

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, 2008

MEETING MINUTES

March 12, 2008

President Herb Simon called the meeting to order at 7:25pm. Those in attendance were Sally Simon, Mary Speiden, Pearl Edwards & Jackie Windsor, Irv & Tema Title, and Beth Solomon. **Mary Speiden** read the Prayer for a Laryngectomee. The Minutes for the February meeting were approved as published in the March issue of THE VOICE.

Treasurer's Report – Because two weeks have passed since our last meeting, Herb reported there wasn't much change in the Treasury.

(Continued on page 2)

MARK YOUR CALENDAR

April 9th – 6:30pm

SPEECH CLASS

with Beth Solomon

April 9th – 7:30pm

Business & Social Meeting

Refreshments – Herb & Sally

April 23rd – 7:00pm

SPEECH CLASS

with Beth Solomon

FOR LCMC INFORMATION

CONTACT: HERB SIMON

301-588-2352

H457@aol.com

The Trouble Tree



I hired a plumber to help me restore an old farmhouse. He had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric drill quit, and his ancient one ton truck refused to start. As I drove him home, he sat in stony silence.

When we arrived, he invited me inside to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. Upon opening the door he had undergone an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do at the little tree.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure: those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night, when I come home. Then in the morning I pick them up again. "Funny thing is," he smiled, "when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before."

**“A negative attitude is like a flat tire.
You're not going far until you change it.”**

---Andrew Bernstein

**DO YOU KNOW WHAT
TIME IT IS?**



IT'S 2008 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



- | | |
|-----------|-------------------|
| Apr. 3rd | Lottie Jeter |
| Apr. 3rd | Jim McKnight |
| Apr. 5th | Gerald Gandy |
| Apr. 6th | Robert Evans |
| Apr. 6th | Rudy Dupler |
| Apr. 12th | Bill Pototsky |
| Apr. 14th | Susanne Stevenson |
| Apr. 23rd | Bill Zuckerman |
| Apr. 30th | Elmer Pinckney |

**April 21st – April 27th
National Head and Neck
Cancer Awareness Week**

MEETING MINUTES

(Continued from page 1)

Aunt Bea's Sunshine Report – **Addie Shaw** was not in attendance this evening as it was her son-in-law's birthday. Addie helped celebrate the occasion by going out to dinner with her daughter and son-in-law. **Howard Eskildson** was also not in attendance this evening. He had arthroscopic surgery on his knee today. Herb passed around a get well card for Howard, and we all wrote some thoughts and good wishes to him. **Tema Title** has been suffering with persistent pain, since the recent reconstruction surgery on her ankle and foot. She went to her surgeon today to find out why she is still having so much pain, at this stage of her recovery. He agreed that she shouldn't still be in this much pain. She has a barrel bolt holding her arch that restricts movement. The surgeon told her to keep doing what she has been doing with her physical therapy, pool, etc., and to keep wearing her orthotics for 3 more weeks. If the pain has not subsided by then, he will remove the bolt. She will then have to wear the dreaded boot, again! The doctor does not know for how long this time. Herb reported that **Bob Griffing** has given a couple more Tobacco Awareness Presentations (see page 3). **Viola Mae Sells** from Northeast, Maryland, has been through the mill in the past year or so. Her partner, **Ralph Martin**, recently had a stroke. Viola was involved in an auto accident on the ice last month. Plus, to top it all off, her Mother recently passed away. Viola's birthday is later in the month, so we all expressed our good wishes and prayers for a brighter future on a birthday card that will be mailed to her.

Words of Wisdom from Beth Solomon – **Beth** told us again this evening that each of us can be our own best advocate, when it comes to our health and well being. She said to be prepared to ask questions, when we go to see the doctor. If you don't understand something or need better clarification, be sure to let the doctor know. You need to be aware of what is being prescribed for treatment, the expected result, and any side effects that may occur. Do not leave until you fully understand what was discussed. If you are still unclear and/or not satisfied, seek a second opinion or even more, if you feel it is necessary. It is your life and you have every right to make sure you get the correct and best treatment available.

Old (unfinished) Business – At our last meeting, Irv brought up the possibility of changing the name of our Club to something more apropos for the larger geographical area we now serve. To help us to visualize the change, Herb brought in some memorabilia from the early years of the Club, when the name of our group was **Metro Maryland Laryngectomee Club**. One name that evolved from suggestions and discussion by the members present tonight was Maryland Metro Washington Laryngectomee Club (MMWLC), which could also stand for: "Meet Me Where Laryngectomees Chat". This important topic will be discussed further at our next meeting. Think about what you might like to have as our new name, if we ultimately decide to make a change. Bring your suggestions with you to the next meeting to share and discuss with us all.

New Business – Our thanks go to **Irv and Tema Title** for tonight's variety of yummy refreshments. They brought tiny cupcakes dressed up for St. Patrick's Day, complete with white and green frosting, topped with green sprinkles. There were cookies shaped like Shamrocks with green sugar sprinkled on top, too. They also brought a variety of cheeses & crackers, and fresh grapes & strawberries. The strawberries were so sweet! Everyone seemed to enjoy the treats. Our thanks also go to Sally for making the coffee and supplying the cold drinks each month. **Herb didn't ask for a volunteer to bring refreshments next month, so if you would like to bring the refreshments, please contact Herb or Sally.** A motion was made, seconded, and unanimously passed to adjourn the meeting at 8:30pm.

*---Respectfully submitted by:
Mary Speiden*

TOBACCO AWARENESS PRESENTATION



Mar. 12th – **Bob Griffing** returned to the Earl B. Wood Middle School in Rockville, MD. He gave his Tobacco Awareness Presentations for two classes to a total of 55 students.

Mar. 13th – **Bob Griffing** returned to Quince Orchard High School in Gaithersburg, MD to talk to students and answer questions about the dangers of the use of tobacco products. He did this for four classes to a total of 134 students. He reported that although this format was different than a typical tobacco awareness presentation, it went very well.

FROM THE EDITOR

For the first time in club history, the copies of THE VOICE that are being sent out in the regular mail this month will be in color! Our local American Cancer Society has a new color copy machine. I hope you all enjoy this new color feature. All comments are welcome.

Would You Like 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 to me via U.S. mail at the address on page 2, or by E-mail to:

H457@aol.com. Any and all will be considered for publication in a future issue of THE VOICE.

---Herb Simon

NEW LARYNGECTOMEE VISITS

Mar. 8th. – Herb went to the Upper Marlboro home of John and Gail Belt to visit with new laryngectomee **Paul Harrison**. Also present for this visit was Gail, his sister-in-law, his niece Mary and a visiting nurse, who was showing the others how to help care for Paul's stoma, when Herb arrived. Paul waved and greeted Herb with a big smile. Paul was discharged from Georgetown University Hospital the day before this visit. He had his laryngectomy there on February 18th. Paul is 49 years old. Prior to becoming ill in early 2007, Paul had been working for the Highway Department. When the nurse finished working with Paul, she sat on the other side of the room to finish her paperwork. Herb then moved next to Paul. Paul tried to talk using the electro-larynx with oral adapter attached that was loaned to him by Georgetown Hospital, until he receives his own. Unfortunately, Paul was not understandable yet. Herb tried removing the oral adapter and placing the EL to Paul's check. On his very first try, Paul's words came out very clear to the delight of everyone in the room. Paul told us he could not hear what he was saying. He said that was ok though, because he knew what he was saying! He smiled throughout the visit and spoke the entire time. He needs to work on placement, but is up for trying and Mary and Gail will be helping him, by cueing him, when he needs better placement. The rest of the visit was spent going over the materials in the Visitor Kit and the importance of emergency safety needs. Thanks go out to **SLP Eliza Peoples** at Georgetown for arranging this visit.

Mar. 13th – Herb went to Georgetown University Hospital to visit with new Laryngectomee **Marina Cruz**. Also present for this visit was her husband, Jose, her sister, Catalina, SLP Eliza Peoples accompanied by Katherine, a SLP in training, and Patient Care Coordinator, Ana Sofia Lovett, who served as an interpreter for the patient and her family, who do not speak English. Marina is 49 years old. She and her family live in Gaithersburg, MD. Her surgery was on March 10th. Together Eliza and Herb worked with the interpreter to help Marina speak better with her hospital supplied electro-larynx with an oral adapter. She showed modest improvement during the visit, which also included questions from the family about life as a laryngectomee, after Marina is discharged from the hospital. Herb was able to supply some laryngectomee reading material that was written in Spanish and shared that there is Ishmael (Ish) Rivera, a Spanish speaking member of our support group that will be able to interpret for them during the the month when he is in town, explaining that he and his wife live in Puerto Rico during the winter months. When the visit was coming to a conclusion, the Cruz's conveyed their thanks with warm smiles and hearty handshakes to all who were there to help them. Thanks go out again to **SLP Eliza Peoples**.

Gene Signals Cancer Risk

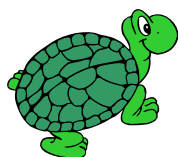
Men with a BRCA 2 gene mutation are more than twice as likely to develop prostate cancer and 20 times as likely to develop breast cancer as noncarriers

Should you be tested for a gene mutation?

(though breast cancer rates in men are still relatively low). The mutation has long been known to increase

the risk of breast and ovarian cancers in women. But the latest research, including a study from the Fox Chase Cancer Center in Philadelphia, suggests that men should consider genetic testing if a close relative has the mutation. Unfortunately, the test is not always covered by insurance companies.

*---Repinted from
Parade Magazine
Feb. 3, 2008 Issue*

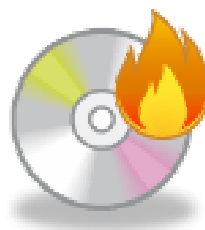


Surviving and living your life successfully requires courage. The goals and dreams you're seeking require courage and risk-taking.

Learn from the turtle – it only makes progress when it sticks out its neck.

---Unknown

For Your Viewing Pleasure



“REGAINING SPEECH AFTER LARYNGECTOMY”

**This DVD by the
Boston Cured Cancer Club**

Will be shown at the
LCMC MONTHLY MEETING
on
APRIL 9th

This new DVD is well done and loaded with great information for anyone who is involved with Laryngectomy and/or Laryngectomees. Everyone is invited (including medical professionals) to view this educational and interesting film with us at our April meeting. Refreshments will be served. We Hope You Will Join Us.

KNOW THE WARNING SIGNS OF A STROKE

Sudden numbness or weakness fo the face, arm, or leg, especially on one side of the body.

Sudden confusion, trouble speaking or understanding.

Sudden trouble seeing in one or both eyes.

Sudden trouble walking, dizziness, loss of balance or coordination.

Sudden severe headaches with no known cause.

If you experience some or all of these warning signs, don't wait. Call 9-1-1 right away.

The following website has more information:

www.StrokeAssociation.org

This is a division of the American Heart Association.