

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, 2016

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

ANNUAL HOLIDAY PARTY
Saturday, January 16, 2016

(See Announcement on last two
pages of this newsletter)

The Next LCMC Monthly
Meeting will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday

Feb. 10th at 10:15 AM

Speech Class led by
SLP Mandy Pietrapaolo

10:30 AM

Socializing & Refreshments
Refreshments furnished by:
Ursula & Jim McDonald

11:00 AM

Business & Social Meeting

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

SEASON OF PEACE

2016 is at the door

*Extended families gather near
at this most precious time of year.*

*Arguments are set aside,
narrowed hearts are opened wide.*

*Broken bonds are newly mended,
gardens of kindness freshly tended.*

*Cherished memories reminisced,
departed loved ones dearly missed.*

*Festive laughter floods the air;
heads are bowed in grateful prayer.*

*In every corner of the earth,
the dream of peace is given birth.*

Happy New Year

---Reprinted from *Lost Chord News*
North Staffordshire Laryngectomee Support Group

IT'S THAT TIME OF THE YEAR AGAIN!



IT'S 2016 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	Amir Ebrahimi
Jan. 8th	Susan Dunton
Jan. 10th	Peggy Breeden
Jan. 10th	Ernest Mozon
Jan. 10th	Barbara Cameron
Jan. 12th	Timothy Welsh
Jan. 13 th	Jim McDonald
Jan. 14th	Nancy Teague
Jan. 15th	Charlese Jones
Jan. 19th	Jaileric Baldwin
Jan. 22nd	Raymond Little
Jan. 23rd	Herb Simon

MEETING MINUTES

December 9, 2015

The meeting was called to order by **President Stanley Lipscomb** at 11:10 A.M. Others present were Jim & Ursula McDonald, Donald Sievers, Herb & Sally Simon, Phyllis & Richard McMullen, Robert Boyd, Michele Gross, and George Washington University SLP Grad Students Sierra Downs and Matthew Evett. **Jim McDonald** read the Prayer for a Laryngectomee using his electro-larynx, and his wife **Ursula** read The Prayer for a Laryngectomee's Spouse. The Minutes for the November Meeting were approved as reported in the December issue of the 'The Voice' newsletter. We all introduced ourselves to our special guests with the laryngectomees telling when and where they had their surgery.

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 who has been kind enough to make this donation for the past several years.

Aunt Bea's Sunshine Report: Herb reported the following: **Michel Pommier & Julie Knowles** are not here today because they had to make a trip to France for Julie to pick up her long-term Visa in person in Nice, France. They will be back next week and they send all their best to all of us. Herb read an email message from LCMC member **Willie Shives** about the article titled "ASK THE DOCTOR" in the current issue of our newsletter that addressed the question: **Why does my nose run all the time after my laryngectomy? Is it a cold or sinus infection?** (No in Willie's case --- he wrote that he's been a laryngectomee for 12 years, and has been living with this problem ever since. He described how difficult it is, and it's not pleasant to experience or to witness.

Old Business: None

New Business: At last month's meeting Michel suggested that we increase the term of officers to 2 years, and the executive committee members present agreed that this would be brought up at today's meeting and voted on by the members present. After much thought since that meeting, Herb shared that he now feels the 1 yr. term is appropriate, as officers circumstances can change, and it also gives new members the opportunity to become more active and involved on a higher level. The motion for the change was made. It was unanimously defeated, so the officer's term will remain at 1 yr. The Bylaws were explored and the Executive Committee will meet to discuss the bylaws to see if changes need to be made. The club's non-profit status was discussed and we are in good standing. **Addie Shaw** was not able to attend today, so Herb gave the Nomination Committee report naming the nominees. They were voted in and the officers for 2016 are: **President - Stanley Lipscomb, Vice President - Michel Pommier, Treasurer - Herb Simon, Secretary - Jim & Ursula McDonald.** The subject of the **Annual Holiday Party** was brought up and it was decided that it will be on **Saturday, Jan. 16th at 1 pm.** **Sally and Herb** will host the party at their Silver Spring home.

General Discussion: The Grad students were offered the opportunity to ask questions. The Guest Students asked about positive or negative experiences the members present have had with SLPs. Members shared their experiences. The important role a support group can play in the rehabilitation of a new laryngectomee patient was pointed out. The different methods of speech were also discussed. Several other topics were discussed today, including a myotomy procedure, the importance of yearly Physical Exams and annual check ups by your ENT (confirmed by a show of hands), Health Insurance coverages, payments and new guidelines, and several other topics. Everyone thanked **Phyllis & Richard** for the wonderful refreshments today. **Ursula & Jim** volunteered to bring the refreshments to the February meeting. The meeting was adjourned at 12:40 PM.

---Respectfully Submitted by
Ursula McDonald



The LARYNGECTOMEE CLUB of MONTGOMERY COUNTY

Cordially invites you to attend our

LCMC ANNUAL HOLIDAY PARTY

SATURDAY, January 16, 2016

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 13th

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)