

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, 2016

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. 5th at 10:15 AM

Speech Class with SLP
Mandy Pietrapaolo

10:30 AM

Socializing & Refreshments
Furnished by Ursula McDonald

11:00 AM

Business & Social Meeting

FOR INFORMATION CONTACT

HERB SIMON
301-588-2352
H457@aol.com

BREAST CANCER AWARENESS

A handsome, middle-aged man walked quietly into the cafe and sat down. Before he ordered, he couldn't help but notice a group of younger men at the table next to him. It was obvious they were making fun of something about him, and it wasn't until he remembered he was wearing a small pink ribbon on the lapel of his suit that he became aware of what the joke was all about. The man brushed off the reaction as ignorance, but the smirks began to get to him. He looked one of the rude men straight in the eye, placed his hand beneath the ribbon and asked quizzically, "This?" With that the men all began to laugh out loud. The man he addressed said, as he fought back laughter, "Hey, sorry man, but we were just commenting on how pretty your little ribbon looks against your blue jacket!" The middle aged man calmly motioned for the joker to come over to his table, and invited him to sit down. As uncomfortable as he was the guy obliged, not really sure why. In a soft voice, the middle aged man said, "I wear this ribbon to bring awareness about breast cancer. I wear it in my mother's honor." "Oh, sorry dude. She died of breast cancer?"

"No, she didn't. She's alive and well. But her breasts nourished me as an infant, and were a soft place for resting my head when I was scared or lonely as a little boy. I'm very grateful for my mother's breasts and her health. "Umm, yeah" the stranger replied.

"And I wear this ribbon to honor my wife", the middle aged man went on.

"And she's okay, too?" the other guy asked.

"Oh, yes. She's fine. Her breasts have been a great source of loving pleasure for both of us, and with them she nurtured and nourished our beautiful daughter 23 years ago. I am grateful for my wife's breasts, and for her health."

"Uh huh. And I guess you wear it to honor your daughter, also?"

"No. It's too late to honor my daughter by wearing it now. My daughter died of breast cancer one month ago. She thought she was too young to have breast cancer, so when she noticed a small lump, she ignored it. She thought that since it wasn't painful, it must not be anything to worry about."

Shaken and ashamed, the now sober stranger said, "Oh, man, I'm so sorry".

"So, in my daughter's memory, too, I proudly wear this little ribbon, which allows me the opportunity to enlighten others. Now, please go home and talk to your wife and your daughters, your mother and your friends. And here... "

The middle-aged man reached in his pocket and handed the other man a little pink ribbon. The guy looked at it; slowly raised his head and asked: "Will you help me put it on?"

A CANDLE LOSES NOTHING BY LIGHTING ANOTHER CANDLE.

OCTOBER IS BREAST CANCER AWARENESS MONTH

- ✓ Do regular breast self-exams.
- ✓ If you are a woman over the age of 40, get annual mammograms.
- ✓ Encourage the women you love to do the same.
- ✓ Make every month 'Breast Cancer Awareness Month.'



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/>

Ponderisms



Why is it that people say they "slept like a baby" when babies wake up like every two hours?

LOW VOLTAGE THERAPY

By Michel Pommier



Through Kyung Hee Kim, a nutritionist originally from Korea, who has given a presentation at one of our regular monthly meetings, I was introduced to a new technology which eased a long time discomfort I had been having. This low voltage therapy is commonly used in traditional Chinese medicine, either in place of, or in combination with acupuncture.

Since the day of my total laryngectomy back in April 2008, I had experienced very tight muscles under my chin and an almost total lack of sensitivity. When I mentioned this to Kyung Hee, she immediately suggested trying a low voltage therapy. I was obviously surprised since I never heard of such a therapy! Using a portable low-voltage wand (see picture above), she worked my neck muscles by triggering rapid pulsed muscle contraction. The rapid pulsation of the wand had a relaxing effect on my tense muscles, similar to that of a massage. At first I barely noticed the mild electrical pulses of the wand. However after about three weeks, I started to notice a much-improved sensitivity of my skin under the chin. My skin became softer, as if the dead cells following radiation had revived, and my neck muscles were totally relaxed. The apparent atrophy of my muscles had been reversed!

I then bought my own low voltage electrical wand, which at less than \$30.00 is affordable. I keep on using it on my chin muscles, and now, I have also been using it on my aching joints (elbows, knees, ankles, wrists and fingers). Kyung Hee explained that according to traditional Chinese medicine the joints are one of the places where external pathogens linger in the body and become trapped. The results have been stunning. I have no pain in my joints anymore! Encouraged by these positive results, I am now learning to locate 'acupoints' on my body to stimulate them. This will help to unblock the "Qi" flow along a meridian that can help repair weak or damaged internal organs. Seems complicated? It is! For more information on this subject, I would suggest that we invite Kyung Hee to attend one of our forthcoming laryngectomee meetings.