

# 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



### **MAY, 2010**

#### **MEETING MINUTES**

**April 14, 2010**

The meeting was called to order by **President Jim Roby** at 7:30pm. Others in attendance at this meeting were Charles Pickett, Ishmael Rivera, Mary Carol Dragoo, Herb & Sally Simon, Dr. Arjun Joshi, Edward & Yacsire Cutler, Peggy Bradberry, Stanley Lipscomb and Guest Speaker, Christine (Chris) Callahan.

*(Continued on page 2)*

#### **MARK YOUR CALENDAR**

**THE LARYNGECTOMEE CLUB  
OF MONTGOMERY COUNTY**

**MAY 12th – 6:30pm  
SPEECH CLASS  
With Beth Solomon**

**MAY 12th – 7:30pm  
Business & Social Meeting  
Refreshments**

**MAY 26th – 7:00pm  
SPEECH CLASS  
With Beth Solomon**

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

#### **DEAR KEEPER**



I grew up in the 50's/60's with practical parents. A mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a Name for it... A father who was happier getting old shoes fixed than buying new ones.

Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat, and Mom in a house dress, broom in one hand and dish-towel in the other. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress, things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing: I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more. But then my mother died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any more.

Sometimes, what we care about most gets all used up and goes away .... never to return. This is true. So ....While we have it ...it's best we love it ....And care for it ....And fix it when it's broken.... And heal it when it's sick. .... And old cars....And children with bad report cards ... .Dogs and cats with bad hips ... And aging parents ....And grandparents. We keep them because they are worth it, because we are worth it. Some things we keep. Like a best friend that moved away or a classmate we grew up with.

There are just some things that make life important, like people we know who are special..... And so, we keep them close!

*---Author Unknown*

## DO YOU KNOW WHAT TIME IT IS?



## IT'S 2010 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



May 8th	Ann O'Neill
May 9th	Happy Mother's Day
May 14th	Joe Zanelotti
May 14th	Rick Gregory
May 15th	John F. Walsh
May 17th	Christa Leckliter
May 25th	Bernard Lewis
May 29th	Pete Crone



## Happy Memorial Day

## MEETING MINUTES

*(Continued from page 1)*

Jim read the Prayer for a Laryngectomee, which was followed by all in attendance introducing ourselves and sharing some personal background. Jim reported that **Secretary Helen Kane** is once again in North Carolina, with her family while her grandson is continuing with his Chemotherapy treatments. Helen and her family are all in our prayers. Jim asked for a volunteer to take the minutes for the meeting tonight in Helen's absence. Herb volunteered. Jim introduced **Chris Callahan**, our guest speaker for this evening. Chris is a Clinical Social Worker at the National Institutes of Health in Bethesda, MD. Chris' topic for tonight was: **Coping with Grief and Loss**. She started by defining Mourning and Grief and the different degrees of grief, followed by the Types of Loss there are. Other areas covered by Chris on this subject were: Manifestations of Grief, Phases of Mourning, Tasks of Mourning, Coping with your own Loss, and Being There for a Friend. Throughout this presentation, all present were able to ask questions, share personal experiences and express their thoughts on this tender subject. It turned into a spirited round table discussion with almost all present taking part. When Chris concluded her presentation, she got a well deserved applause from the audience. Thank You Chris for presenting such good input on this important topic to us.

**Treasurer's Report** – Herb reported that we now have 47 dues paying members for 2010. Mary Speiden, Itzhak Brook, Johnny Dale, Bernie Becker and Irwin and Tema Title paid dues since the last meeting. Herb made one deposit this month and wrote one check, which was a reimbursement to Sally for the money she spent for our Holiday Party.

**Aunt Bea's Sunshine Report** – Herb received an email message from long-time member **Nick Goodpaster**. Nick is giving serious thought to attending his first IAL Annual Meeting this year (See pg. 3 for more information on the IAL Annual Meeting and Voice Institute).

**Words of Wisdom from Beth Solomon** – Beth Solomon did not attend the meeting tonight because of flu-like symptoms. She was feeling ill and went home from work early.

**Old Business** – President Jim Roby passed out the latest LCMC Membership roster to those who did not yet have a copy.

**New Business** – It was announced that our club has been invited to take part in the Montgomery County EMS continuing education classes to help train the providers in attendance in how to help laryngectomees and other neck breathers. Jim Roby, Herb Simon, and Ismael Rivera will take part as well as any other interested laryngectomees and neck breathers who would like to (See page 4 of this issue). Jim thanked **Sally Simon** for furnishing the delicious refreshments for the meeting tonight. He also volunteered to bring the refreshments to the May meeting. A motion was made, seconded and passed to adjourn the meeting at 9:15pm. Several people took home some of the yummy leftovers, and many stayed and talked for a little while.

*---Respectfully submitted by  
Herb Simon*

*"Failure is not fatal, but failure to change might be."*

*---John Wooden*

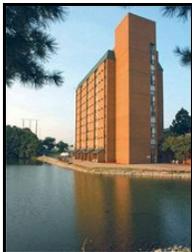
## 2010 ANNUAL MEETING and VOICE INSTITUTE



### June 16th thru June 19th

The International Association of Laryngectomees Annual Meeting and Voice Institute will take place in Clarksville /Jeffersonville, IN.

The Voice Institute classes will begin on June 16th. The Annual Meeting will begin on June 17th. The Annual meeting will close on the evening of Saturday, June 19th with the Annual Banquet. These events will take place across the river from Louisville, KY at:



**The Holiday Inn Conference Center**  
505 Marriott Drive  
Clarksville, IN 47129

**Hotel Front Desk: 1-812-283-4411**

The room rate will be \$82.95, plus tax and room fees, per night. This will include FREE airport shuttle to and from Louisville, Kentucky Airport, Free parking, and Free Internet service in all guest rooms.

#### **Attention Active LCMC Members:**

Will you be attending the IAL VI or AM for the first time? When you serve as a delegate for LCMC at the Annual Meeting on Saturday, the Club will reimburse you \$500.00 toward your expenses.

## UPDATE ON GEORGE KARL Denver Nuggets' coach again fighting cancer



Denver Nuggets Coach George Karl may miss the first round of the playoffs as he recovers from cancer treatments. Karl's life partner, Kim Van Deraa, told the Denver Post that Karl won't return in the regular season and probably will also miss the first round of the playoffs.

"To count out all the playoffs, that's up to his body," she said. "Who knows when his return will be? No one knows. He doesn't even know. I'm sure he's hoping that if we go on a playoff run, he can coach this season."

Karl has been fighting throat cancer and neck cancer during the past two months. He has finished radiation treatments and is set to have his final round of chemo-therapy on Wednesday.

Van Deraa said Karl has lost nearly 25 pounds, struggles to speak and may have to feed himself liquids through a tube for another three to six months. She also said that pain medication makes it difficult for him to concentrate for long periods of time.

---Reprinted from the Washington Post  
April 5, 2010

**Editor's Note:** Since the above article was written, George Karl completed his last round of chemotherapy and issued a thank you to all his well wishers. He said his intense six week regimen of treatments for throat and neck cancer was the "toughest of my life."



**Save The Date!**  
**American Cancer Society's**  
**Relay For Life**  
**Survivor's Luncheon**

Relay For Life of Damascus	May 8, 2010	Damascus Fire Dept.	<a href="http://www.damascusrelay.org">www.damascusrelay.org</a>
Relay For Life of Clarksburg	May 22, 2010	Clarksburg High	<a href="http://www.relayforlife.org/clarksburg">www.relayforlife.org/clarksburg</a>
Relay For Life of Rockville	June 5, 2010	Montgomery College	<a href="http://www.rockvillereley.org">www.rockvillereley.org</a>
Relay For Life of Olney	June 12, 2010	Sherwood High	<a href="http://www.olneyrelay.org">www.olneyrelay.org</a>
Relay For Life of Poolesville	June 19, 2010	Beallsville Fire Dept.	<a href="http://www.poolesvillereley.org">www.poolesvillereley.org</a>

**Cancer survivors and their caregivers are invited to attend this special luncheon in your honor. Invitations to RSVP coming soon. Be sure to register for the event you choose to attend.**

**Questions?**  
Contact American Cancer Society 301.933.9350  
[www.cancer.org](http://www.cancer.org) 1-800-227-2345

## MY NEW BOOK



**By Itzhak Brook, MD**

I am happy to announce that my book entitled "My Voice – A Physician's Personal Experience with Throat Cancer" has just been published.

This book captures three years of my life that followed a throat cancer diagnosis and tells my personal story of facing and dealing with medical and surgical treatment and adjusting to life afterwards. This period of my life was and is still very challenging and difficult.

As a physician with lifelong experience in caring for patients, I gained realizations, insights and new perspective on these events. I felt for the first time the effects of severe illness through the eyes of a patient and observed and experienced events I was never aware happened to them.

I hope the book will shed light into the struggles that we face as patients with cancer of the head and neck and how we strive to overcome them. Through my words and my story, it is my hope that physicians, nurses, and other health care professionals may be more aware of what their patients actually experience, and patients who face similar hardships may find out how to cope with them.

The introduction first chapter of the book is available on my blog at:

<http://infobot.com/blogspot/dribrook/>

I will post additional chapters every week.

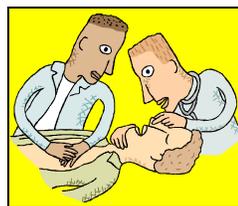
An e-book version of the book is available at: <http://www.lulu.com/product/ebook/my-voice-a-physicians-personal-experience-with-throat-cancer/10656778>

For those who are interested in getting a printed copy of the book, it can be obtained at: <https://www.createspace.com/900004368>

I hope that you will find this book interesting and useful. I welcome your input and comments on the book.

**Editor's Note:** Dr. Itzhak Brook is an active member of the LCMC.

## HOW WOULD YOU LIKE TO HELP IN OUR COMMUNITY?



The coordinator of Continuing Education for the Montgomery County Advanced Life Support (ALS) paramedic providers at the Fire and Rescue Training Academy, has requested to have LCMC members help in a very worthwhile upcoming project. This year, in their Airway Skills Refresher sessions, they will be including content on tracheostomy and laryngectomy management. They are wondering if laryngectomees from LCMC would be willing and able to come and speak to their providers about issues and emergencies Laryngectomy patients might have, when they need to call 9-1-1 for EMS care and communication, and special care issues, etc.

There are usually between 15 and 25 providers at each of these sessions. The Airway Refresher is **REQUIRED** content every **TWO** years for paramedic National Registry renewal. The providers who will attend these sessions will include full-time career Fire/Rescue employees, and volunteers who cover many stations in the evening and on weekends, but have full-time non-Fire/Rescue jobs in the daytime. These volunteers may be teachers, lawyers, medical workers, etc. during the day and are medics at night and on weekends. Below is the Airway presentation schedule for the rest of this year:

Section 1: Airway	05/10/2010	Monday
Section 1: Airway	08/11/2010	Wednesday
Section 1: Airway	08/28/2010	Saturday
Section 1: Airway	09/13/2010	Monday
Section 1: Airway	10/18/2010	Monday
Section 1: Airway	11/15/2010	Monday

Ideally, two, three or four of us will participate in each session. These sessions will greatly help our EMS paramedic providers to properly care for us in our time of need. This was discussed at the April LCMC Meeting. Jim Roby, Ish Rivera, Herb Simon, and Itzhak Brook have volunteered to take part in this worthwhile endeavor, so far. Hopefully many more of our members will also want to join us in this effort. **Itzhak Brook** has prepared an excellent Power Point presentation on this subject that he also plans to use for similar presentations to local hospital ER staffs.

**If you are interested in taking part in this meaningful project, contact Herb Simon at 301-588-2352 or by Email at [H457@aol.com](mailto:H457@aol.com)**