

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, 2011

MEETING MINUTES

October 12, 2011

The meeting was called to order by **President Herb Simon** at 11:30 A.M. Others present at the meeting were Sally Simon, Helen Kane, Ernest Johnson, Bill & Annetta Rapp, Itzhak Brook, Peggy Bradberry and Amir Ebrahim. Herb read The Prayer for a Laryngectomee using his Digital Servox EL and then extended

(Continued on page 2)

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

Business & Social Meeting
Refreshments by Herb & Sally

Will be held at
HERB & SALLY'S HOME
403 Hamilton Avenue
Silver Spring, MD 20901

Nov. 9th – 11:00 AM

Copies of the New Rescue Breathing for Laryngectomees and Other Neck Breathers DVD and the New Emergency Cards will be given to attendees who do not have them yet.

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



TWAS THE NIGHT OF THANKSGIVING,
BUT I JUST COULDN'T SLEEP.
I TRIED COUNTING BACKWARDS,
I TRIED COUNTING SHEEP.

THE LEFTOVERS BECKONED -
THE DARK MEAT AND WHITE,
BUT I FOUGHT THE TEMPTATION
WITH ALL OF MY MIGHT.

TOSSING AND TURNING WITH ANTICIPATION,
THE THOUGHT OF A SNACK BECAME INFATUATION.
SO, I RACED TO THE KITCHEN, FLUNG OPEN THE DOOR,
AND GAZED AT THE FRIDGE, FULL OF GOODIES GALORE.
GOBBLED UP TURKEY AND BUTTERED POTATOES,
PICKLES AND CARROTS, BEANS AND TOMATOES.

I FELT MYSELF SWELLING SO PLUMP AND SO ROUND,
'TIL ALL OF A SUDDEN, I ROSE OFF THE GROUND.
I CRASHED THROUGH THE CEILING, FLOATING INTO THE SKY,
WITH A MOUTHFUL OF PUDDING AND A HANDFUL OF PIE.
BUT, I MANAGED TO YELL AS I SOARED PAST THE TREES....
HAPPY EATING TO ALL - PASS THE CRANBERRIES, PLEASE.

MAY YOUR STUFFING BE TASTY,
MAY YOUR TURKEY BE PLUMP.
MAY YOUR POTATOES 'N GRAVY HAVE NARY A LUMP.
MAY YOUR YAMS BE DELICIOUS.
MAY YOUR PIES TAKE THE PRIZE,
MAY YOUR THANKSGIVING DINNER STAY OFF OF YOUR THIGHS!!

HEALTH INSIGHTS

Sodium-Restricted Diet Can Help in Treating Hypertension



Sodium intake is one of the leading drivers of high blood pressure (hypertension). The main source of sodium in an American's diet is processed foods, especially breakfast cereals and baked goods, such as bread, muffins and cakes. In fact the average American gets one-third of his or her daily requirement by consuming those types of foods.

Generally, reducing sodium in the diet is a healthy choice for most people. Ideally, you should try to keep your sodium intake under 1,500 milligrams per day. That is quite low for the average person, but it tells you just what an important role sodium plays in our cardiovascular health.

Always check your food's nutrition labels for sodium content and keep track throughout the day of how much you are consuming. A good rule of thumb is that individual food products should contain no more than 200 mg per serving, while meals should contain less than 600 mg total.

---Johns Hopkins Health
Summer 2011

MEETING MINUTES

(Continued from page 1)

a warm welcome to all in attendance. Everyone introduced themselves with the laryngectomees telling when and where their surgeries were performed. **Ernest** and **Amir** shared that both had their surgeries performed by **Dr. Ziad Deeb** at the Washington Hospital Center. We were also interested to learn that our own **Dr. Itzhak Brook** attended medical school at the Hebrew University Medical School in Jerusalem, Israel with Dr. Deeb in the 1970's. Although Dr. Deeb was a couple of years ahead of Itzhak in school, they collaborated on several studies on sinusitis together. The minutes for the September meeting were unanimously approved as published in the August issue of *THE VOICE*.

Treasurer's Report:

Herb reported that 4 checks totaling \$273.88 were written this month: two for donations and two for reimbursements. He also reported donations in memory of Preston Coffey and Arlene Meachum in the amount of \$725.00 have been received and deposited in our bank account. He added that we have 47 dues paying members so far this year.

Aunt Bea's Sunshine Report: Herb read an email message from longtime LCMC member **Chuck Silsbee**, who lives in Gillette, Arkansas. Chuck wrote that he enjoyed the article on Osteoporosis in the October issue of *THE VOICE*. He wrote about his own calcium intake and a medication that he also takes and then asked: Do you think I'm getting old at 80? He ended by saying hi to all of us and wishing us a good month. Herb told us that **Sandra Zuckerman** visited yesterday. She donated her late husband's Electro-larynxes and a lot of laryngectomee supplies that have never been used to LCMC to distribute to laryngectomees who can use these items in the future.

General Discussion: **Amir** told us that he is now in his second week of radiation and will soon begin chemotherapy. He questioned **Itzhak** about chemotherapy. Itzhak said that this was not his area of expertise and advised Amir to ask his doctor about the side effects. Herb pointed out that Amir had a wonderful attitude and was a good example of a bright spirit. We were sorry to hear that **Ernest** will be undergoing additional surgery on October 19th because of a lung lesion. All present wished both Amir and Ernest well. Herb told us that he and Sally, and Itzhak enjoyed the New Jersey Laryngectomee Conference. There was a brief discussion about the new inexpensive EL being developed by InHealth. Herb tried it at the NJ Conference and feels it is both good and affordable. He said that it would also serve well as a backup unit. It was pointed out that Medicare will cover most of the cost for a new electro-larynx every five years. If one has a supplemental insurance plan, any additional cost may also be covered. When discussing the article about Osteoporosis in last month's newsletter, Sally spoke of the importance of taking vitamin D along with calcium. Vitamin D is needed to absorb calcium.

Old Business: **Helen** reported that she had checked into a few more meeting locations and is waiting for a response from two of them. She expressed a need to know the location that would be most agreeable to club members. Herb suggested checking the Moose Lodge on Forest Glen Road in Silver Spring. Herb told us that he presented the thermal coffee pot gift to the employees of Elite Protection Services who expressed great appreciation. They also said they would be most happy to allow us to continue meeting at their location. All agreed that they have been most gracious.

(continued on page 3)

MEETING MINUTES

(Continued from page 2)

Old Business: Herb told us about **ENHANCES**, a new head and neck cancer support group that will have meetings at George Washington University Hospital. The first meeting will be on November 2nd at 2 P.M. There will be more information in the next issue of *THE VOICE*. **Mandy Pietropaulo**, an ATOS Rep and SLP who has been on Maternity leave after giving birth to a new baby boy, has offered to speak at our December meeting. She has presented to us a couple of times in the past and we are looking forward to having her back. **Helen** was thanked by all for providing the goodies for the meeting. A motion was made, seconded and passed to adjourn the meeting at 12:50 P.M.

---Respectfully submitted by,
Helen Kane

THE GREAT AMERICAN SMOKEOUT



The American Cancer Society is marking the 36th [Great American Smokeout](#) on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

PUT YOUR CAR KEYS BESIDE YOUR BED AT NIGHT



Tell your spouse, your children, your neighbors, your parents, your Dr's office, the check-out girl at the market, everyone you run across to put your car keys beside your bed at night.

If you hear a noise outside your home or someone trying to get into your home, just press the panic button for your car. The alarm will be set off, and it will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep making the alarm noise until your battery runs down or until you reset it with the button on the key fob chain.

It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break into your house, odds are the burglar won't stick around.

After a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

This could also be useful for any emergency, such as a heart attack, where you can't reach a phone. An older wife might suggest to an older husband that he carry his car keys with him in case he falls outside and she doesn't hear him. He can activate the car alarm and then she'll know there's a problem.

DEPENDABILITY

“The Absence of Inconsistency”

---Jackie Woods

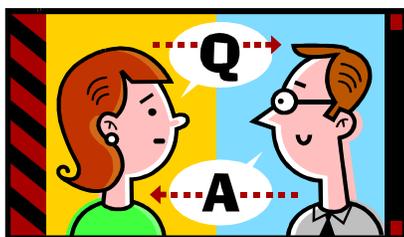


Nov. 8th Steve Curran
 Nov. 11th Dr. Lou Laborwit
 Nov. 16th Lorenzo DiCasaGrande
 Nov. 16th Paul Harrison
 Nov. 17th Pat Warren
 Nov. 20th Mary Ann Miller
 Nov. 26th Linda Diggs
 Nov. 28th Paul Corridean

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: www.lungusa.org



Q. Should I avoid heavy lifting?
A. No, not really. In most cases your laryngectomy will not be the main factor in any restrictions on lifting. After you are completely healed you will usually be able to lift the same amount of weight as before your surgery.

---Reprinted from
 The Florida Laryngectomee Association
 Q & A Booklet for the Laryngectomee

NEW LARYNGECTOMEES VISIT

October 25th – **Tommy Justice** accompanied by his sister, **Linda Justice** and her children **Pierre** and **Camisha** came to the Silver Spring home of Herb and Sally Simon from Pocomoke, MD for a post-op visit. Tommy, who is 62 years old, worked as a waterman for a seafood company for 32 years prior to his surgery. He doesn't think he will be returning to work. Tommy had his surgery on June 20th of this year at the University of Maryland Medical Center in Baltimore. He had been speaking with a TEP until it got dislodged and wound up in his lung. After a stay in the hospital to remove the prosthesis, he was in need of an EL and some training to be able to use it effectively, until his new prosthesis is put in. He was able to get a loaner EL from LCMC and some initial training on using it during this visit. Due to having chemo and radiation treatments after surgery, he was unable to produce good voice with the speech device placed at his neck, but he was able to be understood with the speech device placed on his cheek. The family was able to understand just about everything he said. He gladly wrote notes, when he was not understood. He smiled throughout this visit and is in excellent spirits. The family is right there for him and all were trained somewhat on how to assist with Tommie's new way of speaking. A couple of different brands of ELs were tried and the family felt that he was easier to understand with a Servox, so that is what he took home to use. He was advised to practice in front of a mirror and accept helpful input from those he is talking to. Herb reviewed the materials in the new laryngectomee information packet and stressed the need to be pro-active when it comes to emergency needs. Some excellent learning materials for EL speech were also included. This was a productive visit enjoyed by all. Hopefully the Justice family will be able to join us at some of the future club Holiday Parties and Summer Picnics. They live about three hours away, so they will not be able to be regular attendees at monthly meetings.

ENHANCES

This new George Washington University Hospital (GWUH) support group for head and neck cancer patients will hold it's first meeting on:

NOVEMBER 2nd at 2:00PM
 at
George Washington University Hospital
900 23rd St. N.W.
Washington, DC
in the 4th Floor Rehab Dining Room

This meeting is open to the public. Participants do not have to receive services from GWUH to attend. This support group is a free, participant driven service that will be sponsored by the hospital. Guest speakers and light refreshments will be featured at the monthly meetings.

"Life is a succession of lessons which must be lived to be understood."

---Helen Keller