

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, 2014

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

ANNUAL HOLIDAY PARTY

Saturday, January 11, 2014
At 1:30pm

(See Announcement on last
two pages of this newsletter)

The Next
Monthly Support Group
Meeting will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday

Feb. 12th at 10:30 AM

Socializing & Refreshments
Business & Social Meeting

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

THE BROKEN STRING



Itzhak Perlman

As many of you know, Itzhak Perlman is a famous violinist who contracted polio as a young boy. As a result, he walks with great difficulty and with the aid of crutches. One day, Perlman was scheduled to give a recital at Carnegie Hall. As usual, he came onto the stage with crutches, laboriously walking to his seat. A few bars into the concerto, one of his violin strings broke with a loud popping sound. The conductor stopped the orchestra, and the audience held its collective breath as it waited to see what would happen next. Would someone appear from backstage with a new violin? Would Perlman pull a new violin string out of his pocket? Instead, after a short pause, he nodded to the conductor to resume where he had left off.

The common wisdom is that it is not possible to play a violin with three strings. That evening, Perlman refused to know this. He played the entire concerto on three strings. When the concerto ended, the audience rose with thunderous applause, clapping and stomping and shouting. When the audience finally quieted down, he said: "It is the artist's task to find out how much music you can make with the instrument that you have."

Survivorship is about living life fully with changed instruments: changed bodies, changed psyches, and changed perceptions. We all emerge from our treatment different than we were. Many of us are not as resilient. We may be changed physically or have an altered perception of our vulnerability and sense of mortality. The challenge is to figure out how to live as loudly, fully, and richly as we can, post diagnosis.

---Reprinted From Second Wind Newsletter
Submitted by Hank Luniewski

IT'S THAT TIME OF THE YEAR AGAIN!



IT'S 2014 DUES TIME!

Make your check payable to:

**The Laryngectomee Club
Of Montgomery County
OR 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.



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 11, 2013

The meeting was called to order by **Treasurer Herb Simon** at 11:10 A.M. Others present were Sally Simon, Bernard Lewis and Donald Sievers. The turnout for this meeting was extremely low due to the wintry weather, icy road conditions and member illnesses. **Don Sievers** read the Prayer for a Laryngectomee using his hands free TEP voice. **Herb** noted that the Minutes for the November Meeting reported in the December issue of the newsletter had the wrong date for the meeting. The minutes were then approved with that correction.

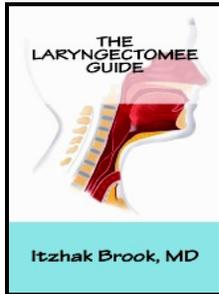
Treasurer's Report: Herb reported that he wrote two small checks and made one deposit. Included in the deposit was a generous donation check in the amount of \$1,000 from an anonymous donor that has been kind enough to make this donation for the last several years.

Aunt Bea's Sunshine Report: Herb reported the following: **Ernest Johnson** came over to his home to pick up a couple of batteries for his Servox. Ernest shared that he has had a pretty rough go of it lately. He was diagnosed with another cancer and has been undergoing chemo treatments for quite a while. He looked very good and was smiling like he always does. He says he has good days and bad ones. He no longer has his car. He expressed a desire to come to meetings and hopefully, someone in his general vicinity will give him a ride, when he is able to come. **Michel Pommier** will not be at the meeting today because he is attending a friend's reunion in New Mexico. In a follow up message received yesterday, Michel said that his group was stranded in Santa Fe due to lots of snow and temperatures in the low teens. **Helen Kane**, who lives in Frederick, MD wrote to tell us she cannot be here today due to the snow and icy roads in her area. **Addie Shaw** is not here today because she is doggy sitting for her daughter Donna, who's in San Diego visiting with her daughter and grandchildren. **Paul Pearson**, a new laryngectomee, and his wife **Janet** wrote that they are disappointed that they cannot be here today, but hope to be able to join us next month. **Queen Jones** wrote that she and **Thurmond Dickey** would not be here today because Dickie has a doctor appointment this morning. All of the above folks send their best wishes to us. **Stanley Lipscomb** called this morning to say that he will not be able to make it today. Don told us that he had his prosthesis changed recently and is happy that his taste has returned. He said his old one was covered with yeast.

Old Business: Herb reported for the Nominating Committee that the present 2013 LCMC Officers had all been nominated and have accepted to serve another term in the same capacity. There were no new nominations from the floor. Before the vote was held, Don questioned whether there were enough voting members present to have the election at this meeting. Herb looked this good question up in the club By-laws, and the answer to the question is yes. The election was held and the

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DR. ITZHAK BROOK'S NEW BOOK



I am happy to announce that thanks to an educational grant, paperback copies of my new book "The Laryngectomy Guide" are available at no charge. The Guide provides practical information that can assist laryngectomees and their caregivers with medical, dental and psychological issues. It contains information about side effects of radiation and chemo-therapy; methods of speaking; airway, stoma, and voice prosthesis care; eating and swallowing; medical, dental and psychological concerns; respiration; anesthesia; and traveling.

The Guide was reviewed by the American Academy of Otolaryngology Head and Neck Surgery and an e-book edition will be available to their members at no cost through their website. If you are interested in receiving a paperback copy of the Guide please reply to me via email at ib6@georgetown.edu or at: dribrook@yahoo.com and let me know your address.

---Dr. Itzhak Brook

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/>

MEETING MINUTES

(continued from page 2)

2014 LCMC Officers will be **President: Stanley Lipscomb, Vice Pres: Michel Pommier, Secretary: Helen Kane, Treasurer: Herb Simon.**

New Business: Sally brought up that we need to decide on a date and time for the LCMC Annual Holiday Party next month. After some conversation by members present it was decided that the party will be on January 11th at Herb & Sally's home beginning at 1:30PM. Herb told us that Baltimore, Maryland is being considered as a possible site for the 2015 IAL Annual Meeting and Voice Institute. There will be a luncheon meeting we are all invited to with some of The IAL Officers and Board Members and Medical Professionals from Johns Hopkins Hospital. This luncheon will be held this coming Saturday, December 14th at 11:30AM at McCormick & Schmick's Seafood Restaurant in Baltimore. LCMC members are invited to this luncheon to learn about the Annual Meeting and Voice Institute and see if we are interested in helping. Herb then passed out an announcement notice for this event that included the location of the restaurant.

General Discussion: Don, who is hearing impaired, pointed out the strobe lights on the fire alarms in our meeting room to us. He told us that he was personally instrumental in getting these lights put onto the fire alarms to allow the hearing impaired to know that an alarm was going off. Herb told us of an educational grant that will make it possible for anyone who is interested to receive a free copy of **Dr. Itzhak Brook's** new book: The Laryngectomy Guide. (see left hand column of this page)

Bernard told us that last week when it was warm out, he went to play golf in Baltimore. He was surprised when one of the men in his foursome was a TEP speaking laryngectomee. He said that was a first for him. Herb shared that he has had several similar experiences over the years. The laryngectomees then shared experiences they had when they were new laryngectomees and how they dealt with them. Everyone thanked **Sally** for the Thanksgiving food that she prepared and brought to this meeting. The turkey sandwiches and pumpkin pie was enjoyed by all. Due to the small attendance there was quite a bit left over that we shared it with the church staff, and they also enjoyed it. The meeting was adjourned at 12:40 PM.

---Respectfully Submitted by
Sally Simon



Courage

"Sees fear as an ally rather than an enemy."

- Jackie Woods

POST-OP LARYNGECTOMEE VISIT

December 14th – Herb & Sally went to the Baltimore home of new laryngectomee **Joseph McMillion** and **Karen Gardner**. Joseph, who is 53 years old, had his surgery on December 2nd. He looked great considering that his surgery was not even two weeks ago. Joe & Karen welcomed Herb & Sally with big smiles when they arrived. Joe had worked in the home improvement field until he became disabled quite a while ago, due to a different illness. Karen is very caring and supportive of Joe.

Joe had a Griffin Tru-tone electro-larynx, but was not communicating very effectively with it. Herb adjusted the tone to a higher pitch and made a couple of other adjustments to make it easier for Joe to be understood. Herb worked with Joe on using it, and Joe became more understandable as the visit progressed. Sally conversed with Karen about things to expect and how to handle some common issues that might come up. Then everyone joined in a good discussion that included questions and answers about laryngectomee safety in an emergency situation, and the importance of humidity and hydration. Having Joe listed as a Neck Breather on the 911 database is now one of their priorities. Herb brought out the New Laryngectomee information packet compliments of LCMC and went over the items in it with Joe and Karen. Thanks go out to **SLP Kim Webster** at Johns Hopkins Univ. Hospital for the referral of Joe and Karen and her help in setting up this visit. Joe and Karen thanked Herb & Sally for coming to see them..

PRE-OP LARYNGECTOMEE VISITS

December 19th – Herb went to Georgetown University Hospital to visit with pre-op patient **Michael Brown, Sr.**. Also present for this visit was his son, **Michael Brown, Jr.** and his daughter **Paige**, who is a freshman in College. Mike, Sr is 73 years old worked for the Department of Defense for 35 years, before retiring. His wife passed away several years ago. He has 5 grandchildren and 2 great grandchildren. The Browns and Herb spent some time getting to know each other. The Brown family members asked some very good questions and Herb shared some of his own thinking leading up to his surgery and some of his experiences since that time. **SLP Jayme Cappa**, who arranged this visit, joined everyone after finishing a session with another patient. Herb & Jayme, who had worked together several times in the past, were actually meeting in person today for the first time. The various types of speech after surgery were discussed for a while. Mike Brown, Sr. was beginning to get very tired. As Herb & Jayme were leaving, all of the Browns let them know how grateful they were for this visit. Mr. Brown's surgery is scheduled to be on December 27th.

Update: Herb spoke with Mike Brown, Jr. on December 29th. He told Herb that the surgery went well according to the doctors and that his father is doing well.

December 28th – **Diana Hanshaw** and her sister **Ginger Borie** came to Herb & Sally's home for a pre-op visit. Diana's surgery will be at Johns Hopkins University Hospital in Baltimore on January 7th. Diana, who is single, lives in Sykesville, MD and Ginger and her family live nearby in Westminster. Diana is self employed. Her company: New Age Cat Care is a pet sitting business that she has been in for the past 10 years. Diana is very pro-active regarding the upcoming surgery and is eagerly trying to learn all she can to be prepared for her surgery and recovery period. Both she and Ginger had many excellent questions regarding the upcoming surgery. Herb and Sally were able to answer most of them. Diana is able to speak at present, but like most of us at that same stage, her voice is low and rather raspy. She has begun using texting to communicate with some of her friends and family for use after surgery when she cannot communicate vocally. Diana was very interested in the electro-larynx, so Herb showed her a couple of different types of electro-larynxes and Diana tried using them. She is trying to get a head start for communicating vocally after her surgery. Many important subjects about life after surgery were discussed and they went over all the materials in the New Laryngectomee Information packet that was given to Diana, compliments of LCMC. Diana and Ginger thanked Herb and Sally for all the information. Thanks again to **SLP Kim Webster** of Johns Hopkins University Hospital for this referral.



The LARYNGECTOMEE CLUB of MONTGOMERY COUNTY

Cordially invites you to attend our

Annual Holiday Party

SATURDAY, January 11, 2014

Starting at 1:30 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 8th

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 up the driveway as you can)