

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, 2016

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Monthly Support Group
Meeting will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday – July 13th

10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
SALLY SIMON

11:00 AM

Business & Social Meeting

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

The Fourth of July Parade

By Fran Haraway



Stripes and stars,
Antique cars,
Pretty girls,
Baton twirls,
Spangled gowns,
Friendly clowns,
Smiling folks,
Papered spokes,
Marching feet,
Endless heat,
Clapping hands,
High school bands,
Town traditions,
Politicians,
Perspiration,
Celebration!

DO YOU KNOW WHAT TIME IT IS?



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.



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| July 8th | Robert (Bobby) Boyd |
| July 8th | Robin Sesney |
| July 9th | Mary Ann Keil |
| July 9th | Charles Payne |
| July 9th | Yvette Milling |
| July 12th | Rodney Hall |
| 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

MEETING MINUTES

June 8, 2016

The meeting was called to order by **Treasurer Herb Simon** at 11:25 AM at the request of President Stanley Lipscomb, because he wasn't feeling very well. Others in attendance were Jim & Ursula McDonald, Phyllis & Richard McMullen, Herb & Sally Simon, Stanley Lipscomb and Charles Pickett. **Jim McDonald** read The Prayer for a Laryngectomee, and his wife **Ursula** read the Prayer for a Laryngectomee's Spouse/Caregiver. There were no corrections to the minutes for the May meeting as published in the June issue of our newsletter.

Sunshine Report: Ursula reported that she received an email from **Mark Reichenbacher** saying that due to a conflicting appointment, he would not be able to attend the meeting today. Herb reported the sad news from **Louisa Hood** that her wonderful Daddy, **Louis Willett**, recently passed away. Although they live rather far away in Southern Maryland, they joined us at several of our summer picnics, since Louis became a laryngectomee.

Old Business: Herb reminded us of the Head & Neck Cancer **Rehabilitation 1st Annual Clinical Laryngectomee Conference** in Houston, TX this month and **The IAL Annual Meeting & Voice Institute** that will be taking place this month in Houston, TX. He added that attendance could be lower than usual this year, due to the inclement weather Texas has been experiencing.

New Business: Herb told us he checked with **Jim Lauder** yesterday about Jim's availability and a possible date for our Annual Summer Picnic. At this time Saturday Aug.20th looks good for Jim to be able to join us. We will make a decision at our July meeting.

General Discussion: Although we were a smaller group than usual today, we touched on many different subjects. Insurance problems that some of our members are experiencing was one. Stanley had a new Servox his Dr. ordered for him. Medicare paid 80% of the cost, but Kaiser Permanente, his insurance company will not cover the other 20%. Stanley gave Herb his old device and charger as a donation for the club Loaner Cabinet. The device needs some work and will be repaired soon, hopefully by Jim at the Picnic. Stoma covers, the importance of wearing them and types that are available was discussed in depth. We also discussed a syndrome known as '**Survivor Guilt**'. This effects not only Cancer and other disease survivors, but also soldiers who served during times of war. It was said raises the old question: *Why me?* 'Survivor Guilt' can really affect one's emotional well being quite a while after the event took place. Several non-laryngectomee related topics were also discussed. The new \$15 minimum wage law recently enacted in Washington, DC, immigration in the U.S. and Europe, news coverage, and gun laws in the U.S. were part of our '*get it off your chest session*'. We all thanked **Phyllis & Richard** for bringing the delicious refreshments to the meeting today. **Sally** volunteered to bring them to the July meeting. The meeting was adjourned at 1:00 PM.

--- Respectfully submitted by,
Ursula McMullen