

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, 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

March 9th 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

THE HEROISM OF CARE GIVERS

by Erma Bombeck

I lamented the death of heroes. I was wrong. There isn't a scarcity of heroes. I was just looking for them in the wrong places. I thought they hung out in sports arenas, great halls, or battlefields or between the pages of adventure books.

I should have been looking for them in pharmacies where they are waiting to have prescriptions filled, in hospital corridors keeping vigil, or collapsing wheelchairs and storing them in the trunks of cars. They are called nurturers --- the well one in the family who takes care of the one with needs.

How many times have we passed by without seeing these nameless, faceless people who roll out of bed each day to serve? Most of them live in the shadows of those who are ill.

Never underestimate what it takes to watch someone you love in pain. The nurturer faces each day without benefit of numbing painkillers or anesthetics.

They live in a world where feelings and duty clash. Those who have assumed the mantle of responsibility for another human being, hate the word "hero". They are doing what they want to do, must do, and wouldn't want anyone else to do.

I have observed women who pay the bills, have the oil changed in the car, change furnace filters, negotiate for a new roof, turn over CD's and go crazy trying to keep pace with the Medicare and Medicaid forms when their husbands are unable to do so.

I have seen men who bake pies, do the marketing, address Christmas cards, keep track of birthdays, water plants, scrub floors and go crazy trying to keep pace with Medicare and Medicaid forms when their wives are unable to do so.

And daily I watch grown children who run errands, make a million phone calls, take parents to appointments, drop off food, make sure their license plates are current, their lawns are cut and their walks are cleared of snow, and go crazy trying to keep pace with Medicare and Medicaid forms.

Today would be a good time to think about them. And when you see a nurturer, ask, *How you doin'?*

IT'S THAT TIME OF THE YEAR AGAIN!



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.

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

FEBRUARY MEETING

Our February meeting was canceled due to the inclement weather conditions in our area and even worse in areas where many of our active members live.

Grand Rounds Presentation by Dr. ItzhaK Brook

I delivered Grand Rounds lecture to the faculty, staff, and medical students of the Department of Otolaryngology, Head and Neck Surgery at New York University Lagone Medical Center. I talked about facing cancer, the effects of radiation and surgery, physician's attitude, medical errors and advocacy, life after laryngectomy, psychological issues, acute respiratory care, and improving care before and after laryngectomy. I also encouraged the staff to have future laryngectomees meet with patients who have undergone laryngectomy and to join a local voice support group.

---Dr. Itzhak Brook

POST- OP LARYNGECTOMEE VISIT



JEFF WIBBERLEY

February 3rd – Herb returned to the Bethesda Health & Rehab Center for a follow-up visit with Jeff Wibberley. Jeff, who was not feeling well when Herb visited with him last month, was like a different person this time. He was up and about and looking and feeling much better. Herb & Jeff conversed with Jeff using his LCMC loaner EL pressed to his cheek. Herb was able to understand him some, and when he couldn't, Jeff would write what he was saying. Jeff shared a lot of his personal background with Herb. He was born in November, 1945 and grew up on a dairy and chicken farm in Stonington, CT with his brother and two sisters. He is divorced and has no children. Jeff graduated from Wesleyan University in Middletown, CT in 1967. Soon after, he took a position teaching French to seventh and eighth graders in suburban Lancaster, PA for 2 years. He then switched to teaching English in the same school for three more years. In 1972 he took a new position with the Community Action Program of Lancaster County, a grantee of the Head Start Program for jobs and food money. CAP soon opened two small ambulatory, rural health clinics, one of which still exists today. After becoming the Director of Health Programs, Jeff began writing proposals for all CAP programs, including ones to greatly expand provisions for day care for working parents and the opening of 4 new rural centers. In 1976 at a time when money was made available by federal, state, and local governments to deal with issues of poverty, Jeff wrote a proposal to establish a center for shelter and services for adult victims of domestic violence (DV). This year will mark 40 years of service for that shelter! At that time there were only two other DV programs in PA. Today, there are 67. He also served as the CAPS Rep for another Urban Health Center. In 1992 he was appointed by the City Council to membership on the local Transit Authority, where he served as chairman for 5 years. Having worked for almost 40 years at CAP, Jeff retired in December 2011. During his tenure, CAP went from a \$1million budget and 30 employees to a \$46 million budget and 300 employees. Jeff feels fortunate to have had these two jobs. He expressed that teaching young kids was great and working at CAP was a great adventure of dealing with so many programs and human needs with constant variety and so many challenges. Since retiring, Jeff keeps busy maintaining a large flower garden, collecting antiques. He also likes to dance, and he dabbles in art, primarily to give away.

UPDATE – On February 24th Jeff returned to his home in Lancaster, PA and he is greatly relieved to be back there.