

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, 2015

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

Dec. 9th at 10:15 AM

Speech Class with SLP
Mandy Pietrapaolo

10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
Phyllis & Richard McMullen

11:00 AM

Business & Social Meeting

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

A PRAYER FOR THE WORLD

Let the rain come and wash away the ancient grudges, the bitter
hatreds held and nurtured over generations.

Let the rain wash away the memory
of the hurt, the neglect.

Then let the sun come out and
fill the sky with rainbows.

Let the warmth of the sun heal us
wherever we are broken.

Let it burn away the fog so that
we can see each other clearly.

So that we can see beyond labels,
beyond accents, gender or skin color.

Let the warmth and brightness
of the sun melt our selfishness.

So that we can share the joys and
feel the sorrows of our neighbors.

And let the light of the sun be so strong that
we will see all people as our neighbors.

Let the earth, nourished by the rain,
bring forth flowers to surround us with beauty.

And let the mountains teach our hearts
to reach upward to heaven.

Amen.

---Rabbi Harold S. Kushner
Reprinted from Parade Magazine

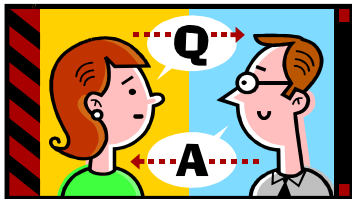
***If prayer can promote healing in us, why not in our troubled world? We asked the distinguished spiritual teacher Rabbi Harold S. Kushner --- author of *When Bad Things Happen to Good People* --- to compose a prayer for PARADE readers that can be said by anyone of any faith.



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 is meant by the terms "Radical Surgery" and "Lymph Node Dissection"?

A. The terms radical surgery and lymph node dissection are usually combined into the one term "Radical Neck Dissection". This can be unilateral or bilateral (on one side or both). This means that lymph nodes, muscles, nerves and tissues have been removed from the neck. This is done to insure that no cancerous cells were left to spread through the lymphatic system. This causes a drastic change in the appearance of the neck. The shoulder on the side affected droops markedly and sensitivity is lessened. Upward movement of the arm is reduced. There are rehabilitation procedures designed to increase the use of the shoulder and neck muscles.

---Reprinted from FLA Q & A

MEETING MINUTES

November 11, 2015

The meeting was called to order by **President Stanley Lipscomb** at 11:08 A.M. Others present were Herb & Sally Simon, Donald Sievers, and Michel Pommier. **Don Sievers** read the Prayer for a Laryngectomee using his strong TEP voice. Stanley extended a warm welcome to those of us who came to the meeting. The attendance was unusually small today due to the fact that it is Veteran's Day. Had we realized this at the October meeting, we would surely have changed the date of this meeting. 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, adding that he wrote two checks totaling \$90.00 and made one deposit of a \$25.00 since the last report. The deposit was a \$25.00 donation by **Annetta Rapp** in memory of **Helen Kane**.

Aunt Bea's Sunshine Report: Herb reported that **Jim & Ursula McDonald** are not able to be here today because Jim is making a Veteran's Day presentation at the school of two of their granddaughters. In the past they had written about Jim's military career and Jim, being the only grandfather around, felt strongly that he should give this presentation about his military career. Herb read an email message from **Tony and Elizabeth Joynes** from Staffordshire, England. Elizabeth is a laryngectomee and the Joynes are very active in their local laryngectomee community. Tony is the newsletter editor for their local support group. Herb and Sally met them in person many years ago at an IAL Convention. The Joynes travel to America often and the Simon's have gotten together with them a couple of times, when they are here. Tony's email message started by saying that his message shows that he read our newsletter and that when he read about Sally going to a presentation about fire safety, he wanted to share that his group just had their fire brigade give a talk on that same subject. He also wrote that in the UK all fire departments will come along and fit smoke alarms completely free as a way of cutting down on deaths in the home, and has been effective in doing so. **Queen Jones-Dickey** called Herb and Sally on November 6th and told them that it was the anniversary of Thurman's passing. Our thoughts and prayers continue to go out to Queen. She also said that she misses us and hopes that she'll be able to attend some of our meetings in the future.

New Business: Herb announced that the 2016 officer elections will take place at the next meeting and he passed out an information sheet with the officer duty descriptions. **Michel** suggested that the length of the term of the officers be increased to two or more years. A discussion took place, and Michel then made a motion to increase the length of the term of the officers to two years, beginning with the upcoming election. Because three of the four LCMC officers were present, these executives voted for this change. This change to the LCMC by-laws will be voted on by the members who attend the December meeting.

General Discussion: With today being the Veteran's Day holiday, a discussion about serving in the military began our meeting. Stanley, Herb & Don all served and talked about how they entered the military. Stanley mentioned that he thought all who have served remember their serial #'s for the rest of their lives. Herb & Stanley rattled theirs off immediately! Don, Stanley and Herb each shared personal stories about how and why they entered the military. Don shared that many restaurants are serving free meals to Veterans' today as a way of thanking Veterans for their service to our country. He also told us how to find a list of all the participating restaurants on the Internet (Herb & Sally dined at Chili's in Rockville that evening, and Herb's delicious meal was free). It was brought up that Medicare

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MEETING MINUTES

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open season is upon us. An in-depth discussion about different plans and coverages offered by United Healthcare and Kaiser Permanente followed. Michel mentioned that his home heating system broke down. In discussing this he mentioned that we should all have CO2 (carbon monoxide) detectors in our homes. We continued the discussion we had last month about smoke detectors. Stanley checked and found that the new law that will soon be in effect is a statewide law, rather than individual county laws. Stanley shared that he recently bought one of the 10 year battery operated detectors. Don recommended using photo-electric detectors, rather than the ionization type because the latter picks up cooking odors that set them off frequently. In the past Don has written codes for alarms for the hearing impaired. A discussion ensued about alarm placement and it was noted that alarms in apartments need to be hard wired and connected to each other. Everyone thanked Sally for the refreshments she brought today. A motion was made, seconded and passed to adjourn the meeting at 12:35 PM.

STAY HEALTHY

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/>

“If you change the way you look at things, the things you look at change”.

---Wayne Dyer

Vocal Cords Grown From Human Cells



Normal Vocal Cords

Laboratory grown vocal cord tissue that produces realistic sounds is a step toward creating new vocal cords for patients suffering from diseases such as cancer or injuries that damage their voice. Vocal cords that produce voice sounds have been grown in the laboratory from human cells. Details of the research are reported in the **Science Translational Medicine** journal.

Investigators from the University of Wisconsin in Madison harvested connective tissue and lining cells from the vocal cords of four patients whose voice boxes had been removed for medical reasons, and one human cadaver. They grew those cells onto scaffolds that produced strong elastic tissue similar to the one in the natural voice box. After two weeks of allowing the cells to grow in the laboratory, the cells assemble into layers that resembled the structure of healthy vocal cords.

To test the freshly-grown tissue folds, scientists implanted them into one side of voice boxes taken from dogs, and attached them to an artificial windpipe and blew humidified air through them. When air was blown over the tissue it vibrated, producing sounds that had the same characteristics as those made by natural dog vocal cords. High speed digital imaging showed that the cords vibrated like natural tissue too. In follow-up studies using mice the transplants tissue were not rejected during a three months follow-up. It is unlikely that replacement voice boxes will be created from vocal cord tissue from patients with cancer. However, vocal cords could be created from stem cells that are turned into muscle and lining cells to form the cords.

Laboratory grown replacements for damaged vocal cords are still years away and more research is needed in animals to show that they work well and do not provoke an immune response. The process must be performed with clinical grade cells before the implants can be tried in humans.

---Submitted by LCMC Member
Dr. Itzhak Brook

2016 LCMC OFFICERS



NOMINATIONS & ELECTION

The election of the LCMC Officers for 2016 will be held at the December 9th 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 2016, 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 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 2016, 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 / 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.

ASK THE DOCTOR



Why does my nose run all the time after my laryngectomy? Is it a cold or sinus infection?

Answer: Your nose runs after a laryngectomy because you no longer breathe through your nose but through your stoma. Because there is no longer any air flowing through your nose the tissues lining the nasal cavities become engorged with blood and do what they are supposed to do - make mucous. This is a self-limited process and requires several weeks for the body to get adjusted before the condition improves, You should avoid taking any anti-histamine medications, particularly if you have had radiation, as this can make the dryness from the radiation even worse.

Glenn E. Peters, M.D.

---Reprinted from Still Talking Newsletter

YOU ARE WELCOME TO CONTRIBUTE TO

THE VOICE

If you have an article, story, cartoon, or a personal experience that you think will 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.

“Health, Learning & Virtue will ensure your happiness; they will give you a quiet conscience, private esteem & public honor.”

---Thomas Jefferson (1743 – 1826)