

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, 2014

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Monthly Support Group
Gathering will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901
On

Wednesday
July 9th at 10:30 AM

Socializing & Refreshments

11:00 AM
Business & Social Meeting

FOR INFORMATION CONTACT:

HERB SIMON
301-588-2352 or
H457@aol.com

DO YOU KNOW? A LIFE LESSON

At the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100 yard dash. At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win, all that is, except for one little boy, who stumbled on the asphalt, tumbled over a couple of times, and began to cry.

The other eight heard the boy cry. They slowed down and looked back. They all turned around and went back ... every one of them.

One girl with Down's syndrome bent down and kissed him and said, "That will make it much better." Then all nine linked arms and walked together to the finish line. Everyone in the stadium stood and the cheering went on for several minutes.

People who were there are still telling the story ... Why? Because deep down we know this one thing: What matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing your course.



"A candle loses nothing by lighting another."

---Author Unknown

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.



July 8th	Chuck Silsbee
July 9th	Mary Ann Keil
July 9th	Yvette Milling
July 14th	Joseph McMillion
July 14th	Diana Hanshaw
July 17th	Linette Hawkins
July 23rd	Lorri Goodpaster
July 30th	André Ponsart



MEETING MINUTES

June 11, 2014

The meeting was called to order by **President Stanley Lipscomb** at 11:15 A.M. Others present were Herb & Sally Simon, Helen Kane, Donald Sievers, Charles Pickett, Yusufu (Joe) Mansaray, Rowland Nelson, and Dwayne Boston. **Don Sievers** read the Prayer for a Laryngectomee in his hands-free TEP voice. Stanley extended a warm welcome to all in attendance. The minutes for the May meeting were unanimously approved as published in the June issue of *The Voice*.

Treasurer's Report: Herb reported that he wrote three checks for a total of \$124.67 and made one deposit in the amount of \$325.00 since the last meeting. This amounted to a net gain of \$200.63 to the club treasury.

Aunt Bea's Sunshine Report: We were saddened to learn that **Bobby Boyd** was unable to attend today's meeting because he is with his son, who is seriously ill at Johns Hopkins University Hospital. All will remember Bobby in their prayers.

Old Business: Herb asked if any members present had decided to attend the IAL Annual Meeting and Voice Institute. None are able to attend. **Herb and Irwin Title** will be representing our club. Next year's IAL convention will be held in Baltimore, which will not only afford more of us the opportunity to attend, but to also offer our services as volunteers. A discussion was held regarding our July 18th event. Dinner and attending a live musical performance by Fabulous Exaggerations in downtown Silver Spring are planned. This group performs R&B, Pop and Classic Rock. A sign-up sheet was passed around, and all members in attendance signed up to attend. **Sally and Herb** said they would be happy to check out restaurants in that area. The club will pay for dinner for all dues-paying members. Final details will be decided upon at the July meeting.

New Business: Dwayne suggested that we initiate a system to check on club members that we haven't seen or heard from for awhile. Herb explained how Aunt Bea used to call people weekly and keep everyone updated at monthly meetings. Dwayne nicely volunteered to follow in Aunt Bea's footsteps and make these calls. **Herb** reminded us that it is soon time for our Annual Summer Picnic. He said he would talk to **Jim Lauder** at The IAL Annual Meeting to see when he is available. The date for the picnic will be decided at our July meeting. Don shared how nice Jim is and what excellent service he has received from everyone at Lauder Enterprises.

General Discussion: Stanley suggested that we all pick up a copy of The Beacon newspaper in the lobby of the Christ Congregational Church, where we meet. He said it contained many interesting

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MEETING MINUTES

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medical articles. **Stanley** told us about two musical events he had recently attended and greatly enjoyed. The first was a trip to Cape May, NJ for a Jazz Festival where many musicians performed a variety of styles of music. He had also attended the Bladensburg Music Festival at the Bladensburg Waterfront Park, which is right on the Anacostia River. **Sally** told us about this year's Anacostia High School's valedictorian, who despite being homeless and living in a shelter, has earned a full scholarship to Georgetown University. **Joe** gave a brief demonstration of his esophageal speech and all agreed he sounded good. It was suggested that he practice in front of a mirror and with family members. Herb showed us how cupping a hand around the mouth when speaking increases volume. The gentlemen present held a lively discussion of both the NBA Finals and the new coaching staff of the Washington Redskins. **Helen and Sally** were thanked for providing the goodies. Sally volunteered to provide the refreshments for our next meeting. The meeting was adjourned at 12:20 P.M.

*---Respectfully Submitted by:
Helen Kane*

Editor's Note: It is with great sadness to report that Bobby Boyd's son Robert (Bob) Boyd, Jr. passed away on June 11th. Donations may be made to the Esophageal Cancer Awareness Association.

www.ecaware.org/give/donate

A THOUGHT FOR TODAY

"He that takes medicine and neglects diet, wastes the time of his doctor."

---Ancient Chinese Proverb

POST-OP LARYNGECTOMEE VISIT

June 14th – Herb went to Georgetown University Hospital to visit with new laryngectomee **Harvey Radtke**. Harvey, who is 83 years old, grew up in the DC area. His surgery was on June 10th. Also present for this visit were his wife **Betsy** and **Diane**, one of their three daughters. In July, Harvey and Betsy will be celebrating their 64th wedding anniversary. They have 7 grandchildren and 10 great grandchildren. Harold served in the US Air Force during the Korean conflict. He then worked for seven years for Washington Gas, followed by a 39 year career as a civilian employee for the US Air Force. He was a Communications Specialist, and worked at Bolling Field and then Andrews Air Force Base in the suburbs of Washington, DC. He and his wife live on the Eastern Shore in Pomfret, MD.

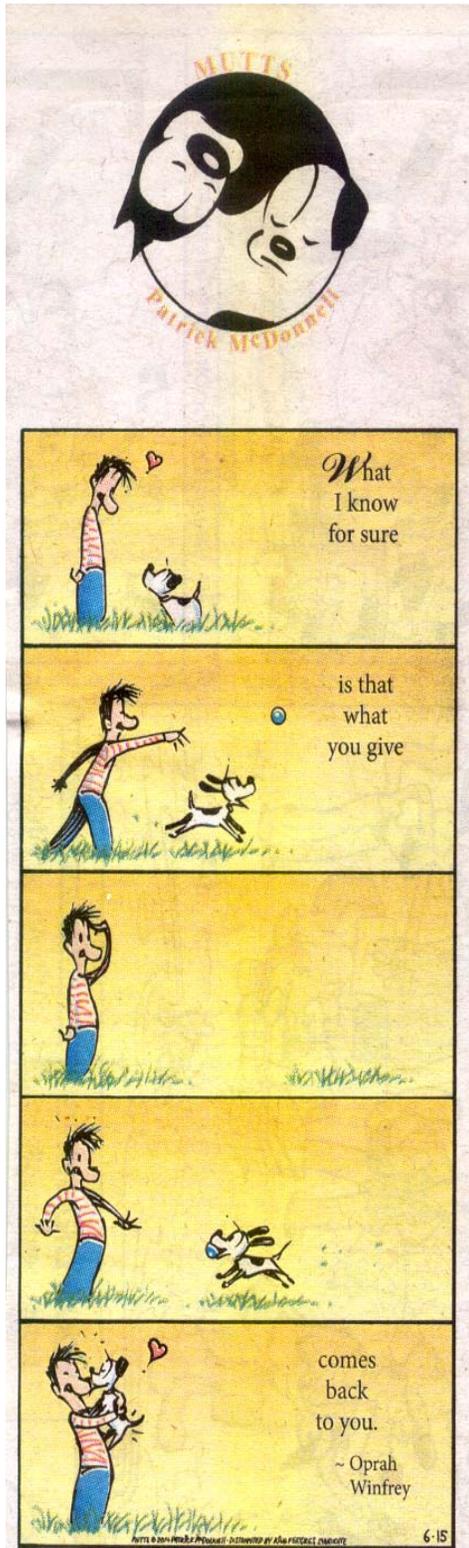
When Herb arrived, Harold greeted him with a big, warm smile and said hello using a Servox EL pressed against his cheek. He was surprisingly understandable. He also was using an intra-oral straw, but when getting a good position on his cheek, that was definitely the better way for him to be understood. Diane pointed out that he also uses a boogie board to jot things down, when he is not able to be understood. It appeared that Harvey was adjusting remarkably well, considering his surgery was only 4 days earlier. There was a discussion on different types of ELs. When Harvey is discharged from GUH, he will be using a loaner supplied by them. In July, the Radtkes will visit with Herb and try several different ones before deciding which one to order. Herb went over many subjects during this visit, answering many of the Radtke's questions. It was obvious that the family had a lot of previous knowledge when the subject of Rescue Breathing and the Police Data Base came up. As it turns out, a family member is on the local Fire Department in the area where they live. They already had a File of Life and understood the whole premise. Other subjects that were discussed were the effects of radiation, mucous, the importance of humidity and hydration, and showering. Herb left the family with a new laryngectomee visitor packet with lots of information in it, compliments of LCMC. Special thanks go to **SLP Eliza Peoples** and **Julie Robbins**, another daughter of Harold and Betsy for coordinating and making this visit possible.

DO YOU NEED BATTERIES FOR YOUR SERVOX?



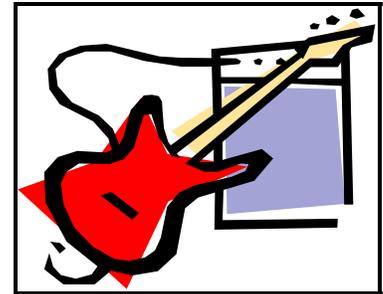
You can purchase batteries for your Servox at any of our monthly business meetings. The cost for these batteries is \$20 apiece or two for \$35.00. You may also pick them up other times at Herb & Sally's Silver Spring home.

"WHAT I KNOW FOR SURE"



--- Reprinted from
The Washington Post

**LCMC NIGHT ON THE TOWN
JOIN US FOR FOOD AND MUSIC AND FUN**



On Friday July 18th at 4:30PM, LCMC members will be meeting at a restaurant (to be determined) in Downtown Silver Spring for an early dinner, which will be paid for from the Club Treasury. After dinner, we will go down to the Fountain Plaza for some live music by the Fabulous Exaggerations Band. They play a mix of R&B, Pop, and Classic Rock music. August 1st has been selected as a rain date in case this concert is cancelled.

Members at the June LCMC meeting who have signed up to attend are Herb & Sally Simon, Donald Sievers, Joe & Jaka Mansaray, Helen Kane, Stanley Lipscomb, Rowland Nelson, and Dwayne Boston.

If you would like to be a part of this fun evening, please let Herb & Sally know by phone or email **on or before July 8th** (301-588-2352 or H457@aol.com) so we know how many to reserve seating for at the restaurant we choose to have our meal. We hope many of you will be joining us for this fun social event together.



Q. Can I return to work?

A. Yes. Most all laryngectomees, who had the surgery while they were still working, returned and were very productive workers, in fields ranging from Carpenters and Painters to Doctors and Lawyers. How soon you will be able to return to work will depend on such things as the speed of your healing and your ability to learn a new means of communication.

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