

# 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



## OCTOBER, 2011

### MEETING MINUTES

September 14, 2011

The meeting was called to order by **President Herb Simon** at 11:30 A.M. Others present at the meeting were Sally Simon, Paul & Joan Corridean, Helen Kane, Bill & Annetta Rapp, Amir Ibrahim and Howard Eskildson. **Amir** read the Prayer for a Laryngectomee using his Servox EL, and then to honor

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#### MARK YOUR CALENDAR

#### THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

**Business & Social Meeting  
Refreshments by Helen Kane**

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

**OCT. 12th – 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

### An excerpt from The Strangest Secret

by Earl Nightingale



George Bernard Shaw said, "People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, they make them."

Well, it's pretty apparent, isn't it? And every person who discovered this believed (for a while) that he was the first one to work it out. We become what we think about.

Conversely, the person who has no goal, who doesn't know where he's going, and whose thoughts must therefore be thoughts of confusion, anxiety and worry --- his life becomes one of frustration, fear, anxiety and worry. And if he thinks about nothing... he becomes nothing.

How does it work? Why do we become what we think about? Well, I'll tell you how it works, as far as we know. To do this, I want to tell you about a situation that parallels the human mind.

Suppose a farmer has some land, and it's good, fertile land. The land gives the farmer a choice; he may plant in that land whatever he chooses. The land doesn't care. It's up to the farmer to make the decision.

We're comparing the human mind with the land because the mind, like the land, doesn't care what you plant in it. It will return what you plant, but it doesn't care what you plant.

Now, let's say that the farmer has two seeds in his hand- one is a seed of corn, the other is nightshade, a deadly poison. He digs two little holes in the earth and he plants both seeds-one corn, the other nightshade. He covers up the holes, waters and takes care of the land...and what will happen? Invariably, the land will return what was planted.

It's written in the Bible, "As ye sow, so shall ye reap."

Remember the land doesn't care. It will return poison in just as wonderful abundance as it will corn. So up come the two plants - one corn, one poison.

The human mind is far more fertile, far more incredible and mysterious than the land, but it works the same way. It doesn't care what we plant...success...or failure.

A concrete, worthwhile goal...or confusion, misunderstanding, fear, anxiety and so on. But what we plant must return to us.

You see, the human mind is the last great unexplored continent on earth. It contains riches beyond our wildest dreams. It will return anything we want to plant.

## ENHANCES IS WORKING TO SHAPE LIVES

The George Washington University Hospital (GWUH) Outpatient Rehabilitation Center's Speech and Language Rehabilitation Services is now offering a new comprehensive program for head and neck cancer patients. ENHANCES (Encouraging Head and Neck Cancers Education and Support), is a support group for patients and their families and friends, who are affected by head and neck cancer. This group will be open to the public. Participants do not have to receive services from GWUH. The 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. The initial meeting will be on November 2nd at 2:00pm in the fourth floor dining room at The George Washington University Hospital. We are very excited about this new opportunity to serve the community. ENHANCES will be organized by Mona Faddah, M.Ed., CCC-SLP (Senior Speech Pathologist) and Tracy Higgens, MA, CCC-SLP.

**To RSVP or if you have any questions, please contact Mona:**  
**By Phone: 202-715-4075 or Email:**  
[Mona.Faddah@gwu-hospital.com](mailto:Mona.Faddah@gwu-hospital.com)

### Would You Like to Contribute to **THE VOICE**

If you have something that you feel is newsworthy: an article, story, cartoon, or a personal experience that you think would be interesting and enjoyable to others, please send it via U.S. mail to **Herb Simon** at 403 Hamilton Ave. Silver Spring, MD 20901, or by E-mail to: [H457@aol.com](mailto:H457@aol.com) Any and all will be considered for publication in a future issue of THE VOICE. Don't be bashful.

## MEETING MINUTES

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and then to honor all significant others in attendance, **Annetta** read the Prayer for a Laryngectomee's Spouse. **Herb** thanked everyone for attending. The minutes for the July meeting were unanimously approved as published in the August issue of *THE VOICE*.

**Treasurer's Report:** Herb reported that one check had been written to Lauder Enterprises for the purchase of 10 Servox Batteries in anticipation of selling them at the Annual Picnic. Other than that, the club treasury had not changed since the last report given at the July meeting.

**Aunt Bea's Sunshine Report:** Herb reported the sad news that LCMC members **William Zuckerman, Arlene Meachum and Preston Coffey** have recently passed away. Our heartfelt sympathy goes out to their families, friends and loved ones. Herb read an email message from **Michel Pommier** sending his best wishes to all of us. He is at his home in France and will be returning in mid October.

**General Discussion:** **Paul** questioned if coughing and mucus production would affect the use of a TEP. He was told this could definitely be an issue and it was suggested that he address his questions to **Howard** when he arrives. The costs and maintenance of a TEP were briefly discussed. **Amir** shared with us that he suffered a reoccurrence of cancer which required additional surgery since we last saw him. He asked others to share their experiences with radiation and chemotherapy, which has been recommended for him by his medical team. Although he had a few questions about chemotherapy, his main concern at this point is the side effects of radiation. All present shared that they basically continued working and performing everyday activities while undergoing radiation treatments. Dry mouth, difficulty swallowing, tiredness, hardness of the neck and limited neck range of motion were some issues discussed. Amir asked how many had to have a feeding tube. Only **Paul** needed one, and he still has it. It was pointed out that each case is different and it is most important to discuss all concerns with your doctors. **Annetta** mentioned that **Bill** is currently undergoing Cyber-Knife treatment for the lung and has experienced little difficulty. Bill is enjoying introducing his medical providers to the music of Frank Sinatra and songs from the "Big Band" era. Howard reported that he is having difficulty swallowing which has limited his use of TEP speech. He now uses his Servox EL much more often than in the past. **Herb** reminded everyone that radiation is "the gift that keeps on giving". There was a short discussion about PET scans. **Sally** pointed out that PET scan may sometimes yield false positive results.

**Old Business:** **Sally and Herb** were thanked for being such gracious hosts at the Annual Summer Picnic. All in attendance were made to feel very welcome and had a great time. **Herb** reported that **Itzhak** requested that the proceeds from the cost of his books, *My Voice*, that he furnished as raffle items at the picnic, be donated to the **911 4 HNC**. This organization assists head and neck patients with financial needs. It was voted on and approved to donate \$50.00 to this group. **Helen** reported that she had

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## MEETING MINUTES

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checked out the meeting rooms at the Silver Spring and White Oak libraries. The Silver Spring location is too large for monthly meetings, but would work well for club parties. The White Oak facility, however, would be a good location for general meetings. Other options were discussed, but no conclusion was reached. **Sally** again kindly offered the Simon home as a meeting location. It was voted on and approved to hold the upcoming October meeting there.

**New Business:** It was voted and approved to reimburse **Sally** \$131.69 for picnic expenses. The local office of the American Cancer Society has requested assistance in replenishing the wig supply for their 'Look Good Feel Better' Program. Since they have assisted our club in many ways, it was voted and approved to purchase new wigs for them. It was also voted and approved to give a thermal coffee pot to Elite Protective Services to thank them for graciously allowing us to hold our meetings at their place of business. **Sally** was thanked by all for providing the delicious goodies for the meeting. **Helen** volunteered to bring the refreshments to the next meeting. A motion was made, seconded and passed to adjourn the meeting at 12:54 P.M.

---Respectfully submitted by,  
Helen Kane



Oct. 4th	Earnest Denton
Oct. 4th	Charles Dyson
Oct. 10th	Jack Craig
Oct. 11th	Marion Oliver
Oct. 11th	Mildred Smith
Oct. 22nd	Charles Pickett
Oct. 22nd	Albert Turner



## IMPORTANT FACTS ABOUT FLU AND PNEUMONIA SHOTS

Flu and Pneumonia are serious diseases. You can help to protect yourself from getting one of these diseases by making sure you are up-to-date with your flu and pneumonia shots.

### Important Facts About the Flu:

You should get a flu shot every year. Generally flu shots are given between September and March.

In 2011 you will only need one shot to help protect against both the seasonal flu and the H1N1 flu.

### Important Facts About Pneumonia:

Generally, you need only one pneumonia shot once you turn 65.

If you are younger than 65, smoke, or have a long-term illness like heart or lung disease, please check with your doctor to see if you need a pneumonia shot.

**It is important to talk to your doctor about getting your flu and pneumonia shots.**

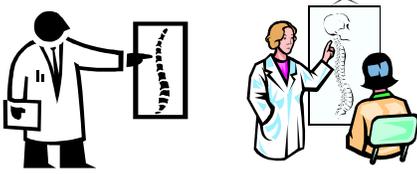
---Sources: Centers for Disease Control and Prevention 2011

## 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](http://www.lungusa.org)

## HEALTHY BONES



### Myths and Facts About Maintaining Strong Bones

With age, the body often loses bone faster than you can replace it. Take this true-or-false quiz to learn how to keep bones strong.

#### **Osteoporosis only affects women.**

**False.** Women are more likely to develop this condition, where bones become weakened and break more easily. But 20 percent of osteoporosis occurs in men. Things that increase risk:

- \*Tobacco or alcohol use
- \*Family history of osteoporosis
- \*Certain medications

#### **If my bones were getting weaker, I would know it.**

**False.** The first sign of bone loss could be a fracture. But your teeth and gums may provide a clue. Loose teeth, receding gums, or ill fitting dentures may be a sign of low bone density.

#### **Calcium provides all the protection I need.**

**False.** While getting enough calcium is important – 1,200 mg a day is suggested – vitamin D also plays a critical role. Current guidelines call for 400-600 international units (IUs) of vitamin D daily. New research suggest that we may need 800 IUs a day to prevent brittle bones.

#### **Exercise Helps**

**True.** Walking, weight lifting, dancing and tennis are examples of weight bearing activities that help prevent bone loss. Aim for at least 30 minutes on most days.

---Reprinted from AARP's  
*Strive Magazine For Healthy Living*

## IN LOVING MEMORY OF



**LINWOOD PRESTON COFFEY**  
July 12, 1943 - September 7, 2011

Preston was born 07/12/1943 in Alexandria, Virginia. He is survived by his mother, 4 children, plus my 2, 9 grandchildren, 2 great grandchildren, and 3 sisters.

When Preston was 17 years old, he enlisted in the Navy. He was stationed in San Francisco and then aboard an aircraft carrier off the coast of Vietnam. This is where he came in contact with agent orange.

After the service he worked in construction for awhile and then for UPS, until he was diagnosed with rheumatoid arthritis. He then went through training and started servicing and repairing office machines. He did this until after he had his laryngectomy in 2001 and was forced to retire.

Even though Preston had rheumatoid arthritis, 2 hip replacements, a knee replacement, and the laryngectomy, he always had a sunny disposition; nothing kept him down for very long. He loved to dance, and he loved to travel. We have visited every state in the US except Oregon and Washington. We have been to Canada, most of Central America and several countries in Europe. Preston loved sports, particularly the Redskins and the Orioles, and followed both closely. He loved movies and had quite a collection.

One of his greatest assets was his sense of humor. He was witty and loved to tease. He was very even tempered and did not rile easily. He had a lot of love in his heart and shared it. I shall miss him very much.

About 2 months ago he developed a progressive lung disease. For some reason instead of progressing slowly, it spread rapidly. Then on Sept. 7th he developed a clot in the lung, and they were not able to save him.

---Patricia Fleming

*A friendly smile, a casual touch,  
these are the things that mean so much,  
to know you are with us in our time of sorrow,  
sharing our prayer, today and tomorrow,  
God gives us comfort in the form  
of good friends, may His peace be with you,  
His love never ends.*

*The Family of  
Linwood Preston Coffey*