

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



APRIL, 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

April 12th at 10:00 AM

Speech Class with
Tara Dean, SLP

10:30 AM

Socializing & Refreshments
Refreshments to be furnished by:
Ursula & Jim McDonald

11:00 AM

Business & Social Meeting

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

A FRESH LOOK - SUGAR



This is part of an ongoing series to answer some commonly asked questions in order to help you make informed choices, for you and your family.

WHAT IS: "TOO MUCH SUGAR"?

There's little doubt that many people have too much sugar in their diets. But while sugar is blamed as the cause of obesity, the real problem is excessive total calories. Sugar is a simple carbohydrate, which is an essential nutrient. But it must be balanced by having protein, fat, and fiber in the diet. **We can easily have too much sugar in a day by consuming sodas, energy drinks, and sweets.** So when we look at a product, we should pay attention to the total balance of all nutrients—not just the sugar.

One way to determine if a product has a healthy balance of macronutrients is its Glycemic Index. This is a number determined from clinical testing of the product's impact on blood sugar. *Products that are low glycemic have minimal effect on blood sugar and are safe even for diabetics to use.

"To think too long about doing a thing often becomes its undoing."

---Eva Young

IT'S THAT TIME OF THE YEAR AGAIN!



2017 DUES TIME!

Make your check payable to:

**The Laryngectomee Club
Of Montgomery County
or to 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

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|------------|-------------------|
| Apr. 1st | Diana Cross |
| Apr. 3rd | Lottie Jeter |
| Apr. 6th | Robert Evans |
| April 13th | Henry Kemper |
| Apr. 14th | Susanne Stevenson |
| Apr. 14th | Donnie Henry |
| Apr. 24th | Lafayette McCray |
| Apr. 30th | Elmer Pinckney |
| Apr. 30th | James Seegars |

DO YOU NEED BATTERIES FOR YOUR SERVOX?



You can purchase batteries for your Servox at any of our monthly business / social meetings. The cost for these batteries is \$20 apiece or two for \$35.00. You may also pick them up at Herb & Sally's Silver Spring home.

MEETING MINUTES

March 8, 2017

The meeting was called to order by **President Stanley Lipscomb** at 11:09 A.M. Others present were Sally Simon, Jim & Ursula McDonald, Michel Pommier, Phyllis & Richard McMullen, Loul Ghebremichael & Tsegenesh Worku, and first-time attendees Paul Pearson and Richard Thibadeau. **Paul** read the Prayer for a Laryngectomee, and **Ursula** read the Prayer for a Laryngectomee's Spouse/Caregiver. **SLP Tara Dean** conducted a Speech Class before the meeting and worked with new laryngectomee **Richard**, answering questions and giving him information on several issues he was having. Stanley extended a warm welcome to everyone. We all introduced ourselves with the laryngectomees telling when and where they had their surgery. The minutes for the February meeting were unanimously approved as published in the March issue of *The Voice*.

Treasurer's Report: **Herb** reported that the amount of funds in the club treasury had not changed very much. He said two checks were written that totaled \$279.00 and made a deposit in the amount of \$250.00 since the last report, which was given at the February meeting.

Aunt Bea's Sunshine Report: Stanley shared his sister's Breast Cancer diagnosis and that she is doing well. Ursula reported that **Mark & Susan Reichenbacher** are not able to attend today due to a health issue. Two small tumors were found in Mark's lung. He is waiting for a decision from the Tumor Board at John Hopkins University Hospital on their recommendation. **Michel** told us about the recent ski trip that he and Julie took to Vail, Colorado. The temperature was around 18 degrees, which made for tough skiing for them, so they only skied in the morning. Michel did not experience any problems due to the high elevation and none while skiing, but the dryness in the air at the Chalet they stayed in was very bothersome. All in all, they had a great time. We were glad to see that **Richard** is doing well, after his recent and hopefully final leg surgery. Herb shared email messages and information from the following members: **Kyd Dieterich** is unable to attend today, and hopes to see us in April.

Nick Goodpaster, a longtime LCMC member wrote that he was hoping to make it to the meeting this month, but due to having some work being done on his home, he's not able to. He shared that he had some swallowing problems late last year and had to have some major dilations. He is swallowing much better and is doing self dilations at home now. He added that his 10th grand-child was born in early March. He sends his regards to all LCMC members.

Old Business: There was none.

New Business: Herb informed us that the next International Association of Laryngectomees (IAL) Annual Meeting will take place in June n Newport News, Virginia.

General Discussion: Last Fall, LCMC made a donation to the Flood Victims of West Va., which was matched by a citizen of Martinsburg. As a follow up, Ursula reported, that there are still many families living in tents. The James Rumsey Technical Institute in Hedgesville has started to build one room houses, financed by contributions from several businesses. The first one has been completed and turned over to a family. Five more are planned. This gives students great experience and families the help they need. Ursula also mentioned three Facebook websites for laryngectomees or caregivers. They are: **1)** Independent Association of Laryngectomees by Jim Lauder and Louis Trammell (Lary's Speakeasy). This site will accept any surplus Laryngectomy supplies, including working or broken EL's as donations, which are shared where needed, (last month one in Poland). **2)** Caregivers for Laryngectomees headed by Joy Shaw. This site is in England, but is for English speaking people everywhere. It is basically for caregivers looking for ideas, help, or just to let of steam! **3)** Always Look On The Bright Side of Laryngectomy, which is basically as the title says: 'a reason to laugh'. These are all closed groups on facebook. Search them if interested, apply----you should be included. We all enjoyed the refreshments that Phyllis & Richard brought to the meeting today. Ursula & Jim will provide them next month. The meeting was adjourned at 12:35 pm.

---Respectfully Submitted by,
Ursula McDonald