

# 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, 2008

### MEETING MINUTES

April 9, 2008

The April meeting was called to order at 7:40pm by **President Herb Simon**.

Those in attendance were Sally Simon, Pearl Edwards & Jackie Windsor, Irwin Title, Pat & Mitzi Warren, Howard Eskildson, Bob Griffing, Edward Akwe, Ish Rivera, Beth Solomon and first time attendees Itzhak & Joyce Brook, Marina and Jose Cruz, Dr. Ponnuswamy & Lakshmi Jayaraman & their grandson,

*(Continued on page 2)*

### MARK YOUR CALENDAR

**May 14th – 6:30pm**  
**SPEECH CLASS**  
with Beth Solomon

**May 14th – 7:30pm**  
**Business & Social Meeting**

**GUEST SPEAKER**  
**Sharon Greenspan**  
**'Healing Touch'**

Refreshments – The Warrens

**May 28th – 7:00pm**  
**SPEECH CLASS**  
with Beth Solomon

**FOR LCMC INFORMATION**  
**CONTACT: HERB SIMON**

301-588-2352  
H457@aol.com

### PRICELESS GIFT



**Friendship is a priceless gift.  
It cannot be bought or sold.**

**But its value is far greater  
than a mountain of gold.**

**For gold is cold and lifeless.  
It can neither see nor hear.**

**And in the time of trouble,  
it is powerless to cheer.**

**It has no ears to listen.  
No heart to understand.**

**It cannot bring you comfort,  
Or reach out a helping hand.**

**So when you feel down and need a lift,  
one of the best things to make amends,**

**Isn't diamonds, pearls or riches,  
but is the love of real true friends.**

--- Submitted by  
Rudy Dupler

## DO YOU KNOW WHAT TIME IT IS?



### IT'S 2008 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**

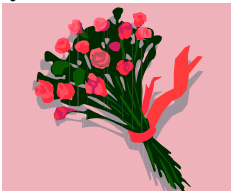
Annual dues are \$5.00 per person or \$10 per family. Many of us send additional money with our dues, to make a donation to the club. These donations help us to continue our helpful and charitable endeavors.

## Happy Birthday



May 10th	Radcliffe Granville
May 14th	Joe Zanelotti
May 15th	Ronnie Washington
May 25th	Bernard Lewis
May 29th	Pete Crone

## Happy Mother's Day



## MEETING MINUTES

(Continued from page 1)

Siddharth Ganesan. Marina and Jose left following the speech class. (Editor's Note: Marina is a brand new laryngectomee, who does not speak English. **Ish Rivera** joined the speech class tonight to interpret for Marina and Jose). The Prayer for a Laryngectomee was read by **Edward Akwe**. The Minutes for the March meeting were approved as printed in THE VOICE. For the benefit of the first-time attendees, we introduced ourselves with the laryngectomees telling when and where we had our surgeries.

**Treasurer's Report** – Herb reported 41 dues paying members to date in 2008. Overall, there hasn't been a significant change in the amount of funds in the club treasury this past month. Recent activity included payment of dues to the IAL for the three laryngectomee club names in Maryland that LCMC continues to maintain on the Laryxlink web site.

The DVD/video presentation "*Regaining Speech After Laryngectomy*" by The Boston Cured Cancer Club could not be shown tonight as planned, due to technical problems. It will be shown at a future meeting. In place of the video, we had an **Open Forum** for the benefit of the new attendees. Swallowing, humidity, bathing—especially in the shower, physical exercise, and nasal sinus irrigation were among the topics covered.

**Aunt Bea's Sunshine Report** – Herb reported the following: **Addie Shaw** was not at the meeting due to packing and preparing to move to a new residence, after 30+ years in her present place. She will be moving to an independent living facility in Greenbelt, MD. **VP Johnnie Harris** has been in continuous pain due to a fractured vertebra. His progress has been very slow. He said he will keep us informed and hopes we are all well. **Kate Nichols** wrote to tell us that her mother, **Mary Jane Miller**, has been in the hospital several times in the past couple of months with pneumonia. When she is not in the hospital, she has been going back to the rehab center to work on recovery from her broken hip. Kate and her husband have both been bitten by the Flu bug. She sends her regards to the club members. **Secretary Mary Speiden** was not at the meeting tonight because she was attending a concert at the 1st Mariner Arena in Baltimore by two of her favorite performers: Keith Urban and Carrie Underwood. Mary wrote that this is the first meeting she has missed, since she started attending, several years ago. She said she will miss us, but could not pass up the opportunity to go to this concert. LCMC member **William (Bill) McCabe** recently passed away. We found out because the April issue of THE VOICE was returned with the news written on the envelope. Herb read notes from **Helen Kane** and **Frances Reising** that accompanied their dues payments. He also read a note from **Jane LeMaster**, the wife of laryngectomee **Jay Lemaster**, who recently passed away. Jane, who along with Jay has been an LCMC member for many years, sent dues for two laryngectomees who live in NY, requesting for them to receive THE VOICE. Herb & Irv told the group about Jay. Both had met Jay at many IAL meetings.

**Words of Wisdom from Beth Solomon** — Beth discussed the importance of good communication between us, as patients, and our medical practitioners. Beth stressed that we must be prepared to give a good, clear idea of what we want our practitioners to know. We need to make the reasons known for our visits. Beth continued that we must be persistent at having a total understanding of what is said to us. If we don't fully understand what is being said, it is our responsibility to seek further explanations, until we have complete comprehension. Among the topics covered were the importance of annual physical examinations and thyroid monitoring. All eleven of the laryngectomees present at this meeting are currently using thyroid medication.

(Continued on page 3)

## MEETING MINUTES

*(Continued from page 2)*

**Old (unfinished) Business**—The topic of a possible name change for the LCMC was revisited for discussion. Herb pointed out that this should be a two-step process. The first step will be to consider whether we actually do want to change the name of our support group. If we decide that we do, the second step will be to decide what the new name will be. We had a spirited discussion on the question of whether to change our club name or not. We decided to continue this at another meeting. There was no discussion regarding a new name. Herb announced that we now have our club Letter of Introduction and the directions to the ACS building where we meet, available in Spanish. **Andres Velez**, a laryngectomee friend of Herb's, who lives in Puerto Rico, was kind enough to rewrite our Intro Letter in Espanol for us.

**New Business**—During the discussion of a possible name change for our club, a question arose about one of the Bylaws. Herb will present this question to the Executive Committee for consideration. A decision to proceed to make a change to the Bylaws or not will be announced in the near future. Herb announced that a **Tri-State Laryngectomee Conference in 2009** is in the initial planning stages. The conference will be an extension of the New Jersey Conference that has been taking place every other year since 2003. The expanded conference being planned will include Pennsylvania and Delaware, along with New Jersey. Herb inquired whether anyone in our club is interested in helping to organize this event. The proposed location for this laryngectomee conference is the Fox Chase Cancer Center in Philadelphia, PA. If anyone is interested in helping to organize or participate in any way, please contact Herb for additional information. Herb has attended and participated in the earlier conferences and had high praise for those events in New Jersey! A motion was made and seconded to adjourn the meeting. It was adjourned at 9:10 pm. Our thanks go to **Sally Simon** for providing the tasty refreshments at our meeting this month. Many attendees stayed after the meeting to enjoy each other's company and the refreshments.

*---Respectfully submitted by,  
Howard Eskildson*

## PRE-OP LARYNGECTOME VISITS

**April 3rd** – Herb and Sally Simon met with **Ed Cassidy** and his wife **Mary** at a restaurant in Vienna, VA. Ed had not received the results back from all of his tests yet, so the need to have a laryngectomy had not been fully determined. Ed and Mary are learning all they can about what life will hold in store for them, if surgery is recommended to remove his cancer. Ed owns a home improvement business and had questions about being able to return to work. Both Ed and Mary had excellent questions about a number of topics relating to the surgery itself and about life after surgery. Methods of speech, emergency safety, and bathing were some of those topics. Both Ed and Mary have a good idea from past experience in dealing with Cancer. Mary is a cancer survivor. From the restaurant the two couples went to the ACS Building in Vienna for the New Voice Club of Northern Virginia monthly meeting. Ed and Mary were warmly welcomed and able to meet many laryngectomees, care-givers and the two SLPs who were in attendance. Many more subjects were covered. Thanks go to **SLP Eliza Peoples** at Georgetown University Hospital for referring Ed & Mary to the Northern VA Support Group.

**April 9th** – Longtime LCMC member **André Ponsart** and his wife **Bettina** met with **Michel Pommier** and a friend of his, for a pre-op visit. Michel is scheduled to have a total laryngectomy at Georgetown University Hospital (GUH) on April 17th. Michel was interested in meeting a TEP speaker. It just so happens that André, a TEP speaker is a fellow Frenchman, and also had his surgery at GUH, about 12 years ago. André was able to demonstrate and talk about his TEP and give Michel lots of good insight. André, who uses an electro-larynx (EL) as a backup, let Michel speak with his Servox, and helped Michel to find a 'sweet spot'. André noted that Michel has a wonderful attitude as he approaches his surgery.

**April 15th** – **Michel & Christine Pommier** came to see Herb & Sally at their home. Michel is retired from the World Bank. He continues to work for World Bank as a Consultant, currently holding the position of Regional Carbon Finance Coordinator of the South Asia Region. As the title of his position suggests, he travels a lot. He also gives talks to large audiences as part of his job. Michel is very concerned about regaining the ability to continue being able to successfully perform the speaking requirements of his position, after his surgery. Having satisfied his goal of visiting with an electro-larynx speaker and a TEP speaker, Michel was looking forward to seeing an esophageal speaker. Once Sally was able to join the meeting, everyone viewed the DVD: *Regaining Speech After Laryngectomy* by the Boston Cured Cancer Club. It included a segment that explained how esophageal speech works and also showed an esophageal speaker talking. Before Sally arrived, Michel, Christine and Herb spent time together going over what Michel can expect to experience when he awakens from surgery. The shock of opening their mouth to speak and find that no words or sound come out, no matter how well one is prepared, is one that almost all laryngectomees experience. Herb told what the first few days after surgery would most likely be like for Michel and stressed the importance of being patient. This was quite a long meeting with much ground being covered. Herb agrees totally with André's assessment of the great attitude Michel possesses. Thanks again go out to **SLP Eliza Peoples** for helping to arrange this visit. Both Michel and Christine were appreciative of everything they gained from our local laryngectomee community, since learning that Michel will have a laryngectomy.

**UPDATE** – On April 22nd André and Herb went to Georgetown University hospital to visit Michel. Considering this was only his fifth day after surgery, Michel was doing remarkably well. He was in good spirits and was talking understandably for the most part, using an EL with an oral adapter. He greeted André and Herb with a giant smile. All three walked the halls and then sat in the lounge with three other visitors who came to see him. Michel is a very popular!

## TOBACCO AWARENESS PRESENTATION



April 2nd – **Bob Griffing** gave a Tobacco Awareness Presentation at Rosa Parks Middle School in Olney, MD. Thirty-eight (38) students and their teacher, Mr. George Eastham, were present. Bob reported that the students were extremely attentive and asked several questions at the end of the presentation. About a dozen of the students tried talking with Bob's EL. April 4th – Bob once again returned to Quince Orchard High School to meet with several students and a teacher and discuss the dangers of smoking.



**“It is great to be great, but is it greater to be human”**

---Will Rogers

## GUEST SPEAKER



### SHARON GREENSPAN

Sharon joined the Peace Corps when she was 30 years old. Just before turning 40, she traveled to Australia to do volunteer work with Aborigines. Upon returning home, she was diagnosed with a tumor in her neck. At the same time she was told by a doctor that she had arthritis in her spine. She was told the arthritis was so severe that her spine looked like that of a 60-something year old person. Indeed, she was not very mobile. She became overweight and depressed. While seeking alternatives, Sharon came upon energy medicine. This turned out to be an important step in helping her to incorporate a number of positive changes into her life. Sharon lost 40 lbs. – including her tumor. She now exercises regularly and can even bend!

Sharon's formal credentials include a BA in Art from Penn State University and an M. Ed in Curriculum and Instruction from George Mason University. She is also a certified Lifestyle Coach. Organizations, Foreign Governments, U.S. Government Agencies, and many individuals have been using her services for more than a dozen years. Her work has spanned five (5) continents, and continues to provide positive changes in the lives of many people.

Sharon uses bio-energy medicine to facilitate *self-healing*. She has studied the fundamentals of Barbara Brennan Healing and has completed four levels of study in Healing Touch. Healing Touch is a specific energy modality which in many cases is able to eliminate pain and accelerate post-operative recovery time. Sharon's presentation will be on Healing Touch.

We all have fields of energy which surround us. Healing Touch uses touch or hovering hands to influence this energy field. The purpose of Healing Touch is to facilitate energy flow from the energy field to the physical body or from the physical body to an external field. Sometimes the body needs more energy for healing; and sometimes it needs to release energy. Energy can also get stuck in one part of the body and not be able to flow to where it is needed. Healing Touch can remove the blocks and assist the flow.

Healing touch is endorsed by the American Holistic Nurses Association, and is used in hospitals across the country. The program is also taught in Australia, New Zealand, Finland, Sweden, The Netherlands, Germany, Romania, India, South Africa, Trinidad, Italy and South America. Sharon will also show a short film that explains Healing Touch and shows people receiving Healing Touch.