

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



SEPTEMBER, 2010

MEETING MINUTES

August 11, 2010

The meeting was called to order by
President Jim Roby at 7:26PM. Others
in attendance were Jose & Marina Cruz,
Herb & Sally Simon, Howard Eskildson,
(Continued on page 2)

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

SEPT. 15th – 7:00pm
SPEECH CLASS
Beth Solomon

SEPT. 25th – 2 PM
ANNUAL SUMMER PICNIC



SPECIAL GUEST
JIM LAUDER

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

9 TIPS TO SUCCESS



1. Count your blessings, not your troubles.
2. Stop, Listen, and then Act.
3. Do not put limits on yourself.
4. Keep your watch set five minutes fast.
Be punctual and insist on it in others.
5. The longer you carry your problem
the heavier it gets.
6. Watch your attitude.
It's the first thing people notice about you.
7. Realize that it is never too late to start a new
thing and better yourself.
8. Realize that a little everyday adds up to big
results --- start building now.
9. Take care of your reputation.
It's your most valuable asset.

---Unknown

DO YOU KNOW WHAT TIME IT IS?



IT'S 2010 DUES TIME!

Make your check payable to:

**The Laryngectomee Club
Of Montgomery County
or to
LCMC**

Send it to:

**HERB SIMON, Treasurer
403 Hamilton Avenue
Silver Spring, MD 20901**

Annual dues are \$5.00 per person or \$10 per family. Many of us send additional money with our dues, to make a donation to the club. These donations help us to continue our helpful and charitable endeavors.

Happy Birthday



Sept. 1st	Jim Lauder
Sept. 6th	Theresa Stouffer
Sept. 10th	Nick O'Reilly
Sept. 10th	David Edwards
Sept. 11th	Ernest Johnson
Sept. 15th	Robert Perkins
Sept. 19th	Ginger Gilbert
Sept. 22nd	Dave Corcoran
Sept. 24th	Andrew Newman
Sept. 25th	Gary Mitchell
Sept. 26th	Eddie Dickens

Happy Labor Day!

MEETING MINUTES

August 11, 2010

(Continued from page 1)

Mary Speiden, and Itzhak Brook. **Mary** read the Prayer for a Laryngectomee with her Servox. Jim announced that our secretary, **Helen Kane** is not able to be here tonight. **Herb** took the minutes in her absence.

Treasurer's Report – Herb reported that the \$500.00 check presented to Itzhak Brook at the last meeting was the last one written, and a deposit of \$45 was made.

Aunt Bea's Sunshine Report – Herb reported the following: **Helen Kane**, is not here tonight, due to the after effects of an auto accident she was involved in. **Chuck Silsbee**, a LCMC member who lives in Arkansas, has had another rough month, health-wise. He was in a local hospital and then moved to a larger one in Little Rock, due to a couple of different medical issues. He is back home now and will have a follow-up visit on August 31st. Let's pray that he will get a good report. **Sue Griffing**, wrote that she is still working at Quince Orchard High School and is enjoying her 17 month old Grandson, **Brayden**. She says "He is a Treasure!" She also wrote how much she misses her husband **Bob** (so do we). Herb read a Thank You card sent to LCMC from **Fernando Javier**, his sister **Carmelita**, and niece **Consuella**. They wrote how much they appreciate all our concern and caring.

Words of Wisdom from Beth Solomon – **Beth** was out of town. Itzhak Brook and Herb Simon were available for Speech Class prior to the meeting. In Beth's absence this part of the meeting was devoted to a recap of the presentation made by Itzhak and Herb to the Montgomery County Advanced Life Support continuing education class, earlier in the day. Howard suggested that we have this presentation given at a future meeting. Herb noted that **Linda Arapian**, the coordinator of these Montgomery County Advanced Life Support continuing education classes is scheduled to be the Guest Speaker at our October meeting. The understanding of laryngectomee needs by Anesthesiologists was also brought up and discussed. Members present shared their experiences on this subject: some were good and some were bad.

Old Business – We finalized the date and time for the Annual Picnic. It will be held at Herb & Sally's Silver Spring, MD home on Saturday, September 25th starting at 2PM. Herb told us that **Jim Lauder** of Lauder Enterprises has purchased his airline ticket and will once again be present to enjoy the festivities, and he will be servicing and repairing ELs for those who attend the picnic. Howard had prepared a survey to find out how local laryngectomees feel about the possibility of changing the time and day of the monthly meeting. It was distributed to all in attendance tonight. There was a lengthy discussion with some additional ideas and suggestions. It was agreed that Herb will send the survey to local members, prior to the picnic. This will allow it to be a topic of discussion at the picnic, when there's apt to be more local members present.

New Business – There was no new business tonight. A motion was made and seconded to adjourn. The meeting was adjourned at 8:58pm.

*---Respectfully submitted
by Herb Simon*

"Humility dismantles the ego pedestal"

--- Jackie Woods

**ACTOR MICHAEL DOUGLAS
Diagnosed with Throat Tumor**



Michael Douglas has a throat tumor. His spokesperson tells People.com that the actor, 65, has discovered a tumor and will under go eight weeks of radiation and chemotherapy, and his doctors expect the *Wall Street* star to make a full recovery. "I am very optimistic," Douglas said in a statement.

When we tried to find out more about the diagnosis or about Douglas' history of smoking, the actor's publicist, Allen Burry, declined to comment. In 2006, Michael and wife Catherine Zeta-Jones, who is 40 now, were both trying to quit their half-pack a-day cigarette habit, reported the Daily Mail.

Douglas, whose voice does the introduction on NBC's *Nightly News*, released few details about his tumor, including its exact location. It is likely either affecting the larynx (voice box) or the oropharynx, near the tonsils, Robert Haddad, of the head and neck cancer program at Boston's Dana-Farber Cancer Institute tells USA TODAY's Liz Szabo. The rigorous treatment regimen suggests the tumor is "advanced" cancer, Haddad says.

Although the treatment is very tough, it can cure 50% to 80% of patients, depending on the location and other details of the tumor, says Haddad, who has no direct knowledge of the case. Larynx cancers are usually related to smoking and heavy drinking, Haddad says. Cancers around the tonsils are often caused by a virus called HPV,

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RESCUE BREATHING PRESENTATIONS



HERB SIMON

ITZHAK BROOK

Aug. 11th – Itzhak Brook and Herb Simon gave a Rescue Breathing for Laryngectomees and other Neck Breather Presentation to the Montgomery County Advanced Life Support (ALS) Continuing Education class. In attendance were 15 ALS providers, (12 career and 3 volunteer providers).

Below are some comments from taken from their evaluations:

- speakers were great, having actual special needs people talking about their needs is great !
- class was GREAT !
- guest speakers were good – good information
- visit by Laryngectomee Club was excellent
- nice to hear presentation from Dr Brook and Mr Simon
- Dr Brook – great lecture. Both gentlemen, a wealth of information!
- Great guest speakers

There will be three more presentations this year, as part of this program. Any laryngectomee in our club is welcome to be a part of this worthwhile

Section 1: Airway	09/13/2010	Monday
Section 1: Airway	10/18/2010	Monday
Section 1: Airway	11/15/2010	Monday

Would You Like To Take Part in one of these Presentations?

If you would like to participate in this meaningful project, contact Herb Simon at 301-588-2352 or by Email at H457@aol.com.

Editor's Note: Something interesting happened a couple of days after the presentation described above. We were without power during one of the recent storms that took place in our area. A power line was down on our lawn and our neighbor's lawn. When the power came back on, the line in our neighbor's yard ignited and began to burn their lawn. Fortunately it was raining, so the fire only burned a small path on their lawn. The interesting thing that happened is there were many of us neighbors congregated on the street. When the County Fire Truck came in response, one of the people on the truck came up to me and said "I know you! You spoke in front of our class this week." Needless to say I was surprised (*and my neighbors were too!*). He said our presentation was great and he learned a lot and thanked us for being there. He really made me feel good!

ACTOR MICHAEL DOUGLAS Diagnosed with Throat Tumor

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which also causes cervical cancers. Doctors typically don't use the term throat cancer to describe tumors of the esophagus, he says.

These cancers are typically treated with seven to eight weeks of radiation -- given five days a week -- and chemotherapy, given either once a week or once every three weeks, Haddad says. In the past, doctors often operated to remove the larynx, forcing patients to learn new ways to talk, such as through an opening in the throat or with an electro-larynx.

Today, doctors can usually save the larynx, reserving surgery only for very advanced cancers, Haddad says. Still, treatment can be very hard on patients. Many develop extremely painful mouth sores that require morphine-like narcotic pain relievers. Radiation also can burn the throat, making it painful to swallow. About half of patients require a feeding tube that goes directly into their stomach, through a hole in the abdomen.

Although the treatment also often leaves patients with a hoarse voice, Haddad says that Douglas' long-term quality of life "should be excellent."

Jack Klugman, 88, was diagnosed with cancer of the larynx in 1974. With treatment and surgery, he continued acting. But he also continued smoking and the cancer returned in 1989, and his right vocal cord had to be removed. He is now able to speak in a small, raspy voice.

---Reprinted from
USA Today

**"The strongest warriors are
these two.....
time and patience."**

---Leo Tolstoy



Give Someone...
The Ride of their Life
You just might be helping to save it.

**Sometimes the biggest challenge
in cancer treatment is getting there.**

Every day, thousands of people with cancer need transportation to hospitals or doctors' offices for treatment. You can help save a life by volunteering as a driver. Please detach the form below, fill out the contact information, and mail it to your American Cancer Society.

To become a volunteer driver for the American Cancer Society you must:

- Own a safe and reliable vehicle.
- Have a current, valid driver's license.
- Have proof of adequate automobile insurance.
- Have a good driving record.
- Attend Road to Recovery volunteer training.

1.800.227.2345
www.cancer.org

Volunteer Driver Contact Form



Name

Address

City State ZIP

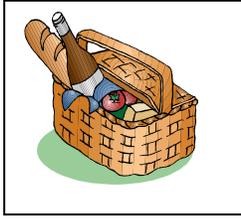
Daytime/Work Phone Evening Phone

Best time to reach me: a.m. p.m.

Email

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No. 454700 - Rev. 01/09

To contact someone locally, call GLORIA PENDER at the Silver Spring office of the American Cancer Society. You can reach her by phone at 301-933-9350 or you may email her at Gloria.Pender@cancer.org



LCMC



2010 Annual Summer Picnic

~~~~~  
 The Laryngectomee Club of Montgomery County  
 Annual Picnic will be on  
**SATURDAY, September 25th at 2:30 PM**  
 at Sally & Herb's Hacienda  
**SPECIAL GUEST – JIM LAUDER**

LARYNGECTOMEES & SLP's  
 Bring your Electro-larynxes & Loaner Inventory for a FREE Tune Up & Repairs

~~~~~  
Y'all Come and Join the Fun! - You don't want to miss this one!
Bring Family and Friends - Feast on Great Food
See Old Friends - Make New Friends
WIN RAFFLE PRIZES

~~~~~  
 Turkey, Ham and Non-alcoholic Beverages Furnished by LCMC

**BRING A FAVORITE DISH**  
 Salad, Side Dish, Veggie Dish, Fruit, Dessert **OR**  
 Just bring yourself and join the fun.

~~~~~  
RSVP
By Wednesday, September 22nd

Call Sally or Herb (301) 588-2352
 or E-mail H457@aol.com

Address and Directions to Picnic on reverse side of this page.

Herb & Sally Simon

403 Hamilton Avenue
Silver Spring 20901
301-588-2352

DIRECTIONS TO THE LCMC PICNIC

From the Capital Beltway

I-495 (Washington Beltway)

Exit onto **COLESVILLE ROAD – SOUTH** (Route 29)

LEFT at **FIRST** Traffic Light onto **Franklin Avenue**

RIGHT onto **WORTH AVENUE** (about 150 yards)

LEFT (full left-hand turn at stop sign onto **HAMILTON AVENUE**

#403 HAMILTON AVENUE is at the top of hill on the left

From Olney Area

South on **Georgia Avenue**

LEFT onto **UNIVERSITY BLVD. (Rte. 193 East)** continue several miles to

RIGHT onto **COLESVILLE ROAD - SOUTH** (Route 29) for about ½ mile

LEFT at **FIRST** traffic light onto **Franklin Avenue**

RIGHT onto **WORTH AVENUE** (about 200 yards)

LEFT (full left-hand turn at stop sign onto **HAMILTON AVENUE**

#403 HAMILTON AVENUE is at the top of hill on the left

From Washington, DC

NORTH on **GEORGIA AVENUE** (7th Street in downtown DC)

RIGHT onto **COLESVILLE ROAD - NORTH**

RIGHT at the third traffic light onto **SLIGO CREEK PARKWAY*****

LEFT onto **WORTH AVENUE** (this is the first street on the left – about 200 yards)

RIGHT at stop sign onto **HAMILTON AVENUE**

#403 HAMILTON AVENUE is at the top of hill on the left

***Sligo Creek Parkway is not well marked. You may see a sign that says St. Andrews Way and think you're at the wrong place. The key is to turn right at the traffic light located at the bottom of the hill. It will be the next traffic light after Dale Drive and after you pass Mrs. K's Tollhouse Restaurant on the right. If you do this, you will be on SLIGO CREEK PARKWAY regardless of what the sign reads!

PLEASE PARK ON OUR SIDE OF THE STREET

YOU ARE WELCOME TO PARK IN THE DRIVEWAY

(If you do, please drive as far forward as you can)