

# 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



## **NOVEMBER, 2015**

### **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**

**Nov. 11th at 10:15 AM**

Speech Class with SLP  
Mandy Pietrapaolo

**10:30 AM**

Socializing & Refreshments  
by Jim & Ursula McDonald

**11:00 AM**

Business & Social Meeting

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

## **Be Thankful Thanksgiving Poem**

Be thankful that you don't already have everything you desire.  
If you did, what would there be to look forward to?

Be thankful when you don't know something,  
for it gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times you grow.

Be thankful for your limitations,  
because they give you opportunities for improvement.

Be thankful for each new challenge,  
because it will build your strength and character.

Be thankful for your mistakes.  
They will teach you valuable lessons.

Be thankful when you're tired and weary,  
because it means you've made a difference.

It's easy to be thankful for the good things.  
A life of rich fulfilment comes to those who  
are also thankful for the setbacks.

Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles,  
and they can become your blessings.

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---Author Unknown

# HAPPY BIRTHDAY



- |           |                      |
|-----------|----------------------|
| Nov. 8th  | Steve Curran         |
| Nov. 11th | Dr. Lou Laborwit     |
| Nov. 16th | Lorenzo DiCasaGrande |
| Nov. 16th | Paul Harrison        |
| Nov. 17th | Pat Warren           |
| Nov. 20th | Mary Ann Miller      |
| Nov. 26th | Linda Diggs          |
| Nov. 26th | Odessa Robinson      |
| Nov. 26th | Terry Thomas         |
| Nov. 28th | Paul Corridean       |

## Have a Happy



## Thanksgiving

**YOU SHOULD GET YOUR FLU SHOT EARLY THIS YEAR?**



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/>

# MEETING MINUTES

October 14, 2015

The meeting was called to order by **President Stanley Lipsomb** at 11:05 A.M. Others present were Herb & Sally Simon, Jim & Ursula McDonald, Phyllis & Richard McMullen, Bernard Lewis, Robert Boyd, and SLP Mandy Pietropaolo. **Mandy** conducted a Speech Class before the meeting. The Prayer for a Laryngectomee was read by **Bernard** and the Prayer for a Laryngectomee's Spouse/Caregiver was read by **Richard**. We all introduced ourselves with the laryngectomees telling when and where they had their surgery. The Minutes for the September Meeting were approved as reported in the October newsletter.

**Treasurer's Report:** **Herb** reported that he had written 2 checks totaling \$243.61 and made no deposits since the last report at the October meeting. **Annetta Rapp**, wife of former and now deceased member, **William Rapp**, arrived before the meeting today to donate a good working suction machine to the club. She also paid dues along with a donation, which brings the club membership this year to 37 and our total income to \$1975.00. He added that Servox batteries are available today, if anyone needs them.

**Aunt Bea's Sunshine Report:** **Herb** read two email messages from **Michel Pommier** and one from **Donald Sievers**. **Michel's** first message included the good news received at Johns Hopkins that he won't be needing any surgery for the time being. His fistula was debrided and he received an injection of Restylane into his tissues, adding that the leak stopped immediately. Delighted by this, he wrote that he will be leaving for France the next day to celebrate! This may be a temporary relief or a permanent one. He'll be returning to Johns Hopkins when he returns home in late October. **Donald** wrote to let us know that he is not able to attend the meeting today because it is the final day of his three-day health evaluation at NIH. He added that he is bound and determined to reach the **BIG EIGHT O** on the 29<sup>th</sup> of this month. Everyone present gave Don a big round of applause! **Michel's** second message, this one while he is in France, told that the French Riviera between Cannes and Nice had received more than 10% of its average yearly rainfall in only two days! He added that in two hours between 9 and 11 pm the night before, it had rained the equivalent of two winter months!

**Old Business:** There was none.

**New Business:** **Herb** reminded us that the election for LCMC Officers in 2016 will be in December. He requested that we think about serving as an officer next year or nominating someone to serve. He added to make sure the person you are nominating is willing to serve in the position you are nominating them for.

**General Discussion:** **Sally** told us that she recently visited a Senior Center where she saw a presentation by a longtime firefighter for the Montgomery County Fire Department on Fire Safety. He will actually come to the home to check it out for fire safety and give you tips and advice on how to be prepared in advance and know what to do in case a fire should occur in your home. **Sally** said she thinks this would be a good topic for one of our meetings and possibly have this person give a presentation at one of our future meetings. There was a general discussion on sleep comfort about mattresses and pillows that followed. A reminder to get your flu shot, and to make sure you are current on other vaccinations including Pneumonia, Tetanus, Shingles, and Pertussis was made by **Sally**. **Stanley** mentioned the **PROJECT HEAL** program now being conducted at his church. The purpose is to educate people about Prostrate Exams, Colonoscopies, Breast Exams and such. Everyone thanked **Ursula and Jim** for the delicious refreshments at the meeting today. **Sally** volunteered to bring refreshments to the November meeting. A motion was made, seconded and passed to adjourn the meeting at 12:40 P.M.

---Respectfully Submitted by  
Ursula McDonald