

# 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, 2013

### MARK YOUR CALENDARS

THE LARYNGECTOMEE CLUB  
OF MONTGOMERY COUNTY

### Annual Holiday Party

Will be held on:

Saturday January 12th  
at 1:00PM

(see accompanying flyer)

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

### HAPPY NEW YEAR



This year may the hands  
that touch the earth  
be a little gentler  
and the hearts that care for it  
a little wiser

## A HAPPY NEW YEAR



**H**appiness depends upon your outlook on life. - Find the good in all situations.

**A**ttitude is just as important as ability. - Keep your attitude positive.

**P**assion, find yours this year! - Do what you love and you will never work.

**P**ositive thoughts make everything easier - Stay focused and stay positive.

**Y**ou are unique, with special gifts, use them. - Never forget you have talent.

**N**ew beginnings with a new year.

**E**nthusiasm is a true secret of success.

**W**ishes: may they turn into goals.

**Y**ears go by too quickly, enjoy them. - Wisdom from your elders, listen.

**E**nergy: may you have lots of it. - Take care of yourself.

**A**ppreciation of life, don't take it for granted. - Live each day.

**R**elax: take the time to relax in this coming year. - Keep a balance in your life.

- - - Catherine Pulsifer

## IT'S THAT TIME OF THE YEAR AGAIN!



## IT'S 2013 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. 22nd	Raymond Little
Jan. 23rd	Herb Simon

## MEETING MINUTES

**December 12, 2012**

The meeting was called to order by **President Stanley Lipscomb** at 11:12 A.M. Others present were Herb & Sally Simon, Addie Shaw, Betty Money, Helen Kane, Albert Turner and Stanley Lipscomb. **Albert** read the Prayer for a Laryngectomee using his TEP voice. No introductions were needed since all present had previously met. The minutes for the November meeting were unanimously approved as published in the December issue of *The Voice*.

**Treasurer's Report:** **Herb** gave a detailed year-end treasury report. He identified all the large expenditures we had, which were quite a bit more than in recent years. This happened partly because we now rent our meeting space and the fact that we had more reimbursements to people who attended the IAL conference this year. **Herb** shared that because of our continuing large and generous membership, we only had a \$1,205.78 negative cash flow in 2012 in spite of our added expenses.

**Aunt Bea's Sunshine Report:** **Addie** said she had spoken to **Larry Dawkins** who is undergoing medical tests. **Addie** told him our thoughts and prayers are with him. **Larry** sent his best to all. **Albert** reported that **Patrick Ford** is also having medical issues but is in great spirits. **Stanley** had received a call from **Phyllis Johnson's** daughter. **Stanley** visited **Phyllis** again and addressed her questions. **Stanley** suggested to **Phyllis** that she attend our LCMC meetings and offered to bring her. **Herb** reported the following: Since the last meeting, **Mamie Redman** made the decision to undergo the medical procedure to have her TEP removed, and that it went smoothly and she is doing well. **Rick Hunt** is not at the meeting today because he is at a Christmas Lunch with buddies from where he used to work. **Rick** said that he didn't miss work, but did miss his pals. He said to say hello to everyone and that he was sorry he couldn't be with us today. **Michel Pommier** could not join us today because he had a dental appointment. He sends wishes to everyone to have Joy and Happiness for the Holidays and 2013. **Itzhak Brook** couldn't be here today because he also has a doctor appointment. He sends his best wishes to fellow LCMC members.

**Old Business:** No old business was discussed.

**New Business:** **Herb** had everyone look at another possible meeting room, but the members present felt that our present room better suits our needs. **Addie Shaw, Nomination Committee Chairperson**, announced the following nominations for 2013 LCMC officers:

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

Since no further nominations were offered from the floor, a vote was held and all were unanimously elected. **Addie** was thanked for again serving as chairperson. Dates for our annual holiday party were discussed. It was decided that the party would be held at the Simon home on Saturday, January 12, at 1:00 P.M.

**General Discussion:** **Albert**, who divides his time living in NY and in Bowie, MD was in NY when Hurricane Sandy struck.. He shared some of his experiences with us. He told us how long the lines for gas were in the area and that it was taking hours for those who opted to wait in line for gas. He said he parked his car and traveled everywhere by bike until he returned to our area. **Stanley** shared that he experimented and found a new way to make his Servox volume much louder, when he needs to. He demonstrated for us by taking the orange, protective bottom

*(Continued on page 3)*

## MEETING MINUTES

*(Continued from page 2)*

and putting it over the top part of his device. It was then much louder as if it had a megaphone attached. Herb then demonstrated how we can accomplish the same result by cupping our free hand around our mouths, when we speak. He added that this can save time, if it's an emergency. Thanks were given to **Sally** for the delicious refreshments. **Helen volunteered** to bring the refreshments to the February meeting. This meeting which was held on this once in a lifetime date of 12-12-12, was remarkably adjourned at 12:12 P.M.

---Respectfully submitted by  
*Helen Kane*

### 7-MINUTE SOLUTION

#### AVOID NECK AND BACK PAIN AT THE COMPUTER

*Dr. David Rempel, professor of occupational medicine at UC San Francisco, on setting up an ergonomically correct workstation*

**1** Make sure your chair has comfortable back and arm support. Adjust the height so that your feet are flat on the floor, you have legroom to spare, and your eyes line up with the top of your monitor (the screen should be a bit lower if you wear bifocals).

**2** Position the screen an arm's length away, avoiding glare from windows and lights. The keyboard should be at elbow height and the keys easy to press. Use the desk or armrests to support your forearms.

**3** Keep the mouse close to the keyboard. To avoid dragging, which can lead to arm pain, clean the roller ball regularly; for some, a mouse pad may help.

 Check your posture. Relax the muscles in your forearms, shoulders, and neck by sitting straight up or leaning back in your chair. Stand up and stretch every 20 minutes.

--- Reprinted from  
*Parade Magazine 1-22-12*

## PRE-OP LARYNGECTOMEE VISIT(S)

**December 10th** – **Donald (Don) Sievers** came to Herb & Sally's Silver Spring home for a pre-op visit. Don is 77 years old and lives in Gaithersburg, MD. He and his wife had 5 children together and have been divorced for a long time. Don has had a varied career. He served in the US Navy for 10 years through 1969. After that, Don was in the Automobile business for the next 12 years. He has been in the Mortgage Lending Business for many years. Don is hard of hearing. He's been very active over the years in the hearing impaired community, sharing his business acumen and understanding with that group of people. He provided Fire Protection information to them and provided mortgage financing services for many years to deaf people trying to purchase a home. Don had a partial laryngectomy on January 24, 2012. He has been struggling with several different physical ailments and visited today to learn more about laryngectomy and living life following this surgery. He was undecided about having a laryngectomy at the time of this visit. Herb impartially shared a lot of information with Don and left him with lots of things to think about. He gave Don a Laryngectomee Information packet that Don will be studying to help him make his decision. Don was very grateful for this meeting. Thanks go to **Dr. David Bianchi** for helping to arrange this visit.

**December 17th** – **Don Sievers** returned to the Simon's home for a second visit. After several Doctor visits over the past week, he is strongly leaning toward having the laryngectomy surgery. He found that the general consensus of his doctors was that having a laryngectomy may serve to improve his quality of life. Don asked Herb and Sally, who was home this time, many questions about life both right after surgery and long term. Together Don and Herb viewed the Laryngectomees Loving Life DVD. Don borrowed the DVD to make a copy of and be able to share with his caregiver friends and family. Don was very grateful for being able to visit again.



**Q.** After laryngectomy, will I regain my sense of taste?

**A.** Yes, in time your taste will likely return to near normal, if not even better than before surgery if you smoked. That is because years of smoking "numbed" your taste buds to the point that your taste wasn't nearly what you thought it was. As the taste buds recover, your taste will become a pleasure again. However, only bitter, sweet, sour and salt tastes are sensed with the tongue; all other "tastes" are actually sensed by the olfactory buds in one's nasal passages and these are not as "productive" as pre-surgery (as explained in the following answer) and hence your taste may be "different" than before.

---Reprinted from  
*The Florida Laryngectomee Association  
Q & A Booklet for the Laryngectomee*

**Many thanks from LCMC to the following healthcare professionals for their continuing efforts on behalf of our laryngectomee community, in 2012:**

Dr. David Bianchi – Private Practice  
Dr. Maria Martinez - Kaiser Permanente  
Melanie Dorn, SLP Inova Fairfax Hospital  
Andrew Clare, SLP - Inova Mt Vernon Rehab Ctr  
Mona Faddah, SLP – Geo. Wash. U. Hospital  
Tracy Higgens, SLP – Geo. Wash. U. Hospital  
Eliza Peoples, SLP – Georgetown Univ. Hosp.  
Charlette Sneed, SLP – Wash. Specialty Hospital  
Gerri Levell, SLP – Clinton Nursing / Rehab Ctr.  
Margaret Feasley, SLP – Holy Cross Hospital  
Courtney DeRuit, SLP – Washington Hosp. Ctr.  
Kathryn Wills, SLP – Washington Hospital Ctr.  
Donna Sauer, SLP – Washington Hospital Ctr.  
Zilpha Bosone, Ph.D. – SLP – Retired

**CLASS OF 2012**

**The following is a list of those who became a Laryngectomees in the DC Metropolitan area in 2012:**

Ramadan Habil – Burke, VA and Libya  
Jan Larson\* – Silver Spring, MD  
Clarence Lucas – White Plains, MD  
James (Jim) Tedder – Manassas, VA  
William Cleary – Annandale, VA  
Phyllis Johnson – Washington, DC  
Geremew Kifle – Washington, DC  
Charles (Chuck) Thorn – Washington, DC  
Alvin Yates – Waldorf, MD  
Floyd Turner – Washington, DC  
Patrick Ford\* – Forestville, MD  
Jim Pinkert – Springfield, VA  
Raymond (Ray) Little – Suitland, MD

\*Denotes attendance at local club functions.

**Welcome to the Club!**

**IN LOVING MEMORY**

**The following laryngectomees with area roots, passed away in 2012**

Robert Fuller  
Charles (Sid) Carter  
Charles Dyson  
Jayaraman Ponnuswami  
Howard Eskildson  
Joseph Finnegan  
James Rudolph (Rudy) Lashley  
Thomas (Tommy) Justice  
William (Bill) Rapp

**IN MEMORIAM**



**WILLIAM JOSEPH RAPP**

On Saturday, December 1, 2012, William Joseph Rapp, age 80, of Silver Spring, MD died at his home. Beloved husband of 56 years to Annetta Hunt Rapp; loving father of Regina Gratton (Chris), Kensington, MD, Lynne Schneider (Robert), Damascus, MD, Michael Rapp, Charlotte, NC, Diane Farley (James), Olney, MD and Laurie Rapp, Portland, OR; grandfather of Elizabeth, Jeffrey and Katherine Gratton, Andrew and Michael Schneider, Macy and Megan Rapp, Cara, Brynn and Tess Farley.

A native Washingtonian, Bill was employed in the printing industry throughout his life. Starting as an apprentice with Judd and Detweiler in 1951 he left the company after 32 years as Production Manager. In 1983, he became vice-president of Saul's Lithograph until his retirement in 1995.

Memorial contributions may be made in his name to either Lombardi Cancer Center, 3300 Whitehaven St., NW, Suite 4000, Washington, DC 20007 or Montgomery Hospice, Inc., 1355 Piccard Drive, Suite 100, Rockville, MD 20850.

**Editor's Note:** Bill became a laryngectomee in 2004. At that time Bill and Annetta were living in Emmitsburg, MD. Herb & Sally had the pleasure of visiting with Bill and Annetta at their home, soon after Bill's surgery. A couple of years ago, they moved to Leisure World in Silver Spring, MD. They became LCMC members, but only attended the annual holiday and summer events because of not driving at night. Once the club changed to meeting in the daytime, they became very welcome and active members of LCMC. About the only time they did not make it to a monthly meeting was when Bill had a doctor appointment at the same time. Bill will be greatly missed by LCMC and our hearts go out to Annetta and their family.

**NO WORRIES**

**"If we fill our hours with regrets of yesterday and with worries of tomorrow, we will have no today in which to be thankful.**

**Turn your face to the sun and the shadows will fall behind you."**

---Author Unknown



# The LARYNGECTOMEE CLUB of MONTGOMERY COUNTY

*Cordially invites you to attend our*

## **Annual Holiday Party**

**SATURDAY, January 12, 2013**

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 Fun!*

## **RSVP**

**By Wednesday, January 9th**

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 up the driveway as you can)