

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



JUNE, 2005

MEETING MINUTES

May 11, 2005

The meeting was called to order by the **President, Phil LeGrande**, at 7:32 PM. Those attending the meeting were: Rick Gregory, Phil LeGrande, Jim McKnight, Herb & Sally Simon, Howard Eskildson, Bob Kanjian, Bob & Sue Griffing, Beth Solomon, Lena Burton, Robert Owens, Anne & Ray Fry, Mary Jane Hart, Theresa Stouffer, Ernest Johnson, Mary Speiden, Ish & Alicia Rivera and our guest speaker, Dr. Jose L. Hernandez-Rebollar. **Howard Eskildson** read the Prayer for a Laryngectomee. Phil welcomed everyone and asked us to introduce ourselves with the laryngectomees noting their date of surgery. He then asked if there were any corrections or additions to the March or April Meeting Minutes as published in the newsletter(s). None were noted. A motion was made and seconded and the minutes were approved as published. Phil then introduced the guest speaker, **Dr. Jose L. Hernandez-Rebollar**, a visiting Assistant Professor of Electrical Engineering at George Washington University. Dr. Rebollar began by giving a short

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MARK YOUR CALENDAR

JUNE 8th – 6:30pm

SPEECH CLASS

With Beth Solomon

JUNE 8th – 7:30pm

Business/Social Meeting

Refreshments will be served

THE SNEEZE

They walked in tandem, each of the ninety-three students filing into the already crowded auditorium. With rich maroon gowns flowing and the traditional caps, they looked almost as grown up as they felt. Dads swallowed hard behind broad smiles, and moms freely brushed away tears.

This class would not pray during the commencements --- not by choice, but because of a recent court ruling prohibiting it. The principal and several students were careful to stay within the guidelines allowed by the ruling.

They gave inspirational and challenging speeches, but no one mentioned divine guidance and no one asked for blessings on the graduates or their families. The speeches were nice, but they were routine until the final speech received a standing ovation.

A solitary student walked proudly to the microphone. He stood still and silent for just a moment, and then he delivered his speech.....an astounding *sneeze!*

The rest of the students rose immediately to their feet, and in unison they said, "GOD BLESS YOU."

The audience exploded into applause. The graduating class found a unique way to invoke God's blessing on their futurewith or without the court's approval.

- - - Author Unknown

DO YOU KNOW WHAT TIME IT IS?



IT'S DUES TIME!

2005

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



June 4 th	Tema Title
June 7 th	Corky Gilbert
June 9 th	Bettina Ponsart
June 11 th	Jean Rich
June 19 th	Amber Diggs
June 25 th	Robert Cameron
Happy Anniversary - Irv & Tema Title	

Happy Father's Day

MEETING MINUTES

(Continued from page 1)

history of his migration from Mexico in 1988 to his present position. He also gave an overview of the origin and extent of use worldwide of sign language. He noted that the military uses a form of sign language today in Iraq known as "Phrasolator" to communicate with the Iraqi people. During the entire time he was speaking, he was hooking up wires to his arms and the Glove that is an integral part of his new technology. He then demonstrated his new "AcceleGlove" technology. This interesting presentation included discussion and questions by members. When Dr. Rebolgar finished, he was thanked by Herb for taking the time to be with us, and he received a hearty round of applause from all present.

Treasurer's Report – Herb reported that we now have 47 dues paying members. He noted that last year we had 63 and mentioned that we are on track. He also reported there had been a minuscule change in money within the Treasury. He also noted that he have a supply of generic batteries for sale for the Servox.

Aunt Bea's Sunshine Report – Phil LeGrande began by updating us on the health of **Peggy Williston**, a relatively new member, who has had a recurrence. He and Herb read portions of an email message from her husband. **Sally Simon** ran into **Lorre Goodpaster** at the grocery store and reported that **Nick Goodpaster** is doing much better. He is still suffering the effects of chemo and tires easily. He does volunteer work on Wednesdays and has been too tired to attend meetings in the evening. Herb read an email message from **Alan Shakin** that explained why we haven't been seeing him and his parents, **Irv and Evelyn Shakin**, recently. Herb also read a lovely message from **Gary Leckman** that came with his LCMC dues and donation. Gary, who lives in New Hampshire, is an active and dedicated volunteer, who gives Anti-tobacco presentations throughout New England. Herb & Sally met Gary at the IAL convention in 1998 at Indianapolis. Phil also reported that he has been communicating with **Garry Moore**, a person he met and communicated with on Web Whispers. He referred Garry to Herb for further contact and Herb met with Garry in person. Garry, who is 58 years old and lives in Hollywood, MD, had a partial laryngectomy at Georgetown University Hospital. Garry is interested in finding a technology that will allow him to speak louder. Amplifiers don't do the job for him. He is planning to attend some club events in the future.

Words of Wisdom from Beth Solomon – Beth noted that summer means humidity and pointed out that it is really effective for laryngectomees. Beth suggested using humidifiers, steaming up the bath rooms and other means of keeping ourselves moisturized, during the coming months. She also noted that her schedule includes a lot of traveling for the next few months. We'll only have one speech class per month for this reason. The schedules will appear in THE VOICE. **Unfinished or "Old" Business – Relay for Life** was brought to the attention of the members. Anyone wishing to take part in this event should contact Herb. It was decided that the *Annual Picnic* will be on July 30th at 4pm at Herb & Sally's home in Silver Spring.

New Business – Phil passed out flyers with a registration form for the New Jersey Laryngectomee Conference, being held in Princeton, NJ in September. He noted that Herb will be a speaker at the conference. Phil told us about his stay in the hospital where no one on staff had any experience with Laryngectomees. He cautioned all members to alert their hospital staff to the fact that they are "Neck Breather," upon admission. Herb showed us the new adapter for a 9-volt battery now available for a Servox. It was developed by Tom Lennox of Luminaud. This adapter is designed to serve as an emergency back-up for the Servox, when power to recharge batteries is unavailable. The meeting was adjourned at 9:16 PM.

--- Respectfully submitted by,
Robert Owens, Secretary



The ROCKVILLE Event

will be held this year at

Winston Churchill High School

11300 Gainborough Road
Potomac, MD 20854

Starting on June 11th at 12:00PM
Ending on June 12th at 7:00AM

AN INVITATION TO RELAY

We invite all cancer survivors in our community to attend the opening ceremonies of the American Cancer Society Relay For Life. We encourage you to enjoy the day, make new friends, and celebrate! Relay For Life is an overnight team event that increases awareness of cancer in the community and raises much needed funds to fight the disease. At Relay For Life, teams of friends, neighbors, families, and coworkers commit to keeping at least one member walking the track at all times—because cancer never sleeps. Please join other survivors in the inspirational Survivors Lap that officially begins our annual Relay For Life. For many, the experience of gathering together with other survivors is powerful and moving. Your family and friends are invited to join you during this celebration as well.

CEREMONY OF HOPE

When the sun goes down, hundreds of luminaria light the way under the stars, and a moment of silence falls during the Ceremony of Hope. Luminaria are those glowing bags that to the naked eye appear to be nothing more than paper sacks filled with sand and candles. But upon closer examination these sacks are actually like people, each with a name and a story to tell. The Ceremony of Hope is one of the most special and moving events of the entire Relay. Everyone gathers around to remember those lost to cancer, support those fighting cancer, and rejoice with those who have fought the disease and won. Luminaria are available for a contribution to the American Cancer Society.

NEED A RIDE TO RELAY?

Would you like to attend the Rockville Relay for Life Event, but don't have transportation? If this is the case, please contact Phil or Herb and we will do our best to arrange a ride for you. (See the contact information at the bottom of page 4 of this newsletter).

Pre-Op Laryngectomy Visits

May 5th – Herb went to Walter Reed Army Medical Center for a pre-op meeting with **Miguel (Mike) Cadiz.**, who is 75 years old. Mike was trying to learn about and decide whether to have a partial or total laryngectomy, if that option exists, when all his tests results are in. **Laura Battiatia**, the speech therapist who arranged the meeting was present as was his daughter-in-law, **Shawn Cadiz**. Mike and Shawn drove down for this meeting from Milford, DE. Mike is retired from the Air Force after 25 yrs. of Service. He served in Viet Nam and has flown over 740 combat missions. He said he was never scared, but indicated that he is fearful of this upcoming surgery. It was a low-key, informal meeting that went very well. Mike and Shawn asked many questions, and will let us know what Mike decides. **UPDATE** – Mike had a total laryngectomy on May 18th at Bethesda Naval Hospital. Dr. Thompson, assisted by Dr. Hoffman performed Mike's surgery. Mike is doing well and in great spirits.

May 12th – Herb went to Woodbine Rehabilitation Center in Alexandria, VA to visit with **Robert Hall**, who is 61 yrs. old. Robert recently had a tracheotomy and had no audible voice. He had been this way for quite awhile and was tired of writing everything down. SLPs **Laura Pudup**, who called for the visit, and **Becky Kropp** were present for the meeting. Herb brought a loaner Cooper Rand from the New Voice club for Bob to try and he took to it like a fish does to water. He quickly was speaking understandably, and was smiling and very thankful.

Post-Op Laryngectomy Visits

May 15th - Herb went to the NW Washington, DC home of new laryngectomy **Wayne Holmes**, whose surgery was by Dr. Malekzadeh at Georgetown Hospital on May 6th. Wayne is 42 years old. Also present for the meeting was Wayne's wife Terri, 2 year old son, Zuriel, his parents, mother-in-law, brother and sisters, aunt, uncle and cousin. Wayne, has been fighting Cancer since 1991. He has a wonderful attitude and looked good. He was speaking with a servox loaner from Georgetown U. Hospital and was understandable for the most part. A large discussion with many questions from family members ensued. It was an informative and upbeat meeting. Wayne received a new laryngectomy visitor kit from LCMC. **UPDATE:** Wayne and Terri attended LCMC Speech Class on May 25th. He was doing great. He began swallowing water for the first time at speech class and his speech improved almost immediately! Wayne and Terri met other laryngectomees, and they were able to hear and see TEP speakers for the first time.

May 21st – Herb went to the SE Washington, DC home of **Charlese Jones**, who is 48 years old. Charlese's surgery was by Dr. Davidson at Georgetown University Hospital on May 9th. Many family members were present for this meeting. Charlese was speaking with a Cooper Rand that was on loan from Georgetown. Her new Servox Digital had already been ordered, but had not yet arrived. The family had many questions that were answered. Charlese had a warm smile and is looking forward to getting better. She received a New Laryngectomy Visitor Kit from LCMC and indicated that she hopes to attend club functions in the future.

May 26th – Herb went to visit with **Ellis Eubanks** at the Genesis Potomac Center in Arlington, VA. Also present during this visit was **Angie Camfield** the SLP who requested the visit, and his son-in-law, **Robin Cox**. Ellis, who is 83 years old, played the trumpet in a jazz band in the 1950's. He had his surgery on April 24, 2005 at George Washington University Hospital. Until today, he had not had a device to speak with. Herb brought a Servox and a Cooper Rand from the New Voice Club of Northern VA. loaner cabinet, not knowing which device would work best for him. He left both of them with Angie. She'll work with Ellis and try to determine which one will be best for him, before he orders his own. Herb also left a new laryngectomy visitor kit from the New Voice Club of Northern Virginia.

**INTERNATIONAL ASSOCIATION
OF LARYNGECTOMEES**



2005

**IAL ANNUAL MEETING
and
VOICE INSTITUTE
will be**

**At the Historic
Boston Park Plaza Hotel
64 Arlington Street
Boston, Massachusetts 02116**



**For Reservations
Call Toll Free – (888) 625-5144**

**WEB WHISPERS
7- DAY CRUISE**

Members and Friends will get together on this exciting and fun cruise that leaves from Boston September 4th. They will travel to Martha's Vineyard, Portland and Bar Harbor Maine, Halifax Nova Scotia, St. John, New Brunswick and return to Boston on September 11th. For additional information, contact Peggy Byron at:
1-800-844-5785

LCMC INFORMATION

Herb Simon

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OR

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ATTENDING THE VOICE INSTITUTE AT THE IAL

By Carla Lynch



As a relatively new laryngectomee that has progressed to hands free/TEP speech, one that never let the loss of my natural voice deter me from living my life and one that has a strong desire to assist others improve their ability to communicate, I was excited about attending my first IAL VI. This (2003) being my first IAL convention, I jumped right in with both feet and enrolled as a Laryngectomee Trainee (LT). Since my surgery in May of 2001, I have wanted to gain as much knowledge and understanding of the anatomical changes in my body and to learn about the options and choices that I have in regaining the ability to speak. Knowledge is power and gaining a better understanding of life as a laryngectomee can empower us to be more confident and comfortable with ourselves.

The Voice Institute is an opportunity for Laryngectomee Trainees to gain the perspective of the speech language pathologist. It is an opportunity for the LT to "sit on the other side of the table" during "therapy sessions". For the student VIPs, it is having experts and insight from well-rehabilitated laryngectomees available to "troubleshoot" and assist you with improving your chosen method of communication or perhaps to guide you in developing a different method of alaryngeal speech.

Laryngectomee Trainees and SLPs are teamed up to assist VIPs with improving their speech. Each group is assigned to a specific mentor, who checks on the progress of the team during each session. As a Laryngectomee Trainee, I was able to offer my actual experience as a laryngectomee to give insight to the VIP and to the SLP. Each member of the team brings a different perspective and everyone on the team gains from having participated in the experience.

While there are several sessions for the teams; there are also Group Therapy breakout sessions, which allow for "life experience" exchange of ideas, tips, and lessons learned. The majority of the Voice Institute schedule includes lectures and presentations by a variety of experts in the various areas of alaryngeal speech restoration and rehabilitation. As a laryngectomee, if you have some basic knowledge of the anatomy that is altered, then most of the presentations will be informative. Pay attention and take notes if you are registered as an LT and plan to take the test at the end of the Voice Institute. If you are a VIP, you can attend the presentations, but you don't have to take notes.

It is truly a rewarding and informative experience. And don't be concerned; you still have time to participate in the fun aspects of the IAL convention. And don't miss the Sing-A-Long, the Fun Show, or the Banquet!

*- - - Reprinted from
WebWhispers Newsletter*