

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



JANUARY, 2017

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB
OF MONTGOMERY COUNTY

ANNUAL HOLIDAY PARTY

Saturday, January 14, 2017

(See Announcement on last two
pages of this newsletter)

The Next LCMC Monthly
Meeting will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

Wednesday

Feb. 8th at 10:15 AM

Speech Class led by
SLP Mandy Pietropaolo

10:30 AM

Socializing & Refreshments

Refreshments furnished by:
Phyllis & Richard McMullen

11:00 AM

Business & Social Meeting

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

TIME FOR NEW BEGINNINGS

“This is a time for reflection
as well as celebration.

As you look back on the past year
and all that has taken place in your life,
remember each experience
for the good that has come of it,
and for the knowledge you have gained.

Remember the efforts you have made
and the goals you have reached.

Remember the love you have shared
and the happiness you have brought.

Remember the laughter, the joy,
the hard work, and the tears.

And as you reflect on the past year,
also be thinking of the new one to come.

Because most importantly,
this is a time of new beginnings
and the celebration of life.”

--- Taylor Addison,
Blue Mountain Arts
1989

IT'S THAT TIME OF THE YEAR AGAIN!



IT'S 2017 DUES TIME!

Make your check payable to:

**The Laryngectomee Club
of Montgomery County
or 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.



Jan. 4th	Mary Speiden
Jan. 5th	Addie Shaw
Jan. 8th	Amir Ebrahimi
Jan. 8th	Susan Dunton
Jan. 10th	Peggy Breeden
Jan. 10th	Ernest Mozon
Jan. 12th	Timothy Welsh
Jan. 13 th	Jim McDonald
Jan. 14th	Nancy Teague
Jan. 15th	Charlese Jones
Jan. 19th	Jaileric Baldwin
Jan. 22nd	Raymond Little
Jan. 23rd	Herb Simon

MEETING MINUTES

December 9, 2015

The meeting was called to order by **President Stanley Lipscomb** at 11:10am. Others present were Jim & Ursula McDonald, Phyllis & Richard McMullen, Herb & Sally Simon, Michel Pommier & Julie Knowles, Loul Ghebremichael & Tsegenesh Worku. **SLP Mandy Pietropaolo & Michael MacKennon**, the new Atos Northwest Territory Manager, joined us for a Speech Class before the meeting. **Michel** read the Prayer for a Laryngectomee and **Julie** read the Prayer for a Laryngectomee's Spouse/Caregiver. The minutes for the October meeting were approved as published in the December newsletter.

Treasurer's Report: **Herb** reported that there was very little change in the club Treasury, as he only wrote one check for \$75.00 for the November meeting room rent, and he didn't make any deposits.

Aunt Bea's Sunshine Report: Herb reported that **Mark Reichenbacher** isn't at the meeting today because he is visiting with his Mother in Eustis, Florida. **Richard & Phyllis** attended our meeting today after missing the last two meetings. Phyllis told us that the reason they couldn't attend was because Richard had an emergency Carotid Artery surgery, when it was found to be 95% blocked. He also had an artery cleared in his left leg a while later, and will be having the same operation on his other leg in the near future. She said how fortunate they were that the carotid artery problem was found. Richard looked to be doing well in his recovery.

Old Business: Herb opened by telling us that we had approved donations in the past to our local ACS to thank them for all the help they have given us in sending out our newsletters. He let said that the ACS had not taken advantage of the last donation that was approved for them yet. Earlier this month, **India Breckenridge**, the Senior Coordinator of the South Atlantic Division of the ACS, who was aware of this, asked Herb if we could possibly purchase \$10.00 Gift Cards from Target or Walmart to be given to patients at the **ACS Hope Lodge** in Baltimore. All present agreed to do this with Herb purchasing the Gift Certificates and delivering them to India in time for her to present them to the folks at Hope Lodge on December 20th.

New Business: **Addie Shaw** was not able to attend today, so Herb gave the Nomination Committee report that all the present officers have been nominated to serve another term and have accepted their nomination. There were no nominations from the floor and they were all unanimously elected. The officers for 2017 are: **Stanley Lipscomb - President, Michel Pommier - Vice President, Herb Simon - Treasurer, Jim & Ursula McDonald - Secretary.** The date for the **LCMC Annual Holiday Party** was brought up, and it was decided that it will be on **Saturday, Jan.14th at 1:30pm.** If the weather is bad that day, the party will be held at the same time on Saturday, January 21st. **Sally and Herb** will host the party at their Silver Spring home.

General Discussion: As we age, we find that we are shrinking in height and the relationship between height and weight changes; some for the better, some not so much so! After receiving medical bills for Richard's surgery, Phyllis was astounded by how miniscule the reimbursement by Medicare to Doctors and Hospitals compared to the actual billing amount. Everyone reflected on Thanksgiving with stories of family fun and conflict. We all thanked **Julie & Michel** for the delicious food they brought for us today. Phyllis & Richard volunteered to bring the goodies to the February meeting. Michel made a motion to adjourn the meeting and it was seconded by Richard. The motion was passed and the meeting ended at 12:25pm.

---Respectfully Submitted by Ursula McDonald



The LARYNGECTOMEE CLUB of MONTGOMERY COUNTY

Cordially invites you to attend our

LCMC ANNUAL HOLIDAY PARTY

SATURDAY, January 14, 2017

If weather is real bad, the Holiday Party will be rescheduled to January 21st

Starting at 1:30 P.M. at
HERB & SALLY SIMON'S HOME
(Directions to the party are on the next page)

POTLUCK LUNCHEON

Bring an Appetizer, Salad, Favorite Side Dish or a Desert to share!
LCMC Will Furnish the Turkey, Ham, and Beverages

Great Food - Great Company - Great Fun!

Please RSVP
By Wednesday, January 11th

Call or Email Herb or Sally
Phone - (301) 588-2352
Email - H457@aol.com

Please bring your cameras and take some pictures for the Newsletter

LEMC ANNUAL HOLIDAY PARTY

DIRECTIONS TO HERB & SALLY SIMON'S HOME

403 Hamilton Avenue
Silver Spring 20901
301-588-2352

From I-495 (the Capital Beltway)

(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, 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 up the driveway as you can)