

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



MARCH, 2017

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

Wednesday

March 8th at 10:15 AM

Speech Class with
Tara Dean, SLP – Atos Rep

10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
Phyllis & Richard McMullen

11:00 AM

Business & Social Meeting

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

STRENGTH and COURAGE

It takes strength to be certain,
It takes courage to have doubts.

It takes strength to fit in,
It takes courage to stand out.

It takes strength to share a friend's pain,
It takes courage to feel your own pain.

It takes strength to hide your own pain,
It takes courage to show it and deal with it.

It takes strength to stand guard,
It takes courage to let down your guard.

It takes strength to conquer,
It takes courage to surrender.

It takes strength to endure abuses,
It takes courage to stop them.

It takes strength to stand alone,
It takes courage to lean on a friend.

It takes strength to love,
It takes courage to be loved.

It takes strength to survive,
It takes courage to live.

May you find strength and courage
in everything you do,

And may your life be filled with
Friendship and Love!

---Author Unknown

IT'S THAT TIME OF THE YEAR AGAIN!



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.

HAPPY BIRTHDAY



- Mar. 1st Leon Chapman
- Mar. 10th Marina Cruz
- Mar. 10th Roosevelt Robinson
- Mar. 13th Janet Coyle
- Mar. 14th Gene Ann Logan
- Mar. 17th **SAINT PATRICK'S DAY**
- Mar. 21st Stanley Lipscomb
- Mar. 25th Horace Johnson
- Mar. 25th Edward Akwe
- Mar. 30th Johnny Dale

MARCH is Nutrition Awareness Month

MEETING MINUTES

February 8, 2017

The meeting was called to order by **Treasurer Herb Simon** at 11:00 A.M. Attending today's meeting were Jim & Ursula McDonald, Mark & Susan Reichenbacher, Sally Simon, Kyd Dieterich & Nancy Banzhoff and Bernard Lewis. The Prayer for a Laryngectomee was read by **Kyd**, followed by **Nancy** reading the Prayer for a Laryngectomee's Spouse/Caregiver. We all introduced ourselves with laryngectomees sharing when and where they had their surgeries. The minutes for the December meeting were approved as posted in the January issue of 'THE VOICE'.

Treasurer's Report: Herb reported that he had written 4 checks totaling \$970.00 and made one deposit in the amount of \$1,120, since the December meeting..

Aunt Bea's Sunshine Report: Herb reported the following: **Michel Pommier & Julie Knight** are not here today because they are skiing and having lots of fun in Vail, Colorado. Everyone was jealous! **Phyllis & Richard McMullen** – Phyllis sent a message saying that they were so glad to have attended the Holiday Party. She said that she and Richard are unable to attend the meeting today due to having a follow-up visit for Richard's leg surgery on February 4th. **Larry Dawkins**, a long time LCMC member, called Herb to let us know that his dad, **Robert Dawkins, Sr.** passed away recently. He had been sick for quite awhile. Larry and one of his brothers had been caring for him. He was 92 years old and died peacefully. We all send our sympathy out to Larry and his family. **Queen Jones-Dickey**, whose husband Thurmond Dickey passed away in 2014 wrote that she is planning on returning for a meeting and said to say hello to everyone for her. She added that she dreamed about Dickie recently, and it was wonderful! **Sierra Downs**, a Speech Pathology Student and LCMC member wrote the following in an email message to Herb: "Please let everyone in the LCMC group know that I am thinking of them, and I do hope to attend another meeting when my school and work schedule allow."

Old Business: Herb read several thank you notes from staff and residents at the ACS Hope Lodge for the Christmas donation LCMC made to them in the form of gift cards for the residents. It helped to brighten their Holiday Season.

New Business: Herb asked for reimbursement for the cost of items for the annual holiday party and stamps for mailing the newsletters. **Jim** made a motion that was seconded and unanimously passed for the reimbursement.

General Discussion: **Mark** had a glossectomy and a total laryngectomy that has left him unable to speak. Using a speaking app, he told us of his experience working at Lowes as a cashier. His wife, **Susan** told us that Mark wears a foam filter over his stoma rather than a scarf-type cover to allow people to recognize it. In general people are very nice, although some can be quite rude. She said that children are the most curious and pleasant. Using different electronic and writing implements, Mark has won several customer service awards from Lowes. Another topic discussed today was 'memory problems' and whether they are age related or due to treatments and/or medications; some that are not the correct ones and in some cases, too many different medications that can adversely interact with each other. Many of us have a problem with memory at this stage in our lives, and some have developed different methods to cope with it. Other topics discussed today were the lack of a sense of smell for laryngectomees and both the importance of and ways to humidify our homes, during the heating season. We ended the meeting with a good airing of complaints by caregivers in the group that was quite cathartic and filled with lots of laughter. Everyone thanked **Sally** for bringing the delicious refreshments today. **The McMullens** have volunteered to bring them next month. A motion to adjourn was made by Jim, seconded by **Bernard**, and unanimously passed at 1 P.M.

*---Respectfully Submitted by,
Ursula McDonald*