

# 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



## MARCH, 2007

### MEETING MINUTES

February 21, 2007

**President Herb Simon** called the meeting to order at 7:30pm. Present at the meeting were Hward Eskildson, Irwin Title, Mary Speiden, Rich Odom, Bob Griffing, and Beth Solomon. Sally Simon arrived early to help set up the refreshments, but had to leave before the meeting started to go to another function. This meeting was postponed the week before this, due to the extreme winter weather conditions we were having that night. **Howard Eskildson** read the Prayer for a Laryngectomee, with his TEP voice. Herb welcomed everyone in attendance. The minutes for the

*(Continued on page 2)*

### MARK YOUR CALENDAR

**Mar. 14th – 6:30pm**

**Speech Class**

**Beth Solomon**

**Mar. 14th – 7:30 pm**

**Business & Social Meeting  
Refreshments – Mary Speiden**

**Mar. 28th – 7:00pm**

**Speech Class**

**Beth Solomon**

**FOR LCMC INFORMATION  
CONTACT: HERB SIMON**

301-588-2352

H457@aol.com

### THE CHOCOLATE CHIP COOKIES

At an airport one night  
With several long hours before her flight.  
She hunted for a book in the airport shop,  
Bought a bag of cookies and found a place to drop.  
She was engrossed in her book but happened to see,  
That the man sitting beside her, as bold as could be,  
Grabbed a cookie or two from the bag in between them,  
Which she tried to ignore to avoid a scene.  
So she munched the cookies and watched the clock,  
As the gutsy cookie thief diminished her stock.  
She was getting more irritated as the minutes ticked by,  
Thinking, "If I wasn't so nice, I would blacken his eye."  
With each cookie she took, he took one too,  
When only one was left, she wondered what he would do.  
With a smile on his face, and a nervous laugh,  
He took the last cookie and broke it in half.  
He offered her half, as he ate the other,  
She snatched it from him and thought... ooh, brother!  
This guy has some nerve and he's also rude,  
Why he didn't even show any gratitude!  
She had never known when she had been so galled,  
And sighed with relief when her flight was called.  
She gathered her belongings and headed to the gate,  
Refusing to look back at the thieving ingrate.  
She boarded the plane, and sank in her seat,  
Then she sought her book, which was almost complete.  
As she reached in her baggage, she gasped with surprise,  
There was her bag of cookies, in front of her eyes.  
If mine are here, she moaned in despair,  
The others were his, and he tried to share.  
Too late to apologize, she realized with grief,  
That she was the rude one, the ingrate, the thief!

How many times have we absolutely known that something was a certain way, only to discover later that what we believed to be true ...was not?

Always, Keep An Open Mind *and* An Open Heart, Because You Just Never Know When  
**"YOU MIGHT BE EATING SOMEONE ELSE'S COOKIES."**

---Submitted by Addie Shaw

Have you paid your

**2007**

**LCMC DUES?**

If Not:

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*



- |           |                  |
|-----------|------------------|
| Mar. 1st  | Leon Chapman     |
| Mar. 5th  | Phil LeGrande    |
| Mar. 17th | Robert Fuller    |
| Mar. 21st | Stanley Lipscomb |
| Mar. 25th | Viola Sells      |
| Mar. 30th | Johnny Dale      |

**MARCH** is



**Nutrition Awareness Month**

**MEETING MINUTES**

*(continued from page 1)*

December Meeting posted in the January issue of THE VOICE were approved.

**Treasurer's Report** – Herb gave the Treasurer's Report, recapping our expenses for 2006. He told us that LCMC spent \$129.31 more last year than we took in. LCMC had added expenses last year for the New Laryngectomee Visitor Training Class in addition to normal expenditures for Batteries, New Visitor Kit materials, Barrier Devices, and our annual Holiday Party and Summer Picnic events. This shows once again how generous our membership is in sending donations to the club along with their dues payments.

**Aunt Bea's Sunshine Report** - Both **Mary** and **Howard** shared in giving an update on the present medical situation **Addie Shaw** is experiencing. Herb reported on **Wayne Holmes** and some of what he has been going through, since we last saw him at the December meeting. We all signed Get Well cards to be sent to Addie and Wayne. Herb next reported the death of two members. He read an email message from the niece of LCMC member **Diane Gaskins** that he had received. She told of her Aunt's death and gave much background information about Diane. He reported that **Evelyn Davis** also passed away, recently. He learned of this, when the February issue of THE VOICE was returned in the mail with the notice of her death written on the envelope. Evelyn, a former volunteer worker at the ACS was also an active member of the Order of True Sisters and a close and dear friend of our beloved "Aunt Bea" Dreskin. Evelyn and her husband attended many LCMC events in the past. Our heartfelt sympathy goes out to the families and loved ones of both Diane and Evelyn. Herb reported on **Ernest Johnson** and his wife **Sara** and what they are going through medically right now. He read messages from **Bob Kanjian** and **Leon Glasgow** extending Christmas wishes to us and also a health update from Leon. Many notes accompany member's dues payments this time of year. Herb read lovely notes he recently received from **Elizabeth Ford, Robert King, Bob Ferketic, Jackie Rodgers, John MacDonald, and Viola Sells.**

**Beth Solomon's Words of Wisdom** — Beth told us that hospital medical charts for patients may soon be antiquated, due to everything now being computerized. A list of a patient's particular health issues is in the computer system. It will soon be mandated as to whether information will be on paper, only computerized, or both. She also mentioned the need to have the fact that you are a Neck Breather indicated on your list of health issues and everywhere else, as needed. This will allow every medical person having contact with you or having anything to do with your care, to be aware of it. It should be indicated as an alert, the same as allergies are indicated. Another suggestion is to have a decal indicating that you are a neck breather placed on the front of your chart. Herb then passed out these decals to the laryngectomees in attendance

**Old (unfinished) Business** – No Old Business was discussed.

**New Business** – We watched the 25 minute video "No Ifs ands or Butts". This film features laryngectomee, Bob Herbst and his wife, Leslie, from New Haven, CT. The video shows the effects tobacco products have on the human body, both for the user and for a second-hand recipient. A discussion followed the video with mixed reviews. There were pros and cons voiced on the content of the video. It was agreed that overall this video is a good source of information regarding the ill effects smoking and other forms of tobacco product use has on one's body. It should help to produce the desired results for many students in the future. Our thanks go to **Howard Eskildson** for bringing the tasty refreshments to the meeting tonight. It seemed like he brought enough to feed an Army! **Mary Speiden** volunteered to bring the goodies to the March meeting. A motion was made and seconded, and unanimously passed to adjourn the meeting at 9:10pm.

*---Respectfully Submitted by,  
Mary Speiden*

## **NEW LARYNGECTOMEE VISIT**

Feb 5th – Herb returned to the Manor Care Nursing Facility in Arlington, VA to visit **Yosef Patel**, who became a laryngectomee in early December. Herb had visited with him prior to his surgery. **Abby Gulatti**, the SLP at Manor Care who requested the visit(s) sat in for a good part of this visit. Mr. Patel had some post surgery complications and was in the hospital longer than was expected. He had not spoken yet, prior to this second meeting. Herb brought three different types of Electro-larynxes for Yosef to experiment with and decide which he would like to borrow from the club, until he gets one of his own. Due to pre-op radiation, Yosef was unable to produce intelligible speech with the device at his neck. He was able to produce intelligible speech using an oral adapter. He was also able to produce fairly good speech with the device pressed to his cheek. Yosef opted to keep a Servox device as his loaner and use it against his cheek for the time being. He promised to practice. Yosef smiled a lot throughout the visit and is looking forward to when he can leave the nursing facility and return home.

## **INTERNATIONAL ASSOCIATION OF LARYNGECTOMEEES 2007 IAL ANNUAL MEETING and VOICE INSTITUTE**



**Will be at the Sheraton Burlington  
Hotel & Conference Center, VT  
JULY 11th thru 14th  
For Reservations Call Toll Free  
1-800-325-3535**

*If the police arrest a mime, do  
they tell him he has the right  
to remain silent?*



# <<<<from the WEB >>>>

**Subject:** [WebW] Telephone Calls and Being Understood  
**Date:** 02/01/2007 8:44:09 PM Eastern Daylight Time  
**From:** info@luminaud.com  
**To:** [webwhispers@mail-list.com](mailto:webwhispers@mail-list.com)

Hello, all,

As well as the previous good suggestions from others about the receiver mouthpiece being kept up at nose level to get it a little further away from the Electro-larynx buzz and using a headset if possible and speaking slowly and carefully, Tom and I want to add a couple of things.

1) Some people will do better to adjust the pitch of their AL/EL device for phone use, particularly if they normally prefer a high pitch or a very low pitch. Phone equipment often cuts off the higher pitches of speech and the higher tones are what the human ear usually drops out on first as hearing problems start to appear. When we talk to people, we often ask them to adjust the pitch down a little and that sometimes helps a lot - especially helpful to Tom whose high pitch hearing is very bad. You don't want the pitch too low, of course. We've had a couple of guys who had it set to a low rumble and that's not easy to understand either.

2) Be sure that your first words are easy to understand and explain your voice. It's much easier for the listener to catch on if you start out with "Hello. I'm a real person using an electronic voice. I'll talk slowly so you can understand me." rather than jumping right in with "This is Sebastian Garth Worthington." People tend to say their own names faster since they know them so well - but your name may be the hardest part of the conversation for the person on the other end to understand. Many words can be anticipated from the words preceding, but if you are talking to someone for the first time, there is no way that they can have any idea what is coming in the way of syllables of your name. Say it especially slowly and carefully.

3) Practice with an answering machine. Call and leave a message at or from a friend's or relative's so you can hear what you sound like and also try some different phrases on the phone with friends or relatives and ask them what is the easiest to understand. Sounds that one AL/EL user says well may give another one more trouble and visa versa. Figure out what works best as an opening for you personally.

4) Again - repeating but so important - always speak extra slowly and carefully on the phone since people do not get the clues from lip-reading as they would in general face to face conversation. If you use an instrument with an oral tube, be extra sure that the tube is placed into your mouth from one side or the other - not from the middle front across the tip of the tongue.

Whether in person or on the phone, the tip of the tongue needs to be left as free as possible to move around in order to shape your words properly and easily. We hope some of this will help. . . . **Dorothy Lennox, Vendor Member**

**Editor's Note:** Luminaud is a family owned and operated business. The owners, **Tom & Dorothy Lennox**, have been serving the needs of the laryngectomee community for over 25 years. If you would like to visit their website, go to: <http://luminaud.com/>

I often have a hard time being understood on the phone. I have gone so far as to tell the people I speak with a prosthesis, and they will have to bear with me. I often tell them I will spell things with words such as 'A' as in apple. That is how I get through phone calls I have to make. . . . **Karol Beaufore --- WebWhispers Member**

## TOBACCO AWARENESS PRESENTATIONS



**Feb. 12th - Irv Title** gave his Tobacco Awareness Presentations to 62 students in two classes at the Roberto Clemente Middle School.

**Feb. 23rd** – Irv Title, accompanied this time by **Bob Griffing**, returned to speak to 61 more students at the Roberto Clemente Middle School in Germantown, MD. Bob showed how he spoke with his electro-larynx and explained why he uses an oral adapter. He told the students that he had been a smoker and also helped answer many of the questions posed at the end of the presentation. If anyone is interested in joining Irv in making these presentations, please contact him by phone at 301-598-4991, or by email at [Tititle@aol.com](mailto:Tititle@aol.com)

## ONE GOOD TURN DESERVES ANOTHER



ASTONISHED, I watched the man roller-skating toward me on the bicycle path. An owl, wings outstretched, clung to a leather patch on his shoulder. As they got closer, I could tell that the giant bird had lost part of one wing. The skater stopped for a breather. "Twice a day we go out so he can pretend he's flying," the man told me. "I'm sure he would repay you if he could," I replied. "He already has," the skater said. "I used to weigh 25 pounds more and I smoked." With that, man and bird took off again.

---Contributed to "Life In These United States" by James Edminster

## PERSON OF THE WEEK – JUSTIN KVADOS



### A 5th Grader Petitions Connecticut Legislators for a Ban on Smoking in Cars

**Feb. 9, 2007** — It's not often that a 10-year-old testifies before a state legislature. When Justin Kvados, of East Hartford, Conn., is not studying and playing video games, he's working to get a bill passed by his state legislature that would ban smoking in automobiles — to protect children from secondhand smoke.

"I came up with this idea one day when I was driving home from tae kwon do, and I was looking out the window and it just came to me — if you can't eat, drink or talk on a cell phone while driving, how come you can still smoke? It can be just as dangerous, or more dangerous," Kvados said.

The fifth-grader said he wants to speak up for kids, who don't generally have a voice in society yet face greater health risks from cigarettes. Kvados said if children are in an extremely smoky room for one hour they inhale the equivalent of smoking 10 cigarettes.

"Kids will inhale more of the chemicals and the smoke, because their breathing rate is faster than adults," he explained.

When he told his mother about his plans, she told him they could try to work on some legislation. "So I'm like, 'OK.' And we did. She also warned me that there were going to be some people who wouldn't agree with it, and I was ready for that," Kvados said.

### Petitions, Speeches and Some Nerves

To start the process, Kvados contacted his state representative and got to work on petitions.

"We have about 200 signatures. I left one of the petitions at my barbershop. I left one at my tae kwon do ... my mom brought one to work and we went door to door," he said.

Tuesday he met the legislators and said during his testimony he wanted to "help those children who do not speak for themselves."

He said his own turn at public speaking made him nervous, given the size of the audience. "Because not just the people who were in front of me, but I also knew my whole school was there," Kvados said.

And if that bill doesn't pass, he'll keep up the fight.

"It's important to keep trying because you don't want kids to have to inhale all of the toxic chemicals and cancer-causing ones, because it's bad for their health," Kvados said. "And younger kids' lungs are still developing, so they're smaller and all this is very bad for them."

--- Submitted by Irv Title  
Reprinted from ABC News