

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, 2005

MEETING MINUTES

June 8, 2005

The meeting was called to order by the **President, Phil LeGrande**, at 7:37 pm. Those attending the meeting were Ernest Johnson, James Johnson and Jeffrey Johnson, Tony and Chirst Hill, Mary Speiden, Robert & Marguerite Owens, Howard Eskildson, Jim McKnight, Angie Canfield, Herb Simon, Stanley Lipscomb and Robin Maxwell. **Jim McKnight** read the Prayer for a Laryngecomee, using his Cooper Rand Electro-larynx. Phil then asked the members to introduce themselves and give the date of their surgery. The minutes for the June meeting were approved as published in THE VOICE.

Treasurer's Report – Herb Simon reported that there was very little change

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MARK YOUR CALENDAR

AUG. 17th - 7:00pm

Speech Class

Beth Solomon

SEPT. 14th – 7:30pm

Business/Social Meeting

Refreshments – Phil LeGrande

SEPT. 28th - 7:00pm

Speech Class

Beth Solomon

THE WISE WOMAN'S STONE

A wise woman, who was traveling in the mountains,
found a precious stone in a stream.

The next day she met another traveler who was hungry.
The wise woman opened her bag to share her food.

The hungry traveler saw the precious stone
and asked the woman to give it to him.

She did so without hesitation.
The traveler left, rejoicing in his good fortune.

He knew the stone was worth enough to
give him security for a lifetime.

But a few days later he came back
to return the stone to the wise woman.

"I've been thinking," he said.

"I know how valuable the stone is,
but I'm giving it back in the hopes that you
can give me something more precious."

"Give me what you have within you that
enabled you to give me the stone..."

--- Submitted to THE VOICE
by Addie Shaw

We help ourselves By helping others

HAVE YOU PAID YOUR

2005

LCMC DUES YET?



IF You Haven't:

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 tax-deductible donation to the club. These donations help us to continue our charitable endeavors.

HAPPY BIRTHDAY



**Aug. 3rd - Carol Kanjian
Aug. 5th - Lausell Galloway
Aug. 19th - John Foster
Aug. 26th - Helen Kane**

MEETING MINUTES

(Continued from page 1)

in the Treasury. He announced that he had purchased 30 copies of the Fourth Edition of the publication entitled Looking Forward...The Speech and Swallowing Guidebook for People with Cancer of the Larynx or Tongue. These books will be included in the New Laryngectomee Visitor Kits. **The New Voice Club of Northern Virginia** shared this expense with LCMC. Herb also announced that he had generic batteries for sale for those who needed them for their ELs.

Aunt Bea's Sunshine Report – Phil reported that he had received a few cards and notes which he read. He also noted that Peggy Williston was back in the hospital. At this time **Robin Maxwell** took the floor and talked about his many operations and treatments for his various cancers. He stated that he had a Pet Scan and other tests, and that the doctors were unable to find any trace of cancer. Everyone was very happy for Robin to hear that news. Herb reported that **Renate Bottallico** is doing much better now and hopes to join us for a meeting in the near future. He also noted that **Henry Root**, a longtime LCMC member passed away. Henry's family donated two Servox ELs to our club in hopes that some laryngectomees will benefit from them in the future. LCMC club member **John Steinauer**, who lives in Duncanville, TX is very ill. **Wayne Holmes** has been readmitted to Georgetown Hospital -- at this point we are not sure why. **Nick Goodpaster** and his wife **Lorre** have purchased a home in Orlando, Florida. Nick will be dividing his time between FL and MD for awhile and hopes to make it to a meeting in the near future. **Theresa Stouffer** called to say that she and her Mom, **Mary Jane Hart** would not be at the meeting tonight, and that they are both doing well. **Lena Burton** also called to say that she would not be here tonight. Herb met with **Floyd Walk** and **Willie Mays**, and they said they are planning to attend the picnic. Phil also mentioned a program of an organization called **AngelFlightAmerica.org** that provides free transportation for those in need. For more information you may contact Phil or go to their website. If anyone in our readership can use FREE Nutragen (a food supplement) contact Phil.

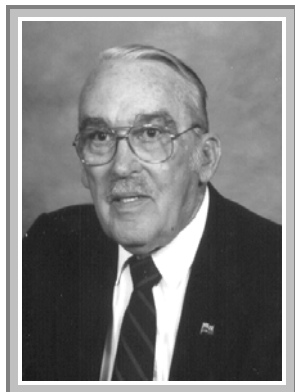
Words of Wisdom from Beth Solomon – Beth is in Hawaii on a well deserved vacation. **Old ("Unfinished") Business** – Phil asked that members who attended the **Relay For Life** give a report on their outing. **Mary Speiden, Howard Eskildson** and **Herb & Sally** gave a synopsis and shared their thoughts about the event. **Stanley Lipscomb** shared with us that he has uncovered another word to use in place of STOMA. He looked in the American Heritage Dictionary and found the word SPIRACLE. He thought the definition for this word better described the opening in our necks than the word Stoma. Phil noted that he and his sister Carolyn are trying to get Prince George's County to return to its former system of maintaining a 911 data base for laryngectomees in the county. **Addie Shaw** found when she tried to have her name placed in the PG County 911 Database, that the information printed in the July issue of The Voice is no longer correct. Herb gave a synopsis of the IAL Convention and suggested that members attend if they can. Phil also mentioned the New Jersey Convention in September.

New Business - The Annual LCMC Picnic was announced by Herb and a sign up sheet was passed around. Many members signed up to attend and bring a dish to the picnic.

Open Discussion - A question was asked as to why there is no longer an announcement for the LCMC meeting in the Washington Post Health Section. Herb shared his experiences in the past, and Phil volunteered to take up this assignment. Stanley mentioned that he checked on his Carotid Artery and found that his doctor had been checking it annually. Howard mentioned a Baltimore head and neck support group that he attends. Herb announced that he and Sally will be leaving in the morning for a couple of weeks in Florida. The Simons and the Owens were thanked for the refreshments tonight. It was noted that Robin left money for the refreshments for the next meeting, which will be handled by Phil. It was then moved and seconded that the meeting be adjourned, which was so done at 8:53PM.

*--- Respectfully submitted by,
Robert S. Owens, Secretary*

IN MEMORIAM



Henry Eldon Root
July 25, 1926 – May 26, 2005

Henry Root was born and lived most of his life in our Nation's capital, where he worked as an auditor in government offices for 25 years. He was the son of the late Ross and Wanda Ambroselli Root. He was preceded in death by his first wife, Dorothy Langer Root and his second wife, Louise Burel Root.

Henry became a laryngectomee in 1989. He was an active churchman as a member of Trinity Evangelical Lutheran Church and Twinbrook Baptist Church, where he served as Deacon. He served as a volunteer leader and worker with the Boy Scouts of America and Gettysburg Lutheran Social Services. In his later years, Henry drove folks in that community in need of a ride to medical appointments. He also visited and spent quality time with Hospice Care patients. It was rather ironic that when the time came that Henry was in need of these services that he provided for others, there was no one available to provide them for him.

NEW LARYNGECTOMEES VISITS

July 11th – Herb Simon went to the Fairland Nursing Home in Silver Spring, MD to visit recent Laryngectomee **Raymond (Sonny) Trego**. Ray, who will be 69 years old later this month, lives in Rosehaven, MD. Also present for this visit was Ray's nephew and wife, Patrick & Kim Smith of Laurel, MD and his niece, Debbie Curtin, who lives in Deale, MD. Ray retired in 1991 from The DC Government, where he had worked in the Highway Department for 36 years. Ray's surgery was on June 15th at Washington Adventist Hospital in Takoma Park, MD. The surgery was performed by Dr. David Bianchi. Ray was doing well. He has begun to eat solid foods again. Ray and the family members had many good questions. Herb was able to answer most of them and then reviewed the materials in the New Laryngectomee Visitor kit. Herb brought a loaner Servox for Ray, who had been communicating by writing everything on a legal pad. After working with an oral adapter for awhile, the Servox was tried on Ray's cheek. It turned out that Ray was able to be understood fairly well with it pressed to his cheek. Ray is single and will spend a couple of weeks at his sister's home, once he is discharged from the nursing home.

July 28th – Herb went to visit with **Charles Coontz** at the Genesis Potomac Center in Arlington, VA. Also present were SLPs **Angie Canfield** (who requested this visit) and **Samad Mukati**, and **Lynne Stevens**, a clinical director for Genesis Rehabilitation Services. Charles, who is 55 years old, lives in Winchester, VA. He is an auto mechanic and is looking forward to returning to work, when he is physically ready and able. He had his surgery at the Winchester Medical Center in Winchester, VA on June 14th. Charles had been writing up to this point in time. He tried talking with the Cooper Rand Electro-larynx supplied by the New Voice Club of Northern Virginia and will be able to practice with it. He will be getting a Servox soon and will be able to use it right away by placing it at his cheek. He was very clear speaking that way with Herb's Servox. In time, he should be able to place it to his neck and produce good speech. Quitting smoking, laryngectomee safety, and life after surgery were some of the topics covered, during this visit. Herb gave Charles a visitor kit from the New Voice Club of Northern Virginia and reviewed the information in it.

DUCKING OUT

When business was slow, a salesman at the car dealership, where I work, would go for a walk in the back parking lot. A storm drain there was chronically plugged, and when it rained, a large puddle would form, attracting waterfowl. The water was often contaminated with oil and antifreeze. Noticing a pair of mallards swimming in this murk one day, the salesman sadly commented, "*They're killing themselves and are too stupid to know it.*" With that, he shook his head, took a last drag on his cigarette and went back inside.

--- John Chaplin

Deja Moo: "The feeling that you've heard this bull before."

**The NU-VOICE CLUB
of Northern Virginia**

2005

**Annual Pot Luck Picnic
Sunday
August 13th at 3pm**

Enjoy an evening of
fellowship. Bring a dish to
share. Sodas and Beer will
be provided.

**Hosted by
Gilbert & Barbara Giles
511 Worchester St.
HERNDON, VA 20170-3137
703-904-9776**

<http://www.mapquest.com/directions/>

Directions from I-495

CAPITAL BELTWAY / I-495 toward
NORTHERN VIRGINIA

Merge onto VA-267 W via EXIT 45A
toward DULLES AIRPORT (Portions toll).

Take the VA-602 / RESTON PARKWAY
Exit at **EXIT 12**.

Keep RIGHT at the fork to go on
RESTON PKWY / VA-602 N.

Turn LEFT onto BARON CAMERON AVE/
VA-606-W. Continue on VA-606 W. which
turns into Elden Street

Turn RIGHT onto HERNDON PARKWAY

Turn LEFT onto WORCHESTER STREET

End at 511 Worchester St. on the left

**IF YOU NEED LCMC
INFORMATION:**

**Herb Simon or Phil LeGrande
301-588-2352 301-336-3311
H457@aol.com LgrPhil@aol.com**

INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES

2005

ANNUAL MEETING

Sept. 1st – Sept. 3rd

VOICE INSTITUTE

Aug. 30th – Sept. 3rd

At the Historic Boston Park Plaza Hotel

64 Arlington Street Boston, Massachusetts 02116

CALL FOR RESERVATIONS: (888) 625-5144



The Annual Meeting runs from Thursday September 1st through Saturday September 3rd. It is designed for laryngectomees, family members, and others. The Annual Meeting is three days of educational and social programs on most aspects of life as a laryngectomee. Those attending the Annual Meeting may also attend sessions of the Voice Institute on a space-available basis. The Voice Institute runs from Tuesday August 30th through Saturday September 3rd. It is designed for laryngectomees (in two categories), speech-language pathologists, and students in graduate programs in speech pathology. It is an intensive week of lectures and hands-on experience on all aspects of laryngectomee rehabilitation. There are four categories of Voice Institute attendees:

- (1) Voice Institute Pupils (VIP) are laryngectomees who attend primarily in order to improve their speech and to serve as demonstration subjects for others in the Voice Institute. They are welcome to attend all week, but are only required to attend from Thursday through Saturday (September 1st - 3rd).
- (2) Laryngectomee Trainees (LT) are laryngectomees who attend from Tuesday through Saturday (30th - 3rd). If they wish, they may take a test at the end of the week. After passing the test and completing a one year internship under the supervision of a trained speech pathologist, they may elect to be listed in the IAL Directory of Alaryngeal Speech Instructors.
- (3) Speech Pathology Trainees (ST) are speech-language pathologists who attend from Tuesday through Saturday (30th - 3rd). Approximately 3.8 Continuing Education Units (CEU's) are available for this Institute. If they wish, they may take a test at the end of the week. After passing the test and completing a one year internship under the supervision of a trained speech pathologist, they may elect to be listed in the IAL Directory of Alaryngeal Speech Instructors.
- (4) Graduate Students (GS) are individuals who are enrolled in graduate speech pathologist programs. They attend from Tuesday through Saturday (30th - 3rd). If they wish, they may take a test at the end of the week. After passing the test and completing a one year internship under the supervision of a trained speech pathologist, they may elect to be listed in the IAL Directory of Alaryngeal Speech Instructors. All Annual Meeting and Voice Institute sessions are conducted in English.

- - - Reprinted from Larynxlink
The IAL Website