

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



June, 2010

MEETING MINUTES

May 12, 2010

The meeting was called to order by **President Jim Roby** at 7:35pm. Others in attendance at this meeting were Mary Speiden, Herb & Sally Simon, Howard Eskildson, Bill & Diane McAndrew and Beth Solomon. Jim read the Prayer for a Laryngectomee. We all introduced ourselves with the laryngectomees telling when and where they had their surgeries.

(Continued on page 2)

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

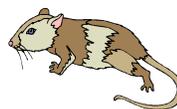
June 9th – 6:30pm
SPEECH CLASS
With Beth Solomon

June 9th – 7:30pm
Business & Social Meeting
Refreshments – Howard Eskildson

June 23rd – 7:00pm
SPEECH CLASS
With Beth Solomon

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

THE MOUSE'S STORY



A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" the mouse wondered. He was devastated to discover it was a mousetrap! Retreating to the farmyard, the mouse proclaimed this warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray... Be assured you are in my prayers!"

The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose." So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap. . . . all alone.

That very night a sound was heard throughout the house-- the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it. It was a venomous snake whose tail was caught in the trap. The snake bit the farmer's wife. The farmer rushed her to the hospital. When she returned home she still had a fever.

Everyone knows you treat a fever with fresh chicken soup. So the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued. Friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. But, alas, the farmer's wife did not get well ... She died. So many people came for her funeral that the farmer had the cow slaughtered to provide enough meat for all of them for the funeral luncheon. And the mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and you think it doesn't concern you, remember --- When one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.

---Author Unknown
Submitted by Willie Shives

DO YOU KNOW WHAT TIME IT IS?



IT'S 2010 DUES TIME!

Make your check payable to:

**The Laryngectomee 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.

Happy Birthday



| | |
|-----------|---|
| June 4th | Teresa Tiller |
| June 7th | Tema Title |
| June 9th | Bettina Ponsart |
| June 11th | Jean Rich |
| June 14th | Happy Anniversary Irwin & Tema Title |
| June 16th | Dr. Itzhak Brook |
| June 19th | Amber Diggs |
| June 20th | Happy Father's Day |
| June 20th | Thomas Richardson |
| June 20th | David Webb |

MEETING MINUTES

(Continued from page 1)

Everyone was surprised when first time attendee and new laryngectomee **Bill McAndrew** introduced himself using his iPad. His information sounded loud and clear, and everyone understood him perfectly.

Treasurer's Report – Herb reported that we now have 52 dues paying members for 2010. He also reported one check for a donation by the club was written, and two deposits were made, since the last meeting.

Aunt Bea's Sunshine Report – Jim Roby reported that **Helen Kane** returned to NC to be with her family, while her grandson, Anthony, is having chemotherapy treatments. Herb reported that **Rudy Lashley** recently had lung surgery to remove another cancerous growth. Rudy wrote that he's resting comfortably and looking forward to getting back on his feet.

Words of Wisdom from Beth Solomon – **Beth** made a suggestion for laryngectomee travelers who have a Tracheo-Esophageal Puncture prosthesis that are considered indwelling or extended wear. These prosthetic devices have an opaque ring that will show up in the Anterior Posterior view on an x-ray. This may be important for you to know as whole body scanners are being used more and more in airport security checkpoints. If you are a user, be prepared to explain the concept of TE punctures and that the ring is used by clinicians to check position of the puncture upon insertion. Check with your speech pathologist or physician if you have any questions.

Old Business – Jim distributed membership rosters to those present who didn't have a copy yet. Herb talked about the IAL Annual Meeting and Voice Institute. He told us that as of now, he and **Irv Title** are definitely planning to attend, and **Ishmael Rivera** and **Itzhak Brook** will possibly be attending.

Mary Speiden said that she is also thinking about attending. LCMC can have as many as eight delegates. If anyone else is interested in attending and serving as a Delegate for LCMC at the Annual Meeting on Saturday morning, please notify Herb, so he can notify the IAL. Itzhak, Herb and Jim talked about their presentations at the Montgomery Fire and Rescue Continuing Education classes. Schedules for future classes with comments by students at the first two presentations, were distributed.

New Business – Herb announced the upcoming **ACS RELAY FOR LIFE** event on June 5th at Montgomery College in Rockville. He asked if anyone is planning to attend this event and the Survivor's Luncheon. Luminaria Forms and Raffle Tickets were offered. If you were not in attendance at the meeting and would like to remember a loved one with a **Luminaria**, or purchase **\$5.00 Raffle Tickets for a 2010 Honda Insight EX Hybrid or \$15,000 in cash**, you can contact Herb or call the ACS at 301-933-9350.

Itzhak Brook spoke about his recently published book entitled MY VOICE, A Physician's Personal Experience with Throat Cancer. We thanked Jim for bringing the refreshments to the meeting tonight. Jim then asked for a volunteer to bring the refreshments. **Howard Eskildson** volunteered to bring them. A motion was made and seconded to adjourn the meeting. The meeting was adjourned at 9:10pm.

---Respectfully submitted by
Herb Simon

"All people smile in the same language."

IN MEMORIAM



JOHN F. WALSH

May 15, 1928 – May 15, 2010

John was born in White Plains, NY. He served in the U.S. Army in Germany during the Korean War. John later worked for NBC for 30 years. For the bulk of that time he worked mostly behind the scenes as Director of the Unit Managers. In this position he traveled the world. He was with President Kennedy at the Berlin Wall and also traveled with President Ford. After retiring from NBC, John worked 12 years for AT&T, serving as a Staff Member in many areas. After that he was a Century 21 Real Estate Agent in this area for another dozen years. When a relative became a hemophilia patient, John became very active in his support group. He served as Chairman of the Board of the the DC Chapter of that support group for several years. John's loving wife, Dodie and family members would like expressions of sympathy sent to the Hemofilia Foundation of the National Capital Area or to the Laryngectomee Club of Montgomery County, MD. John will be buried at the Arlington National Cemetery.

William Pototsky, 85, passed away on May 11 from heart failure. He was a graduate of the Boston Latin School and the Naval Academy. William was the recipient of the Bronze Star and the Naval Air Medal during Vietnam service. He was predeceased a year ago by his wife Shirley, a retired Catholic University Librarian. He leaves four sons, eight grand-children and two great-grandchildren. He will be buried in Arlington National Cemetery.

RESCUE BREATHING PRESENTATIONS

April 29th – **Dr. Itzhak Brook** spoke to the Emergency Room (ER) staff at Bethesda Naval Medical Center. The audience included 18 corpsmen, nurses and physicians. An overview on how to recognize and appropriately treat neck breathers and laryngectomees was presented. The different methods of speech used by laryngectomees, precautions when treating the stoma and trachea, a description of head and neck anatomy both before and after laryngectomy, differences between total and partial neck breathers were explained. Also covered were the main causes for neck breathers to go to the ER, and methods of providing acute care and CPR to partial and total neck breathers. The talk was followed by a Q&A session. At the request of the ER director, a summary was given to verify that the main points of the talk were understood. Dr. Brook will return to reeducate the ER staff every 3 months, due to the high turnover of personnel in the Navy ER. Many of the corpsmen rotate through the Bethesda Naval Hospital ER before being deployed elsewhere. Dr. Brook is scheduled to speak at the Walter Reed Army Medical Center in the near future.

May 3rd – LCMC Members **Itzhak Brook & Herb Simon** gave a rescue breathing presentation to the Montgomery County Advanced Life Support (ALS) Continuing Education class that included much the same material as described in the ER presentation above. Twenty five career workers were present. Almost all of them have had experience with Laryngectomees and Neck Breathers in the past. The presentation was informative and much appreciated as evidenced by the following comments taken from the student course evaluation forms:

- “the info received today eased my fear of helping a stoma patient”
- “wished we could have had some practice time with guest speakers to further understand stoma procedures”
- “very informative”
- “good stuff from laryngectomee people in a specialized area we don't normally think about”
- “credibility of the speakers”
- “excellent guest speakers from the Laryngectomee Club”
- “laryngectomee speakers were awesome”

May 10th – LCMC Members **Jim Roby & Herb Simon** gave a rescue breathing presentation to another Montgomery County ALS Continuing Education class. Jim, a retired Montgomery County Police Lieutenant, felt right at home in this building that houses both Police/Corrections and Fire/EMS personnel. He had spent much time here during his career with the Montgomery County Police Department. Eleven career workers in attendance for this presentation. Below are some comments taken from the student evaluation forms:

- guest speakers w/laryngectomies were awesome. I found this to be one of the best classes ever, and this should be an every year class if possible, at least including maybe 1/2 day of doing airway. Thanks!
- The laryngectomees gave an excellent presentation. I learned more from them and the presentation than all the past types of education on the subject. Need them to continue to teach.
- The guest speakers were excellent. It was extremely informative and a great way to have first hand experience with the different types of speech accommodations. As something we don't see or deal with often, I now feel that I have obtained enough knowledge to be comfortable and capable of treating a trach/laryngectomee patient, while at the same time understanding their needs. I thoroughly enjoyed this refresher. Honestly!!!
- The decision to have laryngectomees present this program was definitely an excellent idea. Having the opportunity to see how one functions after this type of procedure is an eye opener.
- The personal experiences of the laryngectomees were very valuable to me as a provider.

NEW LARYNGECTOMEE VISITS

April 27th – Herb went to visit with new laryngectomee **Bill McAndrew** and his wife **Diane** at their Vienna, Va. home. Bill is retired from the Air Force and had been in Government contracting until recently. He and Diane have three daughters. Bill is 67 years old and was in excellent health, prior to being diagnosed in early 2009. His surgery was on March 30th at Johns Hopkins University Hospital in Baltimore, MD. Bill had a complicated surgery. He was not speaking very much at the time of this visit. He has a TEP in place and also has an Electro-larynx.

Herb gave Bill some pointers on using the EL and answered many questions for both Bill and Diane. For the most part, Bill has been communicating both by writing and using his i-Pad. Bill and Diane attended the recent Education Day at Johns Hopkins. They have also been to cancer support group meetings at Inova Fairfax Hospital and a meeting and speech classes of the LCMC. Thanks go out to **SLP Kim Webster** for referring Bill & Diane to us.

May 19, 2010 – Herb went to George Washington University Hospital to visit **Charles Dyson**, who had his surgery on May 13th. Charles is 54 years old, single, and lives in Hyattsville, MD. He was born and raised in Washington, DC and is an avid sports fan. He served on the DC Fire Department for 3+ years before becoming a cook for the US Senate in the Capitol Building. He loves his work and hopes to be able to return when he's healed and rehabilitated from his surgery. Charles was not able to talk yet, so he was writing to communicate throughout this visit. He met fellow laryngectomee **Larry Dawkins** earlier. Charles indicated that he and Larry are planning to ride together and attend future LCMC meetings. Herb went over the materials in the LCMC visitor information packet. Charles was happy about getting the package and said he plans to read all the information rather than watching TV all day! **SLP Tracy Higgins** sat in on this visit. Thanks go out to **SLP Mona Faddah** for arranging this meeting and joining us for part of it.

2010 ANNUAL MEETING and VOICE INSTITUTE



June 16th thru June 19th

The International Association of Laryngectomees Annual Meeting and Voice Institute will take place in Clarksville /Jeffersonville, IN. The Voice Institute will begin on June 16th and the Annual Meeting on June 17th. The Annual meeting will close on the evening of Saturday, June 19th with the Annual Banquet. These events will take place across the river from Louisville, KY at:

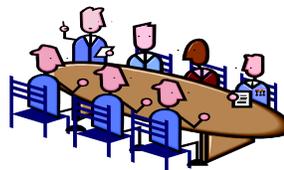


The Holiday Inn Conference Center
505 Marriott Drive
Clarksville, IN 47129
Hotel Front Desk: 1-812-283-4411

The room rate will be \$82.95, plus tax and room fees, per night. This will include FREE airport shuttle to and from Louisville, Kentucky Airport, Free parking, and Free Internet service in all guest rooms.

Attention LCMC Members: Will you be attending the IAL VI or AM for the first time? When you serve as a delegate for LCMC at the Annual Meeting on Saturday, LCMC will reimburse \$500.00 toward your expenses.

LARYNGECTOMEE MEETING AT CHRISTIANA HOSPITAL



May 20th - Herb and Sally Simon were guests at the monthly meeting of this laryngectomee support group facilitated by Janet Secrist, a SLP at the hospital. Herb and Janet met at the Mid Atlantic Laryngectomee Conference last year and have been communicating since then. On the way to Delaware Herb and Sally stopped to visit with Viola Mae Sells and Ralph Martin in North East, MD. Viola, who had her surgery at Christiana Hospital in 2005, rode with Herb & Sally to the meeting. Others in attendance at the meeting were laryngectomees John Cowison and his wife Debbie, Samuel Dorsey and his granddaughter, Walter Choma, Charley Conforti, and SLPs Jenny Shao and Jarrad Van Stan. Walter and Herb have been laryngectomees for 15 years, Charley for 12 years, Samuel for 5 years and John, whose surgery was a couple of months ago, was the new kid on the block. Samuel read the Prayer for a laryngectomee and everyone introduced themselves. Herb shared his personal experiences, both pre and post-op with the group. Lots of good questions were asked and others shared their personal experiences. A lot of important information and tips were shared throughout this lively session.