

# 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



## FEBRUARY, 2007

### ANNUAL HOLIDAY PARTY

January 13, 2007

The Annual Holiday Party took place on this unusually warm and sunny day for January. We actually opened windows and allowed some fresh air in. Twenty five members, associate members and guests attended today's event. Those in attendance were Irv & Tema Title, Herb & Sally Simon, Edward Akwe, Addie Shaw & Deborah Haas, Elizabeth & Melizza Ford & Tamekia Davis, Howard Eskildson, Mary Speiden, Johnie Harris, Jim McKnight, Bob Griffing, Eliza Peoples, Alan, Irving & Evelyn Shakin, Stanley Lipscomb, Joyce Freeman and

*(Continued on page 3)*

### MARK YOUR CALENDAR

**FEB. 7th – 7:00pm**

**Speech Class  
Beth Solomon**

**FEB. 14th – 7:30pm**

**Business & Social Meeting  
Refreshments–Howard Eskildson**

**Feb. 28th – 7:00pm**

**Speech Class  
Beth Solomon**

**FOR LCMC INFORMATION**

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## Why Worry About Tomorrow?

*Why worry about tomorrow  
and the rising of the sun,*

*Or anguish over past mistakes  
that cannot be undone?*

*Why waste life's precious moments  
on things that bruise the heart,*

*When today is ours to fashion  
into a work of art?*

*Today comes but once my friend.  
It never can return.*

*So use it wisely while you can.  
There's a lesson you may learn.*

*Let history record the past  
and tomorrow come what may.*

*Be content to do your best  
with what you have today!*

*---Author Unknown  
Submitted by Addie Shaw*

DO YOU KNOW WHAT  
TIME IT IS?



IT'S 2007 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*

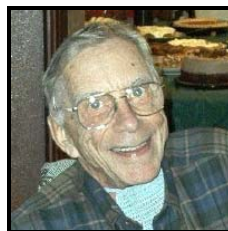


2/2 Eileen Cunningham  
2/13 Gary Milligan  
2/15 Sally Simon  
2/16 Yosef Patel  
2/17 Bob Kanjian  
2/17 Evelyn Shakin  
2/20 John Ray  
2/21 Howard Eskildson  
2/28 Mamadou Souare  
2/28 Donald Fardan



*Happy Valentine's Day*

## Yesterday, Today, and Tomorrow



**Chuck from Arkansas**

It's 12:27PM when I wake up. There are some kind of stockings on my legs that every once in a while massage them. Then I notice a tube in my nose, another one in my throat area, and yet another one in my right arm. Then I notice another one on a finger of my right hand and a bunch of wires all over my body. What's going on here? I try to talk but nothing comes out. I want to die. I even ask the Doctor to let me die. Then reality sets in. I can talk, but nobody hears me. I can cry tears, but no sound -- no more singing at weddings, funerals, and church services -- no more barbershop quartet or chorus singing -- it's all gone! What is there to live for? Does this sound familiar? That is the way I really felt, when I came out of the surgery that took my vocal cords. Even after having two weeks of practice with a Servox, I was still unprepared for the reality of what had happened.

Today it is much different. I have accepted what has happened to me. I can now talk using my Servox or TEP speech. I can again teach Bible Study, do devotionals, and yes, even preach once in a while. I have learned to clean my stoma and prosthesis every morning now. Yes today my life is different. I have had to change my life style. It seems that before I was very tolerant of everything, and now I am less tolerant of anything. You see, I have learned that we all react differently to what has happened to us. We may tackle the same problem in different ways and yet come up with a solution that will work for some, but not for others. Tomorrow, I may have a stuffy nose! I know how I will treat it.

It could be that tomorrow, when you go to your ENT, he will say, "Your transplant surgery is scheduled for tomorrow. You should be able to go home in a couple of days. You will have to take some medication to help prevent rejection of your new larynx". Could this really happen? At the present time the answer is NO. I am speaking about a larynx transplant. I know a transplant has been done successfully, but not on a cancer patient. In fact there are no future plans of performing a larynx transplant on a cancer patient.

Our tomorrow is going out of our way to help other laryngectomees, whether it is with a word of encouragement, a helping hand, and yes even a smile. Our tomorrow is getting out and spreading the word to STOP SMOKING, especially among the young. Our tomorrow is showing other laryngectomees that we can still do many of the things we did before surgery; maybe a bit differently and with a lot more patience. And I think that is one of the most important teachings, Patience, Patience and then MORE Patience. We are not handicapped; we just do many things in a different way now, and maybe even better than before.

---Chuck Silsbee  
Gillett, Arkansas

**Editors Note:** Chuck was born in Winona MN in 1931. He's now 75 yrs. old. He lived there until 1988, when his mother died. His employer, Big Bear Farm Stores, then relocated him to Knoxville, IA. He managed the store there until 1994, when he took an early retirement, due to a minor heart problem. He soon moved to Gillett AR, to be near relatives. Chuck is the only laryngectomee living in Gillett, a small town of 819 people, where everyone knows each other. Chuck spends a lot of his time on the computer. He built a website for his church and now conducts it's daily on-line devotional. He is busy learning how to do even more with a computer. His hobby is building model circus wagons in 1/2 inch scale. Chuck served in the US Army and the US Air Force. He's never been married.

## ANNUAL HOLIDAY PARTY

January 13, 2007

Ibrahim Mahamad, accompanied by family members Samere Owusu, Isaku, and Adam Issahalen. Wayne and Teri Holmes had planned to attend, but due to an unexpected death in their family, they instead went to Richmond, VA to attend the funeral. Beth Solomon also had planned to attend, but unfortunately, she was also unable to.

The Titles and the Simons arrived at the ACS at 11:45 to set up the room and prepare the tables for the party. Edward arrived shortly after and also helped with setting the room up. The raffle table was set up inside the entry door to the room the party was being held in. The raffle items included three telephone sets supplied by the Titles, candles, body lotion, two boxes of Whitman Sampler Candies, ceramic tile sun-screen ornaments made by Irv Title, and other assorted items, plus many of the plants that adorned the tables. Howard brought several orchids from his personal collection to brighten up the room for this festive occasion. One of these beautiful flowers was placed on the raffle table next to Herb's "Teddy" Giraffe. This adorable stuffed animal was a Christmas gift this year for Herb from Sally's daughter. As most of you probably know, giraffes, like laryngectomees, have no vocal cords. The orchid(s) and Teddy Giraffe were NOT raffle items!

As everyone started arriving they signed in and received a name tag and a raffle ticket. The attendees brought great food this year (as always) and folks started munching right away. We feasted, visited and had fun for the next couple of hours.

After everyone was stuffed to the gills, Herb presented Johnnie Harris, the new Vice President and Mary Speiden, the new Secretary, with LCMC Officer's Notebooks and congratulated them again. Next, our raffle was conducted by Tema and Sally. Everyone won a raffle prize to take home as a memento of this fun event. Before folks began leaving, we all posed for group and other photos, which can be seen on the additional pages accompanying this issue of THE VOICE. Several people stayed to help clean up and get the room back to the way it was arranged before the party. I think it's safe to say that no one left hungry, and a good time was had by all. ---Herb



<<<from the WEB >>>

**Subject:** [WebW] Major Stroke From Radiation  
**Date:** Wed, 10 Jan 2007 21:02:23 -0500 (GMT-05:00)  
**From:** Marilyn [melmarlight@earthlink.net](mailto:melmarlight@earthlink.net)  
**To:** [webwhispers@mail-list.com](mailto:webwhispers@mail-list.com)

I had larynx cancer, removed by radiation. Two weeks ago I had a major stroke, very bad. Surgeon who operated on artery said it was caused by a lot of radiation damage. I am okay. Has anything like this happened to anyone else I can't find anything on this. . . . Marilyn Light

**Subject [WebW] RE: Major stroke from Radiation 01/11 12:39 PM**

I am a larry for over 17 years now. I have some larry friends who been there as long or longer then I do. In the passed two years, three of them had a mayor stroke.

They all said the same, it was due to radiation damage, even if it was years and years ago. I went to see my ENT anyway for a small problem (allergies) and asked him about it. He said it was true that radiation can damage the arteries in the head/neck area. I asked him why they didn't tell that to laryngectomees and never got a real answer.

To make a long story short, I had my arteries checked. They did that with a sort of ultra sound device which also checked the blood flow and if the heartbeat was strong enough. My arteries were perfectly clear, probably due to my young age at the time of radiation.

My advice to all of you who had radiation, have it checked out. It can avoid mayor problems. My two cents.

Marianne Peereboom . . . . Voiceless but not Speechless

**Subject: [WebW] Major stroke from Radiation 01/11 6:25 PM**

Marilyn,

At the last IAL meeting in Schaumburg (Chicago) IL, there was a talk by Dr Richard Bernstein, MD, PhD, a neurologist and stroke specialist from Northwestern University, on stroke in relation to head & neck cancer. We learned that radiation to the neck, specifically the carotid arteries, does represent an increased risk for stroke. There are, however, other risk factors as well some of which are fixable. These include history of smoking, high blood pressure, diabetes, physical inactivity and obesity, and alcohol consumption, to name a few. Look for an article on this topic in the next edition of the IAL News which will come out in early February, I believe, and will be posted on the IAL website at [www.larynxlink.com](http://www.larynxlink.com). You can also read more information and arrange to receive free information by mail about stroke, its risk factors, prevention methods and treatment at the American Stroke Association website [www.StrokeAssociation.org](http://www.StrokeAssociation.org)  
Carla DeLassus Gress, ScD, CCC-SLP

**Editor's Note:** In a private message Marilyn added: "I had never heard of this. I just passed out in a restaurant. My friends knew it was something serious. The ambulance took me directly to a stroke center. That is how I am still alive. It is deadly and not recognized by most people. You have my permission to use this information. I hope others are aware of this. It's terrifying." --- Marilyn Light

## IN MEMORY OF

I am sad to report that two LCMC members recently passed away.



**Floyd Walk**

passed on Friday, January 5th. Floyd was not able to attend meetings. He did attend and enjoy several summer picnics, accompanied by his niece, **Cheryl Gilmore**, who notified us of Floyd's passing. Cheryl wrote: "He was tired, and the cancer had set in his bones."

Another LCMC member, who recently passed away was **Diane Gaskins** of Cockeysville, MD. A niece of Diane's reported that Diane passed away due to a recurrence of Cancer. Although I never met Diane in person, we communicated frequently via Email, since she first became a laryngectomee. She said she would have liked to attend our summer picnics, but always had a dog show or other commitment to attend at the same time. Diane said she enjoyed reading THE VOICE each month. I'm sure I speak for all LCMC members in extending our thoughts and prayers to the families and loved ones of Floyd and Diane.

---Herb

## LARYNGECTOMEE VISITS

On January 10th, Herb, accompanied by Church Volunteer Worker **Mary Carol Dragoo** went to the Southeast Washington, DC home of **Joyce Freeman**. Joyce became a laryngectomee on July 21, 2004. Her surgery was at Washington Hospital Center. She communicates with a Servox and also with a Dynawriter. While Joyce and Herb visited, Mary Carol was busy taking care of service for the Dynawriter and doing several other things for Joyce. Also present for this visit were Joyce's daughters Lachelle and Shateau and her grandson, Mekhi. Herb answered questions by Joyce and her daughters and gave them several important items regarding safety and living life as a laryngectomee. Herb also gave Joyce some tips on use and care of her Servox. From there Mary Carol and Herb went to the Temple Hills, MD home of **Leon and Mary Chapman** to pick up a loaner Servox that Leon had been using. He was asleep, but Mary Carol and Herb had a nice visit with Mary. From there Mary Carol and Herb went to see **Ernest Johnson** in his Temple Hills apartment. The apartment is adorned with lovely plants everywhere and much custom painting around doors and on walls that was done by Ernest. Again the purpose of the visit was to pick up a loaner Servox that Ernest had been using while his was being repaired. Sarah, Ernest's wife, who has not been well lately, was also asleep during our visit. Ernest enjoyed our visit and hopes to be able to come to some meetings and other LCMC events this year.

## SPEECH CLASS GUEST



We had a special guest join us for our December 27th speech class. **Mr. Wayne Baker**, a longtime laryngectomee, who lives in San Raphael, CA was in town for an extended visit to do some sightseeing. LCMC members attending that evening were Mary Speiden, Howard Eskildson, Herb Simon and SLP Eliza Peoples, who was a last minute substitute for Beth Solomon. Beth couldn't make it that evening, due to a medical emergency in her family. Wayne is an excellent and longtime Esophageal Speaker. Howard has been working on learning to communicate using esophageal speech to complement his TEP speech. Wayne was able to give him many good tips and demonstrate some technique for him. Wayne enjoyed attending and meeting the LCMC members who were there.

### Editor's Note

Many years ago, Wayne wrote an article entitled "Police Pullovers". This article appears in THE VOICE a couple of times a year for the benefit of new laryngectomees, who can learn from it. The article is printed below and you can now put a face with the author's name:



## POLICE PULLOVERS

*by Wayne Baker*

It happens to the best of us. We get pulled over by the police. They approach the car and ask for your license.

If you are a user of an electro-larynx and it happens to you, you will do well to observe one simple rule of conduct: **KEEP YOUR HANDS IN SIGHT. NEVER REACH FOR SOMETHING OUT OF SIGHT.**

The police regard everyone as a potential problem and they will do what they have to in order to protect their lives. You know you are not a Charles Manson. They don't. In fact, they are trained to think you are. It is the way they live so long.

Police can be nice or not. It is sometimes (but not always) up to you. Help them out. Be slow. Be obvious. Wait for permission. Be Polite.

---Reprinted from  
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