

# 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, 2012

### MEETING MINUTES

**April 11, 2012**

The meeting was called to order by **President Stanley Lipscomb** at 11 A.M. Others present were Helen Kane, Herb & Sally Simon, Addie Shaw, Betty Money, Bill & Annetta Rapp, Edward Akwe, Jan & Kate Larson, Itzhak Brook, Michel Pommier, Albert Turner, David DiToro, and Kevin Madden. **Edward** read the *Prayer for a Laryngectomee* using his Servox EL. We all introduced ourselves with the laryngectomees telling when and where they had their surgery.

*(Continued on page 2)*

### MARK YOUR CALENDAR

**THE LARYNGECTOMEE CLUB  
OF MONTGOMERY COUNTY**

**MAY 9th – 11:00 AM**

**Business & Social Meeting**  
Refreshments by SALLY SIMON

### NEW MEETING LOCATION

**Christ Congregational Church**  
9525 Colesville Road  
Silver Spring, MD 20901  
(See article on page 4)

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



**CANCER IS SO WEAK,  
and limited that it:**

**Cannot Cripple Love -  
Cannot Shatter Hope -  
Cannot Corrode Faith -  
Cannot Destroy Peace -  
Cannot Kill Friendships -  
Cannot Suppress Memories-  
Cannot Silence Courage -  
Cannot Invade the Soul -  
Cannot Steal Eternal Life -  
Cannot Conquer the Spirit.**

**Don't look back,  
you're not going that way**

--- Author Unknown

## DO YOU KNOW WHAT TIME IT IS?



### IT'S 2012 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 17th	Christa Leckliter
May 25th	Bernard Lewis
May 29th	Pete Crone



Happy Memorial Day

## MEETING MINUTES

*(Continued from page 1)*

Stanley extended a warm welcome to our special guests, **Kevin Madden** and **David DiToro**, representatives from InHealth Technologies. David gave an informative talk on InHealth's Easy Touch Heat-Moisture-Exchange system (HME). He explained how a HME both filters and humidifies the air one breathes and also prevents dust and pollen from entering the stoma. HME users experience fewer pulmonary infections and a study shows that 60% see a reduction of mucous and coughing. Some have felt increased lung capacity since using a HME. David described the HME TruSeal Contour adhesive housing that is available in different shapes in order to fit all neck and stoma shapes. He also described the HME filter with mucous shield and the products used to prepare the skin and to remove the adhesive housing. David asked for a volunteer to demonstrate the HME system and **Edward** willingly agreed. David walked Edward through the steps, which Edward followed with ease. David spoke of the importance of daily use of a HME. He further informed us that these HME products are available from both **InHeath Technologies** and **Lauder Enterprises, Inc.** Medicare will pay 80% of the cost and the balance may be covered by supplementary insurance. David generously distributed a HME starter kit and supplies to all present. Everyone gave David a round of applause and thanked Kevin and David for attending our meeting. After a brief break, the business meeting resumed. The minutes for the March meeting were unanimously approved as published in the April issue of *The Voice*.

**Treasurer's Report:** **Herb** reported there had been very little change to the club treasury since the last meeting.

**Aunt Bea's Sunshine Report:** Herb reported that **Peggy Bradberry** wrote to let us know that she is not able to attend today's meeting due to doctor appointments. She has been undergoing some recent treatments. A card was passed around and signed by all present to send to her. Herb also read a message from LCMC member **Chuck Silsbee**, who lives in Gillette, Arkansas. Chuck wrote that he is over most of his past medical issues now, although he will be having his cataracts removed in May. He said to say Hi to all of us! Stanley shared that he recently had his annual checkup and all were pleased to hear that it went well. It has been 10 years since Stanley had his surgery.

**General Discussion:** **Addie** told us that **Larry Dawkins** is interested in sharing a ride with anyone going to the 2012 Annual Meeting / Voice Institute to be held in Durham, NC in June. **Sally** reminded us that first-time attendees are reimbursed \$500 by LCMC to help defray travel and hotel expenses.

**Old Business:** **Herb** reported that he and Helen had visited the Christ Congregational Church at 9525 Colesville Road, Silver Spring, MD and toured the available meeting rooms. They felt that both the facility and location were a perfect place for LCMC monthly meetings. A motion was made, seconded and passed to hold our meetings there. **Sally** suggested that the club purchase a larger coffee urn. A motion was made, seconded and passed to purchase an urn should one be needed in the future.

**New Business:** No New Business was discussed. Helen was thanked for providing the refreshments for the meeting. **Sally** volunteered to bring them next month. A motion was made, seconded and passed to adjourn the meeting at 1:24 P.M.

---Respectfully submitted by,  
*Helen Kane*

## ENHANCES

A SUPPORT GROUP  
WORKING TO SHAPE LIVES



### Recap of the April Meeting

We had a successful support group meeting in April. It was a small group, which facilitated a lively and interesting discussion about nutrition. **Jerome Walker** and **Larry Dawkins** attended the meeting. We listened to dietician **Rachel Wong** and her student intern, **Carolyn Seibig**, present topics such as maintaining a healthy lifestyle, cancer risk factors, healthy eating tips to reduce the risk of cancer recurrence, organic vs. conventional foods, etc. If you are interested, copies of this presentation are available for your reference.

### NEXT MEETING

**MAY 2nd – 2:00 PM**

at the

**George Washington Univ. Hospital  
900 23rd St. N.W.  
Washington, DC**

**(In the 4th Floor Rehab Dining Room)**

**Herb Simon** will be speaking to the group about current happenings in the Laryngectomy/Head and Neck Cancer world. The main focus will be on the upcoming International Association of Laryngectomees Annual Meeting and Voice Institute that will be in Durham, NC beginning on June 6th.

*---Tracy Higgins M.A., CCC-SLP*

**To RSVP, or if you have any questions, you may contact Mona or Tracy by Phone at 202-715 – 4075 or by Email:**

[Mona.Faddah@gwu-hospital.com](mailto:Mona.Faddah@gwu-hospital.com)

[Tracy.Higgins@gwu-hospital.com](mailto:Tracy.Higgins@gwu-hospital.com)

## LOVING LIFE

By Willie Shives



I am 72 years old and I bowl in two senior leagues at Lincoln Lanes in Chambersburg, PA. Each league bowls at noon on Monday and Thursday. The Monday league, known as the Golden Age League, is currently comprised of eighteen 4-member teams. Each team may be all men or all women or mixed since we have a 100% handicap rule. Our Thursday league is made up of between eighteen and twenty 5-member teams, and is called the Fifty Plus Fun League, with the same makeup and rules as the Monday league. I am very fortunate to live close to the lanes and thank God that I still have the strength and ability to bowl. I currently carry averages in the 190s in both senior leagues, as well as over 190 in a sanctioned mixed league.

My bowling history goes back over 50 years to 1958, when I was stationed at Bremerhaven, Germany with the U.S. Air Force, from which I am retired. Since my childhood I have always been blessed with good coordination and participated in a variety of sports in high school. Being of small stature had its drawbacks. Once I discovered bowling, all this changed. Bowling is a sport that levels the playing field and allows all sizes to compete equally. Since I started bowling, I have always been able to more than hold my own against the competition. I have numerous awards and championships, including a fifth place finish in the 15th Air Force bowling competition in 1976. I was a member of the base bowling team at Minot AFB, ND in the mid 1970's. One of my proudest achievements is that I hold the record for both high game and series at the Soldiers' Home in Washington, D.C., posting a 288/768 score in 1995.

I rolled the 300 game pictured here on Aug 25, 2008 in the opening game of the 2008-2009 season in the Golden Age League. Unfortunately, our senior leagues aren't sanctioned with the USBC, so there weren't any national awards involved, such as the 300 ring which is given for a 300 game in sanctioned leagues. Ironically, this was my second unsanctioned 300 game. The first one was bowled with a senior group in Shippensburg, PA in 2001. I am still looking forward to my first sanctioned 300 game, or even better yet, an 800 three game series.

I feel so fortunate to be enjoying the competition and fun of bowling just as much or maybe even more, since becoming a laryngectomee in 2003.

## ELECTRO- LARYNX PRESENTATION TO SLPs



**Herb Simon** recently gave a presentation on Electro-larynxes to the SLP staff at Inova Mount Vernon Rehabilitation Hospital in Alexandria, VA. There were about a dozen SLPs and one student SLP in attendance. This presentation was in a very casual setting. It took place in a physical therapy room with the SLPs sitting on therapy tables and having their lunch during the talk. Questions by the SLPs and answers were interspersed throughout the presentation. As requested by the event coordinator, Herb described various electro-larynx devices, sharing some of the advantages and disadvantages of these devices for patients. A discussion on assessment of patients to determine the appropriate device followed. Herb was asked to describe a laryngectomee's experience. He shared several thoughts on this, stressing that all laryngectomees are different. He noted however that there is one thing he has found to be the same for most, if not all laryngectomees. And that is *'how shocked we are when we wake up from surgery and realize that we cannot talk, no matter how well prepared we are in advance'*. Herb told about his personal experience. He closed by telling those present about the local laryngectomee supports groups in the Metropolitan Washington, DC area (the New Voice Club of Northern VA. and the Laryngectomee Club of Montgomery County in Maryland).

## NEW LCMC MEETING LOCATION



**Christ Congregational Church**  
9525 Colesville Road  
Silver Spring, MD 20901-4896  
Office: 301-585-8010

Beginning with the upcoming May meeting, LCMC will be holding our monthly meetings at the Christ Congregational Church. We have decided on this venue because of its superb location, ample parking, nice meeting facilities that will serve our purpose, and reasonable pricing. Below are directions to our new meeting place:

### **Directions from I-495 (Capital Beltway)**

**Exit 30 South (Colesville Rd)**

**Move immediately to the Far Left Lane.**

**TURN LEFT at the 2nd street (3/10ths of a mile)**

**ONTO BREWSTER STREET (Church will be on the left)**

**Take the first Left into the church parking lot.**

# 2012



## ANNUAL MEETING & VOICE INSTITUTE

June 6th thru June 9th

At the

**The Sheraton Hotel in Durham, NC**

**To make reservations call: 1-919-941-5050**

**Be sure to mention the IAL to take advantage of the special pricing**

**For more IAL AM/VI information you can go to the IAL web site:**

**<http://www.theial.com/ial/> or call: 1-866-425-3678**