

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, 2015

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 8th at 10:30 AM

Speech Class with SLP
Mandy Pietrapaolo

and

**Socializing & Refreshments
Furnished by the McMullens**

11:00 AM

Business & Social Meeting

FOR INFORMATION CONTACT:

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

MESSAGE FROM THE EDITOR

Hello All,

We had a wonderful time at The IAL Annual Meeting & Voice Institute that took place in Towson, MD a couple of weeks ago. The event was well attended and everyone seemed to be getting a lot of good information from it and to be enjoying meeting so many laryngectomees from other areas.

I'm sorry that this is going to be another shorter than usual newsletter this month. This is due to two reasons. The first reason is that our July meeting is early in the month, and I feel that the newsletter should be out earlier than usual to give all who would like to attend the July meeting a chance to plan ahead for it. The second reason is that Sally & I will be leaving on Sunday, June 28th to go to Wilkes Barre, PA to be present when Sally's daughter will be giving birth to Sally's first grandchild the following morning. Hopefully, I will be able to get back to the normal length newsletter in August. We hope to see many of you at the July meeting, where you will be able to hear a lot more about the 2015 IAL AM/VI from those of us who were there.

On another subject: I need to update our newsletter mailing list. We presently send a little over 200 hard copies of THE VOICE out via the US Postal Service (USPS) each month. We need to pare that down. If you presently receive a hard copy of THE VOICE and have an email address, please share that email address with me so that we can cut back on the number of hard copies we are printing and paying to mail each month. Please contact me if you are receiving a hard copy of the newsletter via the USPS and you wish to continue to receive it. You can reach me by phone at **301-588-2352** or you can email me at **H457@aol.com**. If you call on the phone and get our Voice Mail, please leave a message and also let me know if you need me to return the call. If I do not hear from you during the month of July, your name will be removed from the mailing list. If I have an email address for you, I will include you on the email version of the newsletter, which is usually sent out a day or two earlier. Thanks in advance for your cooperation and I look forward to hearing from many of you.

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.



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| July 8th | Robert (Bobby) Boyd |
| July 9th | Mary Ann Keil |
| July 9th | Yvette Milling |
| July 14th | Joseph McMillion |
| July 14th | Diana Hanshaw |
| July 16th | Ursula McDonald |
| July 17th | Linette Hawkins |
| July 23rd | Lorri Goodpaster |
| July 25th | Phyllis McMullen |
| July 30th | André Ponsart |

JULY 4th

HAPPY INDEPENDENCE DAY



In Loving Memory of



Helen Gail Kane

August 26, 1942 – June 9, 2015

God saw you getting tired
and a cure was not to be, so
He put his arms around you
and whispered,
“Come to Me”

With tearful eyes we watched you
and saw you pass away
and although we love you dearly
we could not make you stay.

A golden heart stopped beating
hard working hands at rest.
God broke our hearts to prove to us
He only takes the best.

Editor’s Note: There will be a Memorial article for Helen Kane written by a family member appearing in the next issue of THE VOICE

POST-OP LARYNGECTOMEE VISIT

June 23rd – Herb went to the Inova Fair Oaks Hospital in Fairfax, VA to visit with recent laryngectomee, **Mahmood Akhtar**, who is 67 years old. He had his laryngectomy surgery at Virginia Commonwealth University Hospital in Richmond, VA on December 9, 2014. Mahmood is originally from Pakistan. He’s been in the USA for over 20 years and is an American citizen. He lives in Herndon, VA. Mahmood’s friend and neighbor, **Asif Malik** was with Mahmood. Also present for this meeting were **SLP Melanie Dorn**, who arranged this visit, and **SLP Juliann Perez**. Mahmood has adjusted well to life after surgery and looked very good. He was hard to understand at first and complained that his EL device had too much vibration --- so much that it caused pain to his neck area. Herb adjusted the pitch, which was way too deep; making it quite a bit higher. He also adjusted the volume, which was too high and probably the cause of all the vibration. After several adjustments, Mahmood showed a big smile, when we finally removed all the vibration and he was much more understandable and pain free. Herb answered many questions, stressed the need to drink plenty of water, and the importance of notifying his local EMS about his needs in case of an emergency. Herb left Mahmood with a new laryngectomee information kit, compliments of LCMC. Mahmood and Asif stated how much they learned and thanked Herb for coming to visit with them.