

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, 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

June 8th at 10:15 AM

Speech Class with
Mandy Pietropaolo, SLP

10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
Ursula & Jim McDonald

11:00 AM

Business & Social Meeting

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

SOME THOUGHTS FOR SUMMER

It was on one of those puddle hoppers we recently flew to Western Arizona. Just before the pilot was ready to take off, he said to us, "Sit back, relax and enjoy the flight." After a long day of travel, that seemed like a sound piece of advice. So I just sat back, relaxed and looked out the window, where I could see villages below and mountains all around us. It was one of those beautiful and spacious sights from a distance high enough to give a new perspective of life.

In a sense that was how I approached each surgery I've gone through. As I was wheeled into the operating room, I would leave my wife with a squeeze of her hand. Then, I would lie still and relax, knowing that now I was in the hands of my surgeon and of my God. In a sense I guess that's how one needs to face each new day. And yet, there are days of discouragement that come, and I have scant energy and little enthusiasm for living.

However, I am still in charge of my faculties and I rush to my poetry books. Then after a little time spent with Shakespeare, or William Wordsworth, or Henry Wadsworth Longfellow, I have a new perspective on life. Once again I can relax and enjoy my flight through life. That's why I enjoy the outdoors, flowers, trees, creeks and rivers—I gain a new and positive perspective on life.

Sit back, relax and enjoy your summer.

*---Written by Harold Cary
Originally appeared on the front page
of the July 1999 Issue of THE VOICE*

Editor's Note: Harold Cary was a very active member of LCMC when I began my tenure as Editor of this newsletter. I'm thankful to him for many reasons. He wrote various thought provoking articles that were included in many of the early issues, and I learned so much from him about living life as a laryngectomee.

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.



June 4th	Teresa Tiller
June 7th	Tema Title
June 9th	Bettina Ponsart
June 11th	Jean Rich
June 16th	Dr. Itzhak Brook
June 19th	Amber Diggs



HAPPY FATHER'S DAY

MEETING MINUTES

May 11, 2016

The meeting was called to order by **President Stanley Lipscomb** at 11:05 A.M. Others in attendance were Jim & Ursula McDonald, Phyllis & Richard McMullen, Herb & Sally Simon, Paul Pearson, and Sierra Downs, a graduate student, who is studying for her Master's Degree in Speech Language Pathology at George Washington University. **Sierra** has a sincere interest in working with those who have undergone or will be undergoing a laryngectomy. **The Prayer for a Laryngectomee** was read by first-time attendee **Paul Pearson** from Alexandria, VA. We all introduced ourselves with the laryngectomees telling when and where we had our surgery. The minutes for the April meeting were approved as published in the May issue of our newsletter.

Treasurer's Report: **Herb** reported that there was very little activity and change in the Treasury since the last meeting. He added that we have 30 dues paying members as of the start of this meeting

Aunt Bea's Sunshine Report: **Donald Siever's** recovery from his hospital stay in April has been very slow. His breathing has improved with the use of a nebulizer 3 - 4 times a day, and he hopes he'll be able to make it to the June meeting.

Michel Pommier sent a nice note from the French Riviera, where he and **Julie** are presently enjoying their time in France in spite of all the rain they are having!

Addie congratulated Herb on his new granddaughter and sent greetings to all of us.

Stanley mentioned he often hears from **Charles Pickett**, who expressed that he would like to attend more meetings, but he's been busy with his volunteer work, where he lives. Herb informed us that **Pat Sanders**, long-time member and President of Web Whispers passed away last month in Alabama.

Mark Reichenbacher was unable to attend because his wife **Susan**, who doesn't drive, had an appointment in Winchester, VA that conflicted with our meeting. Herb reported that Vaughn Cameron had his surgery on April 19th at Johns Hopkins, but hasn't been in touch with him yet.

Old Business: None

New Business: **Phyllis** mentioned that a bill to improve coverage of TEP's by Medicare is in process. As of now it is classified under Speech Therapy which has a coverage cap of \$3,000 per year. Herb reminded us of the two laryngectomee conferences that will take place in June in Texas. One will be Dallas and the other in Houston. Flyers for the 1st Annual Clinical Head & Neck Rehabilitation Conference were distributed to all present at this meeting..

General Discussion: Stanley shared that he has glaucoma. His 2 choices of treatment were daily drops or laser surgery. He opted for laser surgery, and it's been successful for 2 years. Although it will need to be repeated, he is happy with the results. A discussion took place on the usage of an EL versus TEP. It was stated that "what works for one person doesn't necessarily work for another.. A lot of it comes down to personal preference and one's medical condition. Mark also lost his tongue, which has left him unable to talk in any form. This presented a problem in communicating with his 3 dogs. He solved this by enrolling in classes with his dogs to train them to hand commands. **Jim** had his surgery 10 years ago and finally went to an ENT for a check-up, after 6 years. The doctor informed him that after 5 years there is usually no need for follow-up, unless there is a problem. Most in our group see their ENT doctor once a year, and prefer it that way. **Sierra** was leaving at the same time as us and told us how much she is learning about the real-life laryngectomee experience by attending our meetings. We all enjoyed the refreshments provided by **Phyllis and Richard**. **Jim and Ursula** volunteered to bring them next month.

---Respectfully submitted by,
Ursula McDonald

LARYNGECTOMEE SUPPORT GROUP & MEDICAL STAFF PRESENTATIONS



by LCMC Member
Dr. Itzhak Brook

I gave a talk about life challenges of laryngectomees at the Mass Eye and Ear Institute to the Boston Cured Cancer Club for Laryngectomees on May 1st. There were about 40 attendees-laryngectomees and their spouses. Some were inpatients who had recently undergone laryngectomy. All attendees received a free copy of my book "The Laryngectomee Guide".

I also presented a lecture to the staff of the Surgeon General of the Israeli Defense Forces (Zahal) on April 18th about my perspectives on the Yom Kippur War as a battalion physician.

---Itzhak Brook, MD MSc

DO YOU NEED BATTERIES FOR YOUR SERVOX?



You can purchase new batteries for your Servox at any of our monthly business meetings or social events. The cost for these batteries is \$20 apiece or two for \$35.00. You may also pick them up at Herb & Sally Simon's Silver Spring home.

"I'd rather look back at my life and say I'm so glad I did that, instead of saying I wish I had done that".

---Unknown

Association of Head & Neck Cancer Rehabilitation 1st Annual Clinical Laryngectomee Conference



June 16 – 18, 2016

MD Anderson Cancer Center, Houston, Texas

This newly formed Association is dedicated to providing the highest level of instruction, with a particular emphasis on the instruction for Speech-Language Pathologists at all levels of experience, and graduate students. In working to achieve this objective, this inaugural conference will be held at MD Anderson Cancer Center in Houston with state-of-the-art didactic and hands-on instruction by clinical experts.

If you would like to register for this conference, please go to the following link for information: https://www.flipcause.com/secure/cause_pdetails/NTExmW==

The preferred hotel is the Wyndam Houston Medical Center Hotel & Suites, 6800 Main Street, Houston, TX, Toll Free (877-999-3223). Please specify that you are attending the 1st Clinical Laryngectomy Conference to obtain the special housing rate or use this direct link to book housing: <http://wyndam.com/groupevents 2016/47155-1stCLINICALLARYNGECTOMYCONFERENCE/main.wnt>

If you would like additional information, or wish to receive a conference brochure electronically please contact us via email: AHNCR2016@gmail.com

Philip Doyle, Jodi Knott and Jeff Searl are the co-organizers of this new conference, and they are looking forward to welcoming you in June.

IAL and TLA 2016 Conference



We cordially invite laryngectomees, family members, speech-language pathologists, and graduate students to experience the best the International Association of Laryngectomees and the Texas Laryngectomee Association has to offer. Come and participate in the 65th anniversary of the IAL Annual Meeting and Voice Institute and the anniversary of the 25th TLA. Register before **May 23, 2016** to avoid late penalties and attend this extravaganza!

June 23 – 26, 2016

**Omni Dallas Hotel Park West
1590 LBJ Freeway Dallas, Texas 75234
Phone: 972-869-4300**

This is a unique opportunity for laryngectomees to acquire alaryngeal speech education, learn from the staff and the vendors about durable medical products, attend classes and social functions. Family members can gain insight and intervention skills. SLP's will earn more than 20 hours of ASHA CEUs at the IAL Voice Institute while graduate students will receive over 20 hours of academic preparation and at least 6 clinical hours of evaluation and therapy. The Voice Institute is an excellent opportunity to interact and observe communication skills used by laryngectomees in academic, social and public situations. Learn from experienced healthcare professionals, observe all types and proficiency levels of alaryngeal speech, be inspired to do and become more, practice or refine newly acquired communication skills, make new friends from near and far, see and try new products at the vendor tables. **Registration information is available at:**

www.theial.com or www.texastla.com

NEW LARYNGECTOMEE VISIT

May 14th – Vaughn and Marge Cameron came to the Simon’s home for a post-op visit. The Camerons attended the April LCMC meeting prior to Vaughn’s surgery on April 19th at Johns Hopkins. Vaughn is 78 years old and retired from Army Intelligence as a Lt. Colonel after 27 years of service. He then held a position as Director of Corporate Intelligence with a private company for 12 years. He now works for the Tyson’s Corner Children’s Center as a Project Coordinator. He is planning to retire in the Fall and stay on as a consultant. The Camerons live in Glen Dale, MD. Vaughn is doing well both physically and emotionally. His eating is almost back to normal now, and he’s happy about that. He had his Servox and oral adapter with him, but did not attempt to use it, until Herb urged him to. He was not very understandable with the oral adapter, so Herb removed the oral adapter and tried placing the device to his cheek. Herb and Marge understood him right away, although Vaughn said he could not hear himself when he spoke. From there the concentration was for correct placement of the device on his cheek. Vaughn’s ability to speak and be understood steadily got better as this visit progressed. Vaughn volunteered that he will be practicing daily to improve his speech. At this point Sally arrived home. She and Herb were able to answer many of Vaughn & Marge’s questions, letting Vaughn know that he should be feeling better and stronger with each passing day. The Camerons were very pleased with and thankful for this visit and said they are planning to attend the next LCMC Meeting. During the visit they presented Herb and Sally with a bag of gifts to express their appreciation!

RELAY FOR LIFE of SOUTHERN MONTGOMERY COUNTY



DATE: June 4, 2016
TIME: 12:00 PM – Midnight
LOCATION: Johns Hopkins University Montgomery County
9601 Medical Park Drive Rockville, MD 20850
For Assistance call local ACS office: 301-982-2161 or email: rflsomoco.com

RELAY FOR LIFE – SURVIVOR / CAREGIVER LUNCH
Registration: 12:45 PM Lunch: 1:15 PM – 2:30 PM

COME CELEBRATE WITH OTHER SURVIVORS AND CAREGIVERS



CAREGIVERS LAP



SURVIVORS LAP



LUMINARIA CEREMONY



CLOSING CEREMONY

OTHER NEARBY RELAY FOR LIFE EVENTS

MARYLAND:

June 4th Poolesville, Calvert County, and St. Mary’s County
June 6th Columbia
June 10th Western Howard County, Rockville, Anne Arundel South
June 11th Olney, Laurel

WASHINGTON, DC:

Sept. 25th Half Street Fairgrounds

VIRGINIA:

June 4th Herndon – RFL of Life of Thomas Jefferson – Nysmith School
June 4th Springfield – Burke, VA
June 11th Herndon
June 11th RFL of Chantilly – Centreville, VA
Sept. 24th RFL of Alexandria City, VA

Editor’s Note: Sally and I are planning to attend the Southern Montgomery County RFL event and attend the Survivor’s Luncheon on June 4th. We hope that many of you will join us for this special and meaningful occasion.

---Herb Simon