

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, 2012

MEETING MINUTES

May 9th , 2012

The meeting was called to order by **President Stanley Lipscomb** at 11 A.M. Others present were Addie Shaw, Betty Money, Herb & Sally Simon, Larry Dawkins, Bill & Annetta Rapp, Pete Wilson, Charles Pickett, Jim Rigas, Joe Bracy and Amir Ebrahimi. **Jim Rigas** read the Prayer for a Laryngectomee using his Servox Digital Electro-larynx. Stanley announced that Secretary Helen Kane was not here today because she was not feeling well when she woke up this morning.

(Continued on page 2)

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

JUNE 13th – 11:00 AM

Business & Social Meeting

Refreshments

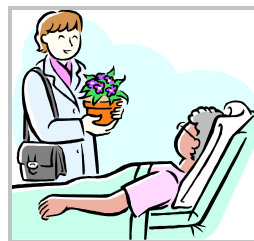
Bill & Annetta Rapp

NEW MEETING LOCATION

Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

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

"The Friend Who Stands By"



When troubles come your soul to try;
you love the friend who just stands by.

Perhaps there's nothing he or she can do;
the thing is strictly up to you.

For there are troubles all your own,
and paths the soul must tread alone.

Times when love can't smooth the road
nor friendship lift the heavy load.

But just to feel you have a friend
who will stand by until the end.
Whose sympathy through all endures;
whose warm handclasp is always yours.

It helps somehow to pull you through,
although there's nothing he or she can do.

And so with fervent heart we cry,
God Bless the friend who just stands by.

- - - Submitted by Rudy Dupler

DO YOU KNOW WHAT TIME IT IS?



IT'S 2012 DUES TIME!

Make your check payable to:

**The Laryngectomee Club
Of Montgomery County
OR to LCMC**

Send it to:

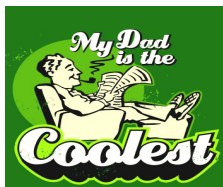
**HERB SIMON, Treasurer
403 Hamilton Avenue
Silver Spring, MD 20901**

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 17th	Father's Day
June 19th	Amber Diggs
June 20th	David Webb

HAPPY FATHER'S DAY



MEETING MINUTES

(Continued from page 1)

Addie volunteered to take notes for the meeting minutes. All who were present introduced themselves with the laryngectomees telling when and where they had their surgeries. There was a brief discussion about our new meeting place. Everyone agreed that it is a very nice place that fits our needs to a tee.

Treasurer's Report: **Herb** reported there was very little change in the amount of funds in our treasury, having written one check and making one deposit.

Aunt Bea's Sunshine Report: **Herb** reported the following: **Itzhak Brook** is not at the meeting today because he is giving a presentation about his new book as part of the Medical and Clinical Psychology Seminar Series that is being sponsored by the Uniformed Services University of the Health Sciences. **Kate and Jan Larson** are not able to be at today's meeting because Jan is having a Pet Scan. **Herb** read a very nice handwritten note from **Robert King** that accompanied his dues and donation. He sends his regards to all of us. Email messages were received from the following people: **Kevin Madden** from InHealth Technologies wrote to thank us for inviting him to our April Meeting and to let us know what a pleasure it was to meet everyone. **Michel Pommier** wrote to let us know that he will be in Boston and Burlington attending his son Maxime and his girlfriend Emily's graduations and will then be off to France and Italy in June. He is planning to return to the DC area on July 28th. He said to say hi to everyone in attendance at our new meeting place. **Paul Corridean** wrote and shared that he has continued to have a rough time with a couple of medical situations. He has been in and out of the hospital and had more surgeries. He is home now and his loving wife, **Joan** is helping to care for him. He said he keeps up with us through the newsletter and thinks of everyone often. He also wrote that he hopes to make it to the June Meeting. **Edward Akwe** wrote to let us know that he hopes to be at the meeting today, but will be late because he has a job interview at 9:00AM. He sends his regards to all.

General Discussion: **Stanley** spoke about the guest speakers at the last meeting and the new HME they introduced. He has tried it and likes it very much. Others shared some thoughts about it, too. **Larry** asked some questions about stoma covers and where to purchase them. **Herb** shared that he will send him some information about how to make his own. There was a discussion about the upcoming IAL AM/VI in Durham, NC. Our delegates will be **Irwin Title, Robert Kanjian, and Stanley Lipscomb**. **Herb** gave **Stanley** a copy of the Annual Meeting agenda and the new proposals for changes to the Bylaws.

Old Business: There was no old business.

New Business: **Addie** suggested that the club should reimburse those who supply the food and refreshments for the monthly meetings. After a discussion, **Addie** motioned that the amount of \$20.00 be reimbursed for this purpose. It was seconded and unanimously passed. **Herb** brought a demonstrator model of the new \$200.00 **Blom-Singer EL-1000** speech device for everyone to try out. As people arrived at the meeting, they were able to try it out. For those who arrived later, part of the meeting was devoted to trying it out and sharing thoughts on this new speech device. The general consensus was that the sound quality was very good, especially considering the low price, when compared with other devices. The fact that it operates on a 9 volt battery was a real positive feature. The new oral adapter was well received and the strap was also. The button that needs to be depressed to produce sound was a little difficult for some of us. **Annetta and Bill Rapp** volunteered to bring the snacks to the June Meeting. A motion was made, seconded and passed to adjourn the meeting at 12:35PM.

---Meeting notes taken by Addie Shaw

ENHANCES

A SUPPORT GROUP
WORKING TO SHAPE LIVES



Recap of the May Meeting

We had another great support group meeting on May 2nd here at GWUH. In attendance were Larry Dawkins, Joe Bracy, Herb Simon, and Fernando Javier, accompanied by his daughter Deidra and her husband. Herb prepared an informative presentation on the upcoming IAL Annual Meeting and Voice Institute, which will take place June 6-9, 2012 in Durham, NC. Herb provided several detailed handouts about the IAL and the annual meeting. We enjoyed meeting three new members: Fernando, Joe, and Pete.

---Tracy Higgins M.A., CCC-SLP

NEXT MEETING

JUNE 20th – 2:00 PM

at the

**George Washington Univ. Hospital
900 23rd St. N.W.
Washington, DC**

(In the 4th Floor Rehab Dining Room)

SLP Mona Faddah will be the guest speaker. She'll be sharing information about new laryngectomy products and some of the topics that were discussed at the IAL conference.

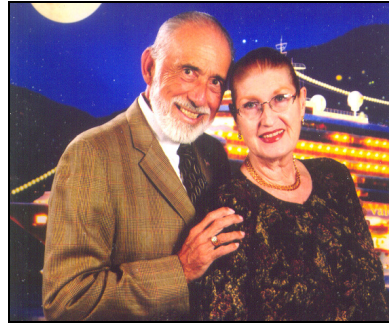
To RSVP, or if you have any questions, you may contact Mona or Tracy by Phone at 202-715 – 4075 or by Email:

Mona.Faddah@gwu-hospital.com

Tracy.Higgins@gwu-hospital.com

LOVING LIFE

By Bob Kanjian



LIFE GOES ON – I am 68 years old and have been a laryngectomy for 10 years. I believe my cancer was caused by 18 years of smoking. My surgery was performed by Dr. Joseph Califano at The Johns Hopkins Hospital in Baltimore, MD. The surgeon's skills and the excellent care I received there have allowed me to live a very full and active life, since then. I credit the exercise routine they taught me before leaving the hospital, as the reason for the range of movement I still have for my head and neck..

For 20 years my main profession was that of Detective with the Metropolitan Police Force in Washington, D.C. I was fortunate to have been part of many high profile cases. International headlines heralded my solving the nation's first homicide of a female police officer. Petey Greene, a D.C. TV host, profiled me on his show because of a case I solved involving an eye witness ID conviction of an innocent man. I found the real killer and the falsely accused man was set free. He later received over \$300,000 from the D.C. government as compensation for false imprisonment. I also worked as a narcotics detective and helped brake up a major drug ring operating out of NY through D.C. For 30 years I was a soccer referee rising to the college ranks and then on up to the professional level.

After becoming a laryngectomy in 2002, I was able to continue refereeing by learning how to blow a whistle, which was something I was told I would never be able to do again. I astounded my doctor and his associates when, during an office visit, I pulled out my whistle and sounded a long, loud, shrill sound. The doctor and associates agreed: "Never say never!" Having proved their initial prediction wrong, I continued refereeing until 2006. Today, my life is better than ever. Everyday I walk 7 miles. I enjoy going on cruises and traveling with my wife of 47 years, Carol. To date, I have been on 29 cruises since my surgery. We spend 4 weeks a year in Branson, MO., the Live Music Capital of the world. Some people have nicknamed me "Mr. Showman", because we usually see over 70 shows in the time we spend in Branson. When at home in FL, it is not unusual for us to travel more than 5 hours roundtrip to see a show we like. My 6 grandchildren keep me hopping. Ranging in age from 13 to 2, they always have something for Grandpa to see or do. At least once a month, we drive to the East coast of FL to see 4 of them. I have been a member of LCMC for 10 years and will be serving as one of their delegates at the IAL Annual Meeting in Durham, NC this month. I hope to see many of you there.

I am living life to the fullest and couldn't be happier. I am living proof that becoming a laryngectomy is not the end of the world, but just the beginning of a great new adventure.

American Cancer Society



Relay for Life of ROCKVILLE

YOU'RE INVITED!
JOIN US FOR THE 2012
CANCER SURVIVOR AND
CAREGIVER RECEPTION

JUNE 2nd & 3rd, 2012

Please note our new location:

Rockville High School
2100 Baltimore Avenue
Rockville, MD 20851

SURVIVOR/CAREGIVER
RECEPTION - 11:30 AM

Pre-registration is requested,
please RSVP to

Ms. Rhoda Cutlip at:
301-942-1625 or

rhodacutlip@verizon.net

Opening Ceremony: 2:00 PM

Survivor & Caregiver Lap: 2:00 PM

Luminaria Ceremony: 9:00 PM

Closing Ceremony: 6:00 AM

LECTURES BY DR. ITZHAK BROOK



LCMC member **Dr. Itzhak Brook** delivered 2 grand round lectures at the Texas A & M Medical Center on May 15th and 16th. The lectures were about the special needs of patients who have had a laryngectomy and those with head and neck cancer. Dr. Brook also generously gave the speech pathologists and head and neck cancer surgeons copies of his book, "My Voice" and the DVD about respiratory management for neck breathers.

NEW LARYNGECTOMEE VISIT

May 4th – LCMC member Herb Simon went to the Clinton Nursing and Rehabilitation Center in Clinton, MD to visit with recent laryngectomee **Clarence Lucas** and his wife **Rose**. Clarence is 75 years old. He and Rose have been married for 50 years. They have three children, 8 grandchildren and 3 great grandchildren. They are in the process of relocating to the Clinton area from their present residence in White Plains, MD. Clarence retired as a Sergeant in the US Army in 1967. Until recently he worked for the Federal government as a chauffeur for the EPA and the FBI. Clarence enjoys fishing, games, and playing with his great grandchildren. He is presently at the Clinton rehab facility, due to some complications that have occurred since having his laryngectomy in August, 2011. Also present for part of this meeting, was **SLP Gerri Levell**, who arranged the meeting. Clarence had not been using his electro-larynx very much, prior to this visit. Herb and Gerri worked for quite a while with Clarence on this. After Gerri left to see another patient, Herb spoke at length about adjusting to life after surgery for both the patient and the caregiver. He stressed to Clarence the importance of being able to communicate vocally. Clarence was making a concerted effort to do this towards the end of this visit. Herb gave a new laryngectomee information packet, courtesy of LCMC, to Clarence. There was an in-depth discussion on Emergency needs for a neck breather and suggestions about letting the local emergency service agencies in Prince George's County know about this in case Clarence ever needs to dial 911. Both Clarence and Rose expressed their appreciation for this visit, as Herb was leaving.

Message from the Editor

In the past two issues of *THE VOICE* of Montgomery County Newsletter, a new column has been included. This new column is titled '**Loving Life**'. I have had some excellent feedback about these two articles. With this in mind I would like to invite all laryngectomees who are truly, *loving life* after this surgery, to write a piece for this column. This invitation is not limited to our LCMC members only, but is offered to any laryngectomee, anywhere, who reads *THE VOICE* and would like to participate by sharing their experiences.

If you would like to participate in this way, please write an article that is less than 500 words and include a picture of your choice to be included in the article. If you send the picture via regular mail and would like it back, it will be returned to you.

I hope that many of you will participate and share your stories in future issues of *THE VOICE* of Montgomery County newsletter.

--- Herb Simon, Editor
H457@aol.com

**"If life gives you a bag of hammers,
Build something!"**

---Michael J. Fox