

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, 2008

MARK YOUR CALENDAR

The LARYNGECTOMEE CLUB
of MONTGOMERY COUNTY

NOV. 12th – 6:30pm
SPEECH CLASS
with Beth Solomon

NOV. 12th – 7:30pm
Business & Social Meeting
Refreshments –

November 26th
NO SPEECH CLASS

The DISTRICT OF COLUMBIA
LARYNGECTOMEE CLUB

NOVEMBER 5th
12pm – 1:30pm
Light snacks and drinks

Washington Hospital Center
Hearing and Speech Center
110 Irving Street NW
Room GA-102
Washington, DC 20010

(Discount Parking Available)

FOR INFORMATION
CONTACT: HERB SIMON
301-588-2352 or
H457@aol.com

TWO WOLVES



A Native American grandfather was talking
to his grandson about how he felt.....

He said, "I feel as if I have two wolves
fighting in my heart.

One wolf is the vengeful, angry, violent one.
The other wolf is the loving, compassionate one."

The grandson asked him,
"Which wolf will win the fight in your heart?"

The grandfather answered,

"THE ONE I FEED."

*"To believe your own thought and to believe that
what is true for you in your private heart is true
for all men: THAT IS GENIUS."*

---Ralph Waldo Emerson

PREVENTING THE FLU

- ◆ **Avoid close contact with people who are ill. When you are sick, keep your distance from others.**
- ◆ **If possible, stay home from work, school and errands when you are sick.**
- ◆ **Cover your mouth and nose with a tissue when coughing or sneezing.**
- ◆ **Wash your hands often --- this will help protect you from germs. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.**

---Source: Maryland Department Of Health and Mental Hygiene

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

If you take a laptop computer for a run, you can jog your memory!

MEETING MINUTES

October 8, 2008

The meeting was called to order at 7:40pm by **President Herb Simon**. Those in attendance were Sally Simon, Edward Akwe, Pat & Mitzi Warren, Mary Speiden, Howard Eskildson, Pearl Edwards & Jacqueline Windsor, Ish Rivera, Stanley Lipscomb, Bob Griffing and Guest Speaker Mandy Pietropaolo. **Stanley Lipscomb** read the Prayer for a Laryngectomee using his electro-larynx. We all introduced ourselves, with the laryngectomees telling when and where they had their surgeries. The Minutes of the September meeting were approved as written in the October issue of THE VOICE. Our guest speaker this evening: **Mandy Pietropaolo**, the Mid-Atlantic Regional Sales Manager for Atos Medical, was introduced. She talked about how important humidity is for a Laryngectomee. She brought samples of the different Heat and Moisture Exchange (HME) systems available from ATOS and discussed how each of them work. She also brought a sample of Atos' newest HME system that blocks out impurities better than the others. Mandy said this one is more effective for a work environment that has increased amounts of pollen, dust, fumes, etc. This one works well for such tasks as cutting the grass, woodworking, sawing, painting and staining, etc. She told us this is not an HME that can or should be worn all the time. She passed around booklets that have pictures and explanations of the different HME systems, for future reference. She advised that all Laryngectomees should have some sort of filter over their stoma to block out any foreign objects. She stressed that the HME devices work better because the exchange of heat and moisture they produce will help to keep our stomas and airways clear of any excess mucous and crustiness. After her presentation, there was a question and answer session. We showed our appreciation to Mandy for joining us and giving this very informative talk with a nice round of applause.

Treasurer's Report – Herb reported that we now have 66 dues paying members for 2008. He also reported on the expense checks written and the deposit made, since the last meeting.

Aunt Bea's Sunshine Report – **Jackie and Pearl** told us about their trip to Las Vegas at the end of last month. They told us they had a great time playing the slots, Bingo, and Three Card Poker. They also mentioned they saw a couple of shows while there. **Tema** reported that **Irv Title** had to have his prosthesis removed and is now speaking with an electro-larynx. He has to wait until his stoma heals, before having it re-punctured. He has decided to wait and have this procedure done after he and Tema return to Maryland. They should be back in early November and will hopefully be at next month's meeting. It will be nice to see them again. Herb heard from **Alan Shakin**. Alan said that his Mother, **Evelyn Shakin** is doing very well. **Nancy McConkey** found out today that she will have to have surgery on her shoulder, very soon. She said she will stay in touch. Get well soon Nancy!

Words of Wisdom from Beth Solomon – Because Beth was not at the meeting, there were none tonight.

Old (unfinished) Business – There was no Old Business this evening.

New Business – There was no New Business this evening. Our thanks go to **Ish Rivera** for providing the yummy refreshments this evening. We had a delicious fresh fruit medley that consisted of watermelon, grapes, cantalope, honey dew melon, pineapple, and strawberries, as well as, some tasty snacks. Everyone enjoyed the treats. Leftovers were generously given to some of the members by Ish.

*---Respectfully Submitted by:
Mary Speiden*

Healthy Lifestyle Tip

Do you know what's super bad for your body? Inflammation. Inflammation is thought to be at the core of many health problems like heart disease and heart attacks. Do you know what's a great way to quiet inflammation? Vitamin K is. Vitamin K is the Calm, Quiet Vitamin. According to a new study published in the American Journal of Epidemiology, higher vitamin K1 intake may decrease the incidence of the inflammation that has been linked to a variety of diseases.



Good food choices: Vitamin K is found in leafy greens such as spinach and lettuce as well as in kale, cabbage, cauliflower, broccoli, brussels sprouts, cereals, milk and soybeans. The recommended daily amount is 90 micrograms for adult females and 120 micrograms for adult males.

*---Source: Tufts University
Health and Nutrition Newsletter*

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 to **Herb Simon** at H457@aol.com or call **301-588-2352**. Any and all will be considered for publication in a future issue of THE VOICE. Don't be bashful.

NEW IAL EXECUTIVE DIRECTOR NAMED

It was announced on September 28, 2008 that the IAL Board of Directors has approved the hiring of Susan Reeves as the new Executive Director.



SUSAN REEVES

Susan is the clinical director at West Texas Rehabilitation Center in San Angelo, Texas. She is the newly elected part-time IAL Executive Director. She has been married for 28 years. She and her husband Ben have 3 children: Jamie, 26, Blake 24 and Kari 21.

Susan's first involvement with laryngectomees was by assisting to host her local lost chords club meetings. She attended her first IAL meeting in Seattle in 1989. She has served on the IAL Board of Directors and has lectured as a member of the IAL Voice Institute Staff for many years, under the direction of: Bob Keith at the Mayo Clinic and Dr. Ed Stone at Vanderbilt University.

Susan has been a member of the team of speech pathologists, who traveled to Cologne, Germany to work with the International Rehabilitation of Laryngectomees, hosted by Servox. She also helped organized and became a yearly participant in the Mexico Voice Institutes, directed by the late Dr. Enrique Hulsz. Susan has served as a committee member for the Texas Laryngectomee Association for many years and still holds a position on the TLA planning committee.

2009 LCMC OFFICERS



NOMINATIONS & ELECTION

The election of the LCMC Officers for 2009 will be held at the December meeting. **Addie Shaw** and **Robert Griffing** will serve on the Nomination Committee this year. Addie will once again chair this committee. Before nominating someone to serve as a Club officer in 2009, please make sure they are willing and able to serve in that position, before notifying a member of the Nominating Committee. If you wish to nominate someone, please email: **ADDIE:** Addie15@aol.com or **Robert:** rjgriff@erols.com with the name of the nominee. If you do not have email access and would like to nominate someone to serve as an officer in 2009, please contact Addie by phone at **301-794-5882**. Nominations will also be taken from the floor on the night of the election.

NOVEMBER 20th



Great American Smokeout

For more information on the Great American Smokeout, visit the American Cancer Society website at <http://www.cancer.org/>

Happy Birthday



Nov. 7th	Robert Breeden
Nov. 8th	Emma Edmonds
Nov. 8th	Steve Curran
Nov. 11th	Dr. Lou Laborwit
Nov. 13th	James Johnson
Nov. 16th	Lorenzo DiCasaGrande
Nov. 16th	Paul Harrison
Nov. 17th	Pat Warren
Nov. 20th	Mary Ann Miller
Nov. 26th	Linda Diggs
Nov. 26th	Odessa Robinson
Nov. 26th	Terry Thomas
Nov. 27th	Thanksgiving Day



HAPPY THANKSGIVING

PRE-OP & POST-OP LARYNGECTOMEE VISITS

Oct. 14th – Herb went to visit with pre-op patient **Albert Lee** in his Washington, DC residence. Albert's surgery is scheduled to be on October 27th at the Washington Hospital Center. Albert is 70 years old. He was born in Cleveland, Ohio. His family moved to Pittsburg, PA., where he grew up. He took a job at a very young age in a steel mill and went on to become a certified welder, the profession he worked at for many years, before retiring. He moved to Washington, DC in 1959, and has lived here ever since. Albert has had many medical issues to deal with, during his lifetime. He had a course of radiation a couple of years ago, but like many of us, his cancer has returned. He has opted to have surgery to remove the cancer, rather than endure more therapy to try to preserve his vocal cords. Albert asked many excellent questions. Herb brought him a New Laryngectomee Visitor Kit, compliments of the Laryngectomee Club of Montgomery County that included many items that will be useful right after the surgery, while he is still in the hospital. Albert was very appreciative for these materials and for the visit. His outlook and attitude toward his upcoming surgery are remarkable, and he is optimistic about life following surgery. Thanks go to **SLP Karen Calabrese**, at the Washington Hospital Center for this referral.

Oct. 27th – Herb went to Holy Cross Hospital, where he visited with new laryngectomee **Dave Webb**. Dave, who is 58 years old, was a tree farmer, until he became disabled in 1995. When Herb arrived, Dave was asleep. After the nurse woke him, Dave and Herb had a short visit. Dave was able to express himself by writing down his thoughts. Dave now lives with his daughter in Rockville, MD. He is anxiously awaiting the time when he will be discharged and looking forward to getting healthy again. This visit was requested by **Dr. Bianchi**, the ENT who performed Dave's laryngectomy. Herb is planning to visit with Dave and family members in the near future.

POLICE PULLOVERS

By Wayne Baker



It happens to the best of us. We get pulled over by the police. They approach the car and ask for your license.

If you are a user of an electro-larynx and it happens to you, you will do well to observe one simple rule of conduct: **KEEP YOUR HANDS IN SIGHT and NEVER REACH FOR SOMETHING OUT OF SIGHT.**

The police regard everyone as a potential problem and they will do what they have to in order to protect their lives. You know you are not a Charles Manson. They don't. In fact, they are trained to think you are. It is the way they live so long.

Police can be nice or not. It is sometimes (but not always) up to you. Help them out. Be slow. Be obvious. Wait for permission. Be polite.

---Reprinted from *Let's Talk* (4-99)