

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



DECEMBER, 2006

MEETING MINUTES

November 8, 2006

President Herb Simon called the meeting to order at 7:40pm. Those in attendance were Sally Simon, Edward Akwe, Mary Speiden, Ibrahim Mahamed, Howard Eskildson, Jim McKnight, Irwin & Tema Title, Joe Anastasi, Ishmael & Alicia Rivera, Johnnie Harris, and our guest speaker, Gordon Aoyagi. Alan, Irving & Evelyn Shakin and Beth Solomon were at speech class, but were

(Continued on page 2)

MARK YOUR CALENDAR

DEC. 13th – 6:30pm

Speech Class

Beth Solomon

DEC. 13th – 7:30 pm

Business & Social Meeting

DEC. 27th – 7:00pm

Speech Class

Beth Solomon

Happy Holidays



**FOR LCMC INFORMATION
CONTACT: HERB SIMON**

301-588-2352

H457@aol.com

EIGHT GIFTS THAT DON'T COST A CENT

THE GIFT OF LISTENING

But you really must listen. No interrupting, no daydreaming, no planning your response.. JUST LISTEN.

THE GIFT OF AFFECTION

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends

THE GIFT OF LAUGHTER

Clip cartoons, share great articles and funny stories. Your gift will say, "I love to laugh with you."

THE GIFT OF A WRITTEN NOTE

It can be a simple "I LOVE YOU," or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

THE GIFT OF A FAVOR

Every day, go out of your way to do something kind.

THE GIFT OF A COMPLIMENT

A simple and sincere, "You look great in red," "You did a super job," or "That was a wonderful meal," can make someone's day.

THE GIFT OF SOLITUDE

There are times we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

THE GIFT OF A CHEERFUL DISPOSITION

The easiest way to feel good is to make others feel good.

MY GIFT

to each of you is to have a

MERRY CHRISTMAS and the BEST WISHES for the NEW YEAR

---Submitted by
Rudy Dupler

BREAST CANCER: Not Just a Women's Issue.

We all know someone who's had an experience with breast cancer. Maybe just a scare --- maybe something more. And most of us think of it as a women's disease. But here's some news that may surprise you, and it could affect someone in your life.

Breast Cancer in men is real - and serious.

In 2006 an estimated 212,920 women and 1,720 men in the U.S. will be diagnosed with breast cancer. While it is less common for men to experience this kind of cancer, what many people don't realize is that it can be even more dangerous for men than for women. That's because the vast majority of men don't even think about breast cancer --- or realize that they could develop the disease. So they don't tell their doctors about changes or problems in their breasts. As a result, men tend to be diagnosed at later stages, when the disease is more difficult to treat.

Early diagnosis makes all the difference.

Men and women fare equally well if they are diagnosed in the early stages --- in fact, the five-year survival rate after early-stage diagnosis and treatment is 96%.

So it's important to be aware of this disease, keep an eye out for the warning signs, and contact your doctor promptly when necessary. Both men and women should perform breast self-examinations and watch for:

- Lumps in the breast area**
- Dimpling**
- Changes in breast size**
- Discharge from the breast**

Spread the word.

Make sure the men in your life know they're not immune to breast cancer. And educate them on the warning signs, because early detection makes a difference.

*---Reprinted from AARP
United Health Care Options Newsletter*

Editor's Note:



LCMC member **Jim McKnight** (above) was recently diagnosed with Breast Cancer. Jim is presently undergoing treatments and his spirits remain high.

MEETING MINUTES

(continued from page 1)

unable to stay for the meeting. **Irv Title**, who has recently been having problems with his TEP, read the Prayer for a Laryngectomee, using his backup Servox electro-larynx. We then introduced ourselves with the laryngectomees telling the date and location of their surgery. Herb introduced our guest speaker for the evening: **Gordon A. Aoyagi, Director of the Montgomery County Homeland Security Department (MCHSD)**. Gordon handed out copies of his power point presentation to us. He gave details of the Mission of the MCHSD and told us how they are prepared to assist County residents in any situation. He also explained that the surrounding Counties, Regions, States, and Federal Emergency Disaster Teams work together to assist each other in time of a disaster. Gordon explained the various types of disasters and how they are prepared to handle each, if they occur. He informed us of what we as the general public can do to help ensure our own, as well as our family, friends and neighbor's safety. Other handouts Gordon brought and distributed to help us to be prepared for any disaster were:

1. Plan for 9 – A list of basic items to have ready for a disaster.
2. Disaster Wheel – A quick reference guide for the various types of disasters.
3. Z card – This is to be completed with the family's plan and with a list of any medications and/or special needs.

Gordon also urged everyone to get Flu shots, citing they are especially important this year in order to prevent a pandemic, due to the Avian flu. He asked for a show of hands of those who already had gotten Flu Shots, and most of us had. Gordon's presentation was well received by all in attendance. A sense of calm and relief seemed to be felt by all, now having a better understanding of the roles of the MCHSD and surrounding regions, State and Federal Emergency Management Teams, and the general public, if a disaster occurs.

Treasurer's Report – LCMC currently has 56 dues paying members. Herb recounted recent expenses as part of his report.

Aunt Bea's Sunshine Report — Herb received an email message from **Terri Holmes** and reported that she and **Wayne** have missed coming to meetings. This has been due to Wayne's health. He recently was diagnosed with occurrence #11, this one located behind his nose. He looks good and is handling everything well. He will soon begin another round of cyber-knife treatments. **Bob Kanjian** recently wrote that he will not be refereeing soccer games in our area this year, so his trips here and attendance at meetings will be limited. **Carol** will be in our area in December for the birth of another grandchild. They have many "Doo Wop" trips planned in the near future. Jim McKnight gave us an update on his medical situation. He has begun treatments for his recently diagnosed Breast Cancer. *(See article in lefthand column of this page.)*

Beth Solomon's Words of Wisdom — **Beth** had to leave after speech class to pack for an early morning flight.

Old (unfinished) Business – **Howard Eskildson** gave an update from the Nominating Committee for the upcoming election of LCMC officers for 2007. The Nominating Committee consists of himself, **Addie Shaw**, and **Jim McKnight**. Howard reported that Herb had been nominated for both the President and Treasurer positions and **Mary Speiden** has accepted the nomination for Secretary. Howard noted that the Nominating Committee was still accepting nominations or volunteers for the office of Vice President. The election will take place at the December meeting.

New Business — Herb read a message from **Terry Duga**, the Treasurer of **WebWhispers** on-line support group. **Dutch Helms**, the founder of that group recently passed away. The message included where to send donations. Herb brought out that because of all the good work this organization does for laryngectomees worldwide, we should think about making a contribution in Dutch's memory. Irv made a motion for LCMC to make a \$100 donation. The motion was seconded and passed. We next discussed when to have our Holiday Party. We agreed tentatively on Saturday, January 13, 2007. The time and date will be decided at the December meeting. Please notify Herb before the December meeting, if you are not attending the meeting, to let us know if you prefer a different date. Many thanks to **Ish and Alicia Rivera** for bringing tonight's tasty refreshments. This was their last meeting before returning to Puerto Rico for the winter months. **Irv and Tema Title** volunteered to bring the December treats. After a motion was made, the meeting adjourned at approximately 9:00 PM. Several people stayed to enjoy each other's company and partake of the remaining refreshments.

*---Respectfully submitted by:
Mary Speiden*

SEVEN STEPS TO PREVENT THE SPREAD OF FLU



The Flu is an infection of the nose, throat and lungs. It is easily spread and can be a serious illness for some people. The flu may cause a fever, cough, sore throat, runny or stuffy nose, headaches, muscle aches and tiredness. Most people feel better in a week or two, but for others, the flu can lead to a life-threatening illness such as pneumonia.

- 1) Get a flu shot. It is the best step you can take to prevent the flu and the chance of serious complications. October through November is the best time to get a flu shot. You need one every year because the virus is constantly changing. You should *not* get a flu shot if you are allergic to eggs. If you are not sure, talk with your doctor to find out if a flu vaccine is right for you. Be sure to talk with your doctor about getting the pneumonia vaccine as well. It is usually a once-in-a-life-time shot and can be given at the same time as a flu vaccine.
- 2) Wash your hands often to get rid of germs.
- 3) Avoid touching your mouth, nose and eyes. Germs are often spread when a person with germs on his hands touches his face. (Stoma for larys!)
- 4) Avoid close contact with people who are sick.
- 5) Stay home from work or school and don't run errands when you are sick. This will prevent others from catching the flu from you.
- 6) Cover your mouth and nose when you cough or sneeze to prevent the spread of germs. (stoma for laryngectomees!)
- 7) Eat a balanced diet and get plenty of rest to keep your body strong and ready to fight off infection.

--- Sources:

*American Academy of Family Physicians,
Centers for Disease Control and Prevention,
and the American Lung Association*

Editor's Note: If you haven't gotten your flu shot yet and want to know where you can get one near you, go to : www.lungusa.org



<<<from the WEB >>>

Subject: [WebW] Types of speech...
Date: 10/05/2006 12:47:06 PM Eastern Daylight Time
From: [debi austin](mailto:debi.austin@webwhispers.com)
To: webwhispers@mail-list.com

This is a subject that should come up often, regularly, and in detail! What is the best type of alternative speech? The one that allows you to communicate who you are and what you feel!

The sound of your voice is not the window to your soul. We are never going to sound "normal." We are never going to be "normal" again. When we were reconstructed, they did not just alter our anatomy and remove our voice box. We were touched far deeper than that. Our hearts, minds, and souls (pardon the expression) were forever changed in that operating room.

We use the term communication very loosely in today's world. I worked in communications. It had nothing to do with what I think of as communication today. I worked for a phone company. Since my laryngectomy, I have had the privilege of working with Elizabeth Finchem. Her expertise in communication has little or nothing to do with a phone. Speech pathologists can teach you to speak, but they cannot teach you to relay thoughts, feelings, and emotions. Communicating is letting someone know how you feel, who you are, what you care about, and what you can and want to do. It is not the sound of your voice.

Does a man with a TEP mean "I love you" more than the woman with a Cooper-Rand, when they say the same words? Because we have always depended on our voices, we get so hung up in sound we forget that the words, meanings, and feelings are far more important now. We have a lawyer that uses a TEP. Is he less of a lawyer because he sounds different? Or a minister that uses a Servox, has his message changed? Jack writes poetry, perhaps with deeper emotion, but not because of the sound of his voice.

This site and the fantastic articles in our newsletters are proof that the sound of the voice has nothing to do with the power of the human spirit. Who we are is so much more than sound.

Just a thought, Debi Austin
"let your life speak!"

**"Happiness is not a state to arrive at,
but a manner of traveling."**

----- Margaret Lee Runbeck

Should Tobacco Companies be protected from lawsuits?



The "Cheeseburger bill," which would prevent people from suing fast-food companies for weight-related ill, was passed by the House. And the House and the Senate each passed a bill that prevents victims of gun-related crimes from suing gun manufacturers. But no such legislation supports the tobacco industry. Regardless of your opinion on these issues, do you see this treatment as consistent?

---D.A. Petrasak

Consistent with what? The subjects are neither related or parallel: Food and guns can be used properly and without abuse. Tobacco cannot.

---Marilyn vos Savant

Reprinted from Parade Magazine
March, 2006

HAPPY BIRTHDAY



Dec.1	Elaine Samuel
Dec.2	Nick Goodpaster
Dec.8	Bernard Becker
Dec.9	Jim Roby
Dec.13	Sue Wilcom
Dec.13	Robert Fuller
Dec.22	Pat Fleming
Dec.22	Caroline Gregory
Dec.23	George Dickens
Dec.23	Vivian Riggs
Dec.25	Christmas Day
Dec.28	Wayne Holmes

NEW LARYNGECTOMEES VISITS

Oct. 31st – Herb went to the Washington Hospital Center for a pre-op visit with **Gene Sutton**. Gene spent his 60th birthday in the hospital on Oct.28th. He recently had a tracheotomy. His voice was reduced to a whisper, as many of us have experienced, prior to our surgery. Gene lives in Washington, DC. He retired 10 years ago. He has much family nearby including 4 children and 6 grandchildren. Gene was in good spirits. Most of his communication was written. Herb brought Gene some reading material and is planning to visit with Gene again, following his surgery, which is scheduled for November 6th. Gene smiled constantly and was very appreciative of the visit. Thanks go to **SLP Megan Snell** for alerting Herb to this pre-op patient.

Update – Gene is doing well since his surgery. He is now communicating with an Electro-larynx with an oral adapter. He is happy with it and is still smiles constantly.

Nov. 4th – Herb went to the Northwest Washington, DC home of new laryngectomee **Radcliffe Glanville**. Radcliffe's surgery was at Providence Hospital on Oct. 18th. Radcliffe has worked for the past 14 years at the Post Office, but is no longer employed there. His wife passed away seven years ago. Radcliffe has a very close knit family and many friends. His brother Clarence, sister Cynthia, nephew Ryan, and several friends and neighbors were present for this visit. Radcliffe wore a warm smile during the entire visit. He has adjusted well physically and emotionally to all that has happened to him. He had a brand new Servox Inton that had just arrived and was still in the box. After getting the Servox ready, Radcliffe was able to find a good 'sweet spot' and speak immediately. After a few minutes, the new servox stopped working. The buttons would not produce sound, when depressing them. Fortunately, Herb had brought a loaner device from LCMC with him. The loaner was left for Radcliffe to use, while his new one is being repaired. Because Radcliffe will soon begin radiation treatments, he was also left an oral adapter to use, if that becomes necessary. Next, time was spent discussing adapting to life as a laryngectomee, the importance of humidity, mucous secretion, keeping the stoma covered, and most importantly, laryngectomee safety in emergency situations. A lot of ground was covered during this visit. Radcliffe will be returning to Providence Hospital to work with longtime LCMC member, **SLP Sharon Khoo**, who referred Radcliffe and his family to LCMC.

*My mind is a garden.
My thoughts are the seeds.
My harvest will be either flowers or weeds.*

---Author Unknown