

# 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



# AUGUST, 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**  
**August 9th at 10:30 AM**

Socializing & Refreshments  
Furnished by the McDonalds

**11:00 AM**  
Business & Social Meeting

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

### WHO PACKED YOUR PARACHUTE?

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

Charles Plumb, a US Naval Academy graduate, was a jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!" "How in the world did you know that?" asked Plumb. "I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he might have looked like in a Navy uniform: A white hat, a bib in the back, and bell bottom trousers. I wonder how many times I might have seen him and not even said good morning, how are you or anything because, you see, I was a fighter pilot and he was just a sailor." Plumb thought of the many hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know. Now, Plumb asks his audience: "Who's packing your parachute?"

Everyone has someone who provides what they need to make it through the day. Plumb also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory -- he needed his physical parachute, his mental parachute, his emotional parachute, and his SPIRITUAL parachute. He called on all these supports before reaching safety. His experience reminds us all to prepare ourselves to weather whatever storms lie ahead.

As you go through this week, this month, this year . . . recognize people

### WHO PACKED YOUR PARACHUTE!

## 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.



Aug. 3rd	Carol Kanjian
Aug. 5th	Lausell Galloway
Aug. 19th	Michel Pommier
Aug. 24th	Jim Rigas

### DO YOU NEED BATTERIES FOR YOUR SERVOX?



#### You can purchase batteries for your Servox at LCMC monthly meetings.

The cost for these batteries is \$20 each or 2 for \$35. You may also pick them up other times at Herb & Sally's Silver Spring home.

## MEETING MINUTES

July 12, 2017

The meeting was called to order by **Vice President Michel Pommier** at 11:15 A.M. Others in attendance were Jim & Ursula McDonald, Steve Clark, Phyllis & Richard McMullen, Mark & Susan Reichenbacher, Karen White, Herb & Sally Simon, and Richard Thibadeau. **Karen** 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 May meeting were approved as published in the June issue of our newsletter.

**Treasurer's Report:** **Herb** reported that since the last report he wrote 3 checks and made two deposits resulting in a \$212.00 positive cash flow.

**Aunt Bea's Sunshine Report:** **Michel** shared that he will be having Hernia Surgery in August. The need for this surgery has been caused by the extensive coughing to clear his stoma that he has experienced.

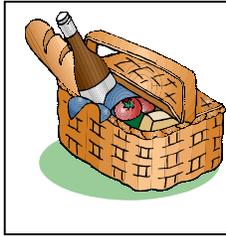
**Old Business:** Michel has assembled a list of local area ENT Physicians, Speech Language Pathologists, and nearby Hospitals where laryngectomy surgeries are performed. The goal is to make them aware of our Support group, and share with their laryngectomee patients that there is a club for new laryngectomees and their loved ones to get help and understanding, and to be able to socialize with others who have been down this same path. We will be revisiting this in the fall and work on making contact with the Medical Professionals mentioned above.

**New Business:** Herb gave checks in the amount of \$100 to **Karen, Phyllis, Richard and Kyd** for serving as Delegates for LCMC at The IAL Annual Meeting. Congratulations to **Kyd** on being elected to the **IAL Board of Directors**. It's great to have one of our club members serving in that position again. Herb brought up the subject of deciding on a date for our Annual Summer Picnic. After a brief discussion, a motion was made to hold the picnic on September 9th starting at 1:30 PM at Herb & Sally's Silver Spring home. This is a date when **Jim Lauder** will be able to join us. The motion was seconded and unanimously passed.

**General Discussion:** Herb & Sally attended the **ACS Relay for Life** in Rockville this year. Boeing, a sponsor of this event gave out survivor bags to those who attended. **Sally** gave the items in this bag to those present at the meeting. Herb let us know that the LCMC had a team participating in the Relay for Life for many years. The name of our team was: "**The Walkie Talkies**". Sally brought bright orange wristbands for "Neck Breathers" that she got at The IAL Convention. Police and Fire Department personnel need to be made aware of special emergency treatment for neck breathers. The bright orange colored I.D. Bracelet makes it easier to be recognized by the emergency personnel. The brighter the color, the better. Many nurses and healthcare personnel are not aware of special treatment needed for Neck Breathers. **Phyllis** shared that she does hospital visits and gives Tobacco Awareness presentations at schools in the Taneytown, MD area. **Karen** shared that she took a training course at an IAL meeting to be certified to visit new patients in the hospital. **Mark** shared that he is now uses a G-tube to eat. The subject of Ensure came up and Michel shared that Ensure is full of chemical products that can be harmful to our health. The question arose about life expectancy of some supplies like foam pads. In Health and Atos supplies are dated: when manufactured and when they expire. Everyone enjoyed the refreshments provided by Phyllis and Richard today. McMullen. **Jim and Ursula** will bring them to the August meeting. The meeting adjourned at 1PM.

--- Respectfully Submitted by, Ursula McDonald

**EDITOR'S NOTE:** Michel wrote an article that appeared in the May, 2014 issue of 'The Voice' newsletter. To read this article, go back to the IAL page with our newsletters on it; then scroll down and click on the May, 2014 issue.



# LCMC



The Laryngectomee Club of Montgomery County  
Annual Summer Picnic will be on  
**SATURDAY, September 9<sup>th</sup> at 1:30 PM**  
at Sally & Herb's Hacienda

**SPECIAL GUEST – JIM LAUDER**

**LARYNGECTOMEES & SLP's**

**Bring your Electro-larynxes & Loaner Inventory  
For FREE Tune Up & Repairs**

~~~~~  
*Y'all Come and Join the Fun! - You don't want to miss this one!  
Bring Family and Friends - See Old Friends Make New Friends  
And last, but far from least --- EAT SOME GREAT FOOD*

~~~~~  
Main Course and Non-alcoholic Drinks furnished by LCMC

**BRING A FAVORITE DISH**

Salad, Side Dish, Veggie Dish, Fruit, Dessert OR  
Just bring yourself and join the fun.

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**RSVP**

**By Wednesday, September 6th**  
Call Sally or Herb (301) 588-2352  
or E-mail [H457@aol.com](mailto:H457@aol.com)

**Address and Directions to the LCMC Picnic are on the next page.**

## **Herb & Sally Simon**

403 Hamilton Avenue  
Silver Spring 20901  
301-588-2352

### **DIRECTIONS TO THE LCMC ANNUAL SUMMER PICNIC**

#### **From the Capital Beltway (I-495)**

**I-495** (Washington Beltway)

**Exit** onto **COLESVILLE ROAD – SOUTH** (Route 29)

**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 the 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** (7<sup>th</sup> 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 and 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!

**You are welcome to park in the driveway. If you do, please pull all the way forward. If you park on the street, please park only on our side of the street.**