

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



July, 2017

MARK YOUR CALENDAR

THE LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY

Monthly Support Group
Gathering will be held at:



Christ Congregational Church
9525 Colesville Road
Silver Spring, MD 20901

On

Wednesday

July 12th at 10:30 AM

Socializing & Refreshments
Furnished by the McMullens

11:00 AM

Business & Social Meeting

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

A DIFFERENT PERSPECTIVE

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today. I am important!

My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or . . .
I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or . . .
I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or . . . I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or . . . I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or . . .
I can celebrate that thorns have roses.

Today I can mourn my lack of friends or . . .
I can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or . . .
I can shout for joy because I have a job to do.

Today I can complain because I have to go to school or . . . I can eagerly open my mind and fill it with rich new tidbits of knowledge.

Today I can murmur dejectedly because I have to do housework or . . .
I can feel honored because the Lord has provided shelter for my mind, my body and my soul.

Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping.

What today will be like is up to me. I get to choose what kind of day I will have!

Have a Great Day . . . Unless you have other plans.

---Author Unknown

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.



July 8th	Robert (Bobby) Boyd
July 9th	Mary Ann Keil
July 9th	Yvette Milling
July 14th	Joseph McMillion
July 14th	Diana Hanshaw
July 16th	Ursula McDonald
July 17th	Linette Hawkins
July 23rd	Lorri Goodpaster
July 25th	Phyllis McMullen
July 30th	André Ponsart

JULY 4th

HAPPY INDEPENDENCE DAY



MY FIRST IAL ANNUAL MEETING AND VOICE INSTITUTE



By LCMC Member Karen White

I had an excellent time at this conference that took place in Newport News, VA in June. As a first time attendee, I had no pre-conceived ideas, and I was open to gathering information and learning from both the professionals, and laryngectomees (we are pros after all) and others including SLPs, caregivers, vendors, and presenters. Interestingly, I heard from a couple of caregivers who said that they would prefer to be called something else, since their laryngectomee and/or glossectomee does her/his own care.

Through the Voice Institute seminars, we were able to try new voicing methods in small groups with laryngectomees who are proficient, and SLPs and students. Vendor tables offered similar opportunities to try devices and get some fine-tuning done.

I was a LCMC representative at The IAL annual delegates' meeting. Discussions for several changes to the IAL by-laws, was an important topic. Two new IAL Board of Directors members were elected; one being our own LCMC member, Kyd Dietrich, and the other was Dan Konz from Illinois. These guys will be dynamic additions. I had the honor to be the voice at the microphone for Patrick Kerr, a delegate from Florida, who relies on a boogie board to communicate.

Not everything was meetings. There was lots of social time to meet friends, old and new. I made many new friends across the board, which included fellows, caregivers, vendors, and SLPs. I had lots of opportunities to exchange ideas with fellow laryngectomees regarding self-care improvement and giving help toward personal goals of hands-free speech. There were a lot of *What do you use, and What works for you* questions and answers. I've already started using some of these.

A couple of bus trips were offered. One was to the Mariner Museum where the ironclad CSS Virginia (now known as the USS Merrimack) is being restored and installed in a new wing. The other was to the Hampton Proton Therapy Institute. This amazing tour was led by Dr. Allan Thornton, the Director who also made several presentations at the meetings. Dosimeter modeling is used to obtain precise beam delivery to a tumor, while reducing damage to surrounding tissue areas. Dr. Thornton and I also discussed the process of a new patient from initial intake to first treatment, about 53 steps. Imagine!

Next year's IAL Annual Meeting and Voice Institute will be held near Orlando FL. I'll be there to learn more. I hope to see you there too!