

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, 2013

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Will be held at:

Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday
MAY, 8th
10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
SALLY SIMON

11:00 AM

Business & Social Meeting

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

**“Sometimes the best
helping hand you can get
is a good, firm push”.**

---Joann Thomas

SPRING IS HERE



by Harold Cary

How wonderful, spring is here! The soggy rains of April and the fluctuations of temperatures have passed. The time for sun and daytime warmth has arrived. Early flowers are gone, but the tulips and crown imperials are blooming. The pansies have spread and soon the iris will be blooming. It is a time for joy.

This all takes me back to the day I could last talk naturally, ‘though with a painful rasp. I went into surgery and after coming out, I was only able to communicate in writing. It was frustrating for both Helen and me. The next morning when I awoke, the sky was clear and the sun was shining. I got up and walked out onto the glass-enclosed porch. In my own inward voice I praised God for life and for a new day.

This is what we should do everyday because there is joy in life. Each day brings fresh opportunities, and out in this world there are many places to serve and a multitude of ways for serving. And even as one is dying, there are quiet ways to serve. Living is joyful and the abundance of a new day is something for which to be thankful. This is the day the Lord has made. Sing and be joyful in it.

Editor’s Note: Harold Cary was a member of LCMC when he passed away in November, 2000. When I became the newsletter editor in March, 1999 Harold assisted by writing many articles for us to enjoy. These articles will appear again from time to time in future issues of The Voice, keeping Harold’s wonderful and truly inspirational thoughts alive. As I was preparing this issue, I realized Harold’s thoughts are indeed “timeless treasures.” I personally enjoyed and got as much insight into life and this wonderful person while reading them now, as I did the first time. Those of us who were fortunate enough to know Harold will surely enjoy these articles again, as I have . . . and it should be a delightful experience for those who will be reading them for the first time. ENJOY!
---Herb Simon

IT'S THAT TIME OF THE YEAR AGAIN!



IT'S 2013 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 1st
May 6th
May 8th
May 12th
May 14th
May 14th
May 25th
May 29th

Phyllis Johnson
Oliver Jones
Ann O'Neill
MOTHER'S DAY
Joe Zanelotti
Rick Gregory
Bernard Lewis
Pete Crone



Happy Memorial Day

MEETING MINUTES

April 10, 2013

The meeting was called to order by **Treasurer Herb Simon** at 11:15 AM. Others present for the meeting were Sally Simon, Peggy Bradberry, Dwayne Boston and Itzhak Brook. **Dwayne**, who was attending his first meeting, read the Prayer for a Laryngectomee with his Electro-larynx. We all introduced ourselves, with the laryngectomees telling when and where they had their surgery. The minutes for the March meeting were approved as reported in the April issue of our newsletter.

Treasurer's Report: Herb reported that there had been little change in the funds in the club Treasury since last month.

Aunt Bea's Sunshine Report: Dwayne shared with us that he recently saw a laryngectomee on the street in upper NW Washington, DC. Dwayne went up to him and introduced himself. The laryngectomee on the street was **Rowland Nelson**. Dwayne got his contact information and told him he would be added to our mailing list. He passed this info on to Herb to send Rowland some club information and add him to our newsletter mailing list. Herb told us that **President Stanley Lipscomb** was not able to be at the meeting today, due to having a conflicting appointment. He sends his love and best wishes to everyone. Herb read an email message from **Vice President Michel Pommier** who is now in France, after experiencing a hectic trip via Zurich in which his luggage was lost. His suction machine and fluoride tube were lost somewhere between Washington, DC and Nice, France for two full days, which he described as an awful way to start his stay in France. He said things are back in order now and says hello to everyone. He'll still be in France when our May meeting takes place. **Secretary Helen Kane** sent a message explaining that she is not able to be here today due to continuing health issues. She is starting a new anti-biotic medication. She said to tell everyone hello and misses seeing us. Herb read a message from **Albert Turner** informing us of the status of **Patrick Ford**. Albert visited with Patrick on April 8th. Patrick had his tonsils and some lymph nodes removed on March 18th. His energy level is still low. Patrick could not be at the meeting today due to taking his father to doctor appointments. Albert wrote that Patrick wanted to let us know that once he gets on his feet better, he plans to come to meetings.

Old Business: There was no Old Business.

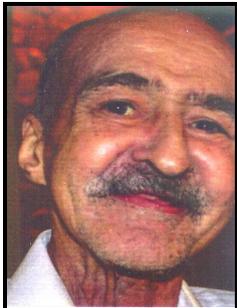
New Business: There was no new business.

General Discussion: **Itzhak** shared with us that on a recent trip to Israel, he met **Avraham Eilat**, an Israeli artist who is a laryngectomee. Itzhak visited his home in an artist colony in Mount Carmel and took some laryngectomee supplies to him that are not available in Israel. There is only one laryngectomee support group in all of Israel. Itzhak also told us about his new book that will be coming out soon (see article on page 4 of this issue). Dwayne, a recent laryngectomee, shared how happy he is that he can talk on the phone, which has enabled him to successfully operate his business again. A discussion took place about how so many people think that we are also "hard of hearing." Several of us told about how people raise their voices, when talking to us and in one case, a person wrote notes to one of us. Dwayne told us that he will be glad to detail cars for club members. **Peggy** told us more about the treatments she is undergoing and the progress that is being made. Itzhak told us that he now has an Android phone device and has started texting. He explained that it has been very helpful for him to be able to text messages to people's cell phones, especially when he is in a noisy place or when he's having speaking difficulties. His phone also includes Internet access. Everyone thanked Peggy for bringing the great food snacks to the meeting. **Sally** volunteered to bring the goodies to the May meeting. The meeting was adjourned at 12:35.

---Meeting notes taken by,
Herb Simon with help from Itzhak Brook

In Loving Memory of

Charles R. Thorne



Charles R. Thorne was born May 11, 1942 to the late Payton Rose and Blanche Thorne Rose in Pittsburgh, Pennsylvania. On Easter Sunday 2012, he was called to rest after a long illness.



Charles is survived by his wife Patricia, and sisters Lauraine T. Duncan, Victoria R. Duncan and his twin sister, Charlotte R. Ramsey.

Charles was educated in Pittsburgh public schools and as a child, was baptized at his family church, Trinity Baptist Church. As a young man, Charles relocated to Washington, District of Columbia, where he met his future wife, Patricia Carswell Thorne. Charles and Patricia became members of Bethesda Baptist Church under the leadership of the late Pastor Bussey. The couple loved one another and cherished their 42 year marriage.

Charles worked for the United States Postal Service for over 30 years. He liked sharing funny stories about his time with his co-workers. During his retirement, he enjoyed relaxing in his blue chair, watching his favorite television shows, playing his lottery numbers, and reading the newspaper.

Charles, affectionately called *Uncle Chuckie*, was tremendously loved by his nieces and great nieces, nephews and great nephews.



<<<from the WEB >>>

Subject: [WebW] FW: Swallowing problems
Date: 03/26/2013 10:23:27 A.M. Eastern Daylight Time
From: hank_luci@embarqmail.com
To: webwhispers@mail-list.com

Hi Debbie,

Regarding your husband, you asked: " Since the dilation didn't seem to help, does anyone have any suggestions as to how he might ever be able to eat again?"

Like you husband, I have had numerous operations, reconstructions, chemos and radiations. After my initial round of radiation my eating returned to normal. But, after recurrences and appropriate treatments, I am down to a soft foods only diet. I just had another dilation on Saturday. My throat was down to the 30 french, and they were able to dilate to 45 french. The normal dilation is to 60 french, but 45 is all my throat would permit.

I can enjoy meals with my family. I just have to be judicious in what I choose to eat. The meats are generally too much of a challenge but fish goes down pretty well. Potatoes do well and some soft veggies. Of course, it all calls for small bites, a lot of chewing and lots of water to wash it down.

Hey, it sure beats having to stay on the feeding tube. I did the tube twice and am very happy to not be on it any more.

The blender is also a very handy tool. We bought some crab and corn chowder from the store that I thought I could eat. Well, no luck. So, we put it in the blender and viola, we turned the chowder into a bisque. It went down wonderfully.

I am very happy just to be alive. The adjustments I have made in eating and not being able to speak are nothing but adjustments. Life is still very wonderful and exciting. My wife and I just got home from a spring break driving trip through the deep south. We rode a carriage in Charleston, visited family in St. Augustine, rode a real steamboat in New Orleans, toured plantations in Natchez and went to the Grand Ole Opry in Nashville. Whew! It's good to be back home in Charlottesville, VA.



All the best,
Hank Luniewski

PRE-OP LARYNGECTOMEE VISIT

April 6th – Herb went to the New Carrollton, MD home of **Yusufu Mansuray** for a pre-op visit. Herb previously visited with Yusufu and his family at Washington Adventist Hospital in September, 2012. Yusufu went through some treatments after that visit and it was determined that he would not need to have surgery. That has now changed and he will have surgery on April 9th. Also present for this visit were his daughter **Seray**, son **Alhaji** and his twin daughters **Isha & Amy**. His wife **Jaka** was not present because she was at work. Yusufu was in good spirits and the caring and supportive family members had many excellent questions for Herb about life after surgery.

THE LARYNGECTOMEE GUIDE

LCMC member Dr Brook's new book "**The Laryngectomee Guide**" was just published as an e-book. The paperback version will be available in a few weeks. This practical guide provides information that can assist laryngectomees and their caregivers in dealing with medical, dental and psychological issues. It contains information about the side effects of radiation and chemotherapy, the methods of speaking, airway and stoma care, and voice prostheses. Eating and swallowing issues, respiration and anesthesia, and traveling as a laryngectomee are also addressed. A free link to get the e-book is available in the left column of Dr. Brook's Blog on the following link:

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

May is Better Hearing and Speech Month



Helping People Communicate

PRE & POST-OP PEER VISITATION PRESENTATION



SLP GINA MADALINE

Every month, the Speech Pathology Department at Christiana Hospital in Newark, Delaware hosts a monthly Laryngectomy Education Group meeting. Initially founded in the 1980's and reinitiated by Janet Sechrist M.A. CCC-SLP in 2005, this group continues to meet every third Thursday of each month to discuss different topics surrounding laryngectomy. Recently, many of our members have expressed the desire to help others and serve as peer visitors to individuals pre- and post-laryngectomy surgery. This past April, we were privileged to have **Herb Simon and his wife Sally Simon** join our group and educate group members, family members, and my fellow clinicians on the benefits and the dos and don'ts of peer visitation.

As a child, I remember reading the book, *To Kill a Mockingbird*, by Harper Lee (1960). To share a quote, "You never really understand a person until you consider things from his point of view... Until you climb inside of his skin and walk around in it." I am always reminded of this quote because although Speech-Language Pathologists and other medical professionals have the capacity to disseminate information and *acknowledge* the impending challenges involved with surgery, we can never truly *comprehend* the internal struggle that surrounds such a life changing event, as we have not experienced it ourselves. The benefit of members learning to support one another through this journey is invaluable. Further, the learning and sharing process between clinician and client becomes mutual and collaborative.

The most touching moment for me as a clinician during this meeting was when the group members were going around the room introducing themselves to Mr. and Mrs. Simon. One of our members actually had the privilege of having Mr. Herb Simon visit him prior to his surgery. He went on to say how fortunate he felt to have had this opportunity, how it changed his perspective on the surgery and allayed many of his fears. He also felt as though it helped his family to reach a better understanding of the impending surgery, expectations and outcomes. As he spoke, he exuded genuine gratitude for Herb's visit. When he finished talking, he stood up, walked over to Herb, and gave him a sincere embrace. This gesture brought tears to many of the attendee's eyes, including myself. This to me was the most compelling testament of how priceless peer visitation and counseling can be.

Gina Madaline M.S. CCC/SLP
Speech-Language Pathologist
Christiana Care Health System