

# 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, 2011

### MEETING MINUTES

May 9, 2011

The meeting was called to order by **President Herb Simon** at 11:18 A.M. Others present at the meeting were Sally Simon, Addie Shaw, Larry Dawkins, Bill and Annetta Rapp, Helen Kane, Amir Ebrahimi, Peggy Bradberry and first-time attendees Paul & Joan Corridean.

**Helen** read the Prayer for a Laryngectomee using her Servox EL. Everyone introduced themselves with the laryngectomees telling when and where their surgeries were performed. The Minutes for the April meeting were approved as published in *THE VOICE*.

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### MARK YOUR CALENDAR

### THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

Business & Social Meeting  
Refreshments – Peggy Bradberry

**JUNE 8th – 11am**

At the former ACS Building  
11331 Amherst Ave.  
Silver Spring, MD 20902

FOR INFORMATION  
CONTACT: HERB SIMON

301-588-2352 or  
H457@aol.com

## Angels Of Wisdom



You have been sent the Angels of Wisdom!  
Follow their words of wisdom and you will be blessed!  
Don't be so busy adding up your troubles  
that you forget to count your blessings.

The smallest deed done  
is greater than the best of intentions.  
Love is a language that can be heard by the deaf  
and seen by the blind.

A house is made of wooden beams.  
A home is made of love and dreams.  
To be a good friend, open your ears and heart  
more often than your mouth.

People don't care how much you know  
until they know how much you care.

*"You give but little when you give of your possessions.  
It is when you give of yourself that you truly give."*

~ Kahlil Gibran

## DO YOU KNOW WHAT TIME IT IS?



## IT'S 2011 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.



June 4th	Teresa Tiller
June 7th	Tema Title
June 9th	Bettina Ponsart
June 11th	Jean Rich
June 14th	Irv & Tema's Anniversary
June 16th	Dr. Itzhak Brook
June 19th	Amber Diggs
June 20th	David Webb

## HAPPY FATHER'S DAY



## MEETING MINUTES

*(Continued from page 1)*

**Treasurer's Report:** Herb reported that the club treasury had changed very little since last month's report. No checks were written since the last meeting.

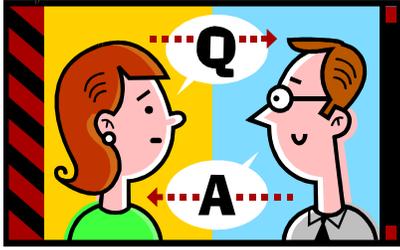
**General Discussion:** Paul and Amir, who are recent laryngectomees, had several questions for the group. Paul's surgery involved his tongue and he is experiencing problems with speech. It was explained that the use of the tongue definitely affects speech. A suggestion was made that he try different spots for using his Servox. He questioned the fact that his neck was still red and also stiff from radiation. He was told that these symptoms would diminish with time, but healing time is different for each person. Amir stated that he chose not to have either radiation or chemo because of what he has read about the side effects. All present explained their experiences with radiation and seemed to feel their treatments were not that difficult. Again, it was pointed out that we all may react differently. All were hopeful that Amir would reconsider his options. Paul questioned the amount of mucous following surgery and was told that this is an ongoing occurrence; however, there should be a reduction in the amount as time passes. He was also told to be aware of any changes in mucous color because this could be a sign of infection. Sally stated that the use of a humidifier can be most helpful. She also pointed out the importance of cleaning the humidifier on a regular basis. Amir questioned the fact that some people have a problem understanding him on the telephone. Herb stated that the phone amplifies what we say and suggested that he hold the telephone at nose level to reduce the volume. Helen suggested that Amir turn the volume down on his Servox. Sally told the group that should you fall and need assistance, call 911 and tell them you need manpower. Larry generously distributed to all present a meditation CD, *Calming the Mind and Body*, which he brought back from the recent laryngectomee conference he attended in Philadelphia. Sally stated that MRI's have shown that meditation shrinks the stress area in the brain.

**Aunt Bea's Sunshine Report:** Larry told us that Charles Carter has not been up to attending meetings because of his radiation treatments. He also said that Mona Faddah has been busy with students and sends her love. Larry thanked Herb for loaning him a Servox from the Club Loaner Cabinet when he recently misplaced his. Herb told us about the following members: Michel Pommier was not able to be here today because he had an important appointment that will make his constant travel much easier and quicker in the airports. Itzhak Brook also was not able to be here today because of an appointment. Herb spoke with Deanna Cabbage earlier today and found out that Bunky Cabbage was admitted to the hospital shortly after the last meeting and has been quite ill. He is now back home and has resumed his chemo treatments. Deanna also was happy to share that Bunky has been wearing a stoma cover most of the time now and thanked the club for its help.

**Old Business:** Herb reported that he contacted the Montgomery County Fire Department regarding a possible meeting place and is waiting for a response. Herb circulated a card for all to sign. The card is to thank Elite Protection Services for their kindness in allowing LCMC to hold meetings at their facility.

**New Business:** Herb reported that Irwin and Tema Title will be attending the IAL Annual Meeting and that Irv will once again be serving as an LCMC

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**Q.** What kind of covering should I wear over the stoma?

**A.** There are many types and styles of covers. It should be of a material that permits free breathing, yet will prevent unwanted matter from entering the stoma. Many people wear a foam stoma protector of some type. They range from a 6" or 8" piece of material with straps around the neck to a small 2" or 3" square piece of foam that sticks directly to the skin with double sided tape. Others wear a "HME" (Heat Moisture Exchange) Filter which is much more effective at removing small air borne particles and helps retain heat and moisture in one's breath. HME filters require the use of a housing, tube or button to retain the filter. Also many wear fashionable covers on top of the covers or filters. Many of the larger covers can be washed and used repeatedly; the small stick on foam protectors and HME filters are one time use. All are readily available from several laryngectomy supply companies. For looks, women wear high lace collars, necklaces, cameos, chokers or decorative scarves. Some wear "pop beads". Men wear ties and ascots. Both men and women wear turtle necks. The possibilities are endless.

---Reprinted from

*The Florida Laryngectomy Association  
Q & A Booklet for the Laryngectomee*

## MEETING MINUTES

*(Continued from page 2)*

delegate at the Annual Meeting. Herb reminded everyone that first-time attendees are reimbursed \$500 by LCMC to help defray their costs. A suggestion was made to have LCMC reimburse club members the amount of the registration fees for future laryngectomee conferences they attend. This will be discussed at the annual club picnic this summer. A brief discussion was held about answering questions for new laryngectomees. The possibility of a Q&A column in the monthly newsletter was also addressed. It was decided that two copies of Itzhak Brook's book, *My Voice*, will be added to the Club library. Herb thanked **Annetta and Bill** for providing the delicious goodies for the meeting. **Peggy** generously volunteered to bring the refreshments for the next meeting. A motion was made, seconded and unanimously passed to adjourn the meeting at 1:02 P.M.

---Respectfully submitted by  
*Helen Kane*



## 2011 VOICE INSTITUTE and ANNUAL MEETING June 15th thru June 18th



The International Association of Laryngectomees Annual Meeting and Voice Institute will take place in Kansas City, Missouri. The Voice Institute classes will begin on June 15th. The Annual Meeting begins on June 16th and will close on the evening of Saturday, June 18th with the Annual Banquet. This will all take place at the Holiday Inn at Coco Key. The \$85.00 per night room rate is for single or double occupancy.

**To make reservations call: 1-816-737-0200 and be sure to mention the IAL Annual Meeting to receive this special pricing.**

**RELAY AROUND THE WORLD:  
CANCER KNOWS NO BOUNDARIES**



**American Cancer Society  
Relay for Life of Rockville**

**YOU'RE INVITED!  
JOIN US FOR THE 2011  
CANCER SURVIVOR AND  
CAREGIVER RECEPTION**

**JUNE 4, 2011**

**Montgomery College  
Rockville Campus Football Field  
on Campus Drive  
11:00 Registration  
11:30 Reception**

Celebrate your life with other cancer survivors at the American Cancer Society Relay For Life of Rockville. The reception will include food, music and special recognition of those who have fought cancer, as well as their outstanding caregivers. All survivors are then invited to walk the first lap of the Relay in Celebration of Life.

There is no fee to participate in the Survivor's Activities, but RSVP/pre-registration is requested to assure you receive your proper t-shirt size, and avoid having to complete the registration form at the Relay event.

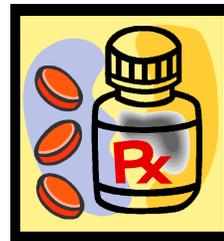
It's not too late to register for the  
**ROCKVILLE RELAY FOR LIFE  
SURVIVOR RECEPTION**

**Contact the ACS office at  
301.933.9350, or  
rhodacutlip@verizon.net.**

**LARYNGECTOMEE PRE-OP VISIT**

**May 26th** – Herb went to Suburban Hospital in Bethesda, MD to visit with pre-op patient **Albert Turner**. Albert, who is 43 years old, has been living in Silver Spring and working on the new Inter County Connector highway. Also present for this visit was Albert's mother **Sandra Lanoix-Harris**. Albert's surgery is scheduled to be at Holy Cross Hospital on June 4th. Albert has a very positive attitude and is looking forward to continuing with a good quality of life after recovering from his surgery. He had a big and warm smile though out the visit. He, like many of us, did not have an audible voice at this time, so he both wrote on a pad of paper and typed responses on his high-tech phone device. Albert already has a needs chart typed into this device that will tell the nurses what he needs, when they answer his calls. Albert will be staying with his Mother in Bowie, Md for a while when he is discharged from the hospital. Herb gave Albert a New Laryngectomy Information packet provided by LCMC and went over some of the contents with Albert and Sandra. He invited them to attend future LCMC meetings. Thanks go out to **Dr. Liesl Nottingham** for referring Alfred and Sandra to LCMC.

**PROTECT YOURSELF FROM MEDICATION ERRORS**



Partner with your doctor and pharmacist to prevent drug errors by:

- **Making a list of every medicine you take – including herbal supplements and vitamins.** Keep one with you, give a copy to loved ones, and bring one to doctor visits and the pharmacy. This helps your health team spot dangerous interactions.
- **Asking questions about new prescriptions.** Make sure you understand what the medication is for, how long to take it, and any side effects. You can also ask about lower-cost generic versions.
- **Checking labels.** Make sure your prescription labels match what your doctor ordered.
- **Reading information included with your medicine.** It might instruct you on where to store it, whether to avoid certain foods or alcohol, and when to take your dose.

**GET A FREE MEDICATION RECORD**

You can download a form to keep a record of all the medications you take. Just visit [www.aarp.org/medicationrecord](http://www.aarp.org/medicationrecord) and click on "My Personal Medication Record".

--- Reprinted from  
*Strive for Healthy Living Magazine*