A lecturer when explaining stress management to an audience, raised a glass of water and asked: “How heavy is this glass of water?” Answers called out ranged from 20g to 500g.

The lecturer replied, “The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.”

He continued, “And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, the burden becomes increasingly heavy. We won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow.”

Whatever burdens you're carrying now, let them down for a moment, if you can. So my friend, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

---Author Unknown

*A truly happy person is one who can enjoy the scenery on a detour.
MEETING MINUTES
August 13, 2014

The meeting was called to order by Vice President Michel Pommier at 11:15 A.M. Others present were Herb & Sally Simon, Julie Knowles, Donald Sievers, Rowland Nelson, Thomas & Robin Sesney, Jim & Ursula McDonald, and Bernard Lewis. Michel opened by introducing himself and his long time friend, Julie Knowles to the group. Julie, Tom & Robin, and Jim & Ursula were all attending their first LCMC meeting. Herb read the Prayer for a Laryngectomee using his Servox Digital EL. Because Secretary Helen Kane could not be at the meeting today, Michel asked for a volunteer to take the Meeting Minutes. Sally volunteered. We all introduced ourselves with the laryngectomees telling when and where they had their surgeries. The minutes for the July meeting were unanimously approved as published in the August issue of The Voice.

1st time attendees Tom & Robin Sesney drove down to our meeting today from Pasadena, MD. Tom had his surgery in April of this year (see more on page 4). John & Ursula McDonald, who were referred to LCMC by Jim Lauder, came from even farther away. They drove to the meeting today from Martinsburg, WVA. John is a longtime laryngectomee.

Treasurer’s Report: Herb reported that he wrote four checks this month in the amount of $515.63. These checks were to Christ Congregational Church for our meeting room, to Helen Kane for bringing the food and refreshments to the July meeting, to McGinty’s for our Friday Blues Night Out, and to Lauder Enterprises for a new supply of Servox batteries. One deposit in the amount of $230.00 was made. These figures show the club treasury had a $285.63 negative cash flow since the last report. We now have 48 dues paying members for 2014. Herb read a letter of acknowledgment from the Esophageal Cancer Awareness Association (ECAA) thanking us for the recent donation made by LCMC in memory of Robert Boyd, Jr. whose father is an active member of our club.

Aunt Bea’s Sunshine Report: Herb reported the following:
Queen Dickey called yesterday to let us know that Thurmond just had his first chemo treatment, and his blood pressure dropped. After a treatment he felt much better, but his doctor kept him in the hospital overnight to see how he is this morning. We will keep him in our prayers.

President Stanley Lipscomb called to let us know that he is sorry, but will not be able to make it to the meeting today. He said to say hello to everyone.

Secretary Helen Kane cannot be here today due to a last minute appointment.

Old Business: Herb confirmed that the LCMC Annual Summer Picnic will be held at Herb & Sally’s home on Saturday, September 13th beginning at 1:30 PM. Jim Lauder will be joining us again this year and will be repairing and tuning electro-larynxes with no charge for this wonderful service.

New Business: There was no New Business this month.

General Discussion: Many topics were discussed today including post surgery ENT doctor visits, TEP problems and sharing of personal history by members present, long term side effects of radiation therapy, mucus and mucus plugs, humidifiers and the importance of hydration. Michel asked if anyone has any questions or things they would like to discuss. Ursula told us that because Medicare doesn’t pay well, many doctors in the rural area they live in do not accept it. She asked for recommendations for ENTS in the DC Metro area. Both Don & Herb offered to send them their ENTS’ contact information. Don asked how we can (continued on page 3)
MEETING MINUTES
(continued from page 2)
get information out to other organizations about our club and what we do to help laryngectomees. Sally said that many people find us on the Internet and Herb added folks who do not use the Internet often call our local ACS and are then referred to Herb. Herb added that our newsletter goes out to lots of Medical professionals in Washington, MD & VA. Many offer their patient a visit by a trained new patient visitor from LCMC and will give the patient a copy of the current issue of our newsletter. Rowland shared about his recent medical problems telling us we should all listen to our bodies and follow our instincts when it comes to our health. He also pointed out that we are always in the middle: “on one side there is someone worse off then we are and on the other side there is someone better off than we are”. Tom has a TEP that he is not able to voice with at present. He was able to talk with it for a few weeks after he got it, but then was not able to voice. He’s had a couple of Botox treatments in hopes that they will help him to be able to use his TEP effectively again. Today he was speaking very well with a Tru-tone EL device that was introduced to him two days earlier. Michel told of his history with a TEP and that it took him about a year and a half before he was able to speak well with it. He also mentioned the HBO Treatments that he recently underwent. He is doing great today. Herb shared his experience with a TEP before opting to have it removed after three years of not being able to voice with it, and Don shared his experience using his hands-free TEP. The fact that effects of radiation therapy may adversely affect healing and the ability to speak with a TEP effectively was discussed. Bernard demonstrated his Esophageal speech for us. He sounded good, but admittedly needs more practice. Mucus plugs, suctioning, humidifiers and hydration were discussed in depth with many attendees sharing thoughts and personal experiences. Julie & Michel will be out of the country in October, but they volunteered to bring the refreshments to the November meeting. The meeting was adjourned at 1pm.

---Respectfully Submitted by,
Sally Simon

---Reprinted from
Focus on Health Magazine
Winter 2014 Edition
PRE and POST-OP LARYNGECTOMEE VISITS

August 13th – Tom & Robin Sesney went over to Herb & Sally’s home after the LCMC Monthly Meeting for a post-op visit. Thanks to SLP Vicki Lewis in Florida, where the Sesneys spend part of the year, Tom & Robin were in touch with Herb via e-mail prior to Tom’s surgery. He had his laryngectomy on April 18th of this year at University of Maryland Hospital. Tom had experienced some other serious medical issues, prior to his laryngectomy. After three months he was finally able to attain good voice with his TEP. However, that only lasted for two weeks, and he lost his ability to voice. Two days before our meeting today, Tom was introduced to a Griffin Tru-tone EL and was talking very well for the most part, considering how new he was at it. When he hit is ‘sweet spot’, he was very understandable. This is something that was worked on during this visit. After Herb adjusted the EL for better tone quality, they all went into the dining room and stood in front of a mirror, so that Tom could see where his sweet spot is and what others see when he is speaking. After that, Tom was hitting his sweet spot much more consistently and was able to be understood much more so than before. Herb gave Tom a LCMC New Laryngectomee Visitor Packet and went over the information in it with the Sesneys. As they were leaving, the Sesneys expressed that they were glad they came to the meeting today and were able to meet and share thoughts and questions with others who had been through this same experience, and that they hope to make it to the LCMC Annual Picnic in September.

Editor’s Note: I first met SLP Vicki Lewis in the 1990’s, when she was working at the Washington Hospital Center. She later moved to Florida and we have continued to keep in touch for all these years. In 2006, when Vickie was working at the Moffitt Cancer Center in Tampa, she came to Maryland to take part in our LCMC Laryngectomee Visitor Training Program.

Editor’s Note: The above piece was written by IAL BOD Member and SLP Candy Moltz. It was included in the welcome packet that was given to all who attended the 2014 IAL Annual Meeting and Voice Institute that was held in Buffalo, NY in June.
2014 Annual Summer Picnic

The Laryngectomee Club of Montgomery County
Annual Picnic will be on
SATURDAY, September 13th at 1:30 PM
at Sally & Herb’s Hacienda

SPECIAL GUEST – JIM LAUDER

LARYNGECTOMEES & SLP’s
Bring your Electro-larynxes – FREE Tune Up & Repairs by Jim Lauder

Y’all Come and Join the Fun! - You don’t want to miss this one!
Bring Family and Friends - Eat Great Food
See Old Friends and Make New Friends
Door Prizes

Main Course and Non-alcoholic Drinks furnished by LCMC

BRING A FAVORITE DISH
Salad, Side Dish, Veggie Dish, Fruit, Dessert OR
Just bring yourself and join us for a fun time.

PLEASE RSVP
By Wednesday, September 10th
Call Sally or Herb (301) 588-2352 or E-mail H457@aol.com

Address and Directions to Picnic on reverse side of this page.
DIRECTIONS TO THE LCMC PICNIC

From the Capital Beltway (I-495)
I-495 (Washington Beltway)
Exit onto COLESVILLE ROAD – SOUTH (Route 29)
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 the 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!

You are welcome to park in the driveway. If you do, please pull all the way
forward. If you park on the street, please park only on our side of the street.