

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, 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
Oct. 9th at 10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
QUEEN & DICKIE

11:00 AM
Business & Social Meeting

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

Autumn Leaves



Warm breath upon cold window panes,
October's drawing boards,
Well-shaped peepholes making frames,
For little eyes to see outdoors.

Yellow leaves dance to the ground,
Mixed with oranges and reds,
Then brownish leaves come tumbling down,
Like crumbling ginger-bread.

The earth, it seems, changed over night,
To warming, nut-brown hues,
The bite at night ... a pure delight,
All signs that Winter's due.

Small, wary birds gird-up to leave,
Busy squirrels pack their nests,
Curling smoke from chimneys seen,
Earth withdrawing ... time to rest.

Not quite Winter, though Summer gone,
Fall leaves are nature's treasure,
The Lord's carpeting, laid down,
To bring small folk much pleasure.

The child in all comes out to play,
In those wondrous leaves of Fall,
With Winter just a day away,
Come quick ... before snowfall.

---Author Unknown



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/>

LOST AND FOUND



Did you lose your glasses at the recent LCMC Annual Picnic?

When we were raking leaves in the backyard last week, we found a pair of prescription eye glasses that look like the ones above. Let us know if they are yours.

Herb & Sally

301-588-2352 or H457@aol.com

MEETING MINUTES

September 11, 2012

The meeting was called to order by **President Stanley Lipscomb** at 11:10 A.M. Others present were Herb & Sally Simon, Robert Boyd, Bernard Lewis, Thurman Dickey & Queen Jones, Charles Pickett, Larry Dawkins, Pat Warren, Dwayne Boston and late arrival Peggy Bradberry. Stanley told us that Helen Kane would not be at the meeting today because she had to go to Virginia. He then asked if someone would take the minutes for this meeting and **Sally** volunteered. **Larry Dawkins** read the Prayer for a Laryngectomee and **Queen Jones** read the Prayer for a Laryngectomee's Spouse. Everyone introduced themselves to the new members with the laryngectomees telling when and where they had their surgeries. **Queen** stated that she is **Dickey's 'cheerleader!'**

Treasurer's Report: **Herb** reported that he had written 8 checks totaling \$908.00 and made two deposits totaling \$95.00 since the last report in July. He said that we now have 46 members who have sent in a total of \$1,080 (an average of \$23.91 each) in dues and donations for this year. He said he has Servox batteries available today, if anyone needs them.

Aunt Bea's Sunshine Report: For the benefit of those who had not been to a meeting before, Sally told them about '**Aunt Bea**' **Dreskin** and how this segment of the meeting came to be named for her. **Stanley** said he tried to reach **Ernest Johnson**, but the number he had for him did not work. He asked for an updated Roster, which Herb said he would email to him.

Larry reported that **Addie Shaw** could not come to the meeting today because she is not feeling well due to breathing problems. Addie will be in our prayers. Larry also reported that **Pete Wilson's** sister passed away. Her funeral will be this weekend in N.C. A sympathy card was passed around and everyone signed it with a note to Pete and his family. Larry will deliver the card before Pete leaves for NC. **Herb** reported the following: **Don Sievers** is not here today because of a meeting at Montgomery County that he had to attend. **Joan Eskildson**, is not here today because she is taking care of an aunt of hers in Roanoke, VA. Joan wrote that she had a great time at the club picnic and hopes to see us at the meeting next month. **Michel Pommier** left yesterday to go to France. He'll be back on October 24th. He wrote that he's had a solid recovery from his spring leakage, the Hyperbaric is history and he had a tailor made prosthesis fitted the day before he left. Michel said to say Hi to everybody and that "*he will drink to the good health of our group,*" while he's away. The question of how Peggy Bradberry is was asked. No one has communicated with her in a couple of months. Herb said he'll try to find out how she's doing. A little while later, lo and behold, Peggy came through the door with her great smile lighting up the room. We were all *sooooo* glad to see her! She is looking great. She told us that she finished her most recent trial and had many side effects. She is now looking for a new trial and said that finding the right one has been very time consuming.

Old Business: There was none.

New Business: There was none.

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MEETING MINUTES

(continued from page 2)

General Discussion: Larry told us that he got his \$50.00 Gift Card from the Head and Neck Cancer Patient Alliance Assistance Program. He urged others to take advantage of it while it is still available (see update below these minutes). The topic of Esophageal Speech came up. Bernard, who speaks with an EL most of the time, demonstrated his ES voice for Dickie, who also speaks for the most part with an EL, although he has a very good sounding TEP voice that he is still getting use to. Pat told us about his experience trying to get his battery charger repaired and how he finally got it done. Others shared their experiences on this same subject. Herb noticed that several EL users did not have contact labels on their devices in case they get left somewhere or misplaced. He got their contact phone numbers and will mail some labels to each of them. Everyone (*especially Herb*) was razzing **Charles** throughout the meeting for wearing a Dallas Cowboys hat, here in Redskins country. Near the end of the meeting Herb pointed out that the club welcomes anyone who would like to attend to receive and give laryngectomee support, no matter which teams they root for! Everyone thanked Sally for bringing the refreshments to the meeting. Stan asked for someone to bring the goodies to the October Meeting. Queen and Dickie volunteered to bring them. The meeting was adjourned at 12:45pm.

*---Respectfully Submitted by
Sally Simon*

HEAD & NECK CANCER PATIENT ASSISTANCE UPDATE

Due to the high demand for patient assistance, The Head and Neck Cancer Alliance patient gas card program is temporarily suspended. We are currently seeking to replenish our supply of available gas cards and hope to resume this most valuable program by mid-October. If you wish to inquire about how you can provide funding for this program, please contact us at (843) 792-6624 or (866) 792-4622.

LARYNGECTOMEES LOVING LIFE

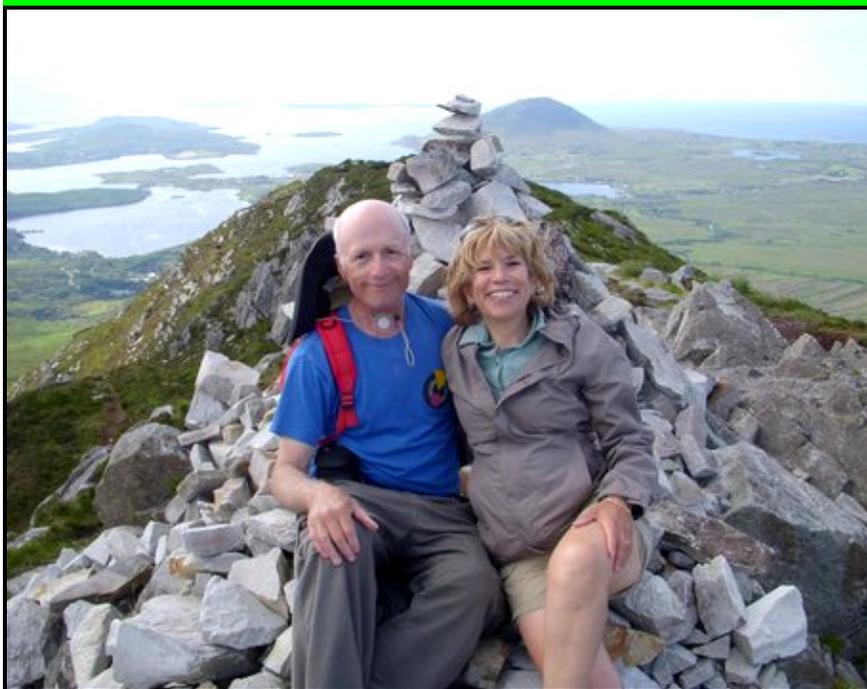
Climbing and Hiking as a Laryngectomee

I have always liked to hike and climb mountains. The challenge of reaching the peak of a mountain has many rewards. Among them is the feeling of accomplishment of overcoming the difficult climb, and another is the view from the top, which is usually breathtaking.

After becoming a laryngectomee, I wondered if I would be able to resume hiking and climbing. I tried to return to my hobby of hiking and climbing four months after my surgery. To my relief it was as feasible and enjoyable as it was before my operation. Inhaling air was more challenging during the climb. The air filter and moisture exchanger (HME) made it more difficult for me. I found that when I slowed down my walking and climbing pace and by temporarily removing the HME, I could accomplish the task and enjoy hiking and climbing again. It is a wonderful feeling to be able to do something I like so much in spite of my limitations.

---Itzhak Brook

"A PICTURE IS WORTH A THOUSAND WORDS"



Itzhak & Joyce Brook after they climbed to the top of a mountain in the Connemara district, while on a recent trip to Ireland.

**"Love isn't an emotion or an instinct:
IT'S AN ART."**

--- Mae West



“CPS-3 is a very meaningful way for me to honor the memory of my mother who passed away from cancer, in hopes that none of my loved ones will be lost from this disease again.”

– Study Participant

LOCAL ENROLLMENT OPPORTUNITIES

PRINCE GEORGE’S COUNTY

SATURDAY, OCTOBER 26th
9:00 AM – 1:00 PM
 Reid Temple AME Church
 Glenn Dale, MD

WEDNESDAY, OCTOBER 30th
4:00 – 8:00 PM
 Jericho City of Praise
 Landover, MD

MONTGOMERY COUNTY

THURSDAY, NOVEMBER 7th
4:00 – 6:30 PM

SATURDAY, NOVEMBER 9th
9:00 – 11:30 AM
 MedStar Montgomery
 Medical Center
 Olney, MD

CANCER PREVENTION STUDY-3

Research today for a cancer-free tomorrow

What if you could prevent even one family from hearing the words “you have cancer”?

This year, you can fight back against cancer by enrolling in the American Cancer Society’s research study called the Cancer Prevention Study-3 (CPS-3). By joining CPS-3, you can help researchers better understand the genetic, environmental and lifestyle factors that cause or prevent cancer, which will ultimately save lives.

Who can join the study?

The study is open to anyone who:

- Is willing to make a long-term commitment to the study, which involves completing periodic follow-up surveys at home for the next 20-30 years
- Is between 30 and 65 years old
- Has never been diagnosed with cancer (not including basal or squamous cell skin cancer)

How can you participate?

Participation is easy. Your initial enrollment requires two steps and will involve the following:

- After scheduling your enrollment appointment online or via telephone, you will receive a confirmation e-mail with instructions to go online and complete your first, most comprehensive survey. This survey will ask you questions regarding medications you are taking, family history of cancer, lifestyle and other behaviors and will take approximately 45 - 60 minutes to complete.
- At your appointment, you will be asked to sign an informed consent form, complete a brief survey, and provide a waist circumference measurement and a small blood sample (similar to a doctor’s visit). The blood sample will be taken by a certified, trained phlebotomist. Your appointment should last approximately 20 - 30 minutes.

What else can you do?

Even if you are not eligible to enroll, be an advocate for Cancer Prevention Study-3. Encourage those close to you to take part in this potentially life-saving study in your honor. Please help us by spreading the word to everyone you know. For general information, study details and frequently asked questions, call the American Cancer Society toll free, 1-888-604-5888 or visit www.cancer.org/cps3 or email your local staff partner at CPS3.MontgomeryCounty@cancer.org.

To schedule an enrollment appointment, visit:

www.CPS3MontgomeryCounty.org

or

www.CPS3PGCounty.org



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