

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, 2014

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. 12th at 10:30 AM

Guest Speaker
Dr. Paul Evitts

Socializing & Refreshments

Refreshments to be furnished by:

Michel & Julie

11:00 AM

Business & Social Meeting

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

THE THIRD VOICE

Mario Lanza became my idol when I was very young,
I tried to emulate his voice, knew every song he'd sung.
In literature, Keats and Shakespeare I studied very hard,
My voice would swell and passions tell, as I would quote the Bard.

But reading books and learning much weren't total education
For music's art would play its part, I sang with great elation.
In prose or verse, or tenor soaring, my voice was my ID
The accent sweet, the tone unique, told all that I was me.

Then Cancer struck that fragile chord, not just once, but twice!
Eating away, eroding, burning, rewarding the smoking vice.
Cobalt beams would kill it dead, that very first time around,
Second time, the surgeon's knife, and I'm left without a sound.

Desperation, fear and dread filled each day of my new life,
As I tried ways to find out how to overcome my strife.
I had to learn to speak again, but how when on one's own?
I was a freak, no one to teach, this silent fool...alone.

Then slowly, words came out, a drone, for sure, it's true,
But language graced these lips again, so how could I stay blue?
I'd used a tool, vibrating source, to imitate a voice,
Then I discovered gulp and speak I had another choice.

Where once I had a single voice, I find I now have three!
The third came with my keyboard "chord" and screen of my PC.
The latest, loudest of them all, gives power to speak to nations,
And sends out notes of hope and cheer to newer cancer patients.

The message that I've tried to send, in this short history,
Is one of faith and hope to all who sadly follow me.
The surgeon's knife will take but flesh, and leave you with your life,
So take that gift and use it well, tell others of your strife...

For we are teachers, you and I are all laryngectomees . . .
Who've proved to all that we have beat the dread big 'C' disease.

---by Frank Morgan

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
Nov. 26th	Terry Thomas
Nov. 28th	Paul Corridean

Have a Happy



Thanksgiving

UNCLAIMED UMBRELLAS



Two red umbrellas were left at the annual club picnic in September and have not yet been claimed. If they are yours, please let us know. If they are not claimed, they will be given away at the LCMC monthly meeting on November 12th.

MEETING MINUTES

October 8, 2014

The meeting was called to order by **President Stanley Lipscomb** at 11:15 A.M. Others present were Herb & Sally Simon, Donald Sievers, Rowland Nelson, Jim & Ursula McDonald, Lena Burton, Robert Boyd, Helen Kane, and Bernard Lewis. **Don Sievers** read the Prayer for a Laryngectomee in his hands-free TEP voice. Stanley extended a warm welcome to all in attendance. We each introduced ourselves with the laryngectomees telling when and where their surgeries were performed. The minutes for the August meeting were unanimously approved as published in the September issue of *The Voice*.

Treasurer's Report: Herb reported that he had written three checks this month and made one deposit and that there was very little change in the amount of money in the club treasury this month. He said we now have 51 dues paying members for 2014.

Aunt Bea's Sunshine Report: Herb reported that he had spoken with **Larry Dawkins** who had not been feeling well, but is now doing better. Helen told us that she had communicated with **Addie Shaw**, who is having some breathing difficulty. Addie has cataract surgery scheduled for October 23. Stanley has unsuccessfully been trying to reach **Charles Pickett**. Herb said that Charles keeps busy doing volunteer work.

Old Business: No Old Business was discussed.

New Business: A motion was made, seconded, and unanimously approved to reimburse **Sally** \$185.43 for expenses incurred for our Annual Summer Picnic. This amount also covers leftover paper products and drinks that will be used at our future monthly meetings. **Stanley** described the picnic as "*a blast*", where he was happy to see both new and many familiar faces. As always, everyone was pleased **Jim Lauder** was able to join us. Herb reminded us that **Dr. Paul Evitts** will be the guest speaker at our upcoming November meeting. Dr. Evitts is a SLP and Associate Professor in the Department of Audiology, Speech-Language Pathology, and Deaf Studies at Towson University. He is also a new member of The IAL Board of Directors. He is instrumental in the planning of the IAL Annual Meeting and Voice Institute that will be held in Baltimore in June, 2015. Although LCMC will not be involved in the planning of the meeting, club members who will be attending will gladly assist at the event as needed.

General Discussion: **Stanley** pointed out that October is Breast Cancer Awareness Month. Herb stated that men also get breast cancer and that **Jim McKnight**, a long time laryngectomee and LCMC member also had breast cancer at one time. **Ursula** passed around a copy of *Cure* magazine, which she has found to be most informative. It offers articles on many important subjects, such as being one's own health care advocate, medications, caregivers, etc. Subscriptions can be ordered on line at curemagazine.com/subscribe or by telephoning 1-800-210-2873. **Stanley** asked if everyone had gotten their flu shots. In response to

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MEETING MINUTES

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Don's questions, brief discussions were held regarding regaining sense of smell and taste, and coughing up mucous after surgery. Comparisons between the use of a Servox EL or TruTone EI were demonstrated. Medicare supplemental health plans, and Veteran's Administration health care were also addressed. Herb passed around copies of the program from **Dwayne Boston's** funeral service. All were saddened by this loss. Everyone thanked Sally for the delicious refreshments. **Julie & Michel**, who are vacationing in France this month, have volunteered to bring the goodies to our November meeting.

---Respectfully submitted by
Helen Kane

POLICE PULLOVERS

by Wayne Baker



It happens to the best of us. We get pulled over by the police. They approach the car and ask for your license.

If you are a user of an electro-larynx and it happens to you, you will do well to observe one simple rule of conduct: **KEEP YOUR HANDS IN SIGHT. NEVER REACH FOR SOMETHING OUT OF SIGHT.**

The police regard everyone as a potential problem and they will do what they have to in order to protect their lives. You know you are not a Charles Manson. They don't. In fact, they are trained to think you are. It is the way they live so long.

Police can be nice or not. It is sometimes (but not always) up to you. Help them out. Be slow. Be obvious. Wait for permission. Be polite.

---Reprinted from
Let's Talk (4-99)

HEALTH SCAN

MEDICINE

When to consult another doctor

'THREE SIGNS YOU NEED A SECOND OPINION,'
HEALTH MAGAZINE

Many people find it hard to challenge their doctors. Physicians have a lot of training, they are accustomed to wielding authority and we tend to see them when they're respectably dressed but we're without some or all of our clothing.

Also, a lot of us simply were brought up to be *nice*, not confrontational.

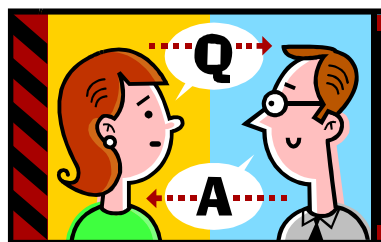
So deciding to get a second opinion — especially when you know it will be shared with your first doctor — can be awkward. The October issue of Health magazine provides some encouragement for the timid. "Three Signs You Need a Second Opinion" says you should start hunting for another provider in these cases:

1. Your doctor is being dismissive. "If your physician isn't taking your symptoms or concerns seriously, it's time to make an appointment with another expert," the magazine advises. "And don't feel bad about it: You know your body better than anybody." (Of course, this might just encourage hypochondriacs; but if a second doctor dismisses the same concerns, it's incentive to take a closer look at your self-diagnosis.)

2. Your care plan is getting nowhere. If multiple tests and treatments have produced no improvement, you need to go looking for another point of view, from somebody with different experience and methods.

3. Your problem isn't your doctor's specialty. Even common diagnoses and procedures can go wrong if your doctor doesn't have a lot of experience in the area.

---Reprinted from the *Washington Post*
October 7, 2014



- Q.** Does cancer of the larynx always mean the larynx will be removed?
- A.** At one time it did. But in recent years, new innovative procedures have been developed that allow parts of the larynx to be left.

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

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/>

EDITOR'S NOTE

It would be good for you to get your flu shot ASAP because the vaccine supply is already getting low this year.

GUEST SPEAKER



Paul Evitts will be attending our November meeting to discuss the IAL annual meeting coming to Baltimore in 2015. Paul is an associate professor at Towson University in speech-language pathology and was recently sponsored by this group to become a member of the board of directors of the IAL. In Buffalo, he was elected to the board and has been starting to help plan the Baltimore convention as the IAL annual meeting will be coming to Towson in 2015. Paul was able to successfully recruit the IAL to come to the area and will be discussing how the LCMC group can help out this coming summer. He is also already busy recruiting students to volunteer at the IAL this summer and hopes to recruit at least 30 undergraduate students from area speech pathology programs. Last spring, in his position as Director of University Relations for the Maryland Speech, Language and Hearing Association (MSHA), he was able to attract 25 students from seven different area SLP programs, so he's hoping for another successful volunteer effort. For those interested in the voice institute, Paul has arranged for the clinical portion to be at Johns Hopkins Otolaryngology Department where Paul holds a part-time faculty appointment. Paul has been here in the past as he has recruited research subjects for one of his studies. Most of his research throughout his career has focused on better understanding speech problems and quality of life with laryngectomees and their families. He is excited to come to attend our meeting and start generating some excitement for the IAL coming to Baltimore!

WOULD YOU LIKE TO CONTINUE RECEIVING THE IAL NEWS OR

WOULD YOU LIKE TO BEGIN RECEIVING THE IAL NEWS?

The IAL will be posting a request in the November IAL News Letter for everyone now receiving it to confirm or update their mailing information. You will have 30 days to respond to the IAL with the correct name and address, or you will be dropped from the mailing list. Please send your address either by email, phone or US postal service in order to stay on The IAL Newsletter mailing list. This is an effort to clean up the list we currently have in the IAL office.

If you have any questions, please contact our office at (866) 425-3678.