

# 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



### ***JUNE, 2017***

#### **MARK YOUR CALENDAR**

THE LARYNGECTOMEE CLUB  
OF MONTGOMERY COUNTY

**There will no meeting in June**

The next meeting will be at:



Christ Congregational Church  
9525 Colesville Road  
Silver Spring, MD 20901

**Wednesday**

**July 12th at 10:15 AM**

Speech Class with  
Tara Dean, SLP

**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

## MOTIVATION

### Attitude

"An obvious fact about negative feelings is often overlooked. They are caused by us, not by exterior happenings. An outside event presents the challenge, but we react to it. So we must attend to the way we take things, not to the things themselves."

-Vernon Howard

### Belief

"There is nothing on earth you cannot have - once you have mentally accepted the fact that you can have it."

-Robert Collier

### Success

"Determine to become one of the best . . . Sufficient money will almost automatically follow if you get to be one of the "best" in your chosen field - whatever it is."

-Don G. Mitchell

### Goals

"There is one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."

-Napoleon Hill

### Opportunity

"We don't need more strength or ability or greater opportunity. What we need is to use what we have."

-Basil S. Walsh

DO YOU KNOW WHAT TIME IT IS?



**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.



June 4th	Teresa Tiller
June 7th	Tema Title
June 9th	Bettina Ponsart
June 11th	Jean Rich
June 16th	Dr. Itzhak Brook
June 19th	Amber Diggs



**HAPPY FATHER'S DAY**

**MEETING MINUTES  
May 10, 2017**

The meeting was called to order by **President Stanley Lipscomb** at 11:09 A.M. Others in attendance were Jim & Ursula McDonald, Phyllis & Richard McMullen, Herb & Sally Simon, Richard Thibadeau, and first time attendees Karen White and Steve Clark. **Phyllis** read the Prayer for a Laryngectomee, and **Richard** read the Prayer for a Laryngectomee's Spouse/Caregiver. We all introduced ourselves with the laryngectomees telling when and where we had our surgery. The minutes for the April meeting were approved as published in the May issue of our newsletter.

**Treasurer's Report:** **Herb** reported that there was very little activity and change in the Treasury since the last meeting. He added that we have 23 dues paying members as of the start of this meeting.

**Aunt Bea's Sunshine Report:** Herb reported that he received a message from **Greta Nettleton**, stating that her husband, **Tim Nettleton**, passed away on April 27<sup>th</sup>. Greta and Tim, who live in Emmitsburg, MD have been members of LCMC since shortly after Tim's surgery. They attended several LCMC functions over the years. A sympathy card was passed around and signed by all the members present at today's meeting.

**Mark Reichenbacher** wrote an email message to Ursula and Herb that he and **Susan** would not be able to make it to the meeting today. He updated us about what has been going on with his health issues. On April 13<sup>th</sup> he had two cancerous nodules on his right lung in different places removed. On April 29<sup>th</sup> he developed a high fever and other symptoms that caused him to go to the ER in Winchester, where he was admitted for two days. The medical staff was never precise about the cause of his infection, but there is a pretty good chance it was pneumonia. Mark is sleeping a lot during his recovery. A get well card was signed by all of us at the meeting, and sent to Mark & Susan. **Stanley** told us about his dental problem. He needs to have a lower molar extracted. Due to having had radiation, his doctor is requiring him to have at least 20 Hyperbaric Oxygen Therapy Treatment sessions in order to protect his jaw bone. He also shared, that his brother, who was pretty much considered terminal with a 6 month life expectancy, is doing well after having a liver transplant.

**Old Business:** There was none

**New Business:** **Sally** announced that the coffee and delicious cookies at the meeting today are known as 'Coffee Talk'. They were sent to us by **INHEALTH Technologies** to introduce us to their new **Speaker Club**. If you would like to receive email blasts with monthly updates from Speakers Club, Email: [veronica.beltran@inhealth.com](mailto:veronica.beltran@inhealth.com). **Ursula** gave us information at our April meeting for some Head and Neck Cancer web sites for people having trouble speaking, and swallowing. Today, she gave us the name and web site address of another organization that can be helpful: **The National Foundation of Swallowing Disorders**. Below is a link to their web site address:

<http://swallowingdisorderfoundation.com>

Herb presented a new electro-larynx (EL) called 'iVox'. **Matt Griffin**, who developed this device, sent two of them to LCMC to use as loaners in the future. All the laryngectomees tried them out. **Phyllis** and **Karen** who are TEP speakers and do not use Els tried the iVox and were both able to be understood

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## MEETING MINUTES

(continued from page 2)

using this device. Herb likened having an EL with them at all times is akin to having a spare tire in your car at all times, in case you need it in an emergency. Phyllis took one of these devices home with her to practice talking with it. Herb also mentioned the **Southern Montgomery County Relay for Life and Survivor Caregiver Reception** that will take place at Johns Hopkins University Montgomery County in Rockville on Saturday, June 3rd. The Survivor Caregiver Reception begins at 10:00 AM and the Relay for Life is from noon until 11pm. Herb brought up the upcoming IAL Annual Meeting and Voice Institute that will take place in Newport News, VA on June 14<sup>th</sup> thru 17<sup>th</sup>. He asked who are planning to attend. Those of us who were already registered and planning to attend are Herb & Sally, Susan, and Richard. Others who are hoping to attend are Phyllis & Richard, and Stanley. Phyllis raised the question of why there was no information about the Batten Scholarship Fund for 1st time laryngectomee attendees of IAL Conference. There is no information on The IAL web site or in The IAL News about this. Herb said he'll try to find out the current status of the Batten Fund. We all enjoyed the delicious and healthy refreshments provided today by **Sally, Phyllis & Richard** volunteered to bring them to the July meeting, as there will be no meeting in June, due to the conflicting date with The International Association of Laryngectomees Annual Meeting & Voice Institute that will be taking place in Newport News, VA.

---Respectfully submitted by,  
Ursula McDonald

## HUMOROUS DEFINITION

### BEAUTY PARLOR:

A place where women curl up and dye.

## A MESSAGE FOR MEDICAL PROFESSIONALS AND LARYNGECTOMEES FROM DR. ITZHAK BROOK



The "The Laryngectomee Guide" is available now in three languages: English, Russian and Turkish in both paperback and eBook forms. The eBooks versions are FREE.

Links to obtain the English language Guide are: <http://goo.gl/z8RxEt> for paperback, and <http://www.entnet.org/content/laryngectomee-guide> for eBook.

Links to obtain the Russian language Guide are: <https://tinyurl.com/m3r9c6w> for paperback, and <https://goo.gl/gxs97l> for eBook.

Links to obtain the Turkish language Guide are: <http://www.lulu.com/content/paperback-book/larenjektomi-rehberi/20808106> for paperback, and <http://goo.gl/c7LZXY> for eBook.

This Guide provides practical information that can assist laryngectomees and their caregivers with medical, dental, and psychological issues. It contains information about side effects of radiation and chemotherapy; methods of speaking; airway, stoma, and voice prosthesis care; eating and swallowing; medical, dental and psychological concerns; respiration; anesthesia; and traveling.

I would encourage the translation of the Guide to other languages to make it available FREE to more laryngectomees around the world. I hope that you will find the Guide helpful for your patients.

**"Kindness is a language we all appreciate. Even the blind can see it and the deaf can hear it."**

---Mother Teresa



**Q.** What is a fistula?

**A.** A fistula is an abnormal duct or passage resulting from injury, disease, or a congenital disorder that connects an abscess, a cavity, or a hollow organ to the body surface or to another hollow. For us there is a good and a bad fistula. A good fistula is one surgically created (TEP) for insertion of a voice prosthesis. A bad fistula is one that forms as a result of improper healing.

---Reprinted from

The Florida Laryngectomee Association  
Q & A Booklet for the Laryngectomee

## **EVENTS IN JUNE**

The American Cancer Society  
**RELAY FOR LIFE**  
OF  
SOUTHERN MONTGOMERY COUNTY

**Saturday, June 3rd**

9601 Medical Center Drive  
Rockville, MD  
12 pm – 11 pm

Survivor/Caregiver Reception  
Registration – 10 am  
Reception – 11 am

If you have questions: Call or  
email Rhoda Cutlip at (301) 942-  
1625 or [Rhodacutlip@verizon.net](mailto:Rhodacutlip@verizon.net)

**Editor's Note:** Sally and I are planning to  
attend the Southern Montgomery County  
RFL event and the Survivor's Luncheon  
this year. We hope many of you will join  
us for this special and meaningful event.

---Herb Simon

## **THE 2017 IAL ANNUAL MEETING & VOICE INSTITUTE**



Where: Newport News, VA

When: June 14th – June 17th

The IAL Annual Meeting will be  
take place on Saturday morning,  
starting at 9am. If you are a  
dues paying member of LCMC  
and will be attending, you are  
welcome to serve as a Delegate  
for LCMC. If you would like to  
serve as a delegate, please let  
Herb Simon know so that he can  
include your name on the list  
being prepared for The IAL.

## **USING AN ELECTROLARYNX AS A "BACK-UP" FOR YOUR TEP OR ESOPHAGEAL SPEECH**

### **54 SITUATIONS WHERE A BACKUP SPEECH AID MAY PROVE HELPFUL**

1. During time of fatigue
2. Moist situations
3. Have extreme secretions
4. When congestion or mucous is in the puncture area
5. In a noisy place
6. If the prosthesis starts leaking
7. Stoma infection
8. Illness
9. When speech is hampered by medical problems
10. When speech is not understandable
11. In case of prosthesis ejection or failure
12. Stress
13. Emotionally upset
14. Cold, scar tissue and sore throat
15. Emergencies
16. When volume is most important
17. When speech is impaired or can't talk
18. Poor health
19. When TEP valve is clogged
20. When background noise is overpowering
21. When dry mouth prohibits esophageal speech
22. When air for esophageal voice fails
23. Speech making
24. Puncture problems where catheter is needed
25. When prosthesis clogs with food particles and can't be immediately cleared or replaced
26. After eating
27. When mucous builds fast
28. Telephone conversations
29. Conversing with people who have little patience
30. Blown seal in TEP housing
31. Esophageal muscles become strained
32. When tired
33. Long speeches or constant talking
34. Sound
35. Driving
36. Noisy assemblies
37. New patient counseling
38. Education instruction
39. Weak voice
40. When eating
41. After extended periods of speaking, need electrolarynx support
42. Trauma
43. Stopped for speeding
44. On telephone
45. Talking to kids
46. Emergency situation
47. Large crowds
48. Sports events
49. Hearing impaired
50. While working with hands that are dirty
51. When excited and muscles tense
52. Public speaking when no PA system available
53. When changing a prosthesis or using a catheter to dilate the fistula
54. When in pain

**YOU ARE WELCOME TO CONTRIBUTE TO**

## **THE VOICE**

If you have something that you feel is newsworthy: an article, story, cartoon, or a personal experience that you think would be interesting and enjoyable to others, please send it via Email to **Herb Simon** at [H457@aol.com](mailto:H457@aol.com) or by U.S. mail to him at: 403 Hamilton Avenue Silver Spring, MD 20901. Any and all will be considered for publication in a future issue of THE VOICE.