

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, 2012

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

Wednesday OCT. 10th

GUEST SPEAKER

MANDY PIETROPAOLO
MS, CCC/SLP Clinical Specialist
Mid Atlantic Regional Sales
Manager for ATOS Medical Inc.

10:00 AM

Speech Class led by Mandy

10:30 AM

Socializing and Refreshments

11:00 AM

Business & Social Meeting
Refreshments to be furnished by:
Stanley Lipscomb

NEW MEETING LOCATION

Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

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

Choose Your Commitments



You won't be able to commit to anything if you try to commit to everything. Be willing to say no to the things that are not really important and you'll be able to say yes, in a big way, to those things that are most meaningful.

A few, carefully selected, quality commitments will bring much more value to your life than a whole calendar full of shallow, relatively meaningless ones. The depth and meaning of life's experiences matter more than the sheer volume of them. Just because you're busy doesn't necessarily mean you're making real progress. Take some time to consider just where all that activity is taking you. Life is filled with all sorts of wonderful opportunities for real fulfillment. There's no need to grab at everything that happens to come by.

Every single day is precious and unique. Spend each day moving life forward in a personally meaningful way. Choose your commitments with care and grace, with love and purpose. Then you can truly know the joy of giving yourself fully to them.

---Joseph Marsden
Submitted by Addie Shaw



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

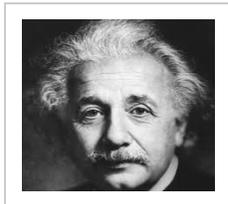


**HAVE YOU GOTTEN
YOUR FLU SHOT YET?**



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/>



"Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet."

---Albert Einstein

MEETING MINUTES

September 12, 2012

President Stanley Lipscomb called the meeting to order at 11:10 AM. Others attending this meeting were Herb & Sally Simon, Jim Lauder, Richard Crum Addie Shaw, Betty Money, Bill & Annetta Rapp, Bob Westmoreland, Eric Angeletti, Bernard Lewis, Larry Dawkins, Pete Wilson, Amir Abrahimi, and Michel Pommier. Stanley introduced our special guests **Richard Crum and Jim Lauder**. Richard read the Prayer for a Laryngectomy with his strong TEP voice. All present introduced themselves with the laryngectomees telling when and where they had their surgeries. LCMC Secretary **Helen Kane** was not able to attend the meeting because she was not feeling well. In her absence **Addie Shaw** volunteered to take notes for the meeting minutes. The minutes for the July meeting were approved as written in the August issue of *THE VOICE* newsletter.

Treasurer's Report: **Treasurer Herb Simon** reported that the club treasury had little change. He reported that four checks and two deposits that had been made since our last meeting in July.

Aunt Bea's Sunshine Report: **Larry Dawkins** shared with us that his SLP, **Mona Faddah** recently announced that she and her husband are going to have a baby in the near future. **Sally** told us that she and Herb attended **Rudy Lashley's** inspiring memorial service. Herb distributed the Memorial Pamphlet from that service to all present. Both Herb and Sally learned much about Rudy and Glenda's life that they were not previously aware of. Herb read an email message from **Jan & Kate Larson** telling that they had safely arrived in Venice, FL and that Emily has started school. They are currently staying with friends and will soon be moving to their new home. They send their best wishes to all of us. Herb also told us that LCMC club member **Howard Eskildson**, who recently passed away, was also a very active member of the Brookside Garden Orchid Club (BGOC). Many of Howard's orchids will be auctioned off at the BGOC meeting at the Davis Library in Bethesda, MD on Saturday with the proceeds going to the BGOC funds.

Old Business: A motion was made, seconded and passed to reimburse Larry \$50.00 for the food and charcoals he purchased for the picnic. Another motion was made, seconded and passed to reimburse Herb & Sally \$148.50 for the cups, utensils, plastic bags, food and plants for the picnic. A third motion was made seconded and passed to reimburse Herb & Sally the \$104.50 cost to replace the glass table top that was accidentally broken during the picnic. Stanley mentioned that he had not yet heard back about the new orange bracelets and the free Medic Alert membership for one year. Richard, an InHealth representative, said he'd look into it for him.

New Business: Herb brought up the question of whether we would like to meet every month in the large conference room that today's meeting is being held in. He said it would cost us an additional \$25.00 per month and is available in November and December of this year and most months in 2013. After some discussion, a motion was made, seconded and approved to hold our November and December meeting in the large conference room and then make a decision as to whether we would like to use it on a regular

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Do You Need a Hearing Test?

More than 36 million Americans have some hearing loss. That includes one in three ages 65 and older and one in two ages 75 and older. Hearing loss makes it harder to talk with, and understand, family and friends. You also might not notice alarm bells and warnings. And, at doctor visits, you might misunderstand him or her.

Once you turn 65, you should get your hearing checked at least one time. Call your doctor to schedule the test. Also get a hearing test if you ever agree with any of the following:

I often ask people to repeat themselves.

People say my TV is too loud.

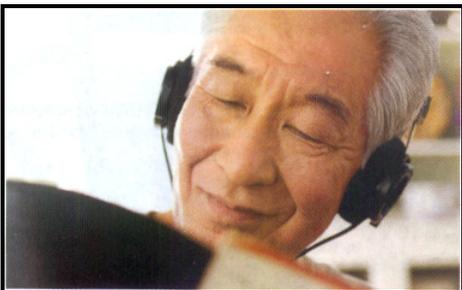
I hear ringing, roaring, or hissing in my ears.

I have trouble hearing over the phone or when there is noise in the background.

If you have hearing issues, take advantage of devices that can help. These include modern hearing aids, which are smaller than you think.

Sources include: National Institute on Deafness and Other Communication Disorders; NIH Senior Health

HEAR USA HAS SPECIAL DISCOUNTS FOR AARP MEMBERS!
aarphealthcare.com/hearingcare 1.



---Reprinted from *Strive Magazine*
Summer 2012 issue

MEETING MINUTES

(Continued from page 2)

basis in 2013. The floor was then turned over to our guest **Richard Crum**, who has visited our group in the past. Richard had his laryngectomy in 1988 at Barnes in his home state of Indiana. He has been with InHealth since 1992. Besides his duties with InHealth, Richard leads a very active life as a real estate appraiser and as an auctioneer. He was in DC with many other InHealth representatives this week for a Doctors and Nurses meeting. Richard gave a very interesting talk about the first known laryngectomy that took place in 1876. He then told us about how a butcher, who was a laryngectomee, created the first TEP in 1920. He went on to tell us about the arrival of the electro-larynx devices in 1942 and how Dr. Blom found an article in 1970 about the butcher and that first TEP. He was inspired by that and soon got together with Dr. Singer. In 1979 they produced their first TEP. Richard received a nice round of applause from those present for his interesting presentation.

Editor's Note: An in-depth article written by Richard on the above subjects will appear in the next issue of our newsletter.

Jim Lauder, who attended the same meeting in DC took the floor. He shared with us that his company accepts assignment on some InHealth products including HME's and patient inserted prostheses. His company does not handle the Indwelling products at all. They are InHealth Specialty items. Jim spoke about how he came up with the idea for the new type of stoma covers that he is so excited about. **Jim Singleton**, a Texas laryngectomee brought a headband with him to a support group meeting that Jim attended. Our Jim saw it and thought it would serve as a fashionable, effective stoma cover. Not only that, the size of the head band would allow it to be cut in half, thereby making it into two stoma covers.

General Discussion: followed with the different colors and thicknesses of our mucus being one of the main topics. Many of us gave input and shared experiences and all agreed that we should definitely pay close attention to this everyday occurrence. Thanks were given to **Annetta & Bill Rapp** for bringing the refreshments for the meeting today. Stanley volunteered to bring the refreshments to the next meeting next month. The meeting was adjourned at 12:30pm.

DO YOU NEED BATTERIES FOR YOUR SERVVOX?



You can purchase factory made batteries for your Servvox at any of our LCMC monthly business / social meetings. The cost for these batteries is \$20 apiece or two for \$35.00. You may also pick them up at Herb & Sally's Silver Spring home. Please call ahead to coordinate the time.

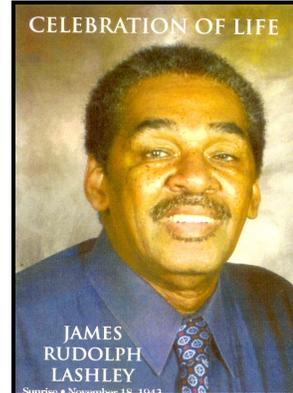
NEW LARYNGECTOMEE VISITS

Sept. 6th: Herb went to visit with new laryngectomee **Alvin Yates** and his wife **Cathy** at their home in Waldorf, MD. Alvin had his surgery on August 21st at Georgetown University Hospital. Before he became ill, Alvin, who is 57 years old, was an auto and truck mechanic and also had a position in which he transported patients to their needed destinations, before he got sick. His likes are bike riding, fishing, going to auto races and spending time with his grandchildren. Alvin had a Tru-tone EL that he was using with an oral adapter, when he tried to speak. Because his intelligibility fluctuated, he also wrote some of his questions and answers on a pad of paper. He had just recently had the staples from the surgery removed and was a bit swollen in the neck area. Herb went over the materials in the LCMC New Laryngectomee Information Packet that he brought for the Yates. Alvin and Cathy were very grateful for this visit. Thanks go out to **SLP Eliza Peoples** at Georgetown University Hospital for making this visit possible.

Sept. 7th: Herb went to Holy Cross Hospital in Silver Spring for a post-op visit with **Charles Thorn**. Mr. Thorn was doing very well. He was looking forward to being transferred to a Rehab facility very soon. During this visit, **SLP Margaret Feasley** stopped in to say hello.

Sept. 19th: Herb went to the St. Thomas Moore Nursing and Rehab facility to visit with **Charles Thorn** again. Charles did not have a device to speak with so Herb had brought two electro-larynxes (EL) for him to try out. One was a Servox that was tried both with an oral adapter and at his cheek. He was able to speak somewhat understandably, although he had trouble finding the correct spot for it at his cheek. With the oral adapter he was also only somewhat understandable. So a Cooper Rand EL oral adapter device was tried. He was far more understandable with the Cooper Rand. Charles smiled and *voiced* that this was the one he wanted to borrow. Herb left the Cooper Rand device with him and told him that he can exchange it for a different one to try, when he feels he is ready. Herb left Charles with a new laryngectomee visitor kit, compliments of LCMC. Many thanks go out to **Dr. David Bianchi** who requested the first visit and personally followed up with Herb each time Charles was moved to a different facility.

IN MEMORIAM



Sunrise – November 18, 1943
Sunset – August 25, 2012

James Rudolph Lashley went home to be with his Lord and Savior after a brave battle with cancer on Saturday, August 25, 2012. He was born to the late Emmitt and Nellie Lashley on November 18, 1943 in Baltimore, MD. He was one of three children; his sisters Virginia and Ann preceded him in death.

Known as “Rudy” by family and friends, he received his education in the Baltimore City public schools. Rudy was employed in various professions – sandblaster, musician, etc. His last place of employment was Food Lion in Randallstown, MD and later in Charlotte, NC.

Rudy was an avid bowler and a gifted musician. He loved to share a meal with his sisters and brothers in Christ. He loved people and good conversation, especially things of the Lord. Rudy became part of the Singles Ministry at the “old” Colonial Baptist Church, where along with others he continued to take the lead in planning prayer vigils/breakfasts and walks under the leadership of the Pastor. The National Day of Prayer, as well as the Disciple Ministry was also spearheaded by Rudy. As a devoted member of the band, he encouraged the men in the band to use their gifts for the Lord.

While Rudy was steadfastly doing his ministries, God providentially allowed him to meet Glenda Mayrant. After courting Glenda for a about a year, they were married on April 12, 2002. Little did Rudy know how blessed he was going to be by having Glenda as a faithful, caring and loving wife. Glenda honored her vows to love in sickness and in health, to the very end; she was “a covenant keeping wife.” Glenda became his advocate, cheerleader and encourager. Rudy and Glenda moved to Concord, NC in 2005. Rudy was a greeter at the Billy Graham library in Charlotte, which he was very proud of. His favorite saying was “God is in control.

Rudy was diagnosed with cancer in 2005. In spite of his illness, he continued with the work of the Lord. After losing his voice in 2008, Rudy kept the lines of communication open by using email, the Relay system and the Servox speaking device.

Rudy and Glenda returned to Maryland in 2008 to be close to his Colonial family, whom he loved dearly. Rudy took advantage of every hospital stay; he turned his bedroom into a sanctuary and worship center. After he became ill, Rudy began to chronicle his life as a smoker. He wanted to discourage people from smoking and encountering the pain that was associated with cancer. He became a member of the Laryngectomee Club of Montgomery County, a group that was instrumental in assisting Rudy in using the new device, which allowed him to speak.

Rudy was surrounded by brothers and friends who prayed, visited and encouraged him right up to the end in his battle with cancer.