

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, 2015

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

ANNUAL HOLIDAY PARTY

Saturday, January 17, 2015
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. 11th at 10:30 AM

Socializing & Refreshments
Business & Social Meeting

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

LETTING GO

To let go doesn't mean to stop caring,
It means I can't do it for someone else.

To let go is not cut myself off, it's the realization that I can't
control another.

To let go is not to enable, but to allow learning from natural
consequence.

To let go is to admit powerlessness
Which means the outcome is not in my hands.

To let go is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To let go is not to judge, but to allow another be a human being.

To let go is not to be in the middle arranging all the outcomes,
but to allow others to effect their own outcomes.

To let go is not to be protective; it is to permit another to face
reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold, or argue, but to search out my own
shortcomings and to correct them.

To let go is not to adjust everything to my desires, but to take
each day as it comes and to cherish the moment.

To let go is not to criticize and regulate anyone, but to try to
become whatever dream I can be.

To let go is not to regret the past, but to grow
and live for the future.

To let go is to fear less and love more.

---Reprinted from
The Volunteer Voice Newsletter

IT'S THAT TIME OF THE YEAR AGAIN!



IT'S 2015 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. 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	Jaileric Baldwin
Jan. 22nd	Raymond Little
Jan. 23rd	Herb Simon

MEETING MINUTES

December 10, 2014

The meeting was called to order by **President Stanley Lipscomb** at 11:04 A.M. Others present were Herb & Sally Simon, Jim & Ursula McDonald, Robert Boyd, Michel Pommier & Julie Knowles, and our Guest Speaker, Kyung-Hee Kim. **Robert** read the Prayer for a Laryngectomee using his Electro-larynx. **Ursula** read the Prayer for a Laryngectomee's Spouse (and Caregiver). Stanley extended a warm welcome to all in attendance. We each introduced ourselves with the laryngectomees telling when and where their surgeries were performed. **Michel** introduced Integrative Health and Nutrition Consultant, **Kyung-Hee Kim**, expressing how impressed he has been with her knowledge.

Kyung-Hee opened by telling us that she will be talking about health in general as well as nutrition. Nutrition is part of a Healthy Life Style that includes: a rhythmic sleep cycle, good body temperature (cancer is associated with low body temp), regular exercise (be careful not to overdo it) managing stress and being happy (this is a personal decision), good posture and deep breathing (important for energy to flow through your body), and chewing your food well, which aids your digestion by helping enzymes to digest your food. All these factors contribute to a good Life Style. She went on to say that your diet should be made up of nutrient dense foods --- real and whole foods that are not processed. Some examples she gave of healthy-diet foods included beans, sea vegetables, and sea salt. Fermented foods are good for us because they increase good gut bacteria. Some examples of fermented food are kimchi, apple cider vinegar, sauerkraut that is not pastuerized, tempeh, and yogurt made with goat milk, because it is more like human milk than cow milk is. She said it is best to avoid milk & gluten (proteins in them can cause sensitivities and/or allergies), sugar (it has no nutrients, is more addictive than cocaine and feeds bad bacteria), refined carbohydrates (they act like sugar in the body) and soft drinks. It is predicted that one out of three people born in the year 2000 and after will develop diabetes. Artificial sweeteners found in many foods and drinks are not good for us. A 16 oz. bottle or can of soft drink contains many teaspoons of sugar. It is best not to drink any soft drinks, either regular or diet. Alcohol should only be consumed in moderation. Pasta raises blood sugar less than bread. The gluten content in wheat is much greater than it was in the past due to being hybridized now. Theory: Gluten hinders thyroid function. Kyung-Hee talked about oils, explaining that the body needs fat for the brain, cells, skin and for our gall bladder to function. Olive oil is a healthy oil, but it is not a good choice to cook with when using high heat. Instead, it would be better to cook with coconut oil, avocado oil or ghee.

Drinking water should be filtered to avoid flouride and chlorine. Adding lemon to drinking water increases alkalinity. We should drink plenty of water between our meals. Drinking water with meals is not good because it dilutes the acid and slows digestion. Acid inhibitors can increase problems, and acid problems can contribute to osteoporosis.

(continued on page 3)

Many thanks from LCMC to the following healthcare professionals for their continuing efforts on behalf of our laryngectomee community, in 2014:

Dr. David Bianchi – Private Practice
Dr. Brian P. Driscoll – Private Practice
Dr. Kenneth Newkirk – Georgetown U Hosp.
Dr. Bruce Davidson – Georgetown U. Hosp.
Dr. Paul Evitts – Towson University
Arpana.Lingaraj – Genesis HealthCare
Laura Cord – Walter Reed Nat'l. Medical Center
Melanie Dorn, SLP Inova Fairfax Hospital
Mona Faddah, SLP – George Wash. U. Hosp.
Jayme Cappa, SLP – Georgetown U. Hospital
Eliza Peoples, SLP – Georgetown Univ. Hospital
Vicki Lewis – Orlando, FL
Jennifer Franzen, SLP – Wash. Specialty Hosp.
Jayme Menier, SLP – Virginia Hospital Center
Gina Madaline, SLP – Christiana Hospital
Teng Yee Ng, SLP – Fairland Nursing & Rehab
Kim Webster, SLP – Johns Hopkins Hospital
Carol Maragos, Nurse Practitioner - Johns Hopkins
Janna Deane – SLP – Pineview Rehab & Nursing
Angela Price – SLP – Pineview Rehab & Nursing

CLASS OF 2014

The following is a list of those who became a Laryngectomee in MD and the DC Metropolitan area in 2014:

Joseph McMillion – Baltimore, MD
Diana Hanshaw – Sykesville, MD
Michael Brown, Sr. – Oxon Hill, MD
Crawford Harris – Washington, DC
Harvey Radtke* – Pomfret, MD
Rick French – Woodbridge, VA
Tom Sesney* – Pasadena MD & FL
Gennie Thames – Baltimore, MD
Gary Garrison – Bluemont, VA
Regina Allen – North Beach, MD

*Denotes attendance at local club functions.

Welcome to the Club!

IN LOVING MEMORY

The following laryngectomees with area roots, passed away in 2014:

Peggy Bradberry
Mary Jane Hart
Robert King
Thomas C. Dillon
Fernando Javier
Dwayne Boston
Thurman Dickey
Irwin (Irv) Title

MEETING MINUTES

(continued from page 2)

Kyung-Hee covered quite a bit more and there was a lot of audience participation and discussion throughout her presentation. In closing, she distributed two pages of useful dietary information. She received a great ovation from those present for this wonderful presentation that we all learned a lot from. We are tentatively planning for Kyung-Hee to continue sharing her knowledge with us at our March meeting. Hopefully many of you who could not be here today, will be able to join us the next time that Kyung-Hee speaks at one of our meetings.

Treasurer's Report: Herb reported that he had written three checks totaling \$290 in November and made one deposit in the amount of \$1,025 that included an anonymous donation in the amount of \$1,000. He said we ended the year with 51 dues paying members.

Aunt Bea's Sunshine Report: Stanley told us that he recently spoke with Charles Pickett and told us that Charles has been having some health issues. Charles has scheduled an appointment with his doctor. Stanley plans to speak to Charles again after the appointment. Herb reported that Helen Kane is unable to be here today and wishes everyone Happy Holidays. Itzhak Brook is not here today because he's in Buffalo, NY to speak at the Hearing and Voice Center, followed by another presentation at The Jewish Day School. He also said that he is sorry he will miss our guest speaker's presentation today. Herb read an email message from Max Hoyt offering to assist at the IAL Annual Meeting and Voice Institute in Baltimore next year in any way he is needed. Max is a former President of LCMC who now lives in Delaware during the summer months and in Florida, during the winter months.

Old Business:

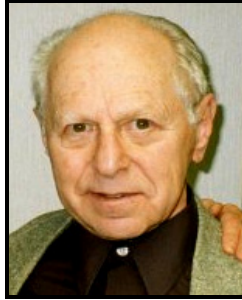
Herb asked if anyone who signed up to receive Itzhak's book from Atos had received it yet. All in attendance who had requested a copy had received it. Jim said the book was well written and Ursula added that it included lots of good information.

New Business: Herb, the co-chair of the Nominating Committee this year, reported that all the 2014 officers have been nominated and will be happy to serve another term. A motion was made, seconded and unanimously passed to have Stanley serve as President, Michel as Vice President, Helen as Secretary, and Herb as Treasurer again in 2015. Sally brought up the question about when the LCMC Annual Holiday Party will take place. It was decided at the meeting that it would be on January 10th at Herb & Sally's home in Silver Spring.

*****Editor's Note:** The date of the Annual Holiday Party was changed to January 17th by a majority vote of the LCMC Executive Committee. The Holiday Party Invitation and directions to Herb & Sally's home are on the last two pages of this newsletter. Ursula & Jim were thanked for the delicious refreshments. Stanley volunteered to bring the goodies to our February meeting. The meeting was adjourned at 1:05 P.M.

*---Meeting Notes Respectfully submitted by,
Ursula McDonald and Sally Simon*

IN MEMORIAM



IRWIN (IRV) TITLE

January 19, 1927 – December 10, 2014

Irv Title passed away peacefully in his Toronto home. His funeral was in Fairfax, VA on December 14th. Irv was born in Bronx, NY in 1927. He spent most of his early life in Bridgeport, Conn., where he graduated from Central High in 1944. After attending New York University for two semesters, he enlisted in the US Navy in January, 1945. After his Navy service, he enrolled in George Washington University. He and his first wife Jean were married for 46 years and raised their family in Silver Spring, MD. Jean passed away in November, 1994. Irv graduated from the George Washington University School of Pharmacy in 1950 and became a registered pharmacist in DC, Maryland & Virginia. In September of 1951, he was recalled to active duty in the Navy, during the Korean conflict, and remained on active duty until December 1952. As a pharmacist, Irv worked in various retail stores in the Washington area. In 1958 he took a position as staff pharmacist at George Washington University Hospital. In 1963, he became the Director of Pharmacy Services at Fairfax Hospital and served in that capacity until retiring in December 1982. While at Fairfax he had four articles about hospital pharmacy published in national pharmacy journals. He then accepted a position as Director of the Outpatient Pharmacy at the U. S. Soldier's and Airmen's Home. He retired from that position in 1995. His volunteer services included working with the Takoma Park Fire Department as a volunteer fireman, and also serving on the City of Takoma Park Fire Board. He was a member & instructor in the US Coast Guard for 21 years and served as Finance Officer for Flotilla 72. He served as president of the DC Society of Hospital Pharmacists.

Irv became a laryngectomee 27 years ago. After two years of using an electro-larynx, he opted for a voice prosthesis and was able to speak hands free for the next 20 years. Irv was not a complicated man. His simply "just go forward and deal with it" attitude was an inspiration to fellow laryngectomees and others with medical problems in his Toronto residence as well.

Irv enjoyed his longtime active role in the Laryngectomee Club of Montgomery County. Irv spoke to over 20,000 school children and some adult groups about the dangers of tobacco use. His talks were very well organized, yet informal. His young and older audiences always felt free to ask questions. One middle school student even asked Irv: "Do you have trouble picking up chicks, since you've got that hole in your neck:?" Irv's instant reply was "I'm going on a single's cruise tomorrow. I'll let you know". (And he did. It was on that cruise when Irv met Tema, who would soon become his wife). Irv helped Herb with printing

and mailing out the monthly issues of the newsletter, when Herb became the editor in early 1999. A close friendship developed between the Simons and the Titles, which each couple treasured.

Although Irv wouldn't have classified himself as an environmentalist, he would simply take the initiative and turn out lights in his daughters' and other peoples' homes, and he was always rounding up papers to recycle. He would miss clues that this behavior would sometimes drive his own and the Toronto kids crazy. But when Tema would point it out to him afterwards, he'd thank her. (Of course that didn't prevent him from doing it next time!)

Irv automatically "did" for other people. He'd pull out a chair, retrieve a walker, help with a heavy door, etc. without a second thought. He loved to give self-made gifts. Female friends were recipients of Irv's fused glass pins. Family all had fused glass picture frames. Each daughter and Toronto daughter has a 104" banquet tablecloth or 12 place mats and runner embroidered for them by Irv. Unfinished now is an embroidery picture he was making for his two oldest great-grandchildren, Dylan & Dani.

In earlier years Irv was known for his joke telling. Making people laugh was a favorite pastime. As his memory declined, he would still sing out one-liners. Someone once said of Irv: "What you see is what you get". When he couldn't clearly express what he was thinking, he'd voice appreciation for help in clarifying his thoughts.

Irv is survived by his loving wife, Tema, his daughters Sydney Erdle, Esther Roberts, his Toronto daughters Mona Rosenberg and Susan Scrimgeour and all their families, and three great-granchildren, Dylan, Dani and Ariane.

The Jewish word for a decent person is "Mensch". Irv Title defined the word well.



The LARYNGECTOMEE CLUB of MONTGOMERY COUNTY

Cordially invites you to attend our

Annual Holiday Party

SATURDAY, January 17, 2015

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!

Please RSVP

By Wednesday, January 14th

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)