

# 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, 2015**

#### **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. 11th at 10:30 AM**

**Socializing & Refreshments  
Refreshments to be furnished by:  
STANLEY LIPSCOMB**

**11:00 AM**

**Business & Social Meeting**

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

#### **HERE IS YOUR ASSIGNMENT**

**1. YOU WILL RECEIVE A BODY**

You may like it or not, but it will be yours for the entire period this time around.

**2. YOU WILL LEARN LESSONS**

You are enrolled in a full-time, informal school called Life. Each day in this school you will have the opportunity to learn Lessons. You may like the lesson or think them irrelevant and stupid.

**3. THERE ARE NO MISTAKES, ONLY LESSONS**

Growth is a process of trial and error, experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".

**4. A LESSON IS REPEATED UNTIL IT IS LEARNED.**

A lesson will be presented to you in various forms until you have learned it, then you can go on to the next lesson.

**5. LEARNING LESSONS DOES NOT END.**

There is no part of Life that does not contain it's lessons. If you are alive, there are lessons to be learned.

**6. "THERE IS NO BETTER THAN "HERE".**

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here".

**7. OTHERS ARE MERELY MIRRORS OF YOU.**

You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

**8. WHAT YOU MAKE OF YOUR LIFE IS UP TO YOU.**

You have all the tools and resources you need; what you do with them is up to you. The choice is yours.

**9. THE ANSWERS LIE INSIDE YOU.**

The answers to life's questions lie inside you. All you need to do is Look, Listen and Trust.

**10. WHETHER YOU THINK YOU CAN OR CAN'T,  
IN EITHER CASE YOU WILL BE RIGHT.**

### **THINK ABOUT IT.**

---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. 10th | Marina Cruz                |
| Mar. 10th | Roosevelt Robinson         |
| Mar. 13th | Janet Coyle                |
| Mar. 14th | Gene Ann Logan             |
| Mar. 17th | <b>SAINT PATRICK'S DAY</b> |
| Mar. 21st | Stanley Lipscomb           |
| Mar. 25th | Horace Johnson             |
| Mar. 25th | Edward Akwe                |
| Mar. 30th | Johnny Dale                |



**MARCH is Nutrition Awareness Month**

**MEETING MINUTES**

**February 11, 2015**

The meeting was called to order by President Stanley Lipscomb at 11:09 AM. Others present were Herb & Sally Simon, Phyllis & Richard McMullen, Robert Boyd, Jim & Ursula McDonald, Donald Sievers, Bernard Lewis, Rowland Nelson, SLP Michelle Gross, Michel Pommier & Julie Knowles, and SLP Tara Dean, who was available for Speech Class before the meeting began. **Phyllis McMullen** read the Prayer for a Laryngectomee using her TEP voice. Her husband **Richard** read the Prayer for a Laryngectomee's Spouse. We all introduced ourselves with the laryngectomees telling when and where our surgeries were performed. The minutes for the January meeting were approved as published in the February issue of *The 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 \$395.00 and two deposits in the amount of \$460.00 since the last report made at the December meeting. He added that IAL dues payments for all the Maryland support groups were included in our expenditures last month. He then made a motion for a reimbursement of \$126.40 spent by Sally for the Annual Holiday Party, which was seconded and unanimously approved

**Aunt Bea's Sunshine Report:** Herb reported the following:

**Irv Title** passed away in late December. The LCMC received donations in his memory from longtime club **SLP Dr. Lou LaBorwit and his wife Phyllis**, and from LCMC members **Bob & Carol Kanjian**, who live in FL. **Helen Kane** missed the Holiday Party because she was in the hospital. She sent her best wishes to all of us. She sent a message this week letting us know that she has been transferred to a hospital in PA. A get well card for Helen was passed around and signed by all present.

**Edward Fernandez**, a recent laryngectomee, and his wife **Rosa** attended their first LCMC function last month. They live in LaPlata, MD. Edward wrote that they will be unable to attend the meeting this month because he is undergoing radiation twice a day for the next four weeks and that he hopes to come to the first meeting after his treatments are completed.

**Old Business:** The IAL Annual Meeting and Voice Institute (AM/VI) that will be taking place in Towson, MD in June was brought up and will be a continuing topic of discussion in the upcoming months. Herb shared some ways that Dr. Paul Evitts suggested club members and other laryngectomees who will be attending the AM/VI can assist him and his staff. If you are attending the Annual Meeting, you can work at the Registration Table greeting everyone as they arrive. You can also help by volunteering for various sessions of the Voice Institute, where you can take part in a Round Table discussion with student SLPs and new laryngectomees. Helping VI students with hands on learning activities that are planned will be another way to help. In order to help in this way, you will need to be comfortable talking to a group of students and even having them do some close inspection of your stoma and speech. Right now help with Fund Raising is needed. You can help by finding local companies

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## HEALTH CAPSULE FROM NIH



### OLDER ADULTS AND ALCOHOL USE

You may not think twice about having a drink now and then as you get older. But alcohol can be a serious problem for older adults, especially if you take certain medications, have health problems or don't control your drinking.

Aging lowers the body's tolerance for alcohol, so older adults can develop problems even though their drinking habits haven't changed. "Older adults can experience the effects of alcohol, such as slurred speech and lack of coordination, more quickly than when they were younger," says Dr. Kenneth R. Warren, acting director of NIH's National Institute on Alcohol Abuse and Alcoholism.

Drinking too much alcohol can also make many health conditions worse. These include diabetes, high blood pressure, congestive heart failure, liver problems, memory problems and mood disorders such as depression and anxiety.

---Reprinted from NIH Newsletter

### 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.

## MEETING MINUTES

(continued from page 2)

that will donate funds and/or items for the Welcome Bags that are given to all attendees when they register, and for items at the raffle table. There will be other ways we can assist at the Annual Meeting. Club members attending the Voice Institute, will be very busy all day long. They will not have much, if any, time available to help out at the Annual Meeting.

**New Business:** Herb distributed registration forms for the Annual Meeting and the Voice Institute. The registration fee for laryngectomees attending both the Annual Meeting and the Voice Institute is \$100.00, if paid on or before May 17<sup>th</sup>. If paid after May 17<sup>th</sup>, the registration fee will be \$120.00. Herb then made a suggestion that LCMC reimburse \$100.00 for the registration fee to our club members who attend either of these events. A discussion followed and a motion was made, seconded and passed in favor of doing this for our dues paying club members. Another motion was made to donate \$100.00 to be used as a prize at The IAL Auxiliary's Raffle Table. It was seconded and unanimously passed.

**General Discussion:** There was an in-depth discussion on 'how often do laryngectomee members see their ENTs for a check-up. Many of us shared our thoughts on this topic. Most of us went on a regular basis during the first year after surgery. **Rowland** has to have his esophagus dilated regularly because pills get stuck. due to scar tissue. He added that "it's important to listen to your body; it's a built-in alarm system for when something is wrong". All present agreed that is very important to see their ENTs for an annual check-up. An important subject came up regarding Medicare coverage & reimbursement for TEP supplies. **Tara** said Atos is working on this. Phyllis suggested that a speaker from Medicare would be a great addition to the agenda at the IAL Annual Meeting this year. **Michelle** added that *the Medicare Outreach Education Center* could be contacted to have representation at the Annual Meeting. Stanley was using his backup Servox Inton today and wanted to know how he sounded with it. His main EL is a Digital Servox. Don & Michel both felt he sounded better with his backup EL. Sweet spots for EL placement were the next topic of conversation. Stanley said his has moved from the side of his neck to the center. Herb has always had only one sweet spot. Lymphedema and massage drainage were discussed. **Bernard** said that he massaged his neck after radiation treatments and that helped soften his neck allowing him to place the EL anywhere on his neck.. It was mentioned that no matter which method of speech we use, we will have the same accent that we had prior to surgery because we articulate or form our words the same as we always did. Tara lives in the neighborhood where Stanley worked at the Post Office before he retired. She commented that is where she first met him. Phyllis, who is a TEP speaker, won two Els at IAL conferences and recently donated then to GBMC. She was asked if she has an EL for a backup and she replied that she doesn't. It was pointed out to her that it is important to have one and that she should have kept one of them. She will be eligible to get one from Medicare in the near future and plans to. It was also mentioned that Medicare should be applied for 90 days prior to turning 65 years of age. Everyone thanked Sally for the wonderful refreshments today. Lots of these delicious goodies were leftovers from our Annual Holiday Party. Stanley volunteered to bring the refreshments to the next meeting.

---Meeting notes taken by  
Ursula McDonald & Sally Simon

2015 IAL



Annual Meeting / Voice Institute



Join us for the  
Annual Meeting  
and Voice Institute

**Where:**

Towson, Maryland (less than 15 miles from  
The Inner Harbor in Baltimore, Maryland)

**When:**

Voice Institute: June 10-13, 2015  
Annual Meeting: June 11-13, 2015

**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/>

## HOW TO EAT YOUR WAY TO A HEALTHY HEART

One of the best ways to boost your heart health is by eating a diet that includes a wide variety of healthy foods. Some, however, have properties that have specifically been proven to support heart health.



**Here are essential nutritional elements your heart needs — and some superfoods that provide them:**

**Omega-3 fatty acids<sup>1</sup>** are a heart health powerhouse. They help lower your risk of coronary heart disease by as much as 30%; help lower your blood pressure; and can even help people who have irregular heart rhythms to get back on tempo. Good food sources of omega-3 fats include salmon, tuna and other fatty fish; nuts; seeds and even some green vegetables such as kale.

**Soluble fiber<sup>2</sup>** is beneficial because it binds to bile acid (which your body makes from cholesterol) and escorts it out of your body. The body then makes more bile acid from more cholesterol, and bingo — you have an effective way of ridding your body of extra cholesterol. You'll find soluble fiber in whole grains such as oats and rice bran, as well as in beans, green vegetables and nuts.

**Antioxidants<sup>3</sup>** are found in brightly colored fruits and vegetables like tomatoes, beets, strawberries, pomegranates and blueberries, and can dramatically lower your risk of heart attack. You'll also find antioxidants in some unexpected sources: grape seeds, red wine and green tea to name a few.

**Vegetable-based protein<sup>4</sup>** sources such as legumes (beans and peas) provide the protein you need without unhealthy fat tagging along. These powerful protein sources not only lower your risk of heart attacks, but can also help maintain healthy blood sugar levels.

**Monounsaturated fats<sup>5</sup>** —found in olive oil, olives, avocados, and other vegetable sources — help reduce your cholesterol levels as well as maintain healthy blood sugar levels.

**All these heart-healthy foods are as delicious as they are nutritious!**