

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, 2012

MEETING MINUTES

December 14, 2011

The meeting was called to order by **President Herb Simon** at 11:35 A.M. Others present at the meeting were Sally Simon, Marina & Jose Cruz, Addie Shaw, Betty Money, Stanley Lipscomb, Helen Kane, Annetta & Bill Rapp, Michel Pommier, Amir Ebrahimi, and Itzhak Brook. **Michel** read the Prayer for a Laryngectomee using his TEP voice. Herb extended a warm welcome to all in attendance. The minutes for the November meeting were unanimously approved as published in the December issue of *The Voice*.

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MARK YOUR CALENDAR

**THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY**

**Saturday January 14th
at 1:00PM**

Annual Holiday Party
(see accompanying flyer)

Feb. 9th at 11AM
Business & Social Meeting

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

HUGGING



The Perfect Cure for What Ails You

No batteries
No periodic checkups
Low energy consumption
High energy yield
Inflation proof
No monthly payments
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Hugging is healthy
It relieves tension
Combats depression
Reduces stress
Improves blood circulation
It's invigorating
It's rejuvenating
It elevates self-esteem
It generates goodwill
It has no unpleasant side effects
It is nothing less than a miracle drug.

---Unknown

IT'S THAT TIME OF THE YEAR AGAIN!



IT'S 2012 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

MEETING MINUTES

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Treasurer's Report: Herb gave the year end Treasury Report denoting the income and expenditures to date. He also reported that we received an acknowledgement from the IAL for our recent donation to help with the expenses of the upcoming 2012 Annual Meeting and Voice Institute that will be held in Durham, NC from June 6th thru 10th. **Sally** reminded us that the club will pay the registration fee for all LCMC laryngectomee members who attend. It was also pointed out that first-time attendees who serve as delegates at the Annual Meeting or attend the Voice Institute are reimbursed \$500 by LCMC to help defray their travel and hotel expenses.

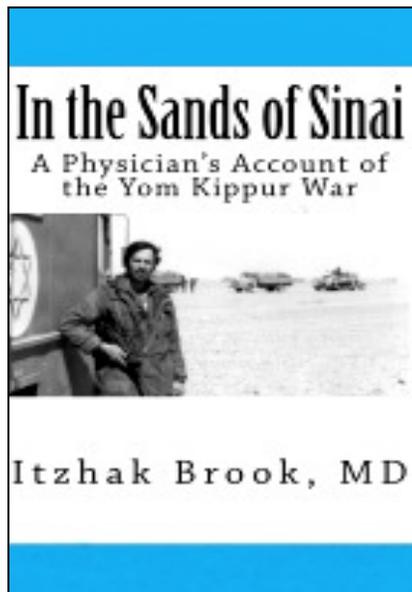
Aunt Bea's Sunshine Report: Addie said she had spoken to **Mary Jane Hart**, a long-time LCMC member. Mary Jane said she would like to attend meetings but has transportation problems. **Helen** saw **Jim Roby** while shopping. She said Jim looks well and told him that we miss him at meetings. Herb told us that **Peggy Bradberry** was not able to attend the meeting today because she had to go to Southern Maryland. She sent her regards and Happy Holiday wishes to all. He also told us that **Rudy Lashley** had surgery to remove another growth on his lung. Herb passed around a picture of laryngectomee **Gary Davis & Gene Ann Logan** standing in front of his air boat in Cocoa, FL. These water-loving folks sold their Silver Spring home a couple of years ago and now divide their time between FL and Ocean City, MD. Gary is doing very well.

General Discussion: Everyone was happy to see **Amir**. He has completed his radiation and chemotherapy treatments. He spoke of some side effects he experienced, but is now pain free and looks great. **Itzhak** said he recently gave a lecture to a class of speech pathologists in training for a MSC at the George Washington University Department of Speech and Hearing Science. He felt they appreciated his ideas on better care and treatment of laryngectomees and is looking forward to addressing the class again next year. Itzhak has also written a new book, *In the Sands of Sinai, A Physician's Account of the Yom Kippur War*. In this book, he recalls the emotional drama of being a doctor during wartime. Interestingly, Itzhak feels war and cancer are very similar because you don't know what will happen to you. **Stanley** reported that he distributed a copy of the *Rescue Breathing for Laryngectomees and Other Neck Breathers* DVD to the District Heights, Seat Pleasant, and Chapel Oaks fire stations in Prince Georges County. The rescue personnel said they will share the DVD with others because all are not aware of emergency care for laryngectomees. Itzhak reminded everyone to share this DVD with your doctor before any medical procedure and also to establish a form of communication should you not be able to speak. He was able to generate some sounds during a recent procedure.

Old Business: A new meeting location has not yet been established. Herb will check on a location close to the beltway. This issue was placed on hold until a later date.

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DR. BROOK'S NEW BOOK



The book describes my personal experiences, struggles, fears and challenges as I cared for my soldiers' physical and emotional needs. It is my perspective of a war that shaped my own life, and Israel's fragile identity. Over thirty-eight years have passed since the Yom Kippur War took place in October of 1973, but its impact on me has not faded.

This book is available in paperback at:
<https://www.createspace.com/3698163>

It is also available as an e book:
<http://www.lulu.com/product/ebook/in-the-sands-of-sinai-a-physicians-account-of-the-yom-kippur-war/18666171>

Ponderisms



I used to eat a lot of natural foods until I learned that most people die of natural causes.

MEETING MINUTES

(Continued from page 2)

New Business: The election of the LCMC Officers for 2012 was held.

The new officers for 2012 are:

**Stanley Lipscomb – President,
Michele Pommier – Vice President,
Helen Kane – Secretary,
Herb Simon – Treasurer**

Herb thanked Addie and Michele for serving on the Nominating Committee. The location for our holiday party was discussed. A motion was made, seconded and approved to hold the party at the Simon home on Saturday, January 14, at 1:00 P.M. Herb had planned to show the video, *Laryngectomees Loving Life*, but because of time restraints this was rescheduled for a later date. Herb reminded us that ATOS Rep / SLP Mandy Pietropaulo will be our guest speaker in February. Helen was thanked for providing the refreshments. A motion was made, seconded and passed to adjourn the meeting at 12:50 P.M

*---Respectfully submitted by,
Helen Kane*

ENHANCES

We had a successful support group meeting on Wednesday, December 7th. Attendees included Clarence Lucas and his wife, Larry Dawkins, Jerome Walker and his sister, and Ed Cutler. Thank you to all who attended.

Dr. Eugene Simopoulos, from the GWUH Psychiatry department, was our guest speaker. He gave a brief presentation and facilitated a discussion about coping with cancer, clinical depression, and other emotional issues that arise from physical illness. Dr. Simopoulos highlighted the September 2011 issue of *Psychiatric Annals* journal that discusses cancer and depression. It includes articles about surviving cancer, cancer treatment, finding meaning during illness, and the emotional impact on families. This can be found at the following link:

<http://www.psychiatricannalsonline.com/view.asp?rid=87782>

We hope you find these resources helpful. Our next support group meeting will take place on **Wednesday, January 11th, 2012 at 2:00pm** in the **GWUH Rehab Dining Room** on the 4th floor.. Our group continues to grow and we look forward to seeing old and new faces in January.

This meeting is open to the public. Participants do not have to receive services from GWUH to attend. This support group is a free, participant driven service that is sponsored by the hospital. To **RSVP** or if you have any questions, please email Mona at: Mona.Faddah@gwu-hospital.com or myself Tracy.Higgins@gwu-hospital.com with any questions.

---Tracy Higgins M.A., CCC-SLP

A THOUGHT FOR TODAY

“The liar's punishment is not in the least that he is not believed, but that he cannot believe anyone else.”

*---George Bernard Shaw, writer,
Nobel laureate (1856-1950)*

Many thanks from LCMC to the following healthcare professionals for their continuing efforts on behalf of our laryngectomee community, in 2011:

Drs. Liesl Nottingham, Brian Driscoll, David Bianchi, and Charles Sinha
Mona Faddah, SLP – Geo. Wash. U. Hospital
Tracy Higgins, SLP - Geo. Wash. U. Hospital
Hilary Sullivan – GWU SLP Graduate Student
Eliza Peoples SLP – Georgetown Univ. Hosp.
Karen Edick, SLP – Georgetown Univ. Hosp.
Heather Smith, SLP – Georgetown Univ. Hosp.
Jen Barker, SLP – Union Memorial Hospital
Tara Dean, SLP – Walter Reed Medical Center
Laura Cord , SLP – Walter Reed 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.
Jessica Pecora, SLP – Rockville Adventist Rehab
Jill Silimonte – Loyola U. SLP Graduate Student
Zilpha Bosone, Ph.D. – SLP – Retired
Jennifer Rosensweig, SLP Bethesda Manor Care
Kim Webster, SLP – Johns Hopkins Univ. Hosp.
Sarah Howell, SLP – Inova Fairfax Hospital
Kelly O’Neil, SLP – Mount Vernon Hospital

CLASS OF 2011

The following is a list of those who became a Laryngectomee in 2011:

Amir Ebrahimi* – Bethesda, MD
Joseph Finnegan* – Alexandria, VA
Charles Carter* – Capitol Heights, MD
Paul Corridean* – Rockville, MD
Joseph Markaroff – Germantown, MD
Yvette Milling – Washington, DC
Henry Kemper – Washington, DC
Albert Turner – Silver Spring, MD
Joseph Hines* – Arlington, VA
Tommy Justice – Pocomoke, MD
Witmer Marshall - Arlington, VA
Earl Babbitt – Greenbelt, MD
Woodrow Davis – Alexandria, VA
Richard Harding – Waldorf, MD
Dean Umberger – Burtonsville, MD

*Denotes attendance at local club functions.

Welcome to the Club!

IN LOVING MEMORY

The following laryngectomees with area roots, passed away in 2011:

Kenneth Davis, Howard Thornton, Leroy Samuel, Clarence (Bunky) Cabbage, Joseph Markaroff, Iliene Cunningham, Ismael Rivera, William Zuckerman, Arlene Meachum and Preston Coffey.

NEW LARYNGECTOMEES VISITATIONS

December 4th – **Witmer (Wit) Marshall**, who became a laryngectomee on September 26th came to Herb Simon’s home for a post-op visit. Wit, who was born in Hampton, VA., is 55 years old. He and his wife live in Alexandria, VA. He served in the US Army for 20 years and attained the rank of Sergeant. He retired in 1995. He was a member of the Army band and played the trumpet. He’s loves playing the trumpet and hopes to be able to play again in the future. After retiring from the Army, Wit worked for the US Post Office until 2010, when he became ill. He and Herb discussed living life as a laryngectomee and went over the information in the New Laryngectomee Packet from the New Voice Club of Northern Virginia. Thanks go to **SLPs Tara Dean and Laura Cord** at the Walter Reed National Medical Center in Bethesda, MD for this referral.

WHAT PATIENTS CAN DO

Hospitals cannot reduce readmission rates on their own. Success will depend on a coordinated approach involving primary-care doctors, pharmacists, an improved system of electronic health records and, perhaps most important, patients themselves.

- **Make sure you understand your diagnosis**, and what was done to you.
- **Know whom to follow up with** (physical therapist, your regular doctor, a nurse, etc).
- **Schedule a follow-up appointment** with your regular doctor before you leave the hospital; make sure to see him or her soon after discharge.
- **Ask your hospital doctor** to communicate with your regular doctor.
- **Go over every medication on your discharge list** with your doctor or nurse. Compare those drugs with medications you were taking before you entered the hospital to ensure there are no duplications or dangerous interactions.
- **Get contact information** for any questions or problems you might have after discharge.
- **Ask about what to expect** during your recovery and what symptoms to look for should something go wrong.
- **If some test results are pending**, make sure you know how to obtain the results.
- **Before you sign your discharge summary**, make sure you understand every-thing. Ask someone – a nurse, a doctor, a social worker – to explain it to you.
- **Bring a copy of your discharge summary** to your follow-up visit.

All of this increases the odds that, when you leave the hospital after surgery or illness, you will not be coming back again soon. The health-care system will save money, and you’ll be able to undertake your recovery, in your own bed, at home. And who wouldn’t prefer that?

---Reprinted from the *Washington Post Health & Science Section*
December 13, 2010



The LARYNGECTOMEE CLUB of MONTGOMERY COUNTY

Cordially invites you to attend our

Annual Holiday Party

SATURDAY, January 14, 2012

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 11th

Call or Email Herb or Sally

Phone - (301) 588-2352

Email - 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** (7th 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)