

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, 2013

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**

On

Wednesday

Nov. 13th at 10:30 AM

**Socializing & Refreshments
Refreshments to be furnished by:
HELEN KANE**

11:00 AM

Business & Social Meeting

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

A THANKSGIVING PRAYER



Lord, We humbly ask Thy blessings on the turkey and the dressing, on the yams and cranberry jelly, and on the pickles from the deli.

Bless the apple pie and tea, bless each and every calorie. Let us enjoy Thanksgiving dinner; tomorrow, we can all get thinner.

For all Thy help along the way, we're thankful this Thanksgiving Day. We're thankful, too, for all our dear ones, for all the far away and near ones.

Although we may be far apart, we're together in my heart. Keep us in Thy loving care, this is my Thanksgiving prayer.

P.S. Anyone who wishes may help with the dishes.

---Author Unknown

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/34	Mary Ann Miller
Nov. 26th	Linda Diggs
Nov. 26th	Odessa Robinson
Nov. 26th	Terry Thomas
Nov. 28th	Paul Corridean

HAPPY THANKSGIVING



LARYNGECTOMEE PASSING



IN LOVING MEMORY OF
William K. Spalding Jr.
JULY 18, 1928 – OCTOBER 12, 2013



FIREFIGHTER

*"And so he has selflessly devoted
his life for the good of his fellow man.*

*His task completed,
his duties well done.*

*To our comrade, his last alarm,
he's going home."*

MEETING MINUTES

September 11, 2013

The meeting was called to order by **President Stanley Lipscomb** at 11:20 A.M. Others present were Herb & Sally Simon, Helen Kane, Dwayne Boston, Bernard Lewis, Rowland Nelson, Thurman Dickey & Queen Jones, Joe Mansaray & Jaka Kakay. **Bernard Lewis** read the Prayer for a Laryngectomee and **Sally** read the Prayer for a Laryngectomee's Spouse. Stanley greeted everyone in attendance. The minutes for the September meeting were approved as published in the October issue of *The Voice*.

Treasurer's Report: **Herb** reported that that he had written two checks and made a deposit since the last meeting. He said there was little change to our available funds. He told us that we received a check for dues and a very generous donation from **G.C. & Faye Rogerson**, who live in LaPlata, MD. We were pleased that **Dickie & Queen** have become members of the LCMC. They are great additions to our group. **Joe & Jaka**, who arrived late due to the heavy traffic caused by a terrible accident on the Beltway, also joined the LCMC after the meeting adjourned. Herb announced that he had Servox batteries for sale.

Aunt Bea's Sunshine Report: **Stanley** proudly shared that his younger brother, at the age of 56, had graduated from Thomas Edison State College in New Jersey. **Herb** reported the following: **Addie Shaw** is not here today because she is having a stress test. **Larry Dawkins** is not here today because he has a doctor's appointment. **Don Sievers** cannot be here today because he had a fall and is in his words: "pretty much out of commission." Don will be having his first physical therapy session at the same time as the meeting. He sends his warm wishes to all of us. **Joan Eskildson** emailed that she will not be able to make it to the meeting today. **Tema & Irwin Title** recently returned to their home in Toronto from a trip to Scotland. While there they spent a week with Tema's daughter and her family in Dundee. Irv's battery charger stopped working while they were in Scotland. He was able to borrow one from a local hospital for the rest of their stay, and was waiting for them when they returned home. The Titles are planning to attend the IAL Annual Meeting in Buffalo next year. Herb read a Thank You card he had received from **Dwayne Boston**. Dwayne expressed how grateful he is for the help given to him by our support group and especially by Herb and Larry Dawkins. Dwayne then shared with us that his life has changed for the better, since being part of the LCMC, and he has learned that there is life after surgery. He also is trying to help others. Dwayne added that his one year anniversary is coming up soon. Everyone clapped upon hearing this.

Old Business: No old business was discussed.

New Business: **Stanley** reminded us that the election of 2014 LCMC officers will be held in December. Herb and Dwayne volunteered to serve on the Nominating Committee. Addie will be contacted to see if she will serve as the chairperson of the committee again this year. Queen passed around a page from the club bylaws stating the duties of officers. If you are interested in serving, please contact one of the members of the Nominating

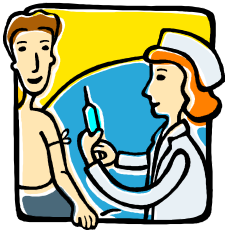
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PREVENTING THE FLU

- ◆ **Avoid close contact with people who are ill. When you are sick, keep your distance from others.**
- ◆ **If possible, stay home from work, school and errands when you are sick.**
- ◆ **Cover your mouth and nose with a tissue when coughing or sneezing.**
- ◆ **Wash your hands often --- this will help protect you from germs. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.**

---Source: Maryland Department
Of Health and Mental Hygiene

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://flushot.healthmap.org/>

"People are more important than friends. Anything can be replaced or repaired, except people's feelings."

---Virginia Eleanor Malaney Jacquet

MEETING MINUTES

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Committee. Herb announced that Baltimore, MD is being considered as the location for the IAL Annual Meeting and Voice Institute in 2015. Paul Evitts, an Associate Professor and SLP at Towson University wrote to Herb to let him know that assistance from local clubs will be needed. He shared that there is a meeting being scheduled in Baltimore with members of The IAL Board of Directors. The purpose of this meeting will be to introduce them to our area, view the facilities available, and meet some of us who are willing to help with the effort.

General Discussion: Sally suggested that the name of the Prayer for a Laryngectomee's Spouse should be changed. She pointed out that caregivers are not limited to only spouses, and that many caregivers are other family members and loved ones, or close friends. After some discussion it was unanimously decided that this prayer will now be known as the *'Prayer for a Laryngectomee's Spouse and Other Care Givers'* for our group's use. Queen asked about the IAL Annual Meeting and Voice Institute and was told the next one will be held in Buffalo in June. Sally explained that the Voice Institute consists of a series of classes where laryngectomees can receive professional help from doctors and speech therapists. These classes are also a learning venue for many speech therapists who have not worked with laryngectomees in the past. Different events were discussed. Stanley attended an event at the IAL Meeting in Durham, NC a couple of years ago where some laryngectomees demonstrated their swimming ability. Instructions were offered for those wanting to learn. Bernard said that this annual event is amazing and the classes are so beneficial. It afforded him the opportunity to see others and how well they are doing. He was able to come out of his shell and it helped him become whole again. It was brought out that first time LCMC members who attend the Annual Meeting are reimbursed \$500 to assist with their expenses, and returning attendees are reimbursed \$100. Queen shared that she always remembers when Herb visited her & Dickie and told them that the goal when learning to speak is to be able to be understood. She said that sensitivity to others is most important to her. It was pointed out that as the meeting today progressed and Dickie used his TEP more, his voice improved. Stanley inquired about **Terrie Hall**, who had appeared in those powerful anti-smoking commercials a couple of years ago. We were saddened to hear that she had recently passed away. Sally said that Terrie was not only a hard worker but was so very kind and would help anyone. Herb brought out the pair of glasses he found after the picnic and asked if they belonged to anyone. They didn't belong to anyone present. Sally suggested that they be donated to the Lion's Club if unclaimed. Dickey and Queen were thanked for today's wonderful refreshments which included some delicious potato salad made by Dickie. **Helen** volunteered to bring the goodies to the November meeting. The meeting was adjourned at 12:40 P.M.

---Respectfully Submitted by
Helen Kane

**"We make a living by what we get.
We make a life by what we give."**

---Winston Churchill

PRE AND POST-OP LARYNGECTOMEE VISITS

Oct. 4th: Herb went to Georgetown University Hospital to visit with two pre-op patients. The first patient he saw was **Tina Apperson** and her caring and loving husband **Dave**. Tina and Dave, have been married for 22 years. They live in Martinsburg, WVA and have one daughter. Tina has several medical issues going on right now and is not sure if she will undergo treatments for the cancer or have surgery as soon as she is physically ready. Both of the Appersons had many good questions. Herb was able to answer some and referred them to their medical team for the ones he couldn't. Tina's tension lightened up noticeably during this visit, which was cut short by the need for medical personnel to work with her. The Appersons were appreciative for the visit. Dave shared after the visit that this was the first time he had seen Tina smile, since becoming ill about three weeks earlier. Thanks go to **SLP Jayme Cappa** for arranging this visit. Herb went to visit with the second patient, **Dennis Adams**, who lives in Forest Heights, MD. Dennis, who is 58 years old was receptive to this visit, but it was a very short visit because he needed to have some tests done. Thanks go to **SLP Eliza Peoples** for requesting this visit.

Oct. 5th: Herb went to the Montgomery Village home of **Thomas (Tom) Dillon** for a pre-op visit with him and his wife **Sally** and many of his family members. Tom, who is 81 years old, and Sally have been married for 55 years. They have three children and six grand children. Tom is retired after a long and enjoyable career in Sales & Marketing. Also present for this visit were their daughter **Carol**, her husband **Tom**, and their children **Judah, Lily, Micah & Lucy**, and daughter **Susan** and her daughters, **Calli & Gabbi**. Herb shared some of his personal experiences leading up to and since his surgery. Most of the conversation from that point on had to do with what to expect after surgery.

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PRE AND POST-OP LARYNGECTOMEE VISITS

All of the family shared in a lively Q&A session. After explaining some of the changes in the anatomy caused by this surgery, Herb showed his stoma and demonstrated how he clears his throat of mucus. A good part of the conversation focused on laryngectomee safety and on the importance of hydration and humidification. When it was time to leave, all the family members thanked Herb and shook his hand. Tom walked Herb to his car and told him that this visit was very helpful and he now feels that he knows a lot of about what to expect. His surgery is scheduled to be on October 9th at Johns Hopkins University Hospital in Baltimore. Special thank go out to **ENT Dr. Brian Driscoll** for referring the Dillon Family to LCMC.

Oct. 18th: Herb went to Johns Hopkins University Hospital in Baltimore to visit with a two new laryngectomee patients. He first met with **Nurse Practioner Carol Maragos**, who had requested these visits. Carol took Herb to the first patient's room, introduced them, and then left. The new laryngectomee, **Monroe Wonder Jr.** and his **wife Marion** and **sons Monroe Wonder III and John** were all smiling, when they greeted Herb. The Monroes live in Lititz, PA. Monroe, or **Monnie**, as the family members so lovingly call him, looked great especially considering that his surgery was on October 10th. He was sitting in a chair and already talking very well with an electro-larynx. Monnie, who is a very outgoing person, had his own barber shop and loved his work and socializing with his clientele. He did that for 50 years before retiring five years ago. He and Marion have been married for 57 years, but have known each other for almost all of their lives. They grew up across the street from eachother. This was a very lively meeting with lots of good questions from all the family members and lots of humor and laughter. Herb brought Monnie a new laryngectomee information packet, compliments of LCMC and went over the materials in it with them. When Herb was leaving, Monnie smiled, waved and said: *"Don't be surprised if we show up at your club meetings in the future!"* From there, Herb found Carol and she led him to the second patient's room and introduced Herb to **Don Worman**. Don is 78 years old and lives in Laurel, MD. He was not feeling very well and was very tired. Because of this, it was a short visit. Herb left a new laryngectomee information packet for Don and went through it very quickly with him. When Herb saw Carol again, he asked if **Tom Dillon** was still an in-patient. He was, but he was in a different area of the hospital. Carol took Herb to where Tom was and as they were walking down the hall, Tom's daughters greeted Herb. Tom was recovering well from his laryngectomy, but had experienced a different medical issue. His wife Sally came out and spoke with Herb and said Tom would love to see him, but it would be a few minutes before he would be ready. When Herb was able to go in, Tom greeted him with a big smile and they were both glad to see each other again. Tom was not able to speak clearly yet, but he communicated by writing. He was scheduled to be discharged later that afternoon and all the family were glad that he was coming home. A special thanks go to **Carol Maragos**, not only for requesting these visits, but also for introducing Herb to each of the patients, and for taking him down to a different floor to be able to visit with Tom Dillon and his family again.

Oct. 26th: Herb returned to Georgetown University Hospital to visit with **Dennis Adams**, who had his surgery soon after the prior visit. Dennis looked good and seems to be doing well. He and Herb visited for awhile discussing life after surgery. Dennis was getting tired, so Herb will visit with him again in his Forest Heights, MD home soon after he's discharged.