

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



NOVEMBER, 2010

LCMC MEETING MINUTES

October 13, 2010

Vice President Ishmael (Ish) Rivera called the meeting to order at 7:42 P.M. Others in attendance were Herb & Sally Simon, Howard Eskildson, Itzhak Brook, Helen Kane, Ken Davis and his wife, Debbie Grafton, and our Guest Speaker Linda Arapian. Ishmael read the Prayer for a Laryngectomee. Sally honored our guest caregiver Debbie, by reading the Prayer For a Laryngectomee's Spouse.

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MARK YOUR CALENDAR

**THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY**

Nov. 10th – 6:30pm

Speech Class

Beth Solomon

Nov. 10th – 7:30 pm

Business & Social Meeting

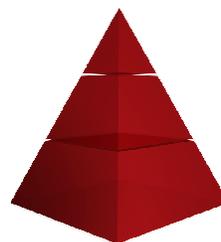
December 8th

**Speech Class – Beth Solomon
Business & Social Meeting**

**FOR INFORMATION
CONTACT: HERB SIMON**

**301-588-2352 or
H457@aol.com**

All Great Things Improve With Time



*Like wisdom handed down through the year,
and the trees as they so wonderfully grow.*

*Like wine as it gently ages,
and rivers as they flow.*

*Like memories that keep getting better,
and the bond between friends.*

*Like happiness and serenity,
and love that never ends.*

*All great things improve with time,
with qualities that become more dear.*

*Like people who were incredibly special
to begin with,*

And who keep getting better each year.

---Casey Whilson

LCMC SURVEY

Last month, in an effort to get feedback, thoughts and ideas regarding meeting attendance and support group activities from laryngectomees, a letter and survey form were sent to the local laryngectomees. We have received responses from many of you, but would like to receive completed surveys from many more of you. By filling out and answering the questions on the survey, you will help us to determine if we should change the dates and times of our monthly meeting. Please share your thoughts and ideas with us by remitting your survey information via U.S. Mail, E-mail or Telephone to:

HERB SIMON
403 Hamilton Avenue
Silver Spring, MD 20901
301-588-2352
H457@aol.com

We will be discussing the results of this survey at our November LCMC monthly meeting. We will more than likely implement any changes decided upon sometime in early 2011. We thank you in advance for your participation.

Happy Birthday



| | |
|-----------|----------------------|
| Nov. 8th | Steve Curran |
| Nov. 11th | Dr. Lou Laborwit |
| Nov. 16th | Lorenzo DiCasaGrande |
| Nov. 16th | Paul Harrison |
| Nov. 17th | Pat Warren |
| Nov. 20th | Mary Ann Miller |
| Nov. 26th | Linda Diggs |
| Nov. 26th | Odessa Robinson |

HAPPY THANKSGIVING

LCMC MEETING MINUTES

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Ismael welcomed everyone to the meeting and extended an extra special welcome to first time attendees Ken & Debbie, who had traveled all the way from LaPlata, MD to attend. We all introduced ourselves with the laryngectomees telling when and where our surgeries were performed. The minutes for the August meeting were unanimously approved as published in the September issue of THE VOICE. Herb introduced our guest speaker **Linda Arapian**, EMS Nurse Clinician with the Montgomery County Fire and Rescue, Division of Wellness, Safety and Training. Herb said that he has known Linda for several years and that she is a true friend of laryngectomees. Linda began her presentation by commending Itzhak Brook, Jim Roby and Herb Simon for attending the Advanced Life Support training classes and providing invaluable information about neck breathers. She requested that they please continue to attend and educate these EMS providers, who have shown great interest in their expertise. Plans have been made to videotape one of these presentations for future use. Linda explained that EMS providers are comprised of both career and volunteer personnel. All are required to have airway training, but many need to become more aware of the needs of neck breathers. She gave a breakdown of EMT-B and EMT-Advanced. EMT-B are basic providers who must complete 24 hours of continuing education every three years. They provide services such as administering oxygen, splinting a wound, controlling bleeding, and using an automatic external defibrillator. They may also administer a few medications such as EpiPen or a cough suppressant. Advanced EMTs must complete 72 hours of continuing education every two years. They include medics and paramedics and may start an IV, intubate, defibrillate, apply and monitor EKGs, administer oxygen and treat for chest pain. They may also administer medications such as morphine, nitroglycerin and aspirin. Itzhak asked how training was done for intubation and was told that simulators or mannequins were used. There was a discussion about educating our local emergency personnel on the needs of neck breathers. It was stated that we must be proactive. Suggestions were made about notifying our local firehouses and explaining our needs should emergency services be required. Perhaps we can find out when local emergency medical providers are having meetings and ask to be put on the agenda. Howard expressed concern about the fact that one is a neck breather is not always apparent and, therefore, their medical needs may be misunderstood. A prosthesis or tracheostoma button could be mistaken for a foreign object and sometimes Medic ID bracelets are left unchecked. Linda stated that through these continuing education classes, Montgomery County is trying to better educate emergency personnel. Those attending continuing education classes are also sharing their knowledge with fellow workers. Itzhak mentioned that he is working on a video for internet users. Linda brought to our attention a referendum item in the upcoming Maryland election regarding a charge for ambulance service. Professional emergency service personnel are in favor of this fee. They feel that the public will not see a difference in services and insurance companies will cover most of the cost. This would generate needed funds for all aspects of emergency services. Some volunteer emergency service providers receive community funding and are against this fee. They feel people won't call for an ambulance when needed, and services will be cut. They also feel insurance rates will increase. Linda provided print information about this issue, that was distributed to all in attendance. More facts are available at: <http://www.montgomerycountymd.gov/emstransportfee>. At the conclusion of the presentation, Ismael expressed appreciation to Linda for attending the meeting and providing such wonderful information. She then received applause from the audience.

Treasurer's Report - Herb reported that the funds in the Treasury were virtually unchanged. He reported that he wrote one check in the amount of \$163.50 to Luminaud for repair of a Cooper Rand loaner that was returned to the club in need of repair. He also reported one deposit in the amount of \$170.00. Howard questioned the need to spend money to repair the Cooper Rand and also questioned how many are in

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LCMC MEETING MINUTES

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our Loaner inventory. Herb stated the importance of maintaining working equipment in the loaner closet. He further explained that a large number of devices are now on loan, many of which are being used by laryngectomees who cannot afford the cost of purchasing one. We have many devices presently on hand in good working condition ready to loan, when needed. A comparison for repairing EL devices versus purchasing new equipment was made. Because there was a question regarding this expense, Helen asked if there is a policy in place regarding the spending of money and was informed that this was probably covered in club bylaws. There was also discussion on the types of equipment in the loaner closet. A brief description and demonstration of the use of a Cooper-Rand were given by Herb. **Itzhak** spoke briefly about 9114 HNC (Help for Head and Neck Cancer Fund). This is a nationwide cancer support group that also provides financial aid to patients with head and neck cancer. Assistance for purchasing medical supplies, etc. is available. The group's priority is not only to raise money to assist a greater number of individuals, but also to raise public awareness of the critical needs of people undergoing treatment for head and neck cancer. More information can be found on line at: www.HeadandNeckCancer911.org.

Aunt Bea's Sunshine Report – No report was given tonight due to time constraints.

Beth Solomon's Words of Wisdom – Beth was unable to attend the meeting. In her absence, Herb conducted the speech class, prior to the meeting.

Old Business – The possible change of our meeting time was discussed. Hopefully, more club members will return their LCMC Survey so their thoughts and preferences can be taken into consideration. This issue will be addressed at the November meeting.

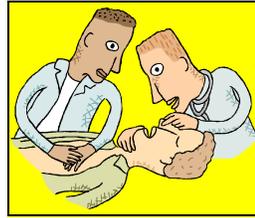
New Business – No new business was discussed. Ismael thanked **Helen Kane** for providing the wonderful refreshments for the meeting. A motion was made and seconded to adjourn at 9:12 P.M. Following the meeting, **Ismael** kindly volunteered to bring the refreshments to the November meeting.

*---Respectfully submitted by,
Helen Kane*

**"REALITY
leaves a lot to the imagination!"**

---Unknown

RESCUE BREATHING PRESENTATIONS



November 18th – **Itzhak Brook and Herb Simon** gave a Rescue Breathing for Laryngectomees and other Neck Breather Presentation for a Montgomery County Advanced Life Support (ALS) Continuing Education class. In attendance at this presentation were 21 ALS providers, (15 career and 6 volunteer providers). This presentation was video taped. DVDs will be made from the taping and distributed to EMS personnel throughout the county.

Strengths of this Class – Comments from provider's evaluation forms:

- guest speakers were interesting. I feel a little better to have stoma patients, although I'm sure I'll still be nervous
- guest speakers
- Excellent presentation by Laryngectomy Club members
- I did like the Laryngectomy group. Good info. I might not be so scared to run into one now.
- Guest speakers from LCMC
- Good stoma lecture
- Neck breathers' lecture
- Guest speakers were great
- Excellent guest speakers. It's always good to get perspective from real world experience
- Guest speakers. Good to hear from the source
- The guest speakers gave us a real life example of the challenges our patients face while dealing with a disability
- Guest speakers were very good and provided 1st hand knowledge of the subject

HUMOR



"It was different when we were kids. In second grade, a teacher came in and gave us all a lecture about not smoking, and then they sent us over to arts and crafts to make ash-trays for Mother's Day."

**"What the heart knows today,
the head understands tomorrow."**

NEW LARYNGECTOMEE VISITS

October 6th – Herb went to the Marcey family home in Summerduck, VA to visit with new laryngectomee **Fred Marcey**. Fred, who will be 59 years old later this month, had his surgery on September 28th at the University of Virginia Hospital in Charlottesville. Fred, a retired painter, enjoys cars, boats and fishing. Also present for this visit were Fred's loving family members Michelle (Mickie), Mike and Ron, who have been taking care of him. A caring neighbor also came by toward the end of the visit. Unfortunately, Fred was feeling sick to his stomach at the time of this visit and was very uncomfortable the entire time. Family members were on the phone with the doctor and pharmacy throughout this visit. Fred was not speaking at this time. The normal subjects were covered and the family's questions were addressed. Herb left a New Laryngectomee Information Kit, from The New Voice Club of Northern Virginia. Thanks go out to Gil and Barb Giles for helping to arrange this visit.

Update: Fred was readmitted into UVA Hospital, shortly after this visit. It was found that he had bacteria in his stomach. After a two week stay in the hospital, he is now staying at his brother Ron's home in MD.

October 24th – Herb went to the Port Tobacco, MD home of **Howard Thornton** for a pre-op laryngectomy visit. His surgery is scheduled to be on October 26th at George Washington University Hospital in Washington, DC. Also present for this visit were Barbara, Howard's wife of 51 years, his daughter Cathy, Granddaughters Grace (almost 3 years old), and Christine (30 years old), and Justin (Christine's Fiancee). Christine and Justine live in Myrtle Beach, SC. Howard is a Building/Steam Engineer and has set a personal goal to return to work no later than December 19th. Howard loves to work in his yard and is an avid model train enthusiast. He also with the help of family members does a fantastic job of decorating his home, both inside and out at Christmas. This year, the trimmings will be modest in comparison, due to Howard's upcoming surgery. Herb gave Howard a New Laryngectomee Information Kit and went over the materials in it and answered many good questions from the family members. A nice lunch was prepared and shared by all, before Herb left. Thanks to **SLP Melanie Dorn** of Inova Fairfax Hospital for helping to arrange this visit.

ACTIONS TO TAKE THIS FLU SEASON

1. Get Your Flu Shot

The best way to prevent the flu is with a flu vaccine. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine as soon as it becomes available in your community. Vaccination is especially important for people 65 years and older because they are at increased risk for complications from flu.

This season's vaccine will protect against three different flu viruses: an H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season. You should get vaccinated this year even if you got a 2009 H1N1 or a seasonal vaccine last year because the vaccine viruses have been updated. Immunity sets in about two weeks after vaccination, and the flu vaccine provides protection that lasts throughout the entire flu season.

This season, people 65 years and older will have two flu shots available to choose from - a regular dose flu vaccine and a new flu vaccine designed for people 65 and older with a higher dose. The high dose vaccine is associated with a stronger immune response to vaccination. However, whether the stronger immune response results in greater protection against influenza illness in older adults is not yet known. The CDC and its Advisory Committee on Immunization Practices have not expressed a preference for either vaccine.

- 2. Take Everyday Preventive Actions** including covering coughs, washing hands often, and avoiding people who are sick.
- 3. Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or treatment with antiviral drugs. It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and have a greater chance of getting serious flu complications, like people 65 and older

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever. *--- Above information reprinted from CDC web site*

HAVE YOU GOTTEN YOUR FLU SHOT YET?



If you haven't gotten your flu shot yet and want to find out where you can get one near you, go to: <http://www.flu.gov/>