

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



AUGUST, 2008

MEETING MINUTES

July 9, 2008

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

Those in attendance were Sally Simon, Charles & Annie Pickett, Howard Eskildson, Mary Speiden, Pat & Mitzi Warren, Jacqueline Windsor & Pearl Edwards and Beth Solomon. **Mary Speiden** read the Prayer for a Laryngectomee, using her Servox EL.

Pearl Edwards pointed out that the date for the minutes of the June meeting, that were posted in the July edition of THE VOICE, was incorrect. The minutes for

(Continued on page 2)

MARK YOUR CALENDAR

**August 17th – 2:00pm
SUMMER PICNIC**



**August 27th – 7:00pm
SPEECH CLASS
with Beth Solomon**

**FOR LCMC INFORMATION
CONTACT: HERB SIMON**

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ATTITUDE IS EVERYTHING



There once was a woman who woke up one morning, looked in the mirror and noticed she had only three hairs on her head. 'Well,' she said, 'I think I'll braid my hair today.' So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. 'H-M-M,' she said, 'I think I'll part my hair down the middle today.' So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. 'Well,' she said, 'today I'm going to wear my hair in a pony tail.' So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. 'YAY!' she exclaimed. 'I don't have to fix my hair today!'

Attitude is everything!

LCMC 2008 DUES ARE DUE!



Have you sent yours?

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



Aug. 3rd	Carol Kanjian
Aug. 5th	Lausell Galloway
Aug. 19th	Michel Pommier
Aug. 24th	Donna Dupler
Aug 26th	Helen Kane

“Maturity is the ability to do a job whether or not you are supervised, to carry money without spending it, and to bear an injustice without wanting to get even.”

--- Ann Landers

MEETING MINUTES

(Continued from page 1)

the June meeting were then approved with the correction by Pearl noted.

Treasurer’s Report – Herb reported that we now have 57 dues paying members in 2008. There was a brief discussion about the recent donation to our local ACS.

Aunt Bea’s Sunshine Report – Herb reported that two of our LCMC members passed away recently. One was our current **Vice President, Johnie Harris**, and the other was longtime member **Joan Wolfe**, who has not been in attendance at meetings for quite some time. A sympathy card for each was passed around for the attendees to sign and share their thoughts and prayers with the families. **Beth Solomon** told of her recent and exciting vacation in Nuevo Villarta, Mexico. Deep Sea fishing and great catches were among the highlights of her trip. **Jackie & Pearl** told us they had shared the front page “Hugs” article from the July issue of THE VOICE newsletter with members of their Ladies Club. One of the women from that club liked it so well that she said she is planning to make copies of it to share with others. Herb told us that his 13th anniversary of being a laryngectomee was on June 25th. He shared some of the events of that day, which included giving a presentation in the morning to the Speech Department at Walter Reed Army Medical. The presentation gave insight about what a laryngectomee thinks and feels like, just prior to and immediately following surgery. That afternoon he had a real estate settlement and later attended the LCMC speech class that evening.

Words of Wisdom from Beth Solomon – Beth told us that when planning a vacation this summer, be sure to find an SLP and/or an ENT in the vicinity of our destination, *before* we leave. She emphasized that we never know when we may need professional medical help. Beth also reminded us to be sure to take all the supplies we think we may possibly need, while we’re away. She concluded by stating we can always go to an ER in an emergency. The ‘*Regaining Speech After Laryngectomee*’ DVD was shown. This informative film was made by the Boston Cured Cancer Club (BCCC). Former IAL President **Bob Mehrman and his wife Selma**, longtime members of the BCCC support group, appeared in the film. The three primary methods of speech after a laryngectomy were demonstrated by club members. During the discussion that took place following the film, the general consensus was that the film was very well done, even though a couple of discrepancies were pointed out.

Old (unfinished) Business – Mitzi is continuing to work on developing an LCMC Website. She will report the progress of this important endeavor at our next monthly meeting in September.

New Business – Because of the recent death of Johnie Harris, the LCMC Vice President position is now vacant. This matter will be discussed at the September meeting. After much discussion, it was decided that the **2008 Annual Club Picnic** will be on a Sunday this year. It will be at 2:00pm on August 17th and will once again be held at Herb and Sally’s Silver Spring home. Our thanks go to Sally for the yummy refreshments this evening. We had a delicious creamy cheesecake with strawberries and blueberries, as well as a variety of cheeses and crackers. Everyone seemed to enjoy the treats. Our thanks also go to Sally for making the coffee and bringing the cold drinks each month. It was motioned and seconded and unanimously passed to adjourn the meeting at 9:10pm.

---Respectfully submitted by,
Mary Speiden

“Sow the seeds of happiness in others
and you will reap a joyful harvest!”

---Dr. Forrest C. Shaklee

The human body, which is made up of 55 to 75 percent water, is in need of constant "watering." Drink up!



Healthy Lifestyle Tip:

Increasing Your Fluid Intake

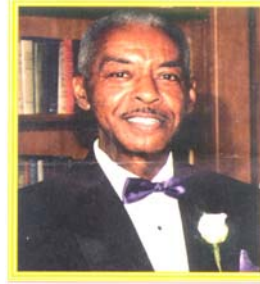
Ever notice how lifeless a house plant looks when you forget to water it? With a little water it seems to perk up. Water is just as essential for our bodies because it is in every cell, tissue and organ. That's why getting enough water every day is important for your health.

Under normal conditions, most people can drink enough fluids to meet their water needs. If you're outside in hot weather or doing vigorous activity, you may need to increase your fluid intake. If you think you are not getting enough water each day, the following tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories.
- Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

Source: cdc.gov

IN MEMORIAM



Johnie Edward Harris July 26, 1932 – June 19, 2008

Johnie Harris, son of the late Ernest Clause Harris and Ruth Thompson Harris, was born in South Mills, SC. He departed this life at the Holy Cross Rehabilitation and Nursing Center in Burtonsville, MD. His Christian experience began at an early age, and he served as superintendent of Sunday School at New McBride African Methodist Episcopal Zion Church in South Mills.

Dr. Harris, a prominent educator, was a product of the North Carolina School system. He attended Elizabeth City State University in Elizabeth City, NC. His education was interrupted for three years while he served in the US Air Force, during the Korean War. After his service, Johnie returned to Elizabeth City State in 1958 to earn his BS degree that same year. While there he met and married Mattie Taylor, the love of his life. This marriage was blessed with one child (Darin) who was born in 1965. Johnie went on to attain his MS degree from Virginia State University in Petersburg, VA in 1961. In 1973 he received his Doctorate of Education degree at George Washington University in Washington, DC. He began his professional career as a teacher/principal at West Petersburg Elementary School. After serving in the Virginia Public School system, he moved to the Washington Metropolitan area to teach in Montgomery County Schools. Later he advanced to the positions of Assistant Principal, Principal, Administrative Assistant to the Superintendent, and Coordinator of Reading. Johnie enjoyed a twenty-seven year career in Montgomery County. Dr. Harris' retirement was short lived for he soon returned to serve another six years in education as a Principal in Alexandria, Virginia. He again retired and after a short sabbatical, his love for children led him to the George B. Thomas, Sr. Learning Academy, where he served as the Executive Director and later as a Special Assistant.

As a proud member of Omega Psi Phi Fraternity, Dr. Harris served as MuNu Mardi Gras Chairman in 1970, Vice Basileus from 1971-73, Basileus from 1973-76 and again from 1986 - 92. He was President of the Rudolph W. Snowden Scholarship Fund, Inc. from 1988 until his death. He served on the Board of Directors for the George B. Thomas, Sr. Learning Academy, Inc. He continued his commitment to the fraternity as District Scholarship Chairman from 1975-90 and as District Marshal in 1989. Dr. Harris served as National Scholarship Chairman from 1988-94 and as National History Committee Chair from 1994-98 and 2002-06. His commitment to the fraternity earned him a number of awards. In 1973 he was named MuNu Omega 'Man of the Year'. He received the District Omega 'Man of the Year' Award in 1974, the District Superior Service Award in 1989, the MuNu Founders' Award in 2003 and District Founders' Award in 2004. Dr. Harris served the community as a member of the NAACP and was also Vice President of the Laryngectomee Club of Montgomery County at the time of his death. He and his loving wife, Mattie, recently celebrated their 50th Anniversary.

2008



IAL ANNUAL MEETING & VOICE INSTITUTE

Registration is now open for the IAL Annual Meeting and Voice Institute that will be held in Little Rock, AR on August 28th – 30th. The Voice Institute will begin a day earlier on August 27th.

Dr. Eric Blom, the co-inventor of the voice prosthesis used with the TEP, will be the Keynote Speaker. The title of Dr. Blom's address will be *"Thirty Years of Inventing Devices that restore human speech . . . and Human Dignity"*.

Many vendors, who provide us with our laryngectomy supplies, will be present with their products on display. They will also be giving away many free samples.

The meeting this year will be at the four-star rated Peabody Hotel. The Peabody is famous for their ducks that have a procession down the red carpet from their home to the lobby fountain, where they spend the day, before returning to their quarters in the afternoon. The Peabody is offering a discounted room rate of \$110.00 per night for IAL meeting attendees (single or double occupancy). To make your room reservations call **1-800-325-3535**. The registration fee is \$65.00 per person if mailed before 8/1/08. After that, it will be \$70. You can send payments to the IAL 925B Peachtree St, NE, Suite #316 Atlanta, GA 30309 or on-line at:

<http://www.larynxlink.com/littlerock/>

Registration forms can also be found in the May issue of the IAL Newsletter.

PRE-OP and POST-OP LARYNGECTOMEE VISITS

July 1st – Herb went to Washington Hospital Center to visit with pre-op patient **Earnest Denton**, whose surgery is scheduled to be on July 2nd. Also present for this visit were Earnest's sisters: Beverly, Paulette and Gail. Earnest, who lives in Fort Washington, MD is 50 years old. He smiled when Herb arrived and like many of us, just prior to surgery, his voice was inaudible. He wrote some notes and has a good outlook. Herb left some reading materials supplied by the Laryngectomee Club of Montgomery County. This was a short visit with another one planned for after Earnest's surgery. Earnest and his sisters warmly expressed their thanks for this visit.

July 3rd – Herb & Sally went to Calvert Memorial Hospital in Prince Frederick, MD to visit with laryngectomee patient **Steve Curran** and tracheotomy patient, **David Webb**, accompanied by his son **Bill Webb**. David lives in Madisonville, LA, but has been staying with his son while undergoing tests and treatments for his medical issues. It has not yet been determined if he will need to have a total laryngectomy. David is a woodcrafter and performs a lot of work on boats, when he is able to work. Also present during most of this visit was **SLP Carrie Pereyra**. The purpose of this visit was to deliver a loaner electro-larynx to David, whose voice is presently a whisper and to help both David and Steve on the use of an artificial larynx device. Steve has been using an oral adapter, ever since his surgery at Washington Hospital Center about three years ago. He had met Herb, shortly after his surgery. Steve was able to shed the oral adapter almost immediately, once he started placing the EL to his cheek. His speech and intelligibility improved quite a bit. David, who had been writing and whispering for quite some time, was able to speak right away, once he tried to use the Servox loaner. He was able to speak by placing the device both to his neck and to his cheek. Because he is wearing a trach tube and collar, it was easier for him to get good placement at his cheek. He will work on finding the sweet spot for placement at his neck, which is rather tender at the moment. Sally gave good input throughout the visit. Carrie, Steve and Dave & Bill all voiced that they hope to be able to come to the LCMC Annual Picnic in August.

DO YOU NEED BATTERIES FOR YOUR SERVOX?



You can purchase generic batteries for your Servox at any of our monthly business meetings and social events. The cost for these batteries is \$20 apiece or two for \$35.00. With an advance request you can also get them at the monthly speech classes or you may pick them up at Herb & Sally's Silver Spring home.