

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, 2016

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Monthly Support Group
Meeting will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday

May 11th at 10:15 AM

Speech Class with
Mandy Pietropaolo, SLP

10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
Phyllis & Richard McMullen

11:00 AM

Business & Social Meeting

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

SUPER MOM



Mom, you're a wonderful mother,
So gentle, yet so strong.
The many ways you show you care
Always make me feel I belong.

You're patient when I'm foolish;
You give guidance when I ask;
It seems you can do most anything;
You're the master of every task.

You're a dependable source of comfort;
You're my cushion when I fall.
You help in times of trouble;
You support me whenever I call.

I love you more than you know;
You have my total respect.
If I had my choice of mothers,
You'd be the one I'd select!

---By Joanna Fuchs

DO YOU KNOW WHAT TIME IT IS?



IT'S 2016 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.



May 1st	Phyllis Johnson
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
May 30 th	Memorial Day



MEETING MINUTES

April 13, 2016

The meeting was called to order by **President Stanley Lipscomb** at 11:20 A.M. Others in attendance were Jim & Ursula McDonald, Andre Ponsart, Phyllis & Richard McMullen, Michel Pommier & Julie Knowles, Michelle Gross, Herb & Sally Simon, and guests Vaughn & Marge Cameron, and Stephanie Gilman.

Vaughan is scheduled to have a laryngectomy at Johns Hopkins University Hospital on April 19th. He was told about LCMC by **SLP, Kim Webster**.

Stephanie is currently a graduate clinician working with Kim. The minutes for the March meeting were approved as published in the April issue of *THE VOICE* newsletter. **Michel** read the Prayer for a Laryngectomee and **Marge** read the Prayer for a Laryngectomee's Spouse /Caregiver. We all introduced ourselves with the laryngectomees telling when and where we had our surgery.

Treasurer's Report: **Herb** reported that there was very little activity and change in the Treasury since the last meeting. He added that we have 24 dues paying members as of the start of this meeting. ***Note: Two attendees paid their dues at the end of the meeting today.

Aunt Bea's Sunshine Report: Because we had first-time attendees at the meeting today, Stanley requested for Herb to explain how we came up with this name. Herb proceeded to give an in-depth history of how and why the name for this portion of the meeting came to be. **Ursula** then reported that **Mark and Susan Reichenbacher** are not able to be at the meeting today due to a death in the family.

They are driving down to FL to be with family. Herb then read email messages with the following news: **Donald Sievers** is not here today because he is in the Hospital and hoping to return home today. **Nick Goodpaster**, a long-time club member wrote that he is at their home in Orlando, FL and getting it ready to sell, so that he and his wife can move back to live in their MD home full-time again. He hopes it will sell quickly. When he returns to this area, he plans to come to a meeting and see everyone again. **Julie Robbins** wrote that her Dad, laryngectomee and LCMC member, **Harvey Radtke** passed away on March 15th. His passing was peaceful and his family members were all with him. Harvey's wife and Julie's Mom, **Betsy**, donated two boxes of Harvey's supplies & equipment to the club.

Old Business: None

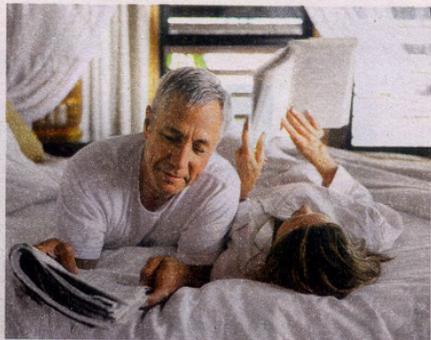
New Business: Herb shared information about two upcoming laryngectomee conferences that will both take place in Texas in June. (see page 4 for more info)

General Discussion: A discussion took place about emergency bracelets enable emergency rescue personnel to be aware of our special needs. Herb gave several reasons why he believes the Medic Alert brand to be the most effective brand on the market to serve our needs in an emergency situation. Another topic of discussion was about how to handle being pulled over by Police when driving, if you use an electro-larynx. Stanley mentioned The "Race for the Cure" and "Relay for Life" that will be taking place in Wash. DC soon. He also told us about a very interesting article on Geriatricians he read in the latest issue of the AARP Bulletin, and another one in Consumer Report on choosing a physician. The rest of the meeting was spent with a group discussion on what to expect after surgery, at the request of Marge Cameron. Vaughn's surgery is coming up and they feel a need to educate themselves before event. The general opinion was that because we are all different, there can be many different results. Michel offered the club's assistance anytime for questions and help, saying "that's what our group is all about." He said to never lose hope and to keep going. Michel told that he was not able to talk for 1 1/2 yrs. and look at him now! We all enjoyed Sally's treats today. **Phyllis** volunteered to bring the goodies to the May meeting. The meeting was adjourned at 12:50 PM.

---Respectfully submitted by,
Ursula McDonald

Health Shots

Quick, Painless and Good to Know



Sex boosts brain power Love might be good for the heart, but new research shows that sex is good for the brain. Researchers at Coventry University in England studied 6,800 men and women ages 50 to 89 and found that those who were sexually active scored higher on cognitive tests than those who were not. Sex increases levels of the feel-good hormones dopamine and oxytocin, which may improve "signaling or connectivity between brain regions," says lead author Hayley Wright.

Men's and women's heart attacks A woman's heart attack is different from a man's in just about every possible way: risk factors, symptoms, causes, treatment, outcome, rate of complications, even use of cardiac rehab, concludes the American Heart Association's first scientific statement on gender differences in heart attack patients. Some of the biggest differences: Women's heart attack symptoms are more likely to include back, arm, neck or jaw pain. Also, among those with high blood pressure, women are at higher risk for heart attack than men.

Heartburn pills and kidney damage

Long-term use of the heartburn and acid reflux drugs called proton pump inhibitors (PPIs)—such as Prilosec and Nexium—have been linked to a higher risk of bone fracture, pneumonia and heart problems. Now a new study in *JAMA Internal Medicine* has found that the use of these drugs is associated with a 20 to 50 percent increase in the risk of developing chronic kidney disease.

—Candy Sagon and Elizabeth Agnvall

---Reprinted from *AARP Bulletin*
April, 2016

IN MEMORIAM



Harvey Edward Radtke
January 21, 1931 – March 15, 2016

Harvey Radtke was born in Bladensburg, MD to Edward Albert Radtke and Anna Elizabeth Webb. He graduated from Mt. Rainier High School in 1948. He met Betsy Ann Gilchrist during their senior year and they were married on July 29, 1950. They celebrated their 65th wedding anniversary last summer. They built a house in Ponfret, MD and moved their family of three daughters to Charles County in August, 1966. Harvey was a computer specialist for the federal government at Bolling AFB and later at Andrews AFB.

Harvey loved to go duckpin bowling; play and coach men's softball; play golf and watch the Washington Redskins, as he was a lifelong fan. His greatest pleasures were attending his grandchildren's sports events and spending time with his family. He was an active member of La Plata United Methodist Church.

Harvey was pre-deceased by his parents, his sister, Carole Anne Henley and his stepmother Marian J. Radtke.

He is survived by his wife, Betsy Ann Radtke, three daughters; Phyllis E. Coombs, Diane L. Major and Julie Robbins, and three sons-in-law that were like sons; Timmy Coombs, Donnie Major, and Kevin Robbins; Grandchildren: Shannon Coombs Needham, Chad Coombs (Lisa), Barndon Coombs (Tia), Danny Major (Ashley), Kelly Major Bledsoe, (Nate), Alyssa Robbins Wheeler (John), and Aaron Robbins . . . AND Great-grandchildren: Tess, Luke & Cole Needham, Aiden & Keegan Coombs, Chloe, Caden & Cantyn Coombs, Sophia & Vivian Major, Adrianna & Aubrey Bledsoe, and Paige and Jack Wheeler.

Donations may be made to the La Plata United Methodist Church Building Fund at 3 Port Tobacco Road La Plata, MD 20646

UPCOMING EVENT

**The Department of Otolaryngology – Head and Neck Surgery
Present:**

Head & Neck Cancer Survivorship and Education Day

April 30, 2016

9:00 AM – 2 PM

This is a **FREE** event open to head and neck cancer patients, survivors, caretakers, family members and healthcare workers with talks by head and neck cancer specialists on current topics related to the disease and its treatment. Have your questions answered by our **EXPERT PANELS** of head and neck cancer specialists and patients. Head and Neck Cancer patient education materials will be available at exhibitor tables. ******FREE Parking Passes and Lunch will be provided******

Johns Hopkins Sidney Kimmel Comprehensive Cancer Care

Weinberg Building Auditorium

401 North Broadway Baltimore, MD 21287

RSVP to abrady6@jhmi.edu or call 410-955-2309

Hopkinsmedicine.org/otolaryngology

NEW LARYNGECTOMEE VISIT

April 6th – Michel and Herb went to the Manor Care Rehab facility in Wheaton, MD to visit with **Donnie Henry**, who was recently discharged from Georgetown University Hospital, where he had his laryngectomy on February 17th. Michel had visited with him post-op at the hospital. It was apparent as soon as we entered his room that Donnie is progressing quite well. He was dressed and had his loaner EL in his pocket, but he was mouthing his words, when we arrived. Herb asked him to try speaking with his EL device. He did and was not clearly understandable. Herb adjusted the tone to a higher pitch and when Donnie tried again, his speech was much clearer and understandable. It brought a big smile to Donnie's face and he then used his EL for the rest of the visit. Michel suggested that Donnie try speaking with the EL pressed to his cheek and when he had it on the right spot, his speech was clear and understandable. Donnie was able to hear himself when speaking. Herb suggested that Donnie practice several times a day in front of a mirror and practice using both methods so that he will get accustomed to being able to place the device to his 'sweet spot' with regularity. Donnie was agreeable to doing this. Donnie was hoping to be discharged and be able to go home within a week. Many important things Donnie needs upon his return home were discussed. This visit was cut short due to Donnie having to go to a PT appointment. Michel then gave Donnie some HME supplies that he'd requested. Donnie thanked Michel and Herb for the visit and said that he plans to attend LCMC meetings after he is back home.

**“Coming together is a beginning;
keeping together is progress;
working together is success.”**

---Henry Ford

MORE UPCOMING EVENTS

Association of Head & Neck Cancer Rehabilitation



1st Annual Clinical Laryngectomee Conference

June 16 – 18, 2016

MD Anderson Cancer Center, Houston, Texas

This newly formed Association is dedicated to providing the highest level of instruction, with a particular emphasis on the instruction for Speech-Language Pathologists at all levels of experience, and graduate students. In working to achieve this objective, this inaugural conference will be held at MD Anderson Cancer Center in Houston with state-of-the-art didactic and hands-on instruction by clinical experts.

If you would like to register for this conference, please go to the following link for information: https://www.flipcause.com/secure/cause_pdetails/NTExmW==

The preferred hotel is the Wyndam Houston Medical Center Hotel & Suites, 6800 Main Street, Houston, TX, Toll Free (877-999-3223). Please specify that you are attending the 1st Clinical Laryngectomy Conference to obtain the special housing rate or use this direct link to book housing: <http://wyndam.com/groupevents2016/47155-1stCLINICALLARYNGECTOMYCONFERENCE/main.wnt>

If you would like additional information, or wish to receive a conference brochure electronically please contact us via email: AHNCR2016@gmail.com

Philip Doyle, Jodi Knott and Jeff Searl are the co-organizers of this new conference, and they are looking forward to welcoming you in June.

IAL and TLA 2016 Conference



We cordially invite laryngectomees, family members, speech-language pathologists, and graduate students to experience the best the International Association of Laryngectomees and the Texas Laryngectomee Association has to offer. Come and participate in the 65th anniversary of the IAL Annual Meeting and Voice Institute and the anniversary of the 25th TLA. Register before **May 23, 2016** to avoid late penalties and attend this extravaganza!

June 23 – 26, 2016

Omni Dallas Hotel Park West

1590 LBJ Freeway Dallas, Texas 75234

Phone: 972-869-4300

This is a unique opportunity for laryngectomees to acquire alaryngeal speech education, learn from the staff and the vendors about durable medical products, attend classes and social functions. Family members can gain insight and intervention skills. SLP's will earn more than 20 hours of ASHA CEUs at the IAL Voice Institute while graduate students will receive over 20 hours of academic preparation and at least 6 clinical hours of evaluation and therapy. The Voice Institute is an excellent opportunity to interact and observe communication skills used by laryngectomees in academic, social and public situations. Learn from experienced healthcare professionals, observe all types and proficiency levels of alaryngeal speech, be inspired to do and become more, practice or refine newly acquired communication skills, make new friends from near and far, see and try new products at the vendor tables. **Registration information is available at:**

www.theial.com or www.texastla.com