ward caught wind of the little storybook and offered Bob May a nominal fee to purchase the rights to print the book. Wards went on to print, Rudolph, the Red-Nosed Reindeer --- and distribute it to children visiting Santa Claus in their stores. By 1946 Wards had printed and distributed more than six million copies of Rudolph. That same year, a major publisher wanted to purchase the rights from Wards to print an updated version of the book. In an unprecedented gesture of kindness, the CEO of Wards returned all rights back to Bob May. The book became a best seller. Many toy and marketing deals followed and Bob May, now remarried with a growing family, became wealthy from the story he created to comfort his grieving daughter. But the story doesn't end there either. Bob's brother-in-law, Johnny Marks, made a song adaptation to Rudolph. Though the song was turned down by such popular vocalists as Bing Crosby and Dinah Shore, it was recorded by the singing cowboy, Gene Autry. "Rudolph, the Red-Nosed Reindeer" was released in 1949 and became a phenomenal success, selling more records than any other Christmas song, with the exception of "White Christmas." The gift of love that Bob May created for his daughter so long ago kept on returning back to bless him again and again. And Bob May learned the lesson, just like his dear friend Rudolph, that being different isn't so bad. In fact, being different can be a blessing.

*** MERRY CHRISTMAS ***

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

DOES HIGH-RISK HEALTH CARE MEAN A HEFTY COST?

Q. I have several serious pre-existing conditions that would have precluded my getting private insurance before the Affordable Care Act. I'm not eligible for Medicare, and now I need my own insurance. I know I can't be completely denied coverage, but is there a cap on premiums for high-risk policies?

A. Under the Affordable Care Act, insurance companies are legally forbidden from charging people extra for having a pre-existing condition. In fact, when you apply for private coverage, you won't even be asked any questions about your health history. Instead, you'll be charged the same premium for your chosen health plan as anyone else your age. For one-stop shopping for health insurance info – from choosing the right plan for your needs to making the transition to Medicare – go to:

www.ConsumerReports.org/cro/health/health-insurance

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MEETING MINUTES November 12, 2014

The meeting was called to order by **President Stanley Lipscomb** at 11:00 A.M. Others present were Herb & Sally Simon, Rowland Nelson, Jim & Ursula McDonald, Lena Burton, Robert Boyd, Itzhak Brook, Helen Kane, Michel Pommier & Julie Knowles, Bernard Lewis, Tara Dean, and our Guest Speaker, Dr. Paul Evitts. Tara is a SLP and a representative of Atos Medical. **Rowland Nelson** read the Prayer for a Laryngectomee using his Servox EL. **Sally** read the Prayer for a Laryngectomee's Spouse (and Caregiver). Stanley extended a warm welcome to all in attendance. We each introduced ourselves with the laryngectomees telling when and where their surgeries were performed. We were pleased to be joined by **Dr. Paul Evitts**, an associate professor at Towson University in speech-language pathology and also a member of the IAL Board of Directors. The minutes for the October meeting were unanimously approved as published in the November issue of *The Voice*. **Dr. Evitts** began by thanking us for our support of his position on the IAL Board of Directors. He said that many changes are happening at the IAL and every effort is being made to update their directory and website. He then spoke of the IAL Conference and Voice Institute to be held in Baltimore from June 10-14, 2015. He said that he would love for us all to attend. Helping with registration, manning tables, assisting at social events and working with speech therapists were a few suggestions for our role at the event. The many benefits of attending both the Conference and the Voice Institute were discussed. The Voice Institute affords the opportunity to not only meet and share experiences with other laryngectomees and attend informative classes with medical panels, but is a chance to work with speech pathologists as well. This also gives speech pathologists the experience of working with laryngectomees, many for the first time. Many vendors of laryngectomee medical supplies and equipment will be present. The conference offers seminars to help both laryngectomees and their caregivers. **Sally, Herb, and Stanley** shared the enjoyment of attending past conferences. **Michel** asked if information regarding swimming would be offered. **Bernard** shared that he had participated in a swimming class which taught him to swim by simply covering his stoma with his thumb. This class helped him overcome his fear of both swimming and showering. Dr. Evitts suggested that Michel research the LARKEL, a snorkel type swimming device, which is available outside of the United States. Dr. Evitts also informed us that a clinic will be held at Johns Hopkins which will give us an opportunity to meet experts and address our medical concerns. A free training protocol for EMS and EMTs will be held. Dr. Evitts shared that he is trying to get advertising for the IAL event onto Public Radio. **Itzhak Brook** told us that the Head & Neck Cancer Alliance will have a table set up at the IAL meeting this year. Dr. Brook is a member of that organization's Board of Directors. **Ursula** said she had contacted emergency services in her community and informed them of Jim's needs. **Stanley** said he has distributed the Rescue Breathing for Laryngectomees and Other Neck Breathers DVD to many firehouses. **Herb and Itzhak** have spoken at Continuing Education classes for EMS and EMT personnel in Montgomery County, MD. **Itzhak** advised that we educate our doctors about our needs before any medical procedure. Dr. Evitts received a nice round of applause when he finished his presentation. He then left to return to Towson University to teach a class.

Treasurer's Report: **Herb** reported that he had written three checks this
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2015 LCMC OFFICERS



NOMINATIONS & ELECTION

The election of the LCMC Officers for 2015 will be held at the December 11th meeting. **Addie Shaw & Herb Simon** will co-chair The Nominating Committee this year. If you would like to nominate someone to serve as a Club officer in 2015, please make sure they are willing and able to serve in that position, before notifying Addie or Herb. If you wish to nominate someone, please email: **ADDIE:** Addie15@aol.com or **HERB:** h457@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 2015, 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.

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.

MEETING MINUTES

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month and made one deposit and that there was very little change in the amount of money in the club treasury this month. He said we now have 51 dues paying members for 2014.

Aunt Bea's Sunshine Report: Herb reported the sad news that our beloved LCMC member, **Thurman Dickey** passed away unexpectedly, while in the hospital. Information for the funeral service that will be on Saturday of this week was passed out to all in attendance. Herb also read the email messages with the following news: **Donald Sievers** is not at the meeting today because he has an eye doctor appointment at NIH. He is being admitted later in the day to have a meeting with an anesthesiologist. He'll be having an anatomical resection of his left lung tomorrow. He plans to be here for the December meeting. **Addie Shaw** was in the hospital last week with pneumonia. She got home yesterday and is now on oxygen 24/7. She is OK while sitting, but if she gets up at all, she quickly gets out of breath. This is very frustrating for her. She would have liked to join us today, but feels she needs to rest. She sends her best to everyone. **SLP Michelle Gross** was planning to come to the meeting today to hear Dr. Evitts' presentation, but became ill last night and couldn't make it. A sympathy card for Queen Jones-Dickey and family was passed around and signed by all present. Get well cards for Donald and Addie were also passed around and signed by all.

Old Business: No Old Business was discussed.

New Business: **Stanley** reminded us that election of the 2015 LCMC officers will be held at our December meeting. **Addie Shaw** and **Herb** have volunteered to co-chair the Nominating Committee. Anyone else interested in serving on this committee should contact Herb or Addie. Because the club is out of Servox batteries, a motion was made, seconded, and unanimously approved to spend \$200 to purchase more batteries

General Discussion: **Itzhak Brook** announced that his book "The Laryngectomy Guide" is available for free distribution through the support of Atos. A form to be filled in and sent to Atos for this offer was distributed. **Ursula** asked about the life span of an EL battery and was told that whether it is a digital or analog device, and the amount of use will determine this. **Ursula** and **Jim** said they felt the TruTone works better for **Jim** when used in a large group situation. Herb demonstrated the way to increase volume on his Servox Digital and also how to get more volume by cupping your hand around your mouth, when you want to speak much louder. Doing that produces the same effect that a megaphone does. **Michel** and **Julie** told us about their trip to France. The reduction in the number of laryngectomy clubs was discussed. Less smokers and advances in treatment have reduced the number of total laryngectomees in recent years. **Tara** said there are approximately 11,000-12,000 laryngectomees in the United States. The fact that radiation reduces saliva and the importance of good oral hygiene were addressed. Different experiences regarding surgery and radiation treatments were shared. **Julie** and **Michel** were thanked for the delicious refreshments. **Ursula** volunteered to bring the goodies to our December meeting. The meeting was adjourned at 12:47 P.M.

*---Respectfully submitted by,
Helen Kane*

GUEST SPEAKER



KYUNG HEE, NUTRITIONIST

Kyung Hee retired from the World Bank in 2012, after working there for 28 years. In anticipation of retiring, and her desire to launch a new career in the health field, she went back to school. She completed a Masters in Nutrition Science and Integrative Health, and became certified in Health Coaching. She is now a Certified Nutrition Specialist (CNS) and Licensed practitioner. She does nutrition education; one-on-one nutrition consults, and group workshops. Her passion is to spread the word for healthy living and help people attain healthy body and mind through holistic nutrition and lifestyle. Her presentation at our upcoming meeting will be about up to date research on nutrition and on cancer related nutrition issues and good practices. This should be educational and helpful to all who attend. We hope many of you will be attending.

"He who takes medicine and neglects his diet, wastes the time of his doctor."

---Ancient Chinese Proverb

PRE & POST-OP LARYNGECTOMEE VISITS

Oct. 31st – Herb went to Johns Hopkins University Hospital in Baltimore to visit with two new laryngectomee patients. He visited first with **Gennie Thames**, a 78 year old gentleman, who lives in Baltimore. Prior to his surgery, Gennie worked for many years in a towel factory in Baltimore. His surgery was on October 22nd. He was in very good spirits. Gennie was speaking quite well with an electro-larynx, considering that he was just recently introduced to it. When he could not be understood, he gladly wrote down his thoughts and questions. Herb gave him a new laryngectomee welcome packet from the LCMC. Herb went over the materials in the welcome packet, giving Gennie a good idea of what to expect when he returns home. Gennie smiled throughout this visit and expressed his gratitude when Herb was leaving. The next visit was with pre-op patient **Gary Garrison**, who is 65 years old, and his wife **Sherry**. They live in Bluemont, WVA and operate a florist shop that is their long-time family business. They have two children and 6 grandchildren. Gary recently had a tracheotomy. His laryngectomy will be in the near future. Sherry has been staying with Gary the entire time he has been in the hospital, and they are looking forward to him being discharged and going home, until he has his surgery. The Garrisons had many good questions about life after surgery and Herb was able to answer many of them and give them some insight on what to expect. Herb gave them a new laryngectomee welcome packet from the LCMC and went over the materials in it with them. The Garrisons expressed their thanks for this visit, saying that it relieved much of their anxiety in anticipation of Gary's upcoming surgery. Thanks to both **SLP Kim Webster** and **Nurse Practitioner Carol Maragos** for this referral and their on-site help.

Nov. 8th – **Regina Allen**, accompanied by her sister-in-law **Jayne Puglisi**, came to Herb & Sally's home for a post-op visit. Regina, who is 57 years old, has lived with another serious physical ailment for many years. She had her laryngectomy in May, 2013. She has continued working on her job of 14 years with the Center for International Business Travel though all her illnesses. Regina has been without the use of a voice for quite a while and was overjoyed to be able to borrow a Servox Digital speech device from LCMC. Herb gave some beginning instruction on its use. Regina practiced in front of a mirror looking at Herb, Jayne, and herself and practiced smiling as she spoke. She did pretty well for the first time and was given some written instructions on its use. Many of their questions were answered. Regina is looking forward to attending some club functions and meeting others in our group in the future. She received a welcome packet from LCMC. Thanks go to **SLP Jayme Cappa** for referring Regina to LCMC.

Nov. 14th – Herb went to the Pineview Rehab facility in Clinton, MD to visit with 2 patients. He was taken to each patient's room by **SLP Janna Deanne**, who found the LCMC on The IAL web site. The first patient was a 50 year old lady who was the victim of an automobile accident over a year ago. Her vocal cords recently collapsed and her ENT has determined that she will not regain her natural voice. Herb met her briefly to let her see and hear what it is like to speak with an EL. Janna then took Herb to another room for a short visit with a male patient who recently had a tracheotomy. Janna then took Herb back to her office, and introduced him to **SLP Angela Price**. LCMC loaned the SLPs two Servox ELs and a Cooper Rand EL to try with their patients and see which one works best for them. Herb, Janna & Angela had a nice conversation covering several topics. Janna's grandfather became a laryngectomee, when she was a little girl. He was never offered a means of speech, following his surgery and this successful, outgoing business man became very unhappy for the rest of his life. Janna decided at a young age that she would become a SLP to work with and help others who undergo this surgery. The upcoming IAL Annual Meeting and Voice Institute were discussed and both showed a lot of interest and are hoping to attend.