

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, 2005

MEETING MINUTES

October 19, 2005

The meeting was called to order by our President, **Phil LeGrande** at 7:45pm. Those in attendance were Phil LeGrande, Howard Eskildson, Addie Shaw, Herb Simon, Jim McKnight, Bob & Carol Kanjian, Mary Speiden, Della Heslen, Ernest Johnson, Wayne and Terri Holmes, Bob Griffing, Mary Jane Hart, Theresa Stouffer, and SLP's Colleen Nawrocki, Diane Morehead, and Beth Solomon. **Bob Kanjian** read The Prayer for a Laryngectomee using his TEP Voice. We introduced ourselves with each laryngectomee telling when they had their

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MARK YOUR CALENDAR

NOV. 9th – 6:30pm

Speech Class

With Beth Solomon

***SPECIAL GUEST* – JIM LAUDER**

**FREE Electro- larynx Tuning
and/or Repairs**

NOV. 9th – 7:30pm

Business/Social Meeting

NOV. 23rd – 7:00pm

Speech Class

With Beth Solomon



Happy Thanksgiving

WHEN WE SHARE

When we share laughter,
there's twice the fun.

When we share success,
we surpass what we've done.

When we share problems,
there's half the pain;

When we share tears,
a rainbow follows rain.

When we share dreams,
they become more real.

When we share secrets,
it's our hearts we reveal.

If we share a smile,
then our love shows.

If we share a hug,
then our love grows.

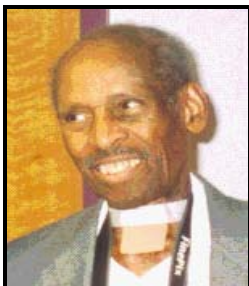
If we share with someone on whom we depend,
That person becomes family or friend.

And what draws us closer
and makes us all care,

It's not what we have,
but the things that we share.

--- Author unknown

IN MEMORIAM



I am sorry to announce the passing of **Robert (Bob) S. Owens, Sr.**, our Secretary for LCMC. Not only was Bob active with our club, but he was an avid golfer and bowler. He belonged to various organizations and social groups such as: LeCher Ami, Postal Federal Employees National Bowling Assn., National Postal Golf Association, Bachelor Benedict Club, Inc. the Royal Kings Social Group, the Chippers Golf Club, the Birthday Group, and the Retirement Club.

Bob is survived by his loving wife **Marguerite Owens**, also a member of LCMC, two children: LaTreaviette Owens-Prailow and Robert S. Owens, Jr., one son-in-law, one daughter-in-law, three grandchildren, one grand son-in-law, eight great grandchildren, one great, great grandchild and needless to say, *many* friends.

October 21st would have been a celebration of 55 years of marriage to Marguerite. We know Bob will be dearly missed in the coming days and years. The LCMC Club extends their deepest feelings of sympathy to Marguerite and the rest of the family.

---Phil LeGrande

FOR SALE:

Little used, 2 year old, LIKE NEW DIGITAL SERVVOX with Accessories
ASKING PRICE: \$400.00

Contact: Mary Roy
Phone: 540-657-9478
Email: cr124@msn.com

MEETING MINUTES

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surgery. The Minutes for the September meeting were approved as printed in THE VOICE.

President's Report—Phil shared pictures of **Herb Simon** accepting the award for being named the 1st Runner-up at the First Annual “**Mr. Good Guy**” Award luncheon, which was sponsored by the Acacia Federal Savings Bank. Six leaders in community service were honored for displaying the values that have brought the bank success -- hard work, high standards, and helping others. “Congratulations, Herb”! Phil announced the recent passing of our club Secretary, **Robert (Bob) Owens**, earlier in October. After Phil’s words of tribute, a moment of silence was shared by all to remember our friend.

Treasurer's Report – Herb reported that LCMC now has 57 members so far, in 2005. Members have been generous contributors this year in addition to the dues payment. Herb proposed that the LCMC send money from the club treasury to the **IAL (International Association of Laryngectomees)** to keep LCMC and the names of the now defunct clubs from Gambrills and LaPlata, MD listed on the IAL Website, www.larynxlinks.com A unanimous vote was made in favor. Hopefully, laryngectomees from those areas will be able to learn through the IAL that LCMC is here to help them. Herb also reminded Servox users that batteries are available for \$20 apiece or two for \$35.

Aunt Bea's Sunshine Report – Phil reported that **Peggy Williston** has been in contact with him by email. She is doing better, but due to weakness, is still unable to attend meetings at this time. Phil extended a group “*good health wish*” to Peggy. Herb received news from **Irv Title** that his wife, **Tema**, has steadily improved from her recent heart surgery. Plans for the Titles include knee surgery for Tema in November and a return to Maryland in early December. A card was shared from **Leon Glascoe** updating us on his health and sending his good wishes to everyone. He and Alberta hope to return to future meetings.

Old (unfinished) Business – Phil hopes to see LCMC meeting announcements in the Washington Post in November. A question was raised about **911 emergency calls**. A detailed explanation was offered, especially for the new people attending tonight. Prince George’s County has removed laryngectomees from their lists, because they don’t meet the new criteria set by the county. The District of Columbia doesn’t seem to have a program in place. Herb plans to update the Montgomery County list soon. Beth suggested a mass mailing from LCMC members to City/County Council members of the jurisdictions they reside in, specifying what we need and what we want. She also mentioned that comments by Medical Doctors are helpful, when added to any mailings. She emphasized that by unifying, our voice has greater power.

Beth Solomon's Words of Wisdom— Beth’s main topic is how do we, as patients, become more assertive/proactive in managing our medical care? Beth suggested using the **WebWhispers HealthHelp** elist at:

<http://webwhispers.org/pages/WWHEmailRules.htm>

This list provides an opportunity for laryngectomees to address medical issues with professionals, who volunteer information on/off line. Beth indicated that she is one of many professionals who contribute to this service. Through WWHH, we can gain some insight in advance of a medical appointment to facilitate communicating more effectively with our personal physicians, when we are actually at their offices.

New Business – Phil announced that the election of officers for 2006 is scheduled for the December business meeting. He appointed a nominating committee with **Jim McKnight**, **Addie Shaw** and **Herb Simon** as the members. Any volunteers, nominees or suggestions for all elected positions (**President, Vice President, Secretary, and Treasurer**) are wanted by the committee. Meeting dates for November and December were discussed. A quick discussion and vote established that we will hold our annual **Holiday Party** in January, 2006. Herb asked about the possibility of providing entertainment. Herb will check on a “lead” with a singing group—he knows of a quartet that might be suitable.

General Discussion – Phil reported the online site www.newsemergency.com is an excellent source of information. Herb will compile a roster of names and email addresses for those who are agreeable to sharing with other club members.

Howard Eskildson reported a story in The Washington Post that the Prince George’s County Council will vote soon on a tobacco ban in restaurants and bars. The measure is expected to pass easily. Herb has a Medicare information booklet

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SEVEN STEPS TO PREVENT THE SPREAD OF FLU



The Flu is an infection of the nose, throat and lungs. It is easily spread and can be a serious illness for some people. The flu may cause a fever, cough, sore throat, runny or stuffy nose, headaches, muscle aches and tiredness. Most people feel better in a week or two, but for others, the flu can lead to a life-threatening illness such as pneumonia.

- 1) Get a flu shot. It is the best step you can take to prevent the flu and the chance of serious complications. October through November is the best time to get a flu shot. You need one every year because the virus is constantly changing. You should *not* get a flu shot if you are allergic to eggs. If you are not sure, talk with your doctor to find out if a flu vaccine is right for you. Be sure to talk with your doctor about getting the pneumonia vaccine as well. It is usually a once-in-a-life-time shot and can be given at the same time as a flu vaccine.
- 2) Wash your hands often to get rid of germs.
- 3) Avoid touching your mouth, nose and eyes. Germs are often spread when a person with germs on his hands touches his face. (Stoma for larys!)
- 4) Avoid close contact with people who are sick.
- 5) Stay home from work or school and don't run errands when you are sick. This will prevent others from catching the flu from you.
- 6) Cover your mouth and nose when you cough or sneeze to prevent the spread of germs. (Stoma for laryngectomees!)
- 7) Eat a balanced diet and get plenty of rest to keep your body strong and ready to fight off infection.

--- Sources: American Academy of Family Physicians,
Centers for Disease Control and Prevention,
and the American Lung Association

MEETING MINUTES

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that was written and made available to us by **Dorothy Lennox** of Luminaud, Inc. Herb told about his recent trip to **FLA**, the Florida Laryngectomee Association's Annual Meeting. He and Sally participated in the "Visitor Certification Training" program. They each earned a certificate of achievement. Herb hopes to have a Visitor Training Program take place locally, during the first half of 2006. **AND**, there were many useful items and trinkets for everyone to take, that came from the recent laryngectomee meetings in Boston, MA, New Jersey and Florida. Our thanks go to **Carol & Bob Kanjian** for providing outstanding refreshments at our meeting this month. The business meeting adjourned at 8:55 pm.

--- Respectfully submitted by:
Howard Eskildson

WELCOME TO THE CLUB!

First-time attendee Laryngectomees Joe Shanko, accompanied by **his wife Maureen** and **Ray Urciolo**, with **his sister Jean**, attended **Speech Class**, but were unable to stay for the meeting. (**Sally Simon** was also in attendance before the meeting, but had to leave to attend another meeting being held at the same time). The Urciolo's were at the annual club picnic this summer. Also in attendance at LCMC's Speech Class and Meeting for the first time were Speech Language Pathologists **Diane Morehead** who is with Adventist Home Health Services, Inc. and **Colleen Nawrocki** who is with Southern MD Home Health Services, Inc. Herb was fortunate to meet both of these caring individuals during visits to new laryngectomees they were working with. Neither has worked a lot with laryngectomees in the past, and both want to learn more about in order to better serve our needs in the future. Colleen drove to the meeting after work from Clinton, MD., and then back home to St. Mary's, MD., after the meeting. St. Mary's is about a 90 minute drive from Silver Spring. Colleen became a club member by paying dues and also made a generous donation. A big thank you to both of these dedicated SLPs. We hope to see you both at future club functions.

AVOID SECONDHAND SMOKE

The smoke drifting over from the other table in the restaurant is more than just an annoyance. **It's a health risk.** The smoke that you breathe in from other people's cigarettes can cause lung cancer in you. It can also cause many other health problems. In fact, secondhand smoke causes about 3,000 lung cancer deaths and 35,000 heart disease deaths to nonsmokers each year. To learn more about lung health, visit the American Lung Association at www.lungusa.org and talk to your doctor.

TOBACCO AWARENESS PRESENTATIONS

Oct. 13th - **Irwin Title** gave his Tobacco Awareness Presentation to 150 students at the John McCrae Senior Public School in Toronto, Canada
Oct. 22nd - Irv gave another presentation to 78 students at St. Francis DeSales School in Toronto, Canada.

Editor's Note - Irv Title will be returning to his MD home in early December and will resume making these presentations at local schools. LCMC members are encouraged to join Irv in helping youths by sharing your experience. You will reap great rewards from this endeavor.

HAPPY BIRTHDAY



Nov. 8th Emma Edmonds
Nov. 11th Dr. Lou Laborwit
Nov. 21st Peggy Williston
Nov. 26th Linda Diggs
Nov. 26th Odessa Robinson
Nov. 26th Terry Thomas

Question of the Month



If you had the choice of one intimate soul-mate and no other close friends, **OR** of no such soul-mate and many friends and acquaintances, which would you choose?

Would You Like to Contribute to

THE VOICE

If you have something that you feel is newsworthy: an article, story, cartoon, or a personal experience that you think would be interesting and enjoyable to others, please send it via U.S. mail to **Herb Simon** at 403 Hamilton Avenue Silver Spring, MD 20901 **OR** by E-mail to: H457@aol.com
Any and all will be considered for publication in a future issue of THE VOICE. Don't be bashful!

FOR LCMC INFORMATION CONTACT:

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LARYNGECTOMEE VISITS

Oct. 12th – The **Antar Family** came to Herb and Sally's house for a visit. **Klotine Antar** is a laryngectomee who lives in Beirut, Lebanon. She was accompanied by her husband Ayoub, her two sons, Gus and Eley and Eley's wife Nadine. Her children live in Gaithersburg. Klotine and Ayoub speak very little English, so the children were interpreting for them. Klotine has been a laryngectomee since August, 2001. She speaks esophageally, but very softly and with lots of gesturing. She has had very little training and does quite well. Her main purpose for this visit was to see if she could speak with an electro-larynx. Her goal is to be able to speak both ways and especially to be able to use the EL when speaking to her family on the telephone. Klotine had never used foam stoma filters before. We put one on her and though it felt awkward at first, she was comfortable with it by the time she left. Her biggest speech obstacle in the beginning was not being able to shake the habit of using her Esophageal voice. Once she understood what Lip Syncing is and how to do it, she began to speak very well with a Digital Servox. LCMC loaned her one to practice with until hers arrives. She has ordered 180 Foam Stoma Filters and a New Digital Servox. A major topic of discussion was laryngectomee safety. The Antars received a new laryngectomee visitor kit from LCMC. **Kerry McMullen** with the ACS in Texas referred the Antars to us. Nadine later found us on the Internet at Larynxlinks, the IAL Website.

Oct. 24th – Herb Simon visited with recent laryngectomee **Viola Sells** in her North East, MD home. Also present for this visit was her friend and caregiver **Ralph Martin**, their loving pet dogs, **Shadow** and **Sassy** and Viola's equally loving, cat, **Nosey!** Viola is a retired Nurse's Aide who worked mostly with handicapped patients throughout her career. She has three daughters, many grandchildren and a great grandchild. Viola became a laryngectomee on April 12th of this year at Christiana Hospital in Newark, DE. Dr. Joseph Ramcy was her ENT surgeon. Viola speaks understandably with her Servox Digital EL. She places it at her cheek for now, due to extensive swelling from her surgery and post-op chemo and radiation therapies. She is planning to become a TEP speaker in the future. Viola has a wonderful outlook and attitude and has adjusted well to life after surgery. She had many questions for Herb. He was able to answer most of them and make some suggestions regarding humidity and laryngectomee safety. He left a New Laryngectomee Visitor Kit from LCMC and went over the material included in the kit. One of Viola's daughters recently gave her a computer. She found out about Web Whispers on-line support group from **Jim Toy**, a fellow laryngectomee that she met at the Hospital. Jim lives in DE. Viola joined WebWhispers, which is how she connected with LCMC. She lives too far away to attend meetings regularly, but hopes to be able to attend our Holiday Party and Summer Picnic.

**"Each night, when I go to sleep, I die,
And the next morning when I wake up,
I am reborn."**

...Mahatma Ghandhi