

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



NOVEMBER, 2007

MEETING MINUTES

October 10, 2007

President Herb Simon called the meeting to order at 7:35 pm. Those attending the meeting were Sally Simon, Jim McKnight, Mary Speiden, Johnnie Harris, Bob Westmoreland, Pearl Edwards, Jackie Windsor, Mary Jane Hart and her daughter Theresa Stouffer, Pete Crone, Ingrid Brett, and first-timers Mary Jane Miller and her daughter, Kate Nichols. **Pete Crone** read the Prayer for a Laryngectomee using his Servox. Pete is also a TEP speaker. We all introduced ourselves, giving our names and where and when we had our surgery, for the newcomers. The Minutes for the Sept.

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MARK YOUR CALENDAR

Nov. 7th – 7:00 pm

**Speech Class
with Beth Solomon**

Nov. 14th – 6:30 pm

**Caregiver's Session
with Sally Simon**

Nov. 14th – 7:30 pm

**Business / Social Meeting
Refreshments – Jackie & Pearl**

**FOR LCMC INFORMATION
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WEALTH, SUCCESS, LOVE

A woman came out of her house and saw 3 old men with long white beards sitting in her front yard. She did not recognize them. She said "I don't think I know you, but you must be hungry. Please come in and have something to eat."

"Is the man of the house home? . . . they asked.

"No", she replied. "He's out."

"Then we cannot come in", they replied.

In the evening when her husband came home, she told him what had happened.

"Go tell them I am home and invite them in!"

The woman went out and invited the men in"

"We do not go into a House together," they replied.

"Why is that?" she asked.

One of the old men explained: "His name is Wealth," he said pointing to one of his friends, and said pointing to another one, "He is Success, and I am Love." Then he added, "Now go in and discuss with your husband which one of us you want in your home."

The woman went in and told her husband what was said. Her husband was overjoyed. "How nice!!" he said. "Since that is the case, let us invite Wealth. Let him come and fill our home with wealth!"

His wife disagreed. "My dear, why don't we invite Success?"

Their daughter was listening from the other corner of the house. She jumped in with her own suggestion: "Would it not be better to invite Love? Our home will then be filled with love!"

"Let us heed our daughter's advice," said the husband to his wife.

"Go out and invite Love to be our guest."

The woman went out and asked the 3 old men, "Which one of you is Love? Please come in and be our guest."

Love got up and started walking toward the house. The other 2 also got up and followed him. Surprised, the lady asked Wealth and Success: "I only invited Love, Why are you coming in?"

The old men replied together: "If you had invited Wealth or Success, the two of us would've stayed out, but since you invited Love, wherever He goes, we go with him."

**"WHEREVER THERE IS LOVE,
THERE IS ALSO WEALTH AND SUCCESS!!!"**

FOR YOUR HEALTH



We're Going Tobacco Free

All Montgomery County hospitals and Frederick Memorial Hospital will go tobacco free inside and out beginning Thursday, Nov. 15, 2007

As of this date, coinciding with the American Cancer Society's Great American Smokeout, tobacco use will no longer be permitted on any of our campuses including parking lots, garages, and sidewalks and walkways on hospital property.

By making our campuses entirely tobacco free, we are addressing the number-one health risk today.

Thank you for joining us on the road to better health and a safer and healthier environment for our patients, our visitors and our employees.

---Reprinted from the
Montgomery County Gazette
Oct. 24, 2007 Edition

TOBACCO AWARENESS PRESENTATION



Oct. 24th – Herb Simon gave a presentation at Pathways private school in Silver Spring. There were 54 students and faculty members present. He opened by showing the video “No Ifs, ands or Butts.” He then shared his personal experience and fielded many excellent questions from both students and faculty members. One student told Herb and coordinator **Emily Anderson** after the presentation, that “I will not smoke a cigarette today!”
(Hopefully she won't smoke a cigarette,ever!)

MEETING MINUTES

(continued from page 1)

meeting were approved as published in the October issue of THE VOICE.

Treasurer's Report – Herb reported he purchased 50 copies of the booklet, “*What They Didn't Tell Me*” from Luminaud. Other than that the Treasury is just about the same as it was the previous month. These booklets are included in the New Laryngectomee Visitor Kits. The New Voice Club of Northern Virginia split the cost of the booklets with us. Herb told us a little bit about Don Moss, the laryngectomee who wrote the booklet. He passed the booklet around the room and offered a copy from our club library to anyone present who wishes to read it.

Aunt Bea's Sunshine Report – Herb reported that he had a recent phone call from **Dorothy Fardan** telling him that her husband, **Donald Fardan** passed away on October 3rd from pneumonia. Before his surgery, Donald was an R & B singer and songwriter. He had sung with and written songs for many of the legendary Motown singers and groups. **Mary Jane Hart** reported that she has a new **Great Grandson, Kole**, who is now 2 weeks old. By the way she was beaming when she was telling us, we knew what a proud and *Great* Grandma she is. **Pete Crone**, a long-time LCMC member recently returned from Florida. Pete shared with us that he had spent the summer helping his son with his fitness business and also took care of his 7 and 3 year old grandkids. Herb and Sally told us about their trip to Gettysburg yesterday to visit a new laryngectomee. While there, they took in some of the sights of the Civil War Battlefields. Herb shared with us that he and Sally recently attended his 50th High School Reunion. Many of his Elementary School buddies were there, too. He told us that only a couple of people even made mention of his “Voice”, and they both asked “Are you all right?” Herb was pleasantly surprised that in this crowd of over 200 people, most of whom he hadn't seen in half a century, almost all were accepting of his different voice. One lady asked Herb “when did you have your laryngectomy?” Herb asked in response: Are you a SLP? She asked: “How did you know?” All and all, it was a wonderful three day weekend of meeting, greeting, reliving past experiences and catching up.

Words of Wisdom from Beth Solomon – **Beth Solomon** was not in attendance for our meeting tonight. She went home from work because she was sick. She had a migraine headache accompanied by nausea and hazy vision. In Beth's absence Herb told us her subject this evening was going to be about humidity and how much we, as Laryngectomees, depend on it. It is often hard to humidify ourselves when traveling --- especially when flying. Beth found a device that Sharper Image has for \$59.95. On the Sharper Image website, Herb found a portable hand-held personal fan that is also a power mister. It's a smaller unit that costs only \$9.95. These and other types of humidifiers can be found on the internet if you [Google humidifiers](#).

Old (unfinished) Business – Herb and Sally reported on the NJ Conference they had attended last month. There was a Meet & Greet on Friday evening, followed by an educational, fun-filled, all day Program on Saturday. Herb and Sally both said the Program and workshop sessions were well done. The keynote speaker was **William Zuckerman**, from Bethesda. After his laryngectomy in 2001, he returned to his work as a trial lawyer for the U.S. Government. He closed his talk by leaving the audience with this thought: “*Life's greatest moments are expressed without words.*” The Medical Panel consisting of several medical experts was well received. Members of the audience asked very pertinent questions related to different aspects of the surgery and living as a Laryngectomee afterwards. Herb and Sally reported that the Panel session helped several Laryngectomees tremendously with their concerns. Herb gave a presentation on Pre & Post Op Visitation. **Jim Batissa**, who became a laryngectomee in his early 30's, and is an excellent esophageal speaker, gave a presentation on Esophageal Speech. **Jim Lauder** led a workshop on Electro-larynxes, covering their use and some tips for tuning and minor repairs. Overall this was another successful conference put on by some hard working and caring NJ Laryngectomees.

New Business – Herb reported that **Richard Crum**, from In-Health will be a guest speaker at an LCMC Meeting in early 2008. Richard lives in Indiana and is an Auctioneer. He will share some of his experiences as a Laryngectomee and introduce us to some In-Health products. **Pearl Edwards** volunteered to bring the refreshments for the November meeting. Our thanks go to **Jim McKnight** for tonight's yummy refreshments. A motion to adjourn was made, seconded, and unanimously passed at 8:35pm

---Respectfully Submitted by:
Mary Speiden

NEW

CAREGIVER'S SESSION



With Sally Simon

I have noticed that we have several new members and caregivers who have been attending recent meetings. There have also been many recent pre and post-op laryngectomy visits. Because Beth has a commitment to attend an ASHA function the next day in Boston, there will not be a speech class before the November Business and Social meeting. I thought this would be a wonderful opportunity for the caregivers to get together to share thoughts and experiences and to ask questions of other caregivers. Although caregivers have not experienced the actual surgery themselves, they are certainly going through this life changing event with the patient. Caregivers need support too! I am hopeful that this session can help to answer questions and make life easier for the caregivers in our group. This session will begin at 6:30pm, prior to the November meeting. I hope many of you will join me.

--- Sally Simon

NOVEMBER 15th



Great American Smokeout

PRE & POST OP LARYNGECTOMEE VISITS

Oct. 9th – Herb and Sally went to Gettysburg, PA to visit with new laryngectomee **Athanasios 'Tom' Piliis**. His family members present were his wife Linda, daughters Vikki and Stephanie, son-in-law Andy, and grandchildren Zack and Zeya. Herb, not knowing what to expect upon arrival, was pleasantly surprised at Tom's very good TEP voice. He also uses an EL part of the time, but was solely using the TEP for this visit. Tom and Linda own a Pizza Restaurant. Tom has been back to work and is again enjoying food. The family had many questions. They received a new laryngectomee visitor kit, compliments of LCMC. Herb went over the contents of the kit, stressing laryngectomee safety. This visit was made possible by the efforts of WW member **Mike Dreisbach**, who met Vikki on-line, and introduced her to Herb.

Oct. 13th – Herb went to the NW Washington, DC home of **Ronnie Washington** for a pre-op visit. Ronnie's surgery was scheduled to be on Oct. 17th at the Washington Hospital Center. Ronnie greeted Herb with a big smile and welcomed Herb into his home. Ronnie is originally from South Carolina and has been living in DC since 1991. He was in retail sales until he became ill. He is a 42 year old single man, who lives by himself. He has an aunt who lives nearby. Ronnie quit smoking and recently had a tracheotomy. He was in very good spirits and said "I just want the cancer gone, no matter what they have to do." Herb and Ronnie discussed life after the laryngectomy, and Herb left a New Laryngectomee Visitor kit with him. Ronnie indicated that he plans to attend club meetings in the future.

UPDATE: SLP **Megan Snell**, at the Washington Hospital Center referred Ronnie to LCMC. She let Herb know that Ronnie was doing well after the surgery and is he began speaking understandably with an Electro-larynx the first time he got a try at it. He has now been discharged from the hospital.

Oct. 16th – Herb & Sally drove to Salisbury, MD to visit with laryngectomee **Nancy Teague**. Also present for this visit were Nancy's son, Willie Upshur and **Pastor Nancy Collander**, who personally made the initial contact and arranged this visit. Nancy has been a laryngectomee since 1992 and is a proficient Esophageal Speaker. She has some other medical problems and it has been getting harder for her to speak in her natural way. Herb and Sally brought a Servox Electro-larynx for Nancy to try out. She took to it like a fish does to water! She was clear and intelligible from the beginning. Laryngectomee safety issues were covered and lots of materials were left for Nancy. Pastor Nancy has since communicated that Nancy is very happy with her "new voice". They indicated they will try to make it to a meeting. They were pleased to learn there is a local support group in Salisbury.

Oct. 20th – Herb went to the Washington VA Hospital to visit new laryngectomee **Julian Haley**. Julian is 65 years old and lives in Manassas, VA. His wife Janet was also present for this visit. Julian and Janet had only been married for three weeks, when Julian had his very extensive surgery on Oct. 1st. During the visit, he communicated with his smile, by writing his thoughts and questions, and by use of a Dyna-Write machine that he had just gotten, but was not used to using yet. Julian's attitude was upbeat and obvious from the moment Herb arrived, as evidenced by his smile and thumbs-up hand signals. The Haleys indicated they are looking forward to meeting other members of the New Voice Club of Northern Virginia and greatly appreciated the New Laryngectomee Visitor Kit and in-person visit. Julian has previously been a member of a support group and looks forward to working with the ACS as well as our laryngectomee club. After leaving the Haleys, Herb went to another room at the VA Hospital to visit with Pre-op patient **James Evans**. James is 81 yrs. old. He lives in a senior citizens center in Washington, DC. He served in the US Navy in WWII. James already has a trach. Because he was very tired, he and Herb chatted briefly and Herb left a new laryngectomee visitor kit for James, who was very cordial and thankful for the visit. Thanks go to **SLP Kerry Parsons** for coordinating these visits.

Happy Birthday



- Nov. 8TH Emma Edmonds
- Nov. 11th Dr. Lou Laborwit
- Nov. 13th James Johnson
- Nov. 16th Lorenzo DiCasaGrande
- Nov. 26th Linda Diggs
- Nov. 26th Odessa Robinson
- Nov. 26th Terry Thomas

NOVEMBER 22nd



HAPPY THANKSGIVING

HAVE YOU GOTTEN YOUR FLU SHOT YET?



If you haven't gotten your flu shot yet and want to know where you can get one near you, go to: www.lungusa.org

*Life is a gift.
Live it,
Enjoy it,
Celebrate it,
Fulfill it!*

YUMA MAN'S SPEAKING DEVICE DISMANTLED, DESTROYED BY BOMB EXPERT

BY NICOLE E. SQUIBBS, SUN STAFF WRITER
October 5, 2007 - 11:10PM

A Yuma man whose only means of communication depends on a \$650 electronic speaking device has had one donated to him after his was confused for a bomb and dismantled by a bomb squad member about a month ago at Food City. Richard Currier, 59, had his voice box surgically removed for the treatment of throat cancer. He needs the electro-larynx, a battery-operated instrument that uses a humming sound, to help him speak.

It is Currier's only means of communication because he lost his ability to read and write in a recent car accident, said Shanna Thomas, a family friend. He no longer has any family members to help him and is aided by Thomas.

Thomas said Currier was shopping at Food City, 16th Street and Avenue B, on Sept. 12 and left his electro-larynx device in the grocery basket after he placed his groceries in his vehicle. She said because of the car accident, he has no short-term memory and did not realize he left the instrument in the shopping cart. She said the person collecting the carts thought the device was a pipe bomb.

YCSO Capt. Eben Bratcher said Food City employees called YPD because they thought the electro-larynx was a "strange object."

He said YPD thought it looked suspicious and contacted YCSO, which sent a bomb expert to check it out.

"It doesn't look like one they've seen before," Bratcher said. "It looked like a flashlight with two nine-volt batteries duct-taped to it. A normal one doesn't have batteries taped to the outside."

Bratcher said the bomb expert tried to dismantle the electro-larynx but broke a part of it in the process.

Currier did not have money for a new one, and Medicaid denied a replacement.

"It's the first time I've heard of this," said **Jim Lauder of Lauder Enterprises**, a Texas company that is the U.S. representative for a German company that manufactures electro-larynx devices.

Lauder is the donor of Currier's new electro-larynx. His company was contacted by Yuma Rehabilitation Hospital speech pathologist Shanna Cale, who was contacted by Thomas.

He said families of electro-larynx users often give them to him after their family member dies, and he keeps them to donate to those who are in need.

"I had one available, and Mr. Currier was definitely in need, so we sent him one," Lauder said.

Thomas said Currier received the device Oct. 4, and "he was like a kid in a candy shop."

She said he had been very frustrated before, and since he received his new instrument, he had called her a dozen times to talk to her with the new device. "I couldn't be more grateful," Thomas said.