

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, 2012

MEETING MINUTES

February 8, 2012

The meeting was called to order by **President Stanley Lipscomb** at 11:09AM. Others present at the meeting were Rudy Lashley, Adam Cassell, Herb & Sally Simon, Itzhak Brook, Michel Pommier and our guest speaker Mandy Pietropaolo. **Rudy Lashley** read The Prayer for a Laryngectomee using his Servox EL. We all introduced ourselves telling when and where we had our surgery. Stanley introduced our guest speaker

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MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Mar. 14th – 11:00 AM
Business & Social Meeting
Refreshments by Herb & Sally

Will be held at
HERB & SALLY'S HOME
403 Hamilton Avenue
Silver Spring, MD 20901

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

HOW YOU'RE LIKE A PENCIL



Do you know that you are like a pencil? Here's how:

1. Like a pencil, you can correct your mistakes. You can't change the past, but you can rectify it. And though you can't erase history, **you can erase guilt and anger with forgiveness.**
2. Like a pencil, painful sharpening can serve to make you better. Your difficult times can actually sharpen your skills or shape you into the person you were meant to be.
3. Like a pencil, you can do great things when you allow yourself to be held in someone's hand.
4. Like a pencil, you can leave your mark whenever possible. That is what you're here for -- **to leave your mark. It may be in small ways, it may be in the lives of people you have touched or nurtured, but you must leave something good behind whenever you can.**
5. Like a pencil, it is what is on the inside that matters. Whether it is understanding or intolerance, love or bitterness, peace or unrest, kindness or self-centeredness, hope or despair, courage or fear, what is on the inside matters most.

Next time you use a pencil, pause and think about that little writing tool. It teaches some great lessons about living.

---Submitted by:
Marlene Haynes and Rudy Dupler

QUOTE OF THE DAY

“To eat is a necessity, but to eat intelligently is an art”

--- *Francois de la Rouchefoucauld,*
French Author

IT'S THAT TIME OF THE YEAR AGAIN!



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.

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	Happy St. Patrick's Day
Mar. 21st	Stanley Lipscomb
Mar. 23rd	Tommy Justice
Mar. 25th	Viola Sells
Mar. 25th	Horace Johnson
Mar. 30th	Johanny Dale



March is Nutrition Awareness Month

MEETING MINUTES

(Continued from page 1)

Mandy Pietropaolo, the Mid Atlantic Regional Sales Manager for Atos Medical, Inc. Mandy, who is also an SLP, arrived an hour before the meeting to conduct a speech class that proved to be helpful to those of us who attended. Mandy presentation included a video introducing the Provox Stabililbase product to us. She demonstrated and discussed how the design features simplify application, provide stability and support during speech, and increased device lifetime of the adhesive for the majority of users. Mandy also told us about 'Care Tips', the new educational tool for clinicians and patients that will be coming out soon. Mandy received an appreciative round of applause at the conclusion of her presentation.

Treasurer's Report: Herb reported that the club treasury had not changed very much in the past month. He wrote a check to the IAL for the Maryland Clubs' dues in the amount of \$250.00 and made a deposit that consisted of incoming club membership dues in the amount of \$305.00.

Aunt Bea's Sunshine Report: Herb reported that three club members passed away. Longtime member **Robert Fuller**, who not too long ago moved from LaPlata, MD to Myrtle Beach, SC passed away in January. **Charles Carter**, a retired fireman and relatively recent laryngectomee, passed away on January 31st. Herb received a phone call from Roy Dyson in Illinois with the news that his brother, local laryngectomee **Charles Dyson**, passed away on the morning of February 6th. Herb also reported that **Helen Kane** and **Bill & Annetta Rapp** could not be here today due to having doctor appointments. **Peggy Bradberry** is not able to be here because she is having a laser treatment today. Herb spoke to **Larry Dawkins** on the phone and found out that Larry has been very sick. He had pneumonia and was in the hospital for a week. Since returning home, he has been bothered by a pinched nerve in his neck. He has a doctor appointment today. Larry told Herb that **GWU SLP Mona Faddah** has recently been very ill, too. We hope all will be feeling better very soon.

General Discussion: TEPs were discussed at length. Also, a question came up about periodic bouts of very high blood pressure (paroxysmal hypertension). Several members took part in a discussion on this topic. It's possible that this could be a result of extensive radiation. Sally mentioned that trying to relax using deep abdominal breathing and cutting down on salt intake might help. And of course consulting with a doctor was suggested and agreed upon by all.

Old Business: There wasn't any Old Business this month.

New Business: A motion was made, seconded and unanimously passed to reimburse Herb & Sally (\$121.30) for the Annual Holiday expenses. Another motion was made, seconded and passed to send a donation (\$50.00) to the 9114HNC Fund as a way of thanking **Itzhak Brook** for generously donating three of his "My Voice" books for the raffle at our Holiday Party last month. This fund aids Head & Neck Cancer patients who are in need of financial help. Herb announced that **David DiToro**, the Northeast Territory Manager for InHealth Technologies (Blom-Singer Voice Restoration Products) will be the guest speaker at our April Meeting. We all thanked Sally for the refreshments. The meeting was adjourned at 1:20pm.

---Respectfully submitted by,
Herb Simon

StayHealthy

DR. OZ'S

Transformation Nation:
Million Dollar You



SMART MOVE OF THE WEEK

Boost your energy in the a.m. with this "green drink"—high in fiber, antioxidants, and vitamins and low in calories. Give the following a whirl in the blender: 2 cups spinach, 2 cups peeled cucumber, 6 stalks celery, 1 bunch parsley, 1 tsp powdered ginger, 2 peeled apples, and juice of 1 lime and $\frac{1}{2}$ lemon. Makes 3-4 servings. For video health tips from Dr. Oz, go to Parade.com/oz.

BY THE NUMBERS

90

PERCENT

INCREASED RISK OF DYING OF HEART DISEASE AMONG MIDDLE-AGED PEOPLE WHOSE RESTING HEART RATES JUMPED FROM UNDER 70 BEATS PER MINUTE (BPM) TO MORE THAN 85 BPM OVER 10 YEARS, COMPARED WITH THOSE WHOSE HEART RATES STAYED AROUND 70 BPM.

Source: Journal of the American Medical Association

--- Reprinted from
Parade Magazine 2-5-12

NEW LARYNGECTOMEE PRE & POST-OP VISITATIONS

Feb. 11th – **Jan Larson**, accompanied by his wife **Kate** and their daughter **Emily**, came over to Herb & Sally's home for a pre-op visit. The Larsons live in Silver Spring, MD. Jan, who is 66 years old, is scheduled to have his surgery at the University of Pennsylvania on February 14th. Jan served as a pilot in the US Air Force for 26 years, attaining the rank of Lt. Colonel. After retiring, Jan began a second career with the Federal Government. He trains and assists disabled veterans in the State of Maryland who need help beginning new careers and finding jobs. He is presently on leave from work and has been worried that he may not be capable of returning to his position and continue to help others in need. Hearing Herb's story, when he faced that same situation 16+ years ago, gave Jan renewed hope and brightened his outlook for the future. **Sally** was able to share some care giving thoughts and ideas with Kate and Emily. Jan brought an Electro-larynx with him. He was given tips on its use, which he picked up on quickly. His hope and plan is to be able to use the EL effectively as soon after surgery as his medical team allows him to. He is also looking forward to returning to work. Jan is a very determined person and is going into this surgery with a positive outlook. A post-op visit soon after Jan returns home was planned as the Larsons were leaving.

Feb. 24th – Herb went to the Larson's home for a post-op visit. Jan had been discharged at the beginning of the week. Jan greeted Herb with a big smile, when he opened the door. Jan looked really good. During this visit Jan wrote some of his thoughts and questions on a legal pad and also spoke some using his new I-pad with a text to speech app. He is new at this, but got more adept as the visit progressed. Jan has an appointment with his ENT next week and hopes to get an okay to begin using the EL. Herb brought a New Laryngectomy Visitor Packet, compliments of LCMC for the Larsons. They went over the materials in the packet and Herb answered their questions. Toward the end of this visit, three people who work with Jan came by to see him. One of them was his supervisor. They brought a card that included notes and well wishes from many people who work with Jan. These visitors were a very spirited group. Jan's supervisor reassured him that his job is there for him, when he is ready to return to work. She stressed that there is no rush, and to take his time and make sure he is fully healed, when he does come back. They were all impressed with how well Jan is doing, so soon after surgery. Coffee and cake were served by Kate, during a lively discussion that was going on. As Herb was leaving, the Larsons shared that they are looking forward to attending LCMC meetings in the future. Special thanks go to SLP **Tara Dean** at the Walter Reed National Medical Center. Her referral made these visits possible.

**"A negative attitude is like a flat tire.
You're not going far until you change it."**

---Unknown

UPCOMING EVENTS

2012



VOICE INSTITUTE

June 6th thru June 9th
and

ANNUAL MEETING

June 7th thru June 9th

The Sheraton Hotel
in Durham, NC

To make reservations call:
1-919-941-5050

Be sure to mention the IAL to take
advantage of the special pricing

YOU HEARD IT HERE FIRST!



Relay For Life of Rockville

The ACS is happy to announce that this annual event will be held on June 2-3 at Rockville High School.

For information: www.rockvillereley.org
or contact Stephanie Hubbard at 301-933-9350. LCMC is invited to attend the cancer survivor luncheon as well.

You can RSVP for the reception to Rhoda Cutlip at rhodacutlip@verizon.net or you can register on-line at the Rockville Relay Web Site listed above.

"Dreams are not meant to put us to sleep. They are meant to awaken us."

---Goemans

KNOWLEDGE SHARING, A GIFT FROM OTHERS

By MICHEL POMMIER



"Give a man a fish; you have fed him for today. Teach a man to fish; and you have fed him for a lifetime!" – Author unknown

Attending meetings with fellow laryngectomees is an opportunity to share the gift of knowledge of our own condition with others that helps them to learn and better understand their own condition. They, and their families, can cope better with and improve their own status to fully integrate back into society.

My first experience with our monthly laryngectomee meetings dates back to 2008 when, just a few months after my surgery, I ventured to the Montgomery County American Cancer Society building. The first impact with this new environment was definitely inspiring. My earlier apprehension of meeting "sick" people like me disappeared. Instead, I faced people with a strong sense of humor, people who had "managed" their condition to live a life as normal as possible. These people were at ease to openly discuss the nitty-gritty of their daily routines. The objective was sharing their knowledge with others so that they could learn tips and procedures that could make their life a better life.

What is this special energy that drives us, as laryngectomees, to share our knowledge—and our questions—with others? Why do we engage in this uncertain exchange in which we give of our time and energy without knowing what we will receive in return or indeed, whether we will receive anything at all for it? Where does this drive for helping our fellow laryngectomee come from? What keeps stoking its fires—and what threatens to extinguish it?

Knowledge is often conceived of as a marketable commodity that can be paid for, stored, and accessed by third parties in a market exchange mode. In this mode, individuals share their knowledge with others only if they see a direct return on their action. It is usually described as an emotion-free process based only on the estimation of costs and benefits. But such a conception of knowledge has very little to say about our own experience of knowledge sharing, be it with our fellow laryngectomee, our families, or other stakeholders. This mismatch may not be surprising, because affective aspects have generally been neglected from formal meetings for fear of the threat to rationality that emotions might represent. However, during our laryngectomee meetings, we all naturally convey our unique experiences when we feel that others may benefit from them. That gives an essential meaning to our meetings. It also allows us to break our isolation, to discover with comfort that we are not alone, to access knowledge that medical professionals do not often have themselves since they have not personally experienced our situation and to save time and money gathering information that is difficult to find. With kind and compassionate friends like Herb & Sally and others in our local support group:

"We are all becoming skillful fisherman!"