

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



MAY, 2007

MEETING MINUTES

April 11, 2007

President Herb Simon called the meeting to order at 7:40pm. Others in attendance for this meeting were Sally Simon, Mary Speiden, Johnie Harris, Howard Eskildson, Robin Maxwell, Beth Solomon, and first-timer Pearl Edwards; accompanied by her sister and caregiver, Jacqueline Windsor. **Johnie Harris** read the Prayer for a Laryngectomee using his TEP voice. The minutes for the March meeting were approved as published in

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MARK YOUR CALENDAR

May 9th – 6:30pm

Speech Class

Beth Solomon

May 9th – 7:30 pm

Business & Social Meeting

GUEST SPEAKER
SARAH BERGERON

Certified Nutrition Support Dietitian

Refreshments – The Simons

May 23rd – 7:00pm

Speech Class

Beth Solomon

FOR LCMC INFORMATION

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H457@aol.com

Life is Short



Drinking our coffee, he sits in his easy chair reading the newspaper; I sit in mine. We exchange sections, point to articles, smile. He goes to his shop to tinker; I go to my kitchen. We putter all day, stopping to touch each other, wink or speak.

In kindergarten, children play together, but separately -- one playing with the water, another with the blocks, another coloring. Each absorbed in his own efforts, but close enough. Momentarily some play together, but return to separateness. It is called "parallel play." We are back to that. God, it is so comfortable.

Nancy Feichtl, Millsboro, DE

*---Reprinted from the Washington Post
Mar. 18, 2007*

THE BEAUTY OF LOVE

"The consciousness of loving and being loved brings a warmth and richness to life that nothing else can bring."

--- Oscar Wilde

HAVE YOU PAID YOUR 2007 DUES YET?



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**

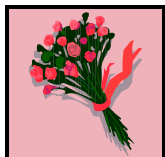
Annual dues are \$5.00 per person or \$10 per family. Many of us send additional money with our dues, to make a donation to the club. These donations help us to continue our helpful and charitable endeavors.

Happy Birthday



May 10th	Radcliffe Granville
May 14th	Joe Zanelotti
May 14th	Rick Gregory
May 17th	Christa Leckliter
May 25th	Bernard Lewis
May 29th	Pete Crone

Happy Mother's Day



MEETING MINUTES

(continued from page 1)

the April issue of THE VOICE. All the attendees introduced themselves to the others with the laryngectomees telling when and where they had their surgeries.

Treasurer's Report – Herb reported that he had only written one check for the month and that the funds in the Treasury were about the same as the previous month. He told us there are now 32 dues paying members for 2007 and also mentioned that generic batteries for Servoxes were available at \$20.00 each or 2 for \$35.00.

Aunt Bea's Sunshine Report – LCMC member **Wayne Holmes** passed away last weekend. His funeral service was earlier today. LCMC members **Herb, Sally, Howard,** and **Mary** attended the service which was a celebration of Wayne's life. The service was very well done. The Preacher told us at the beginning, that this wouldn't be a service of grieving, but instead, it would be a tribute to **Wayne's** life and how he lived it. Several members of the congregation spoke of their own personal experiences with **Wayne**. There was a lot of joyous singing. The service was a moving experience. **Herb** passed around a sympathy card for all of us to sign and send to Wayne's wife Terri and their family. Copies of the program from the funeral service were also handed out. **Beth** said that Wayne's case was an extraordinary and rare Cancer that included many reoccurrences. **Robin Maxwell** told us about his progress with lung cancer and cancer of the lymph nodes. There was good news from his doctors that he is now cancer free and no new activity in the lymph nodes were seen in the last CT scan. Herb recently visited with **Jim McKnight** (on his birthday!) and updated us on Jim's progress. Jim is doing well after his surgery and he is now also free of cancer. **Bob Griffing** was not in attendance tonight because he was working. **Irv & Tema Title** returned safely to Toronto, Canada for the summer and hope to see many of us at the IAL Convention in Burlington in July. Herb read a message from **Theresa Stouffer** telling us that she and her mother, **Mary Jane Hart** couldn't attend the meeting tonight, but are looking forward to seeing us at the May meeting. Sally told us that she and Herb have been going dancing on Sundays and have run into LCMC members **John Williston** and **Gary Davis & Gene Ann Logan**. John, whose wife **Peggy** passed away over a year ago, is doing fine and looking well. John said that he and Peggy had always loved to dance. Gene Ann and Gary are members of LCMC, although they have never been to a meeting. Their main residence is in Silver Spring, however, they are 'water' people and spend most of the year dividing time between their Florida and Ocean City homes. Gary has been a laryngectomee for about a year now and is doing very well. He communicates effectively with his Servox electro-larynx.

Beth Solomon's Words of Wisdom — Beth talked with us about post-op radiation effects that could surface up to 20 years after receiving radiation therapy. One side effect that can arise is blockage of the carotid arteries with scar tissue from radiation received during cancer treatment. Beth also talked with us about how this is going to be a very busy allergy season this year. People who suffered from allergies in the past, are apt to suffer even more this year. She said people with allergies will need good hydration and humidification. The ideal humidity level should be in 40 – 45% range.

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

New Business – **Howard Eskildson** handed out copies of a thread of messages from WebWhispers that were about mucus control. It was mentioned that meat tenderizer (papain) can be helpful with mucus control. Beth said that lemon juice in water is another remedy that works well. Herb talked about the IAL and what it is. He told us about the upcoming IAL Annual Meeting and Voice Institute that will be in Burlington, Vermont in July. He handed out copies of the Interim Meeting Minutes from the IAL meeting held in March. Copies of the proposed changes in the Bylaws that will be voted on by the delegates at the Annual Meeting in July were also handed out. Copies of the April issue of Whispers on the Web newsletter were handed out for our reading enjoyment. Herb reminded us that **Sara Bergerson**, a Dietician at NIH, will be the guest speaker at our May meeting. We are all looking forward to having her speak and address some of the issues we have. Our thanks go to **Sally and Herb** for tonight's yummy refreshments. Not being sure at this time that he will be able to attend the next meeting, Robin Maxwell gave \$20.00 to Sally to go toward getting the 'goodies' for the May meeting. After a motion was made and seconded, it was unanimously voted to adjourn the meeting at 8:50pm.

---Respectfully Submitted by,
Mary Speiden

VOICES OF VERMONT



INTERNATIONAL ASSOCIATION
OF LARYNGECTOMEES

2007 ANNUAL MEETING and VOICE INSTITUTE

Will be at the Sheraton Burlington
Hotel & Conference Center

JULY 11th thru 14th



**Downtown Burlington's
Church St. Marketplace**

For Reservations Call:
Direct: 1- 802-865-6600 or
Toll Free: 1- 800-325-3535
<http://www.larynxlink.com/Vermont/index.htm>

**I have not failed. I've just found
10,000 ways that won't work.**

---Thomas Alva Edison

PRE-OP and NEW LARYNGECTOMEES VISITS

Mar.30th – Herb went to the St. Thomas More Nursing Care Facility to visit with Pre-op patient **Mildred Smith**. Mildred was scheduled to have a laryngectomy on April 4th at Washington Hospital Center. Mildred, who is 77 years old, lives in Washington, DC. She retired from Ft. Belvoir, where she had worked as a civilian employee for 28 years. Mildred asked several questions about what life after surgery might be like for her. It was a nice visit. Herb left a New Laryngectomee Visitor Kit and made plans to see her again after the surgery. Thanks go to **SLP Mary Slater** at Washington Hospital Center for referring Mildred to LCMC.

UPDATE: Herb visited with **Mildred Smith** again at the St. Thomas Nursing care facility on April 28th. Also present during this visit was Mildred's sister **Bessie Dennis** and Bessie's grandson, **Larry Brew**. Mildred has made it through the surgery, and is in good spirits. She has been working with a speech therapist to learn and improve on her speech with an electro-larynx. She also writes messages to communicate, when necessary.

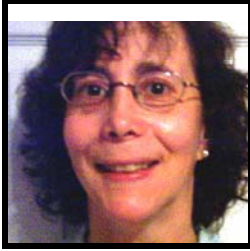
Apr. 1st – Herb went to Washington Hospital Center to visit with new laryngectomee **Steve Curran**. Steve is 59 years old and lives in Owings, MD which is in Calvert County. He is divorced and has 2 daughters and three grandchildren. He is a retired plumber. He likes to hunt. Steve's surgery was on March 5th. He has been in the hospital all this time due some major complications including a fistula. He was in very good spirits and said he is feeling much better now. Herb worked with Steve on his speech using a hospital loaner device. Steve received a new laryngectomee visitor kit, compliments of LCMC and is looking forward to being discharged in the not too distant future.

April 19th – Herb went to Holy Cross Hospital for a short pre-op visit with **Mary Jane Miller** and her daughter **Kate Nichols**. Mary Jane, who lives in Harpers Ferry, WVA had just arrived at Holy Cross Hospital earlier in the day. She was scheduled to have her laryngectomy surgery the next day. Both Mary Jane and Kate asked several important questions that were answered for them. Herb left a New Laryngectomee Visitor Kit from LCMC and the plans are for another visit before Mary Jane is discharged. Thanks go out to **Dr. David Bianchi**, the ENT surgeon who performed the surgery, for personally requesting this pre-op visit.

April 25th – Herb went to Suburban Hospital in Bethesda, MD to visit with new laryngectomee **Robert Peyton**. Robert, who lives in Bethesda had his surgery on April 18th. **Cara Stenfors**, the **SLP** who requested this visit was also present for a good portion of this visit. Robert hadn't spoken much yet, since his surgery, but tried talking with help from Cara and Herb with an Electro-larynx placed at his cheek. He showed some improvement during the course of the visit, which was cut short due to Robert becoming very tired. Another visit is planned for the near future. He indicated that he was very grateful for the visit.

April 26th – Herb went to the Clinton Nursing and Rehabilitation Center to visit with recent laryngectomee **Gary Mitchell**, whose surgery was on December 27, 2006 at Norfolk (VA) General Hospital. Gary has taught middle school grades 7,8, and 9 in Woodbridge, VA and most recently lived in Virginia Beach, where he enjoys woodworking. He is 57 years old. Gary was referred to LCMC by a very caring **SLP, Gerri Levell**. Gary was able to improve his speech by placing his electro-larynx to his cheek, thereby shedding the oral adapter. It is awkward for him because he cannot hear what he is saying, but it was much easier for Gerri and Herb to understand him, so he is committed to practicing this new method. Herb, Gary and Gerri were able to cover a lot of subject matter during this visit. Gary took it all in and seemed to perk up toward the end of the visit. After Gerri left, Herb spent another half hour or so in one on one with Gary. When Herb was ready to leave, Gary, who was in a wheelchair, led him downstairs and thru the lobby to the front door. Once there, he shook Herb's hand vigorously, and then smiled as he waved good bye. Gerri is going to try to arrange for Metro access to transport Gary to LCMC meetings and speech classes, and she is also going to help arrange for Gary to get a Medic Alert bracelet.

May Meeting GUEST SPEAKER



SARA BERGERSON

Sara is a Certified Nutrition Support Dietitian who has worked at NIH for 25 years. Her emphasis is in Oncology and Critical Care. She currently cares for patients in 2 intensive care units. In addition to that, she sees Head and Neck cancer patients and Stem Cell Transplant patients. This will be Sara's fourth presentation to LCMC over the past few years. Her previous presentations have all been interesting, helpful and well received. Let's have a good turnout to welcome Sara back and to learn more about how we can help ourselves by employing better food intake in our diets.

RELAY FOR LIFE



of Southern Montgomery County

The American Cancer Society Relay For Life of Southern Montgomery County invites all cancer survivors to be our guests at this year's event on **June 2nd**. Survivors are invited to attend a reception in their honor and walk the first lap in our opening ceremonies. You can register on line at www.SoMoCoRelay.org or you may contact Joanne Prentiss at 301-236-4946 or Rosetta Talley at 240-426-7131.

IN MEMORIAM

LCMC Member **Raymond (Ray) Fry** passed away in April, after a long and difficult battle with cancer. Our sympathy goes out to his wife Ann and his family at this time. Ann has generously donated Ray's Servox electro-larynx and other equipment and supplies to LCMC for helping future laryngectomees.

OBITUARY



Wayne Irvin Holmes was born in Long Island, New York on December 28, 1962. On Wednesday, April 4th, 2007, Wayne was promoted from labor to rest.

Wayne was educated in the Maryland Public School System and graduated from Oxon Hill High School. He initially sought Christ at the Evangel Church when it was located in Washington, DC. Later in life, he united with Gospel Missionary Baptist Church. Wayne was a member of the Laryngectomee Club of Montgomery County. He was a part of the Cancer Ministry of Greater Mt. Calvary Holy Church.

Wayne was a loving husband, father, brother, uncle, nephew and friend. His magnetic personality attracted anyone who came in contact with him, which allowed him to be blessed with many friends. He loved to watch TV, travel and have fun. He was passionate about driving, which was his occupation. During his illness, Wayne maintained a positive attitude and never complained, even during times of extreme pain.

In 1995, Wayne joined in holy matrimony with Terri Buggs, and they enjoyed life together for more than twelve years. Wayne leaves to cherish his loving memory a devoted wife, Terri, two sons, Tristen Harrison and Zuriel Holmes, one daughter, Elisha Bridges, loving parents, Rodney and Nazerea Holmes, one sister, Sharon Holmes, one brother Vincent (Judy) Holmes, one brother-in-law, Cleveland (Jenita) Johnson, six nieces & two nephews, a host of uncles, aunts and cousins. Wayne had a special relationship with his in-laws who will also cherish his memory: Peaches Buggs (mother-in-law), Fred & Dawn Buggs (father and mother-in-law), Hattie Pearl Thornton (grandmother) and a multitude of family & friends.