

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



MARCH, 2011

Memorial Service for James W. (Jim) McKnight Saturday, March 12th

11:00 AM – Mass at Holy Redeemer Church in College Park, followed by a short Blessing at the Gate of Heaven Cemetery in Silver Spring

1:00 PM – Luncheon at McGinty's Public House in Downtown Silver Spring (Free Parking on Saturdays)

RSVP to Yumiko Fletcher

If you plan to attend.

yumiko@hanafloredesign.com
or 860 - 271 - 3182

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

Business & Social Meeting
Refreshments by Sally

March 16th – 11am

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

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

Recipe for Happiness



2 Heaping cups of patience

1 Heart full of love

2 Hands full of generosity

Dash of laughter

1 Head full of understanding

Sprinkle generously with kindness

Add plenty of faith and mix well

Spread over a period of a lifetime

And serve to everyone you meet.

---Author Unknown

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.

HAPPY BIRTHDAY



Mar. 1st	Leon Chapman
Mar. 10th	Marina Cruz
Mar. 10th	Roosevelt Robinson
Mar. 13th	Janet Coyle
Mar. 14th	Gene Ann Logan
Mar. 17th	Robert Fuller
Mar. 21st	Stanley Lipscomb
Mar. 25th	Viola Sells
Mar. 30th	Johnny Dale



March is Nutrition Awareness Month

MEETING MINUTES

February 9, 2011

The meeting was called to order at Noon by **President Herb Simon**. Others present at our first daytime meeting were **Bill and Annetta Rapp, Sally Simon, Michel Pommier and Itzhak Brook**. We met at our usual meeting place which is now owned and operated by Elite Protective Services. They had just recently moved in, and as is common after a move, there were boxes everywhere. They cleared the kitchen area for us and put a table and plenty of chairs there to create a nice space for us to have our meeting. **Bill & Annetta**, who moved back to the area from Emmitsburg, Md are now living at Leisure World in Olney, MD. **Michel** is retired, but still works as a consultant. He travels to many foreign places. Both the Rapps and Michel said they are glad for the new meeting time because it allows them to attend.

This meeting turned out to be more of a social gathering than the normal business meetings. Herb worked with Bill on EL speech before the meeting and they spoke on the subject of ELs during the meeting. Michel and **Itzhak**, both TEP speakers, talked of TEP experiences and some problems and the solutions they have found for them. Each offered good usable advice and tips to the other. Because both of them are going to faraway places so often, airplane travel was discussed at length. Air Filters and hydration were also discussed. Some of the reasons for a general decline in attendance for many local supports groups around the country was another topic of discussion.

Itzhak announced that local Fox and NBC TV channels as well as some cable stations would soon be airing an interview of how he performs his duties in the medical field as a laryngectomee. Below is a link to a You Tube video of his Fox News TV interview:

<http://www.youtube.com/watch?v=L3bobLFTU1E>

Two areas of business were covered during the meeting.

- 1) It was decided that we would meet again on **March 16th at 11am** at a place to be determined and announced in this issue of THE VOICE.
- 2) A motion to reimburse Sally for the Holiday Party expenses in the amount of \$133.94 was unanimously passed. Time had gone by very fast during this informal session. A Thank You card for the folks at Elite Protective Services was signed by all and left on the table with some homemade cakes. When this was realized, a motion to adjourn was made and unanimously passed at 1:55pm. Thanks go to **Sally** for bringing the refreshments to the meeting.

Bits & Pieces: **Ken Davis** passed away on January 8th. Some of you met Ken and his wife Debbie at our October meeting. **Howard Thornton** passed away on January 4th. Our Sympathy goes out to their families. **Bunky & Deanna Cabbage** were not able to attend the meeting today because Bunky is having his first Chemo treatment this morning in Frederick. It will take about 6 hours. Bunky and Deanna want us to know that they really enjoyed being at the Holiday party and meeting everyone. They are planning to attend meetings, when Bunky is well enough. He has been to the ER several times since the Holiday Party and was admitted to the Hospital on one of those occasions

--- Respectfully submitted by,
Herb Simon

Stay Healthy™

by Emily Listfield

A Walk to Remember

WALKING ISN'T just good for your waistline—it benefits your memory, too. A new study that followed 299 adults for 13 years found that walking six to nine miles a week may stop your brain from shrinking as you age.

“Exercise increases the amount of blood going to the brain,” says lead study author Kirk Erickson, a University of Pittsburgh professor. “This means that more of the important nutrients necessary for

Exercise increases blood flow to the brain. the brain to function are distributed.” Researchers found that the more participants walked,

the more gray matter they retained (though exceeding nine miles a week provided no additional benefits). Those who walked the most had half the risk of developing memory problems as those who walked the least. “Some loss of brain matter is normal with age,” Erickson says. “But with increased exercise, the parts of the brain that support memory function—the prefrontal cortex and the hippocampus—are spared. The earlier you start exercising, the better, but it’s never too late,” he adds. “Any amount you do will help.”

18 • January 2, 2011

---Reprinted from Parade Magazine

NEW LARYNGECTOMEE PRE & POST-OP VISITS

January 28th – Herb went to Washington Hospital Center to visit with Pre-op patient **Amir Ebrahimi**. Due to the snowy weather conditions, **Rachel Adler**, a work associate and close friend of Amir’s, was kind enough to pick Herb up in her 4x4 vehicle. Amir, who is Kurdish, came to America from Iran 30 years ago. He has been in Real Estate in this area for the past 12 years. He is 54 years old and is a Real Estate agent and broker. He lives and works in Bethesda, MD. He was informed this surgery would be necessary after being diagnosed only a few days earlier. Also present during this visit were **Jimmy**, another Real Estate agent, and his long time close friend **Mary**. Everyone was concerned and worried about Amir. They all had many questions. Herb was able to answer many of their questions. He described what the days after surgery would most likely be like for Amir and gave him some suggestions for both coping with the present situation and tips for the days and weeks following his surgery. Herb left a New Laryngectomy Information Packet for Amir and briefly went over the information in the packet. Amir and his friends were very appreciative of the visit and each expressed that they felt more comfortable about the upcoming surgery. Amir’s surgery was scheduled for January 31st. Thanks to **SLP Megan Snell** for arranging this visit.

February 11th – Herb returned to the Washington Hospital Center for a follow-up, post-op visit with Amir. The first week after his surgery, Amir had some complications and a very rough time. He was doing much better now and looked very good. He smiled when Herb arrived and was up walking and doing many things for himself. Amir was scheduled to be discharged later in the day, after necessary medical equipment was delivered to his home. Herb and Amir had a nice meeting with most of the conversation focusing on Amir’s return home, and rehabilitation geared toward continuing with a meaningful and productive life after surgery. Amir was discharged in the evening and is happy to be home.

February 22nd – Herb went to the George Washington University Hospital to meet with an International Patient from Kuwait, who may need to have a laryngectomy. He met with the patient, her son and daughter, and **SLP Mona Faddah** and **Graduate Student Hilary Sullivan**. The meeting was a round table Q & A session that lasted for about 45 minutes.

February 26th – New Laryngectomy **Joseph (Joe) Finnigan**, accompanied by his sister and brother-law, **Mary Ellen and Dan Hurley**, came to Herb and Sally Simon’s home for a post-op visit. Joe, who is single, is a Foreign Car Mechanic. He lives in Alexandria, VA., not far from the shop he works in. Joe had a tracheotomy in early January and became a laryngectomy on Jan. 12th at Inova Fairfax Hospital. He had some complications following surgery and had to stay in the hospital for a month and a day. Joe looked good and was in good spirits, when he arrived at the Simon’s home. He was looking forward to possibly being able to speak for the first time since his surgery. An introductory conversation took place for a little while with Joe printing much of what he wanted to convey to Herb. Herb then brought out a couple of electro-larynxes for Joe to try out. He needed to use an oral adapter and straw to speak, due to how hard the area under his chin was from the radiation treatments he had prior to his surgery. Joe was able to speak pretty well right away. Joe and Mary Ellen and Dan all had some good questions regarding life after surgery. Joe is looking forward to the day he can return to work. He’s confident he will be able to perform his work as well as he did before his surgery, knowing that he doesn’t need to talk, while working on automobiles. Herb gave Joe a New Patient Information Packet, compliments of the New Voice Club of Northern VA. Thanks go out to **Home Health Nurse Amelia Finney** for helping to arrange this visit.



Maryland Relay is a free public service that allows persons with hearing or speech loss to stay independent on the telephone.

STS (Speech-to-Speech) relay enables people who have a mild to moderate speech disability to place telephone calls with the support of a specially-trained operator who re-voices their words as needed.

MAT (Maryland Accessible Telecommunications) distributes free amplified and captioned phones, ring signalers, text telephones, and other assistive devices to qualified applicants who have difficulty using a standard telephone.

If you think that Maryland Relay is a resource that may be able to help you, please contact:

Sudan N. Khan
Maryland Relay Outreach Coordinator
MD Relay powered by Hamilton Relay
301 W Preston Street – Suite 1008A
Baltimore, MD 21201

800-552-7724 Voice/ TTY
410-767-8828 Voice / TTY
443-995-7620 Mobile Phone
410-767-4276 Fax
sudan@mdrelay.org

To learn more about Maryland Relay you may go to their Web Site:

<http://www.mdrelay.org/>

Editor's Note: If you would like Sudan Khan to give a presentation at one of our monthly meetings about the Maryland Relay services available to us, let me know and I will arrange it. Sudan will be glad to accommodate us.

IN MEMORIAM James William McKnight, 1937-2010



Jim & Keiko (circa 1967)

While I'm usually a pretty private person, I feel compelled to write about my Dad. December 17th was an especially sad day for me and my family. As I was busy preparing for a holiday party the next day and running around dropping off gifts to vendors and such, my father had died early that morning. My brother and I found out almost simultaneously as our incredible neighbors, who had always looked out for him, called to give us the news that evening.

His caretaker found him lying in the bathroom as if he laid down to rest. Perhaps he knew something was taking over and he knew he wouldn't make it to the bedroom in time. Knowing how stubborn my Irish father was, he most certainly didn't have his 'call button' on. Although his house was prepared for our arrival on Christmas, presents were wrapped for the kids on the bed, stockings were hung, sharing another Christmas together was not meant to be.

He always told me that he was "ready to go" ever since my mom (Keiko) died. Part of him died ten years ago with her but he managed to rally on for us and especially for his grandchildren. Truly, he lived for us. Maybe mostly for me, since I was the one who always pushed him along, and encouraged him to take better care of himself. I wasn't quite ready for him to go.

While he died of "natural causes", my father was the survivor of 2 cancers. I can't tell you how many operations, procedures and such he'd been through. But he got through them, always with a smile and a thumbs-up. He was so incredibly resilient.

This was a man who, even as a child, had scarlet fever! I think about all of the things he went through that many people would not have survived. His will to live was incredible.

I could tell you all about his antics as a rambunctious child growing up in Pittsburgh, tell you about his dream job as a "spy" while working for the CIA, tell you all about the romantic courtship between he and my mom while stationed in Japan, and while that history is so exciting and part of who I am, what he really left me is a legacy of how to behave in the midst of true adversity, how to treat others with kindness, how to be resilient, and how to take risks in life without regret.

While I am so sad to have lost both of my parents, I am grateful to have had them as long as I did. I am so grateful that Dad walked me down the aisle on my Wedding Day and that we had that moment together. I am also grateful that he was part of my husband Gary's life for over 17 years, and part of our daughter Emi's life for these past 7 1/2 years. I am so grateful that I had time to tell Dad over and over again that I loved him. I am also grateful that he has shown me how to overcome serious obstacles in life and still come out smiling. Thanks Dad for everything. We will miss you.

---Yumiko Fletcher