

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, 2011

MEETING MINUTES

April 13, 2011

The meeting was called to order by **President Herb Simon** at 11:13 am. Others present at the meeting were Sally Simon, Helen Kane, Stanley Lipscomb, Pat & Mitzi Warren, Addie Shaw, Bunky & Deanna Cabbage, Amir Ebrahimi, Charles Pickett, Bill & Annetta Rapp and Itzhak Brook. **Helen Kane** read the Prayer for a Laryngectomee using her Servox EL. Everyone introduced themselves with the laryngectomees telling when and where their surgeries were performed.

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MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

Business & Social Meeting
Refreshments – Anetta Rapp

MAY 11th – 11am

At the former ACS Building
11331 Amherst Ave.
Silver Spring, MD 20902

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

HAPPINESS CAKE



Ingredients:

- 2 heaping cups of patience
- 1 handful of love
- 2 handfuls of generosity
- 1 handful of understanding
- a dash of laughter
- a generous sprinkle of kindness
- plenty of faith

Directions:

1. Combine patience, love and generosity with understanding
2. Add a dash of laughter; sprinkle generosity with kindness
3. Add plenty of faith. Mix well
4. Spread over a period of a lifetime.
5. Serve to everyone you meet.

Sit back, and relax and enjoy a slice or two every day of the year: Good for all gatherings.

DO YOU KNOW WHAT TIME IT IS?



IT'S 2011 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.



May 6th	Oliver Jones
May 8th	Ann O'Neill
May 14th	Joe Zanelotti
May 14th	Rick Gregory
May 15th	Bunky Cabbage
May 25th	Bernard Lewis
May 29th	Pete Crone



Happy Memorial Day

MEETING MINUTES

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Treasurer's Report: Herb reported that the Club Treasury changed very little since the last meeting. He wrote two checks totaling \$128.00 and made a deposit of \$180.00. He also reported that as of the start of this meeting, we have 31 dues paying members who have remitted a total of \$950.00 for dues and donations. Several more paid dues at the meeting. Herb also thanked **Itzhak** for delivering ELs to Jim Lauder and picking up books from Dorothy Lennox of Luminad when he was in South Carolina recently.

General Discussion: **Itzhak** told us of his experience as a guest speaker at the VA Conference for speech therapists in Charleston, SC. He happily reported that he was able to sell 14 copies of his book, *My Voice*. Proceeds of the sale were donated to **911 4 HNC**, an organization that assists head and neck patients with financial needs. He briefly described this organization's Courage Unmasked program (<http://www.headandneckcancer911.org/about.php>). Several issues that laryngectomees face both during and following surgery were discussed. **Bunky** questioned the ups and downs of chemo and radiation treatments he has been undergoing. It was pointed out that we all react differently. **Addie** advised the importance of sharing his concerns with his doctor. She stated that one must adjust their life style to better handle all stages of treatment. **Stanley** spoke on the importance of the use of stoma covers to prevent particles from entering the lungs. He shared an informative article: *FAQ9: What about Foam Stoma Covers & Heat/Moisture-Exchangers (HME's)*, which he found on the Internet at www.electrolarynx.com. This was very appropriate, especially when **Deanna** shared that Bunky has refused to wear a cover over his stoma, since his surgery. A meaningful discussion on this subject followed. Addie shared a story about a coughing experience she recently had. Someone's doctor said that his patient became ill due to Addie's constant coughing. This experience upset Addie. She got a letter from her doctor to give to the other doctor and his patient. The letter explained that laryngectomees do need to cough a lot. Itzhak spoke about colds and stoma coughs. All felt that since becoming a laryngectomee, they have had fewer colds. **Amir** questioned **Itzhak's** TEP speech and Itzhak briefly described this method. Misconceptions about the limitations of a laryngectomee were discussed. Who could blow up a balloon? Some could. Who could whistle? Not one of us could. Who could laugh? All could (just not aloud). Difficulties of swallowing following surgery and different types of speech were also discussed. Herb mentioned that the IAL Conference in June is a great venue to learn about different types of speech. Club members who are first-time attendees are reimbursed \$500 by our support group.

Aunt Bea's Sunshine Report: Addie reported that **Larry Dawkins** would like to have been at the meeting today, but had a doctor appointment. She told us that Larry attended the University of Pennsylvania Head & Neck Conference in Philadelphia last week with a cousin of his. He said it was excellent and he learned a lot. Herb read messages from the following: **Michel Pommier** sends greetings to all from Dhaka, Bangladesh, where his latest assignment has taken him. He said to let us know how fortunate we are to not live in such a polluted urban environment as Dhaka. He added that he has had to change his HME filter *three* times a day, since arriving. This is due to the firing of thousands of brick kilns surrounding the city. **Peggy Bradberry** sends her greetings to all. She is not able to be with us today due to having two doctor appointments: one

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MEETING MINUTES

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for herself, followed by one for her daughter **Irina**. Peggy also attended the Penn Head & Neck Cancer Conference in Philadelphia. She said it was a positive experience. She met many doctors, received good information, and learned about some new treatments. She also offered to see if her church is available for our meetings.

Joan Corridean, wife of recent laryngectomee **Paul Corridean** reported she is sorry they are not able to join us today. She wrote that due to Paul's continuing medical problems, (non-laryngectomee related) they have had many doctor appointments, and that he hasn't been able to practice with the EL very much yet. She said that they hope to be able to attend the next meeting.

G.C. & Faye Rogerson sent their 2011 dues and generous donation in a box that had several Turtleneck Dickie-tyoe Stoma Covers in it. Herb had Bunky stand up and model one of them for us. Bunky promised to cover his stoma from now on. The rest of these turtleneck stoma covers were given to the other members who wanted them.

Old Business: The location for next month's meeting was brought up. **Sally** generously offered to hold the meeting at the Simons' home. Addie also made an excellent suggestion to check with local fire departments to see if they have meeting rooms available. Herb volunteered to inquire about that to Montgomery County. No decision was made on a location for the May meeting. The location will be announced in the May issue of THE VOICE.

New Business: Addie addressed the fact that because of the extensive number of both pre-op and post-op laryngectomee visits Herb has made over the years, he should be reimbursed in some way for the cost of his gas. A motion was made and seconded to reimburse Herb the cost of a tank of gas twice yearly. All were in agreement. Herb thanked **Helen** for providing refreshments for the meeting today. **Annetta Rapp** kindly volunteered to bring the refreshments to the May meeting. A motion was made, seconded and unanimously passed to adjourn the meeting at 1:30 P.M.

--- Respectfully submitted by,
Helen Kane

2011



VOICE INSTITUTE June 15th thru June 18th and ANNUAL MEETING June 16th thru June 18th



The International Association of Laryngectomees Annual Meeting and Voice Institute will take place in Kansas City, Missouri. The Voice Institute classes will begin on June 15th. The Annual Meeting will begin on June 16th. The Annual meeting will close on the evening of Saturday, June 18th with the Annual Banquet. This will all take place at the Holiday Inn at Coco Key. The \$85.00 per night room rate is for single or double occupancy. **To make reservations call: 1-816-737-0200 and be sure to mention the IAL Annual Meeting to receive this special pricing.**



**“It’s not the load that breaks you down,
It’s the way you carry it.”**

---Lena Horne

**RELAY AROUND THE WORLD:
CANCER KNOWS NO BOUNDARIES**



**American Cancer Society
Relay for Life of Rockville**

**YOU'RE INVITED!
JOIN US FOR THE 2011
CANCER SURVIVOR AND
CAREGIVER RECEPTION**

JUNE 4, 2011

**Montgomery College
Rockville Campus Football Field
on Campus Drive
11:00 Registration
11:30 Reception**

Celebrate your life with other cancer survivors at the American Cancer Society Relay For Life of Rockville. The reception will include food, music and special recognition of those who have fought cancer, as well as their outstanding caregivers. All survivors are then invited to walk the first lap of the Relay in Celebration of Life.

There is no fee to participate in the Survivor's Activities, but RSVP/pre-registration is requested to assure you receive your proper t-shirt size, and avoid having to complete the registration form at the Relay event.

**To RSVP and request a copy of
the Pre- Registration Form,
Please call or email:**

**Rhoda Cutlip
301-942-1625**

rhodacutlip@verizon.net

NEW LARYNGECTOMEE POST-OP VISITS

March 25th – Herb Simon, a member of the Laryngectomee Club of Montgomery County came to the Specialty Hospital of Washington, Capitol Hill for a 3 week post-op visit with new laryngectomee, **Yvette Milling**. **SLP Tanya Spinning** arranged the visit, but was not able to be present. I was present during this visit. Before Herb arrived, this young lady patient was frustrated and scared because she could not communicate. Herb shed some light on her new condition, comforted her and even got her to smile. He discussed what life can be like after surgery, if she approaches it with a positive attitude. He brought Yvette an electro-larynx and gave her some tips on using it. Yvette, a quick learner, was able to be understood fairly well right away. Herb gave Yvette a New Laryngectomee Information Packet, compliments of his support group and went over some of the contents with her. Yvette was ecstatic that she could use the electro-larynx device on her own. She practiced all weekend. She is a very motivated and directed individual. Yvette was discharged from SHW Capitol Hill on March 31st. As Yvette was leaving, she hugged me and said: *"everything will be all right"*.

--- Jennifer Fransen, SLP
Specialty Hospital of Washington

April 15th – Herb went to The Washington Hospital Center to visit with new laryngectomee **Henry Kemper**. He was born and raised in Washington, DC and celebrated his 79th birthday a couple of days before this visit. His room had many balloons and cards on display. He and his wife Connie have been married for 55 years. They have four children (two sets of twins!) and one grand child. Henry retired from the Department of the Interior in 1976 after 35 years of service. He was a printer of maps. He became a laryngectomee on April 1st. **SLP Donna Sauer**, who arranged this visit stopped in. She and Herb worked with Henry on his speech. He was using his own Servox Digital with an oral adapter. He was fairly intelligible for the most part and when he wasn't, he wrote notes. Herb gave Henry a new laryngectomee information packet, before he left. Henry will soon be transferred to the National Rehabilitation Center for a short stay before returning to his home in the NW section of Washington, DC.

**The first owner of the Marlboro Company
died of lung cancer.**



So did the first 'Marlboro Man'!