

# 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



## JANUARY, 2006

### MEETING MINUTES

December 14th, 2005

The meeting was called to order by our **President, Phil LeGrande** at 7:40 pm. Also in attendance were Addie Shaw, Herb & Sally Simon, Howard Eskildson, Mary Speiden, Bob & Sue Griffing, Robin Maxwell, Irv & Tema Title, Stanley Lipscomb, and our guest speaker, Garry Moore. **Mary Speiden** read the Prayer for a Laryngectomee using her Servox. The minutes for the November meeting were approved as printed in the December issue of *THE VOICE*. We all introduced ourselves and gave the dates and locations of our

*(Continued on page 2)*

### MARK YOUR CALENDAR

**JAN. 11th – 7:00pm**

**Speech Class**

**Beth Solomon**

**JAN. 21st – 2:00pm**

**ANNUAL HOLIDAY PARTY**

**JAN. 25th – 7:00pm**

**Speech Class**

**Beth Solomon**

**FOR LCMC INFORMATION  
CONTACT: HERB SIMON**

**301-588-2352  
H457@aol.com**

## UNCONDITIONAL HAPPINESS



*Happiness is not the result of favorable conditions.  
That's backwards.*

*Favorable conditions result from happiness.*

*So what does it take to be happy?*

*\*Nothing more than a willingness to be happy.*

*Happiness comes from the way you respond to life.  
There are people who have every reason to be miserable,  
but who still live with happiness and joy.  
In every life, there is room for happiness.*

*Everyone has challenges.*

*Everyone has disappointments.*

*Yet they do not have to get you down.*

*True happiness comes not from the absence of problems.  
True, enduring happiness comes in spite of the problems.*

*Happiness is not a reaction,  
it's a choice.*

**LET IT BE YOURS!**

*---Author unknown  
Submitted by Addie Shaw*

## DO YOU KNOW WHAT TIME IT IS?



### IT'S 2006 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.

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 the address above or by E-mail to: [H457@aol.com](mailto:H457@aol.com)  
Any and all will be considered for publication in a future issue of THE VOICE. Don't be bashful!

### QUESTION OF THE MONTH



Which is more important: actual experiences, or the memories that remain when the experiences are over?

## MEETING MINUTES

(continued from page 1)

surgeries. Phil introduced **Garry Moore**, our guest speaker. Garry speaks in a *loud whisper*, due to having had a hemi-laryngectomy, many years ago. Garry demonstrated resuscitation techniques for laryngectomees. Ambu-bags were used to demonstrate proper rescue breathing. Many of us in the audience participated by performing these techniques on the dummy models that Garry brought. Discussions about several life-saving procedures kept everyone's attention. Our appreciation was shown by a lively round of applause at the conclusion of Garry's presentation.

**Treasurer's Report - Herb Simon** reported that the club has 59 members in 2005 and that no significant change has occurred in the LCMC treasury. Herb reported on recent Certificate of Deposit activity. He also announced that Servox batteries are available for \$20 apiece or 2 for \$35.

**Aunt Bea's Sunshine Report** – Herb read a lovely letter from **Vi Curtis White** that came with her dues and generous donation for 2005. Vi and her husband **Bernard White**, a laryngectomee who passed away a few years ago, were active members of LCMC. **Robin Maxwell** told of his vacation to Jamaica that preceded his most recent surgery. He told us about what he has been through. We were all happy that he was able to share his experience and the knowledge he gained with us in person. Sally told of her and Herb's visit with **Della Heslen**, and how well Della is doing with her situation. She was all smiles and a delight to be with, as usual. Herb shared that the reason **Wayne and Terri Holmes** were not at the meeting tonight is because Terri had a medical procedure performed earlier in the day. **Mary Speiden** reported that while she was shopping at the grocery store, she heard a Servox in the distance. Mary then introduced herself to former LCMC attendee **Jane Wolf**. **Addie Shaw** noted that she is in regular contact with Jane.

**Old (unfinished) Business** – Phil continued the business of nominations for the election of LCMC officers for the year 2006. Herb presented the slate of the Nominating Committee consisting of himself, Addie Shaw, and Jim McKnight. There were no nominations from the floor, the vote was held, and the following were unanimously voted into office:

**President—Herb Simon**  
**Vice-President—Phil LeGrande**  
**Secretary—Wayne Holmes**  
**Treasurer—Herb Simon**

Congratulations to the newly elected 2006 LCMC officers!

**New Business** – Herb will be the contact person for anyone interested in purchasing any of the resuscitation equipment that was demonstrated earlier. Further interest will determine further action.

**Open Discussion** – Phil began a discussion regarding the general confusion that is accompanying the newly amended Medicare rules. **Irv Title** suggested that anyone who has not made a decision should contact their pharmacist and discuss their history of prescription drug use as it relates to the new rules. Phil again offered to provide assistance to anyone who asks. Our thanks this evening go to **Bob & Sue Griffing** for the beautiful and tasty treats and refreshments they provided for our enjoyment. A volunteer is needed to bring refreshments to the February meeting. The business meeting was adjourned at 9:25 pm. As usual, many members stayed to enjoy each other's company, and more refreshments!

---Respectfully submitted by,  
Howard Eskildson

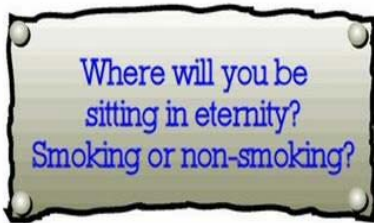
**"If a team is to reach its potential, each player must be willing to subordinate his personal goals to the good of the team."**

--- Bud Wilkinson

# Happy Birthday



- 1/5 Addie Shaw
- 1/6 Shirley Pototsky
- 1/8 Mary Jane Hart
- 1/10 Barbara Cameron
- 1/19 Irv Title
- 1/23 Herb Simon
- 1/24 Joan Wolfe
- 1/25 Robin Maxwell
- 1/29 Ishmael Rivera



## TOBACCO AWARENESS PRESENTATIONS



Dec. 22<sup>nd</sup> – Irv Title has returned from Canada. He made his first Tobacco Awareness Presentation in Maryland this semester to 27 students at E.B. Wood Middle School in Rockville.

### EDITOR'S NOTE

At the last meeting we didn't pass around the Holiday Party sign up sheet that we normally do. Please call or email Herb or Sally if you know you are coming and let them know what you would like to bring: an appetizer, a side dish, a salad or a dessert. **THANK YOU**



# <<<from the WEB >>>

**Subject:** [WebW] 2 lessons learned  
**Date:** 10/29/2005 11:15:22 AM Eastern Daylight Time  
**From:** David6511@aol.com  
**To:** [webwhispers@mail-list.com](mailto:webwhispers@mail-list.com)

Until a few days ago I used to brag that I had not had a cold since becoming a lary in 1998. (Well...there WAS that one bout of pneumonia early on.) But on Wednesday it started off as a continually runny nose and a little scratchy feeling in my throat. So I went to a pharmacy and asked the pharmacist for something to dry up my nose. He recommended Tylenol-Sinus. And it worked very quickly. However, it also apparently dried up my lungs as well.

Night before last I could hardly breathe and was coughing up both large mucus plugs, blood clots and blood (perhaps a tablespoon of liquid blood in total...not the little streaks we get this time of year when we dry out from the lower humidity of the season and indoor air). I tend to not worry too much about the worst case scenarios, but do know that a major symptom of lung cancer is coughing up blood.

Since it was after midnight I was about to take myself to the ER when I remembered that I had a few samples of "saline bullets" (little plastic tubes of .9% saline in sterile water. They resemble bullets and are typically sold linked together like a bandoleer of bullets and are generally available without prescription).

Despite the fact that I never believed that continual use of saline bullets is a good idea for larys (since there are safer ways to keep our mucus flowing and lungs clear through humidity regulation and proper hydration), I was SO happy to have the bullets at home. I squirted quite a lot of saline water down my stoma and was able to cough up enough material to allow me to get to sleep. I visited the doctor the next day, got a nebulizer treatment, an antibiotic, and an order for an x-ray.

So my first lesson learned is that it paid off to have something safe to squirt down my dried out trachea and lungs to cause me to cough up what was stuck down there. And I would therefore now advise any lary to have the saline bullets or something like Simple Saline (the same salt water solution in a spray can [outrageously overpriced, of course] on hand in case of such an emergency.

But a second lesson is that I just gave myself a nebulizer treatment with a borrowed nebulizer and modified it to work better for larys. The standard nebulizer has a mouth piece through non-larys inhale the medication, such as Albuterol Sulfate (a prescription drug). Once again, the large silicon baby bottle nipple can in handy. I removed the standard nebulizer mouthpiece, cut the nipple part of the baby bottle nipple off, and inserted it where the mouthpiece was, and got more of the medication into my lungs than I could have otherwise, and it was more conformable than holding the hard plastic tube against my stoma.

You can see how a baby bottle nipple can be adapted for many uses by larys in this issue of the WW monthly publication:

<http://www.webwhispers.org/news/feb2000.htm>

This old dog enjoys learning new tricks, and I thought I would share these two.

Regards,  
David Blevins

**LCMC** would like to thank the following healthcare professionals for their continuing efforts on behalf of our laryngectomee community, in 2005:

David Bianchi, M.D.  
Andrew Batiata, M.D.  
Laura Weiland-Batiata – Walter Reed Army Medical  
Zilpha Bosone, PhD. – V.A. Hospital  
Laura Pudup – Woodbine Rehabilitation Center  
Rebecca Kropp – Woodbine Rehabilitation Center  
Kerry Parsons – Georgetown University Hospital  
Karen Gamasch – Georgetown University Hospital  
Karen Edick – Georgetown University Hospital  
Susan Miller – Georgetown University Hospital  
Beth Solomon – Nat'l. Institutes of Health  
Susan Fantom - Holy Cross Hospital  
Angie Canfield – Genesis Potomac Center  
Lynne Stevens – Genesis Health Centers  
Colleen Nawrocki – Southern MD Home Health  
Donna Saur – Washington Hospital Center  
Mary Slater – Washington Hospital Center  
Megan Snell – Washington Hospital Center  
Diane Morehead – Adventist Home Health  
Darlene Williamson – George Washington Univ.  
Kim Webster – Johns Hopkins Medicine

### CLASS OF 2005

The following is a list of those who became Laryngectomees in 2005:

January – Peggy Williston\* (MD)  
January - John Gore (VA)  
January - David Corcoran (DC)  
February - John Howard\* (VA)  
February - Robert Griffing\* (MD)  
February - Gerald Weiss\* (VA)  
March - Kenneth Fairfax (MD)  
April – Ellis Eubanks (VA)  
April - Viola Mae Sells (MD)  
May – Wayne Holmes\* (DC)  
May - Charlese Jones (DC)  
May - Robert Hall (VA)  
May - Raphael Uricolo\* (MD)  
May - Mike Cadiz (DE)  
June – Raymond Trego (MD)  
Joseph Hayden (MD)  
July – Charles Coontz (VA)  
July - Leon Chapman (MD)  
August – Robert Greene (VA)  
September – Della Heslen\* (MD)  
September - Joseph Shanko\* (MD)  
October – Elizabeth Ford (MD)  
October – Travis Pace (DC)  
November – Eileen Cunningham (DC)  
November – Emad Hassan (VA)

### **Welcome to the Club!**

\* Denotes they have attended meetings.

### IN LOVING MEMORY OF

The following laryngectomees with area roots, who passed away in 2005:

James Taylor, Hope Shiels, Dan Dobbins,  
Rose Walker-Palmer, Charles Bienemann Jr.,  
Dr. K. Siena Kirwin, Ellis Eubanks,  
Anne Delaney, Henry Root, John Steinauer,  
Kenneth Bradford, Robert S. Owens, Sr.

### NEW LARYNGECTOMEES VISITS

November 26<sup>th</sup> – Herb went to the Washington Hospital Center in DC to visit with two new laryngectomees. The first patient was **Elizabeth Ford**, who is 70 years old and lives in Landover, MD. Ms. Ford's surgery was in October. She has had some other medical issues to deal with since her surgery and has been in the hospital the entire time. Her method of communication for this visit was with pencil and paper. Most of the visit was conversation about making adjustments to normal routines, when she returns home after this surgery, the use of an electro-larynx, keeping a positive mental outlook and the importance of a smile. Ms. Ford had a warm and beautiful smile. Herb left a new laryngectomee visitor kit from LCMC. Ms. Ford was referred to LCMC by **SLP Megan Snell**. The second patient visit was with **Eileen Cunningham**, who was referred by **SLP, Mary Slater**. Eileen, a 67 year old Washington native, had her surgery on November 14<sup>th</sup>. She wasn't feeling well, so Herb didn't stay long. He left her a new laryngectomee visitor kit.

December 1<sup>st</sup> – Herb went to Georgetown University Hospital in Washington, DC to visit new laryngectomee **Emad Hassan**. Emad's surgery was on Nov. 11<sup>th</sup>. After his surgery, Emad, who is 41 years old, had an unrelated medical issue occur and has had a rough go of it. He greeted Herb with a big and warm smile. Emad is single and lives by himself in Alexandria, VA. He was born in Sudan and has been living in the DC area for the past 18 years. Emad's brother **Osama**, who lives in Chicago, was present for this visit and has been at Emad's side throughout this ordeal. Emad is a Limousine driver and hopes to be able to return to work, when he has recovered. During the visit, Emad was conversing understandably with a Cooper Rand ALD. Herb left a new laryngectomee visitor kit from the New Voice Club of Northern Virginia and went over the materials in it with Emad and Osama. Also present during part of this visit was **Kerry Parsons**, the SLP who requested this visit, and **Ilene Green**, a SLP who recently joined the staff at Georgetown. Prior to moving to DC, Ilene had been working at the VA Hospital in Chicago, IL.

December 14<sup>th</sup> – Herb returned to visit Emad again and deliver a loaner Servox from the New Voice Club of Northern Virginia to him. Herb worked with Emad on the use of the Servox. He was clearer with the Servox than with the Cooper Rand and was very pleased. Emad's smile is magnetic. Emad is looking forward to going home and being able to attend club meetings and functions in the future.

### **CIGARETTE:**

***A pinch of tobacco rolled in paper with  
fire at one end and a fool at the other.***



**The Marlboro Man died of Lung Cancer!**

Tell your legislators you want smoke-free indoor air in Maryland. Visit:  
<http://capwiz.com/acs-national/md/state/main/?state=MD>