

# 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, 2014

#### MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB  
OF MONTGOMERY COUNTY

Monthly Support Group  
Gathering will be held at:



Christ Congregational Church  
9525 Colesville Road  
Silver Spring, MD 20901  
On

**Wednesday**  
**May 14th at 10:30 AM**

**Socializing  
&  
Refreshments**

**11:00 AM**  
**Business & Social Meeting**

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

#### An excerpt from The Strangest Secret

*by Earl Nightingale*



George Bernard Shaw said, "People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, they make them."

Well, it's pretty apparent, isn't it? And every person who discovered this believed (for a while) that he was the first one to work it out. We become what we think about.

Conversely, the person who has no goal, who doesn't know where he's going, and whose thoughts must therefore be thoughts of confusion, anxiety and worry – his life becomes one of frustration, fear, anxiety and worry. And if he thinks about nothing ... he becomes nothing.

How does it work? Why do we become what we think about? Well, I'll tell you how it works, as far as we know. To do this, I want to tell you about a situation that parallels the human mind.

Suppose a farmer has some land, and it's good, fertile land. The land gives the farmer a choice; he may plant in that land whatever he chooses. The land doesn't care. It's up to the farmer to make the decision.

We're comparing the human mind with the land because the mind, like the land, doesn't care what you plant in it. It will return what you plant, but it doesn't care what you plant.

Now, let's say that the farmer has two seeds in his hand – one is a seed of corn, the other is nightshade, a deadly poison. He digs two little holes in the earth and he plants both seeds – one corn, the other nightshade. He covers up the holes, waters and takes care of the land...and what will happen? Invariably, the land will return what was planted. It's written in the Bible, "As ye sow, so shall ye reap."

Remember the land doesn't care. It will return poison in just as wonderful abundance as it will corn. So up come the two plants – one corn, one poison. The human mind is far more fertile, far more incredible and mysterious than the land, but it works the same way. It doesn't care what we plant...success...or failure.

A concrete, worthwhile goal...or confusion, misunderstanding, fear, anxiety and so on. But what we plant must return to us.

You see, the human mind is the last great unexplored continent on earth. It contains riches beyond our wildest dreams. It'll return anything we want to plant.

DO YOU KNOW WHAT TIME IT IS?



**IT'S 2014 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.**



- |                 |                        |
|-----------------|------------------------|
| <b>May 1st</b>  | <b>Phyllis Johnson</b> |
| <b>May 6th</b>  | <b>Oliver Jones</b>    |
| <b>May 8th</b>  | <b>Ann O'Neill</b>     |
| <b>May 14th</b> | <b>Joe Zanelotti</b>   |
| <b>May 14th</b> | <b>Rick Gregory</b>    |
| <b>May 25th</b> | <b>Bernard Lewis</b>   |
| <b>May 29th</b> | <b>Pete Crone</b>      |



**Happy Memorial Day**

**MEETING MINUTES**

**March 12, 2014**

The meeting was called to order by **Vice President Michel Pommier** at 11:10AM. Others present were Herb & Sally Simon, Rowland Nelson, Thurman & Queen Dickey, Michelle Gross, Joe and Jaka Mansaray and Amir Ebrahim. **Rowland** read the Prayer for a Laryngectomee using his EL, and **Jaka** read the Prayer for a Laryngectomee's Spouse. Michel extended a warm welcome to all in attendance and we each introduced ourselves with the laryngectomees telling when and where they had their surgeries. The minutes for the March meeting were unanimously approved as published in the April issue of *The Voice*.

**Treasurer's Report:** **Herb** reported there was little change in the club treasury. He wrote two checks totaling \$95.00 and made one deposit in the amount of \$35.00. The bottom line was that the club treasury spent a total of \$60.00 in the past month. He also announced that he has batteries for a Servox EL for sale for \$20.00 each or 2 for \$35.00.

**Aunt Bea's Sunshine Report:** Herb reported the following: **Stanley Lipscomb** called to let us know that he may not be able to make it to the meeting today, due to an appointment to have his home air conditioning unit repaired. He said if the repair people finish early enough, he will come to the meeting. **Helen Kane** is not here today due to health problems she has recently been dealing with. **Don Sievers** is not here today due to having an appointment at NIH. He said he will see us in May. **Mona Faddah, SLP** at George Washington University Hospital, who has been working with laryngectomees for a long time, reported that she has been promoted to a new position. She will no longer be directly involved in patient care. She will now be in charge of all rehabilitation services within the hospital, which will include all Physical Therapists, SLPs and Occupational Therapists, as well as support staff. Mona is excited for this new challenge and sends regards to all of us.

**Old Business:** There was none.

**New Business:** Herb brought up that it has been a while since LCMC has donated money to the ACS as a way to thank them for all they do for us. He suggested that we donate \$500.00 to them. A motion was made, seconded and unanimously passed to do this. Herb also announced that The 2014 IAL Annual Meeting & Voice Institute will be held in Buffalo, NY from June 25th thru 28th. He reminded us that LCMC will reimburse \$500.00 to club members who are attending their first IAL AM/VI. Returning members who serve as delegates at the Annual Meeting on Saturday will be reimbursed \$100.00 by LCMC. A table was set up with many laryngectomee supplies and equipment, as well as other useful and interesting items for attending members to pick from. Almost all of these items were taken.

**General Discussion:** The following discussions took place throughout the meeting and are noted under this heading. **Joe** shared that he is learning Esophageal Speech. So far he has been using Edmund Lauder's book, *Self Help for the Laryngectomee* for the most part. He is looking for more ways to improve. He also uses an EL to speak. Because of very low volume when using ES, Herb let him know that he can borrow an amplifier from LCMC to help with that, as well as some cassette tapes with instructions by Edmund Lauder. Herb shared that laryngectomee **Robert Cameron**, a longtime club member who has since passed away, used to practice ES by singing along with

*(continued on page 3)*

## MEETING MINUTES

*(continued from page 2)*

songs on the radio, whenever he drove his truck. Well one day when Robert came to a meeting, he smiled and spoke that famous word from Mary Poppins:

**“Supercalifragilisticexpialidocious”**

using his esophageal speech. Everyone at the meeting was astonished and we all stood up and cheered and clapped our hands for Robert! Next, the three types of laryngectomy speech were demonstrated for SLP student **Michelle**: Esophageal by Joe, TEP by Michel and EL by Herb. She asked who can teach ES and Herb mentioned Beth Solomon at NIH and Elizabeth Finchem on-line at WW.

**Michel** noticed some bottles of Ensure on the table with the giveaway items, and he proceeded to give us some good information regarding this product (see his in-depth article on this subject in the next column on this page). **Queen** told us that **Dickie’s** medical coverage has not been paying for his laryngectomy supplies. Sally suggested calling individual suppliers to find one that will help them, and Herb recommended to ask on the WW web site. Rowland shared with us some of the illnesses he has experienced in the past and many of them were very serious. He feels that some of his medical problems are the long-term result of chemo and radiation treatments as well as testing over the years that emit radiation. Recently, Rowland had a fall and twisted his ankle badly. He related that his initial instinct was to get up, but his body said “don’t get up”. After a while, his body said “OK, you can get up now.” The point Rowland was trying to get across to us was **“Listen to your body!”** Michel thanked Sally for bringing the refreshments to the meeting today and asked if anyone would like to bring them to the next meeting. Not knowing if they will be able to attend yet, no one responded. Sally will be glad to bring them, but if someone decides they will be there and would like to, just let Sally know a couple days before. The meeting was adjourned at 12:45pm.

*---Respectfully Submitted  
by Sally Simon*

## ENSURE SUBSTITUTE

*By LCMC Vice President Michel Pommier*

During our April laryngectomy meeting, Herb & Sally had arranged for a very kind club give-away. I noticed there were three bottles of Ensure among the various items. As recommended by my doctor, I had been using and *enjoying* a bottle of Ensure seven (7) times per day through a feeding tube for many months, following the occlusion of my TEP. I loved it so much that once my feeding tube was removed, I continued to buy Ensure and drink it whenever I was hungry between meals, or when I was craving a chocolate treat! My partner became alarmed by my level of Ensure consumption and she told me that I most likely had become addicted! I could not believe it, but I now recognize that Ensure can indeed become addictive: the chocolate flavored bottle certainly had for me!

I then decided to pay attention to the label and discovered that this delicious shake was full of chemical products. Read the label of this hyper protein shake and be your own judge!

Some of the top ingredients are water, sugar, corn syrup and maltodextrin. Sugar, also known as sucrose, is refined carbohydrate. Sugar has been strongly linked to the promotion of diabetes, clinical depression, weight gain, obesity, various nutritional deficiencies, *and* cancer. Sugar is also an acidic ingredient that promotes osteoporosis by forcing the body to leach minerals out of its bones in order to buffer the acidity in it. The next ingredient, corn syrup is also a refined carbohydrate with an extremely high glycemic index value. Corn syrup (especially high-fructose corn syrup) has been linked to diabetes, obesity, problems with blood sugar control, and insulin sensitivity. Maltodextrin is derived from corn and is yet another refined carbohydrate that is high on the glycemic index list. Next listed are ingredients of some substance: Calcium caseinate, which is basically a milk protein, safflower and canola oils, which are good sources of dietary oils, soy protein, whey protein, corn oil, etc. Next is a list of vitamins and minerals that are added to the product. Their sources are not mentioned, indicating that these are probably not plant-sourced vitamins and minerals. So essentially, what you have here is a predominantly sugar and water based product that has been fortified with a few vitamins and minerals.

Now I was convinced that I needed to find a replacement for Ensure; one that is made with **natural, healthy** products, I asked my friend, who was studying nutrition at the Maryland University School of Integrative Health, to ask one of her teachers for a nourishing replacement recipe.

*(See Michel’s healthy recipe on page 4)*

## A HEALTHY RECIPE

### For a HOMEMADE PROTEIN SHAKE that you can prepare for yourself:

*(continued from page 3)*

- 1 cup of almond milk
- 1 tablespoon of Nutribiotics brown rice protein powder
- 2 tablespoons of almond butter
- 1 tablespoon of Cocoa powder
- 1 tablespoon honey\*

\*Note: For weight watchers honey can be replaced by one half of a banana. I use a frozen banana for better consistency and taste.

The nutritional information for this homemade shake is as follows: 396 calories, 20.9 g protein, 21 g fat, 6.7 g fiber, 44 g sugar (with honey), 117 g Magnesium, 1.51 g Zinc, 311 g Calcium and 421g Potassium.

Trying it is adopting it for your health benefits and enjoyment without the worry of absorbing, and be dependent upon many chemicals of unknown origins. This is the perfect intake that your body needs after exercising. I hope you will enjoy as much as I do.

## DO YOU NEED BATTERIES FOR YOUR SERVOX?



**You can purchase batteries for your Servox at any of our monthly business meetings.** The cost for these batteries is \$20 apiece or two for \$35.00. You may also pick them up other times at Herb & Sally's Silver Spring home.

**"Worrying is like paying interest on a debt you never owed"**

*--- Mark Drummond*

## POST-OP LARYNGECTOMEY VISIT

April 14th – Herb went to the Fairland Adventist Nursing and Rehab Center in Silver Spring, MD to visit with laryngectomee patient **Dennis Adams**. Herb had a pre-op visit with Dennis at Georgetown University Hospital, and returned for a second visit shortly after his surgery in October, 2013. Also present were **SLP Teng Yee**, who requested this visit and **Christie Beachley**, an SLP graduate student from the University of Maryland at College Park. Christie is completing her graduate internship at Fairland as part of her graduate school curriculum. Herb brought a loaner electro-larynx for Dennis, who has not had a device to speak with for quite a while. A smile came to his face when he saw the EL. Herb also brought some speech instructions to leave with Dennis. After working with Dennis for a short time, he was able to speak very intelligibly, *when* he found his sweet spot. When one of the nurses came into the room, she was pleasantly surprised when Dennis asked her a question using his EL. He was on his sweet spot and she completely understood what he said. A big smile came to her face, and she replied to his question. When Dennis' meal arrived, Herb, Teng Yee and Christie said good-bye to him and went down the hall to chat and give Christie some additional insight about laryngectomees and methods of speech after surgery.



*by Michelle Harris*

A resident of a senior living community in PA wrote in to the community newspaper to warn others about the perils of using off brands of printer ink. The resident ordered printer ink from an online site because of their low prices. Instead of the brand name that the resident expected, she received the website's own brand of printer ink. She was sorry to say that the ink was a disaster and her printer was at the repair shop when she wrote this warning.

If you think you've been the victim of a scam, contact the Federal Trade Commission at [ftc.gov/complaint](http://ftc.gov/complaint) or call 1-877-FTC-HELP (1-877-382-4357).

**"The bitterness of poor quality is remembered long after the sweetness of low price has faded from memory"**

*--- Anonymous*