

# 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, 2014**

### **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  
On

**Wednesday**

**Mar. 12th at 10:30 AM**

**Socializing & Refreshments**  
Refreshments to be furnished by:  
**SALLY SIMON**

**11:00 AM**

**Business & Social Meeting**

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

### **THE MORE YOU GIVE, THE MORE YOU GET**



The more you give, the more you get

The more you do unselfishly,  
The more you live abundantly.

The more you laugh,  
the less you fret.

The more of everything you share,  
The more you'll always have to spare.

The more you love, the more you'll find  
That life is good and friends are kind.

For only what we give away,  
Enriches us from day to day.

---Author Unknown

## IT'S THAT TIME OF THE YEAR AGAIN!



## 2014 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.

## 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	SAINT PATRICK'S DAY
Mar. 21st	Stanley Lipscomb
Mar. 25th	Horace Johnson
Mar. 25th	Edward Akwe
Mar. 30th	Johnny Dale



**MARCH is Nutrition Awareness Month**

## MEETING MINUTES

**February 19, 2014**

The meeting was called to order by **Treasurer Herb Simon** at 11:09 A.M. Others present were Sally Simon, Addie Shaw, Larry Dawkins, Pete Wilson, Robert Boyd and Donald Sievers. **Don Sievers** read the Prayer for a Laryngectomee in his strong, hands-free TEP voice.

**Treasurer's Report:** **Herb** reported that the amount of funds in the club treasury had not changed very much. He said he had written three checks in the amount of \$300.00 and made two deposits in the amount of \$275.00 since the last report which was given at the December meeting.

**Aunt Bea's Sunshine Report:** **Larry Dawkins** shared that it has been a little over 5 years since he had his surgery and that he has been declared cancer free by his ENT, **Dr. Bryan C. Ego-Osuala**. Larry also shared that Dr. Ego-Osuala would like to receive our monthly newsletter so he can pass it along to his patients. Herb shared the sad news that two of our club members: **Peggy Bradberry** and **Mary Jane Hart** have recently passed away. He told us that he and Sally, Larry, and Stanley attended Peggy's Memorial Service, and announced the date, time and place of Mary Jane's which will be on Friday of this week. Herb then read the handwritten message from Mary Jane that accompanied her dues check, which was dated 1/1/14 (in her own words: "this is my first check in 2014!"). **Sally** read a joke that accompanied Mary Jane's dues payment, entitled "**I'm Not That Old!** We all cracked up laughing! (You can see the joke on Page 4 of this issue). A sympathy card for each was signed by all present and mailed after the meeting. Herb reported the following:

**President Stanley Lipscomb** is not present today because of an appointment he had, and **Vice President Michel Pommier** is not here today because he on a skiing trip in Breckenridge, Colorado. Both would have been at the meeting if it occurred last Wednesday and not been rescheduled due to the threat of bad weather. **Secretary Helen Kane** is not able to be here today because she is caring for a very ill friend. **Itzhak Brook** is not here because he has an 11am doctor appointment. Recent laryngectomee **Paul Pearson** and his wife **Janet**, who live in Arlington, VA., are not here today due to the messy streets and overly heavy traffic in their neighborhood. Club member **Edward Akwe** wrote that he needs batteries for his Servox and will be over on a Saturday to pick them up. He sends his greetings to all the members of our group.

**Editor's Note:** Peggy's Memorial article will appear in the April issue of THE VOICE. Mary Jane's Memorial article is on page 4 of this issue.

**Old Business:** There was none.

**New Business:** Herb presented receipts totaling \$121.05 that Sally spent for the Annual Holiday Party in January. **Addie** made a motion for the club to reimburse Sally for those expenses. The motion was seconded and passed unanimously. Larry suggested that we have a club bowling outing in the near future. Everyone agreed that's a great idea and a discussion followed with additional suggestions for fun things we can do together, the most noteworthy being trips to Museums in DC and playing miniature golf. This will be discussed at the next meeting. Hopefully there will be great interest in this and many of us will attend the March meeting to discuss it. Herb brought copies of Itzhak's book, The Laryngectomee Guide to distribute. He was hoping that Itzhak would be present today to personally autograph them for the recipients.

*(continued on page 3)*

## MEETING MINUTES

*(continued from page 2)*

Hoping that Itzhak will be at the March meeting, those present opted to wait.

**General Discussion:** Larry told us that he and Linnette met a young man who was very hoarse. Larry found out that he has been hoarse for 6 or 7 months and that he had smoked, but quit recently due to the hoarseness. Larry strongly recommended that he see an ENT and gave him his ENT's card. Then all of us at the meeting shared our smoking histories. **Bob Boyd** stood up and thanked Herb for all the new patient visits he makes. He told how much Herb's visit soon after his surgery helped him adjust to life after surgery. The next topic was that more laryngectomies are being performed now. An interesting discussion followed. Don shared his personal experience, having had chemo and radiation in 2001. He cited study results and talked about quality of life after these therapies. Sodas and sugar was the next subject that came up. Those present shared their habits both past and present on this. It was pointed out that **"Cancer Loves Sugar!"** Herb told us that our club information on The IAL web site is being updated. Larry suggested that a link to the LCMC information on the site appear in our newsletter. All agreed this is a good idea. Due to the extremely cold weather we've been experiencing this winter, dry stomas and humidity was another interesting topic of discussion. Herb & Sally told of their recent trip to Florida, where they visited with LCMC members **Irv & Tema Title**, and **Bob & Carol Kanjian**. The Titles were down from Canada for a couple of months; staying at a very nice senior community in Ft. Myers. After a couple of fun days with the Title's, they met up with the Kanjians for lunch. After lunch they all went to the Kanjian's beautiful condo home, where Carol had prepared a desert buffet in celebration of Herb's birthday that was *"to die for!"* Herb's son from Denver joined them for a long weekend and they visited with Sally's sister and her husband in Tavares, before returning home. Sally was thanked for bringing the goodies today and volunteered to bring them in March. The meeting was adjourned at 12:45pm.

*---Respectfully Submitted  
by Sally Simon*

## HBOT: A HAPPY ENDING

*by LCMC Member Michel Pommier*



A few months ago I shared with you my experience with hyperbaric treatment, the objective of which was to accelerate the repair of my TEP soft tissue. The late side effects from my 2008 radiotherapy resulted from scarring and narrowing of the blood vessels within the treatment area, which lead to inadequate blood supply and caused necrosis of my normal tissues. They had also been weakened over time by repeated hard cleaning of my voice prosthesis and finally they ruptured. This resulted in constant leakage in my lungs of food and liquids. If not properly remedied, this situation was at a minimum uncomfortable in the near term, and worrisome in the medium term. My surgeon tried to suture the TEP but this failed. He therefore proposed to proceed with Hyperbaric oxygen therapy (HBOT) which involves the breathing of pure oxygen while in a sealed chamber that has been pressurized at 1-1/2 to 3 times normal atmospheric pressure. By helping patients stimulate growth of new blood vessels following radiation-induced damage, I was told that HBOT had the longest history of success in treating or preventing damage to the jaw bone resulting from radiation treatment, and had also been effectively used to treat radiation-induced damage to the head, neck, chest wall, abdomen and pelvis. HBOT is also used to prevent tooth loss or collapse of the jaw bone in patients previously treated for head or neck cancers, and promote successful skin grafts or flaps following reconstructive surgery. The HBOT specialist informed me that the treatment would be completed in about 20 to 30 sessions. Unfortunately, the high doses of radiation that I received to kill my cancer cells had caused substantial long-term damage to nearby healthy cells. It took me 60 sessions to obtain real positive results. Nothing was noticeable after 30 sessions! I was asked to be patient at a time when I started to be a bit concerned. However, after 45 sessions I woke up one Saturday morning with the feeling that my throat was squeezed by a strong hand! I was immediately concerned and went looking inside my stoma. I immediately realized that the pressure I was feeling was that of my TEP which had considerably shrunk around the feeding tube. Weekends are not the best time to contact your ENT specialist! I had to be patient for another 24 hours before seeing a MD. Came Monday morning and I was waiting to see him at Georgetown Hospital. From his expression after he examined me, I knew immediately that HBOT had worked for me. The TEP soft tissue was repaired and the leak had totally disappeared. It has now been 5 months since I had my last HBOT session and the TEP tissue is holding well. As Bonnie Prudden said:

**"You can't turn back the clock, but you can wind it up again!"**

## BIT OF HUMOR

### “I’M NOT THAT OLD!”

Have you ever been guilty of looking at others your own age and thinking, surely, I can’t look that age? Well . . . You’ll love this one: My name is Alice, and I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS Diploma on the wall, which bore his full name. Suddenly, I remembered a tall, handsome, dark haired boy with the same name had been in my high school class some 40 odd years ago. Could he be the same guy that I had a high school crush on, way back then? Upon seeing him however, I quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate.

After he examined my teeth, I asked him if he had attended Morgan Park High School . . . “Yes. Yes I did. I’m a Ranger,” he gleamed with pride. “You were in my class!” I exclaimed. He looked at me very closely.

Then, that ugly, old, wrinkle faced, bald, fat-assed, decrepit jerk asked: “*what did you teach?*”

--- Submitted by Mary Jane Hart  
with her 2014 Dues on 1-1-14

## HAVE YOU GOTTEN YOUR FLU SHOT YET?



**If you haven’t gotten your flu shot yet and want to find out where you can get one near you, go to:**

<http://flushot.healthmap.org/>

## IN MEMORIAM



**MARY JANE HART**

**January 8, 1931 ~ February 1, 2014**

Mary Jane Hart, my Mom, lived a good life to the age of 83, until she could not beat a stroke.

She lived her life her way, determined, independent, and with a sense of humor. She would often say: “you have to play the cards you are dealt” and of life’s challenges: “deal with it.”

In November, 1999, three months after breast cancer, Mom became a laryngectomee and with the help of Herb and the club, she found her second voice and did not feel so isolated. Life moves on. She was determined to make the best of it.

The family is grateful that Mom got to live in her house for 62 years, the last 32 by herself. I did say independent before. She would say that the house and yard were getting to be too much for her. We would sit on the back porch with a cup of coffee after doing yard work, and she would say how nice it looked.

Mom usually had a joke every time you talked to her. It would start with “I’ve got one for you” or “have you heard this one”, or “there was this guy.”

Mom will live on with the club as we have donated her supplies to the ‘loaner’ closet. She would be pleased to know that others can benefit from our loss. We have not really lost Mom as she will live on in our hearts and memories.

There is an Irish prayer that ends with “until we meet again, may God hold you in the palm of His hand.” I believe that one day we will meet again, just in a different spot.

---Theresa Stouffer

**Editor’s Note:** Mary Jane and her daughter, Theresa, began coming to our monthly club meetings regularly, soon after Mary Jane’s surgery in November, 1999, until the meeting time was changed from evenings to mornings. Many of today’s active club members never had a chance to meet them. Had they been around back then, they too would be feeling the sense of loss and sharing the sympathy that those us who were, are feeling for Theresa and all of her family.