

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



JULY, 2012

MEETING MINUTES

June 13, 2012

The meeting was called to order by **President Stanley Lipscomb** at 11:10AM. Others present were Herb & Sally Simon, Bob & Carol Kanjian, Helen Kane, Larry Dawkins, Bill & Annetta Rapp, and Itzhak Brook. **Bob Kanjian** read the Prayer for a Laryngectomee with his strong TEP voice. Bob's wife **Carol** then read the Prayer for a Laryngectomee's Spouse. Stanley extended a warm welcome to all in attendance and expressed our delight in having Bob and Carol visit from Florida.

(Continued on page 2)

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

JULY 11th – 11:00 AM

**Business & Social Meeting
Refreshments by Helen Kane**

NEW MEETING LOCATION

Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

FOR INFORMATION
CONTACT: HERB SIMON

301-588-2352 or
H457@aol.com

LESSONS FROM GEESE



1. As each bird flaps its wings, it creates an updraft for the bird following. By flying in a "V" formation, the whole flock adds 71 percent greater flying distance than if the bird flew alone.

LESSON: People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the tailwind of one another.

2. Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone, and quickly gets back into formation to take advantage of the "lifting power" of the bird immediately in front.

LESSON: If we have as much sense as a goose, we will stay in formation with those who are headed where we want to go, and be willing to accept their help as well as give our help to others.

3. When the lead goose gets tired, it rotates back into the formation and another goose flies to the point position.

LESSON: It pays to take turns doing the hard tasks and sharing leadership with people, as with geese, we are inter-dependent on each other.

4. The geese in formation honk from behind to encourage those up front to keep up their speed.

LESSON: We need to make sure our honking from behind is encouraging – and not something else.

5. When a goose gets sick, wounded, or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again or dies. Then they launch out on their own, with another formation, or catch up with the flock.

LESSON: If we have as much sense as geese, we, too, will stand by each other in difficult times as well as when we are strong.

---Author Unknown,
Submitted by Kate Larson

DO YOU KNOW WHAT TIME IT IS?



IT'S 2012 DUES TIME!

Make your check payable to:

**The Laryngectomy 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.



July 8th	Chuck Silsbee
July 9th	Mary Ann Keil
July 9th	Yvette Milling
July 17th	Linette Hawkins
July 23rd	Lorri Goodpaster
July 30th	André Ponsart

JULY 4th



HAPPY INDEPENDENCE DAY

MEETING MINUTES

(Continued from page 1)

Treasurer's Report: Herb reported there was very little change in the amount of funds in our treasury, having written one check and making one deposit.

Aunt Bea's Sunshine Report: Herb shared the following with us:

Rudy Lashley – Glenda called to let us know that Rudy has been very ill for quite some time. He has been in Howard County General Hospital since May 15th. He will be moving to a nursing and rehab center soon.

Deanna Cabbage called to say hello. She said she has been grieving Bunky's death, but is starting to do better now. It's been almost a year since Bunky passed. She has a new job now and recently got an apartment in Thurmont, MD. She attends many church functions, which has helped her very much.

Howard Eskildson – Howard's life partner **Joan** called to let us know that Howard passed away last week at the Casey House (See Memorial Article on page 4 of this issue). We were saddened to hear of Howard's passing.

Helen Kane happily announced that she has a new great-grandson.

Old Business: No old business was discussed.

New Business: The subject of the LCMC Annual Picnic was brought up. A discussion followed and it was decided that the picnic will be held on Saturday, August 18, at the home of **Sally** and **Herb Simon**. We were all pleased to hear that **Jim Lauder** will be able to attend.

General Discussion: **Itzhak** shared a paper he had written entitled "Ventilation of Neck Breathers Undergoing a Diagnostic Procedure or Surgery" which was published by the 2012 International Anesthesia Research Society. He suggested that we print a copy to share with anesthesiologists before undergoing medical procedures. This paper is available on drbrook.blogspot.com. The site will also direct you to his You Tube presentations. Itzhak also told us that he was at the IAL Annual Meeting assisting at the Head and Neck Cancer Alliance booth in the vendor's area. Many copies of his book, *MY VOICE*, were given out to attendees who visited the booth. **Stanley** stated that he has learned from experience that medical providers do not always know how to care for laryngectomees. Others shared incidents when they faced such problems. **Herb** reminded us that we should all be proactive regarding our medical care. **Herb** showed us a NECK BREATHER MEDICAL AWARENESS DECAL that can be worn on the back of the hand, the forehead, or right below the stoma. He used to include them in the new laryngectomy information kits, but has run out of them except for the sample copy he showed us. He is going inquire to see if we can get some more of these. Itzhak told us about two talks he gave recently. The first was at Texas A&M College of Medicine, where he shared his experiences as a laryngectomee. He also spoke at the American Society of Clinical Oncology Annual meeting where he addressed taking care of laryngectomees. He told us that his book, *My Voice*, was given out at the Head and Neck Cancer Alliance booth to attendees at the recent Annual Meeting and Voice Institute. **Stanley** said that he had called to see why he had not received any information regarding Medic Alert membership and was told we should soon be getting our applications in the mail. **Annetta** asked if anyone had seen the graphic 'quit smoking' ads on TV which are performed by laryngectomees. She feels the ads

(Continued on page 3)

MEETING MINUTES

(Continued from page 2)

are offensive and do not truly show the human side of anyone who has undergone a laryngectomy. The pros and cons of these ads were addressed. Although most agreed that the ads do not show that following a laryngectomy, one can lead a productive, happy life, most agreed that the shock value of such ads will help greatly to prevent smoking. **Herb** presented a reimbursement check in the amount of \$500 to Stanley, who was a first-time attendee at the IAL Annual Meeting and Voice Institute. He also handed out reimbursement checks for the registration fee to all LCMC laryngectomee members present who attended the IAL Annual Meeting and Voice Institute.

Stanley reported that he thoroughly enjoyed the meeting. He attended workshops and met fellow laryngectomees who used every manner of speech. **Bob** told us that next year's IAL Annual Meeting will be in Spokane, Washington. He also told us there will be a meeting sponsored by the Florida Laryngectomee Association in October. **Bob** shared that this was the third time that he and Carol had attended the Annual Meeting and Voice Institute. He reported that the meeting was well attended and professionally done. **Bob** told us that the LCMC delegates were very active participants in the Annual Meeting. **Stanley** said that he was proud to be there and represent the club. **Herb** stated that the IAL is doing well financially and heading in the right direction. **Bob** suggested that the club consider buying bracelets sold by the IAL which say "Resuscitate Via Neck Stoma Neck Breather" for all club members. A motion was made, seconded, and approved to purchase bracelets for club members and also to be placed in new laryngectomee visitation kits. We all thanked **Annetta and Bill** for providing the delicious refreshments for the meeting. **Helen** volunteered to bring them next month. A motion was made, seconded and passed to adjourn the meeting at 12:50 P.M.

*---Respectfully submitted by,
Helen Kane*

"The less you open your heart to others, the more your heart suffers."

--- Deepok Chopra

TAKING YOUR MEDICATIONS



Good for Your Health (and Your Wallet)

Have you ever *not* taken your car in for a tune-up, even though you knew it was time? The problem is that skipping car maintenance can cause bigger problems for your car and bigger repair bills for you later on.

The same goes for you. **If you forget to take your medications, you're putting your health at risk.** Researchers have found higher rates of death --- up to 25% --- for people who stopped taking prescribed medications, or didn't take them as advised by their doctors. And people who don't take their medications after they leave the hospital are more likely to end up back in the hospital than those who do.

When you don't take your medications, you're putting your financial health at risk, too. A recent study showed that patients with conditions like diabetes and high blood pressure saved **thousands of dollars each year** on other health care costs when they took their medications as prescribed.***

*** "Medication Adherence Leads To Lower Health Care Use And Costs Despite Increased Drug Spending." ---*Health Affairs*, January, 2011.

TIPS FROM PEOPLE ----- LIKE YOU!

"I keep my morning meds in a pillbox in the bathroom along with a glass of water so that I take them first thing in the morning." ---*Judy J.*

"Leave a sticky note on top of the coffee pot or on the refrigerator --- or some other place you go to first thing in the morning." ---*Karlet B.*

"I have a mid-afternoon medication that I forget to take, so I have set my alarm on my phone to vibrate at a low tone every afternoon at 3 P.M. If I'm in a meeting, it's not loud enough to disturb anyone, but I take my meds on time. As a retired nurse, I know how important this is."---*Judith K.*

"To be sure to take my evening meds, every morning after my morning meds I put the pillbox in front of my toothbrush holder, since I never forget to brush before bed." ---*Don P.*

"When I take my pills, I turn the bottle upside down and put it back in its usual place. Then when I look in my cabinet I can see that I've taken that pill because the bottle is turned over." ---*Alice R.*

"When I get a medication refilled, I note on my calendar one day ahead of the date to call in the next refill." ---*Anonymous*

---Reprinted from a United Healthcare Email Message

IN MEMORIAM



HOWARD N. ESKILDSON

Howard was 62 years old when he passed away peacefully at the Casey House on June 6, 2012, after a long battle with Cancer. He was born in Oakridge, TN, relocated to Rockville, MD, attended Richard Montgomery High School and George Washington University. He was a resident of Rockville for over 50 years. The majority of his working life was dedicated to the biomedical research field, beginning at Litton Bionetics, where he became a member of AALAS as a LATG.

Howard was involved in many civic activities. He was a member of Peerless Rockville, Laryngectomee Club of Montgomery County, National Capital Orchid Society, and a founding member of the Brookside Gardens Orchid Club. He was appointed to the Board of Elections of Rockville, and also served as an Elections Judge and a volunteer at the Hillwood Estate Museum and Gardens. He loved to travel and Montana was his favorite vacation destination.

He was predeceased by his parents, Hugo and Anita Eskildson. He is survived by his loving partner, Joan of Rockville, MD, his stepmother, Betty; stepsister, Dianne of Ann Arundel County, and stepbrother Jerry of Wyoming. He is also survived by his best friend of 36 years, Martin Sr. of Frederick and a host of devoted friends and family.

A Memorial Celebration of his life will be held at the Glenview Mansion, 306 Edmondston Dr. Rockville, MD 20851 on Sunday, July 15, 2012 from 1 to 4 pm. In lieu of flowers, the family asks your consideration of donating to the National Cancer Society.

May He Rest in Peace.

---Reprinted from the Washington Post

NEW LARYNGECTOMEES VISITS

May 26th – Herb Simon visited with recent laryngectomee **James (Jim) Tedder** and his wife **Carolyn** in their Manassas, VA home. Jim is 67 years old. He and Carolyn have been happily married for over 37 years. They have a son and daughter and four grandchildren. Jim served on active duty for six years in the US Navy. He then worked 32 years with the Department of Defense. He was a program manager when he retired. Jim has been a very active Mason and loves to fish. He had his surgery on April 19th of this year. Herb brought a loaner electro-larynx to leave with Jim and gave him some initial instruction for using it. Jim picked up on it pretty quickly. A new laryngectomee Visitor Information packet from the New Voice Club of Northern Virginia was given to the Tedders and the information in it was discussed, with special attention given to the need of being pro-active when it comes to emergency care. The Tedders were very appreciative of this visit and indicated they are looking forward to attending support group meetings.

May 30th – Herb Simon went to Georgetown University Hospital to visit with new laryngectomee **William Cleary**, who lives in Annandale, VA. William is 83 years old and has been married to his wife **Betty** for 54 years. They have a son and daughter and 2 grandchildren. William's surgery was on May 22nd. He looked good and seemed to be doing fine. William worked for the Federal Government for 35 years. He spent the last ten years on Capital Hill working for the House Budget Committee, before retiring. Herb answered William's questions and left him with a new laryngectomee Visitor Information packet from the New Voice Club of Northern Virginia. Thanks go out to SLP Eliza Peoples for arranging this visit.

ENHANCES

A SUPPORT GROUP WORKING TO SHAPE LIVES



At our June support group meeting **SLP Mona Faddah** spoke about the International Association of Laryngectomees (IAL) Annual Meeting and Voice Institute she attended in Raleigh, NC from June 6-9. She discussed the effects of chemoradiation on eating and swallowing, and also talked about the importance of Heat-Moisture Exchange (HME) systems for laryngectomees. She provided a hands-on demonstration for Larry so that he could test out an HME cassette.

Please join us at our July meeting on **Wednesday, July 18th at 2:00pm in the Rehab Dining Room**. This meeting will feature guest speaker, **Mandy Pietropaolo, Clinical Specialist from ATOS Medical**, who will show us some ATOS laryngectomy products and explain how they are used.

We hope you can attend our meeting next month! Please let me know if you plan to attend. As usual, feel free to email or call me with any questions.

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

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