

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, 2013

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

Will be held at:

Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday
June 12th
10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
HELEN KANE

11:00 AM

Business & Social Meeting

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

**"Life is like a game of tennis,
the player who serves well
seldom loses."**

~Anonymous

THE RULES OF CHOCOLATE



If you've got melted chocolate all over your hands, you're eating it too slowly.

Chocolate covered raisins, cherries, orange slices & strawberries all count as fruit, so eat as many as you want.

The problem: How to get 2 pounds of chocolate home from the store in hot car.

The solution: Eat it in the parking lot.

Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.

A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?

If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?

If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.

If I eat equal amounts of dark chocolate and white chocolate, is that a balanced diet? Don't they actually counteract each other?

Money talks. Chocolate sings.

Chocolate has many preservatives. Preservatives make you look younger.

Q. Why is there no such organization as Chocoholics Anonymous?
A. Because no one wants to quit.

If not for chocolate, there would be no need for control top pantyhose. An entire garment industry would be devastated.

Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.

---Author Unknown

DO YOU KNOW WHAT TIME IT IS?



IT'S 2013 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 May 8, 2013

The meeting was called to order by **President Stanley Lipscomb** at 11:04 A.M. Others present were Herb & Sally Simon, Addie Shaw, Helen Kane, Larry Dawkins, Pete Wilson, Charles Pickett, Donald Sievers, Dwayne Boston and Michel Pommier. Our guest, **Don**, read the Prayer for a Laryngectomee using his TEP voice. Don shared that he had faced throat cancer many times and that his laryngectomy was performed in February. He is scheduled for surgery to "beat kidney cancer" next week. His positive attitude is amazing. Stanley extended a warm welcome to everyone. All were pleased to see **Club Chef Pete Wilson**, who has offered to assist our club in any way possible. We all introduced ourselves with the laryngectomees telling when and where our surgeries were performed. The minutes for the April meeting were approved as published in the May issue of *The Voice*.

Treasurer's Report: **Herb** reported that the Club Treasury had very little change since the April meeting.

Aunt Bea's Sunshine Report: **Larry** told us that **SLP Mona Faddah** has returned from maternity leave. He showed us a picture of her and her beautiful daughter. He also told us that **SLP Tracy Higgens** has moved from George Washington University Hospital to Washington Hospital Center. **Dwayne** shared that he called **Rowland Nelson** and offered to drive him to the meeting, but Rowland is having complications and was unable to attend today. **Herb** reported the following: **Caroline Bradford**, a longtime club member whose late husband **Kenneth** was a laryngectomee, has been ill since Thanksgiving, but is finally over it. She said it was nothing serious. **Yusufu Mansaray** and **Curt Forsythe**, who Herb had pre-op visits with, have both had their surgeries now. Yusufu is in Washington Adventist Hospital. Curt had surgery last Friday at Georgetown University Hospital. **Itzhak Brook** is not at the meeting today because he is giving a talk at the Beth Sholom Temple in Fredericksburg, VA about his experiences in the Yom Kippur War. Yesterday Itzhak gave a talk at the 11th International Congress on Medical Librarianship in Boston. The subject of his talk was "*Preventing Errors in Oncology: Perspective of a Physician Who is Also A Cancer Patient.*" A story on this subject relating to Itzhak's personal experience appeared in the May 3rd edition of The Washington Post. **Peggy Bradberry** sent an email message that she is not able to be here today, but hopes to join us again next month. She sends her regards to all of us. Herb read an email message from club member **Chuck Silsbee**, who lives in Arkansas. Chuck recently had the misfortune of accidentally getting into a hive of bees and was stung multiple times on his face and a few times on his right wrist. In his words: **OUCH!** He has recently recovered from a small lung problem. Other than that and getting so tired of all the rain they've been getting, he said "everything is OK." He also said to say Hi to all of us.

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MEETING MINUTES

(Continued from page 2)

Old Business: No Old Business was discussed.

New Business: Herb told us that it is time to renew our the annual meeting room rental agreement with Christ Congregational Church. A brief discussion was held and all agreed that our present room is perfect for our needs. Herb asked that since our club is in good financial shape, would we like to donate \$1,000 to the IAL again this year. He pointed out that our donation would be designated to help cover the expenses of the upcoming IAL Annual Meeting and Voice Institute in Spokane. A motion was made, seconded and approved to make the donation. Sally and Herb will be attending the IAL Annual Meeting, so they will be unable to attend the June club meeting. We have have our June meeting as usual, and will miss having them with us.

General Discussion: Stanley told us about a South Korean girl who had a new windpipe made from her own stem cells implanted. Although she is still on a ventilator, signs indicate that the windpipe is working. Larry shared that he's been thinking about it for quite some time and is considering having a TEP. An in-depth discussion followed regarding the pros and cons of TEP's. Michel said he had additional Cymetra injections but is still experiencing leakage. His doctor has presented him with several options that may correct the problem, but he is presently undecided as to which one to try. Larry asked how long Servox batteries last. He was told that both the type of Servox and also how much the Servox is used would determine this. Also the length of time the battery is charged should be considered. Sally was thanked for the delicious refreshments. Helen volunteered to bring the goodies to the June meeting. The meeting was adjourned at 12:30 P.M.

---Respectfully submitted by,
Helen Kane

Stay Healthy

Smoke Alarm

The newest nicotine fad is growing in popularity. But are electronic cigarettes safe?

Today, smokers who want to kick the habit can turn to all sorts of products for a nicotine fix: patches, gum, lozenges, and, most recently, electronic cigarettes. The battery-powered devices look and feel like the real deal but deliver nicotine to the lungs via vaporized liquid, not smoke—which means no tar or carbon monoxide. Some experts say that e-cigarettes could help smokers quit, and they're becoming more popular: According to the Centers for Disease Control and Prevention, about 6 percent of all U.S. adults—and one in five smokers—have tried them.

But do e-cigarettes make it easier to break the habit—or harder? Studies suggesting that the devices help people quit are too few and too small on which to base any firm, science-based recommendations or advice, says Thomas Glynn, Ph.D., director of International Cancer Control at the American Cancer Society. And in many parts of the U.S.,



Could electronic cigarettes (right) help smokers stub out the real thing (left)?

e-cigarettes can be used in traditionally nonsmoking areas, such as bars, restaurants, and offices. That's a problem when you consider that smoking has declined among Americans in recent years largely due to campaigns that prohibit people from lighting up in public places.

And while electronic cigarettes are often marketed as a healthier alternative, there's no guarantee that all of the devices are safe. The U.S. Food and Drug Administration has not yet issued final regulations on e-cigarettes, so "consumers cannot always be sure of what they are inhaling," says Glynn. Many are made in China, where manufacturing oversight isn't as tight; additionally, studies have found contaminants and impurities in a few brands, albeit at low levels. Until e-cigarettes are regulated, says Nathan Cobb, M.D., a pulmonologist at Georgetown University Medical Center, it's best to use FDA-approved nicotine-delivery devices, such as patches or gum.

—Melinda Wenner Moyer

BY THE NUMBERS

42,000

NUMBER OF AMERICANS WHO WILL BE DIAGNOSED WITH ORAL CANCER THIS YEAR. TO LEARN MORE ABOUT THE DISEASE, AND FOR A LIST OF FREE SCREENINGS TAKING PLACE AROUND THE COUNTRY THIS MONTH, GO TO oralcancerfoundation.org

---Reprinted from Parade Magazine
April 7, 2013

ENHANCES

A SUPPORT GROUP
WORKING TO SHAPE LIVES



NEXT MEETING

June 26th – 2:30 PM

at the

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

(In the 4th Floor Rehab Dining Room)

To RSVP, or if you have any questions, contact Mona by
Phone: 202 – 715 – 4075 or Email:
Mona.Faddah@gwu-hospital.com

PRESENTATION



**LCMC Club Member
Dr. Itzhak Brook**

recently gave a presentation entitled "Life Challenges of laryngectomees" at the Louisiana State University FW Cancer Center for their New Voice Club. This lecture can be seen on YouTube at:

<http://youtu.be/KkURYG9rScs>

The lecture discusses the side effects of radiation; methods of speaking after laryngectomy; how to care for the airway, stoma, heat and moisture exchanger filter, and voice prosthesis. In addition it addresses eating and swallowing issues, medical, dental and psychological concerns, and respiration resuscitation of neck breathers. I hope that you will find the talk helpful. A link to this presentation has been added to the IAL web site.

RELAY FOR LIFE OF ROCKVILLE



Survivor and Caregiver Celebration

**Saturday, June 1st, 2013
Tilden Middle School Cafeteria
11211 Old Georgetown Road
Rockville, MD 20852**

Registration begins at 10:30am – 1:00pm
Brunch: 11:00am – 1:00pm
Survivor Lap & Opening Ceremony: 1:00pm

RSVP is appreciated by May 24th
RSVP online at www.RockvilleRelay.org
Or by calling our local ACS at 301-933-9350

EVENT INFORMATION

Survivor Reception: Our day will start off with a catered brunch from Corcoran Caterers to welcome our survivors to Relay.

Time: Survivor Registration at 10:30am, Brunch starts at 11:00am

Opening Ceremony: The Opening Ceremony brings everyone together for a high-energy event kickoff to celebrate the lives of those who have battled cancer, to inspire hope by sharing recent accomplishments and progress, and to remind everyone that while we are winning this battle, fighting cancer is a year-round priority.

Time: 1:00pm

Survivor Lap: During the Survivors Lap, upbeat music plays as all cancer survivors at the event take the first lap around the track cheered on by the other participants who line the track, celebrating their victory over cancer.

Time: 1:30pm

Luminaria Ceremony: The Luminaria Ceremony is a time to remember people we have lost to cancer, to support people who currently have cancer, and to honor people who have fought cancer in the past. The power of this ceremony lies in providing an opportunity for people to work through grief and find hope.

Time: Sundown (approximately 9:00pm)

Closing Ceremony: The Closing Ceremony is a time to remember the lives of those lost and to celebrate that each of us has committed, through our participation in a Relay event, to fight back against this disease over the next year.

Time: 12:00am

EDITOR'S NOTE: This issue of our newsletter is arriving much earlier than usual this month in order to allow our local recipients time to make plans if they would like to attend. If you have never attended a Relay for Life Event, you may want to consider attending this one.