

# 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



## JANUARY, 2010

### LCMC MEETING MINUTES

December 8, 2010

Vice President Ishmael (Ish) Rivera called the meeting to order at 7:30 P.M. Others in attendance were Itzhak Brook, Howard Eskildson, Edward Akwe, Mary Speiden, Herb and Sally Simon, Addie Shaw, Larry Dawkins, Charles Pickett, Stanley Lipscomb, Peggy Bradberry and Helen Kane. **Stanley** read the Prayer for a Laryngectomee. Ish welcomed everyone to the meeting. We introduced ourselves with the laryngectomees telling when and where their surgeries were performed. **Herb** apologized to

*(continued on page 2)*

#### MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB  
OF MONTGOMERY COUNTY

Saturday January 15th  
at 1:00PM

Annual Holiday Party  
(see accompanying flyer)

Feb. 9th at Noon  
Business & Social Meeting

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

### WORDS TO LIVE BY



Just because some one doesn't love  
you the way you want them to,  
doesn't mean they don't love  
you with all they have.

They say love hides behind every corner,  
then I must be walking in circles.

A true friend is someone who reaches for  
your hand and touches your heart.

Never frown, even when you are sad,  
because you never know who is falling  
in love with your smile.

To the world you may be one person,  
but to one person you may be the world

Don't cry because it's over,  
smile because it happened.

---Author Unknown

## 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 to 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.

## HAPPY BIRTHDAY



Jan. 4th	Mary Speiden
Jan. 5th	Addie Shaw
Jan. 8th	Mary Jane Hart
Jan. 10th	Peggy Breeden
Jan. 10th	Ernest Mozon
Jan. 10th	Barbara Cameron
Jan. 12th	Timothy Welsh
Jan. 14th	Nancy Teague
Jan. 15th	Charlese Jones
Jan. 19th	Irwin Title
Jan. 19th	Jaileric Baldwin
Jan. 23rd	Herb Simon
Jan. 29th	Ishmael Rivera

## LCMC MEETING MINUTES

*(continued from page 1)*

**Itzhak** for inadvertently omitting his name from the November meeting attendees list that was published in the December issue of THE VOICE. The minutes for that meeting were then approved.

**Treasurer's Report** – Herb reported that he wrote two checks totaling \$642.00 this past month and made one deposit of \$720.00 that included an anonymous \$500.00 donation to the club. He mentioned that the IAL Club Membership dues are now due. The members present unanimously voted to renew our club membership. Herb then gave an in-depth year end Treasury Report for 2010.

**Aunt Bea's Sunshine Report** – **Addie Shaw** read an e-mail message that she and **Herb** had each received from **Ann O'Neill**. This beautifully written, heartfelt, loving Memorial message was for her Mother, **Aloise W. O'Neill**. Ann's mother, who was 95 years old, passed away on the morning of December 4th. Herb told us that LCMC Member **Robert Ferketic, Sr.** who lived in Bowie, MD passed away recently. Herb also announced that the Christmas raffle items at tonight's meeting were sent to us by **Tom & Dorothy Lennox of Luminaud, Inc.** A Thank You card for Tom & Dorothy was passed around and signed by all in attendance.

**Old Business** – A discussion was held regarding the time and place for future LCMC meetings, since the ACS has relocated to their new office in downtown Silver Spring. Herb met with the new owners of our present meeting location. They have offered to let us continue to hold our meetings in their building. However, due to the nature of their business, this location will only be available for us to use on weekdays between 8:00 A.M. to 5:00 P.M. Suggestions were made to check with local libraries and churches which are close to a Metro station, and perhaps with Holy Cross Hospital to see if they may have space available for us. In the meantime, a motion was made and seconded to continue to meet at our present location on a temporary basis. The motion was approved and it was agreed that our next business meeting will be on Wednesday, February 9<sup>th</sup> at 12:00 Noon.

**New Business** – The election of the LCMC Officers for 2011 was held. The LCMC officers for 2011 are: **Herb Simon – President, Ishmael (Ish) Rivera – Vice President, Helen Kane – Secretary, and Herb Simon, Treasurer.**

A time and place for the Annual Holiday Party was discussed. It was decided that the party will be held on Saturday, January 15th at 1:00 P.M. The location will be announced at a later date. Herb and Sally kindly volunteered to host the party at their home. The new ACS building will also be considered.

A raffle was then held for the Holiday items that were generously sent to our Club by **Luminaud, Inc.** Numbers were drawn from a hat and the winners chose a gift they liked. **Stanley Lipscomb** was thanked by all for bringing the refreshments to the meeting. **Sally** volunteered to provide refreshments for the February meeting. A motion was made, seconded, and unanimously passed to adjourn the meeting at 9:05 P.M.

*---Respectfully submitted by,  
Helen Kane*

# Stay Healthy™

by Dr. Ranit Mishori

## Dispose of Meds Safely

**L**EFTOVER MEDICINE has a way of making trouble. Flushed down the drain, it pollutes lakes and rivers as well as our drinking water. Kept at home, it's a poison risk for small kids and teens. And passed along to a family member or a friend, it encourages people to dose themselves without a prescription. None of this is good.

Of the more than 4 billion prescriptions written yearly, it is estimated that some 40% go unused. That's about 200 million pounds

### Community pharmacies are helping.

of meds—including those in liquid form.

To help dispose of

unused medications properly, the National Community Pharmacists Association has launched a "Dispose My Meds" campaign. More than 800 community pharmacies in 40 states have signed on. It's easy. Just bring the drugs to a participating pharmacy, and it will send them to a medical-waste-disposal facility. Or you can get a postage-paid envelope from the pharmacy and mail the drugs from your home.

Go to [DisposeMyMeds.org](http://DisposeMyMeds.org) for details and to find a pharmacy near you.

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<http://www.disposemymeds.org/>

## Home Fires Highlight Danger of Combustible Materials Too Close to Lamps/Lights

A couple of fire calls this past Friday caught my eye and I wanted to share them with you. The cause of the fires may actually surprise many of you. It certainly highlights the fact that many of the fires MCFRS Fire Fighter's respond to are PREVENTABLE incidents.



In one instance the fire originated in a closet by the front door, due to combustibles being too close to a light fixture.

The next fire was due to bedding materials on a lamp.

Hopefully all of you caught on to the fact that the light bulbs in the lamp and light fixture were the "spark" that started each fire. They were allowed to be the "spark" because materials that can burn were placed close enough to each device that the materials heated up to the point where they caught fire.

None of the people who lived in these homes meant for this to happen. No doubt many of you reading this right now are saying to yourselves, "Wow! I did not realize a fire could start this way!"

But it can and it did! My hope is that many of you will read this and perhaps pay a little more attention to where you may be tossing your clothes, towels, bed sheets/blankets, jackets, etc. This is the time of year where we also see many folks using space heaters to dry out or heat up wet clothes – which can result in the same set of circumstances that occurred Friday.

So, please, understand that your lamps and light fixtures are a potential source of heat that can start a fire, if you are placing things that can burn too close to them.

---Reprinted from Montgomery County Fire Chief  
Richard Bowers' Blog on Dec. 13th

**Editor's Note:** Our safety is very important. I subscribe to the Montgomery County Fire & Rescue Service online safety notices and tips. I think the above article can be helpful to our readership this winter, no matter where we live.

**Many thanks from LCMC to the following healthcare professionals for their continuing efforts on behalf of our laryngectomee community, in 2010:**

Mona Faddah, SLP – Geo. Wash. U. Hospital  
Eliza Peoples SLP – Georgetown Univ. Hosp.  
Karen Edick, SLP – Georgetown Univ. Hosp.  
Heather Smith, SLP – Georgetown Univ. Hosp.  
Jen Barker, SLP – Union Mmorial Hospital  
Tara Dean – National Naval Medical Center  
Sharon Khoo, SLP – Civista Medical Center  
Karen Calabres, SLP – Washington Hospital Ctr.  
Kathryn Wills, SLP – Washington Hospital Ctr.  
Donna Sauer, SLP – Washington Hospital Ctr.  
Megan Snell, SLP – Washington Hospital Ctr.  
Beth Solomon, SLP – Nat'l. Institutes of Health  
Zilpha Bosone, Ph.D. – SLP – Retired  
Jennifer Rosensweig, SLP Bethesda Manor Care  
Susan Levine, SLP – Rehabilitation Services, Inc  
Dian Kurtz, SLP – Woodbine Rehabilitation Ctr.  
Melanie Dorn, SLP – Inova Fairfax Hospital

**CLASS OF 2010**

**The following is a list of those who became a Laryngectomee in 2010:**

John Wagstaff – Clinton, MD  
Timothy Welsh – Baltimore, MD  
William McAndrew\* – Vienna, VA  
Charles Dyson\* – Hyattsville, MD  
Alice Russman – Woodbridge, VA  
James Gillick – Ashburn, VA  
Fernando Javier\* – Clinton, MD  
Mary Miller – Woodbridge, VA  
Fred Marcey – Summerduck, VA  
Ken Davis – LaPlata, MD  
Howard Thornton – Port Tobacco, MD  
Clarence Cabbage – Thurmont, MD

\*Denotes attendance at local club functions.

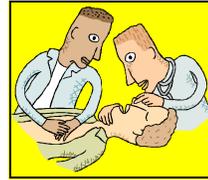
**Welcome to the Club!**

**IN LOVING MEMORY**

**The following laryngectomees with area roots, passed away in 2010:**

Grace Johnson  
Darrell MacDonald  
William Pototsky  
John F. Walsh  
James Greene  
James H. Johnson, Sr.  
Thomas Richardson  
Robert J. Ferketic, Sr.  
James William (Mac) McKnight

**RESCUE BREATHING PRESENTATIONS**



**December 3rd – Itzhak Brook and Herb Simon** gave another Rescue Breathing for Laryngectomees and other Neck Breathers Presentation. This presentation was given to a different audience than the previous ones you've been reading about. The audience this time was made up of 14 students in the Fire Science Program that is offered through the Montgomery County School System. EMS and Fire Tracks are offered to students who are interested in pursuing these programs. These students come to the academy for ½ the day, every day, for the entire school year. The students attending this presentation are on the 'EMS' Track. **Deb Cina** of Montgomery County Fire & Rescue is the instructor for these classes. She reported that the kids very much enjoyed the presentation. It was very helpful for them to be able to see the anatomy of a laryngectomee.

**OBITUARY**



**JAMES WILLIAM ("Mac") McKNIGHT  
(Age 73)**

On Friday, December 17, 2010 Mr McKnight of Berwyn Heights, MD formerly of Pittsburgh, PA passed away. He was the beloved husband of the late Keiko McKnight: loving father of Michael and Yumiko (Gary) Fletcher; caring brother of Joy and grandfather of Hunter, Alexis and Emiko. A memorial gathering was held at Gasch's Funeral Home on Tuesday December 21st from 5 to 8 p.m. A formal memorial service will be held at a later date. He will be greatly missed by all who knew him. Contributions can be made to Holy Redeemer Catholic School, 4902 Berwyn Rd., College Park, MD 20740

*---Portions reprinted from the Washington Post  
December 20, 2010*



# The LARYNGECTOMEE CLUB of MONTGOMERY COUNTY

*Cordially invites you to attend our*

## **Annual Holiday Party**

**SATURDAY, January 15, 2011**

Starting at 1:00 P.M. at

**HERB & SALLY SIMON'S HOME**

**(Directions to the party are on the next page)**

## **POTLUCK LUNCHEON**

Bring an Appetizer, Salad, Favorite Side Dish or a Desert to share!

LCMC Will Furnish the Turkey, Ham, and Beverages

*Great Food - Great Company - Great Raffle - Great Fun!*

## **RSVP**

**By Wednesday, January 12th**

Call or Email Herb or Sally

Phone - (301) 588-2352

Email - [H457@aol.com](mailto:H457@aol.com)

***\*Please Bring your cameras and take some pictures for the Newsletter\****

# LCMC ANNUAL HOLIDAY PARTY

## DIRECTIONS TO HERB & SALLY SIMON'S HOME

403 Hamilton Avenue  
Silver Spring 20901  
301-588-2352

### **From I-495 (the Capital Beltway)**

(Washington Beltway)

Exit onto **COLESVILLE ROAD – SOUTH** (Route 29)

**LEFT** at **FIRST** Traffic Light onto **Franklin Avenue**

**RIGHT** onto **WORTH AVENUE** (about 150 yards)

**LEFT** (full left-hand turn at stop sign onto **HAMILTON AVENUE**

**#403 HAMILTON AVENUE** is at the top of hill on the left

### **From Olney Area**

South on Georgia Avenue

**LEFT** onto **UNIVERSITY BLVD. (Rte. 193 East)** continue several miles to

**RIGHT** onto **COLESVILLE ROAD - SOUTH** (Route 29) for about ½ mile

**LEFT** at **FIRST** traffic light onto **Franklin Avenue**

**RIGHT** onto **WORTH AVENUE** (about 200 yards)

**LEFT** (full left-hand turn at stop sign onto **HAMILTON AVENUE**

**#403 HAMILTON AVENUE** is at the top of hill on the left

### **From Washington, DC**

**NORTH** on **GEORGIA AVENUE** (7<sup>th</sup> Street in downtown DC)

**RIGHT** onto **COLESVILLE ROAD - NORTH**

**RIGHT** at the third traffic light onto **SLIGO CREEK PARKWAY\*\*\***

**LEFT** onto **WORTH AVENUE** (this is the first street on the left – about 200 yards)

**RIGHT** at stop sign onto **HAMILTON AVENUE**

**#403 HAMILTON AVENUE** is at the top of hill on the left

**\*\*\***Sligo Creek Parkway is not well marked. You may see a sign that says St. Andrews Way and think you're at the wrong place. The key is to turn right at the traffic light located at the bottom of the hill. It will be the next traffic light after Dale Drive, after you pass Mrs. K's Tollhouse Restaurant on the right. If you do this, you will be on **SLIGO CREEK PARKWAY** regardless of what the sign reads!

**PLEASE PARK ON OUR SIDE OF THE STREET**

**YOU ARE WELCOME TO PARK IN THE DRIVEWAY**

(If you do, please drive as far forward as you can)