

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, 2007

MEETING MINUTES

July 25, 2007

President Herb Simon called the meeting to order at 7:35 pm. Those attending the meeting were Sally Simon, Pearl Edwards, Jacqueline Windsor, Howard Eskildson, Mary Speiden, Stanley Lipscomb, and Johnnie Harris.

Beth Solomon conducted the speech class before the meeting, but due to a work related meeting at 8pm, she could not stay for the meeting. **Pearl Edwards**

read the Prayer for a Laryngectomee demonstrating great progress with her new Servox electro-larynx. Being as there were no additions or omissions, the Minutes for the June meeting, were approved as published

(Continued on page 2)

MARK YOUR CALENDAR

Aug. 8th – 7:00 pm

Speech Class

Beth Solomon

Aug. 22nd – 7:00 pm

Speech Class

Beth Solomon

AUGUST 25th – 2:00 pm
LCMC ANNUAL PICNIC

FOR LCMC INFORMATION
CONTACT: HERB SIMON

301-588-2352
H457@aol.com

A POEM BY AUDREY HEPBURN



*For attractive lips,
speak words of kindness.*

*For lovely eyes,
seek out the good in people.*

*For a slim figure,
share your food with the hungry.*

*For beautiful hair, let a child run his/her
fingers through it once a day.*

*For poise, walk with the knowledge
that you never walk alone.*

*People, even more than things, have to be restored,
renewed, revived, reclaimed, and redeemed;
never throw out anyone.*

*Remember, if you ever need a helping hand,
you will find one at the end of each of your arms.*

*As you grow older, you will discover that
you have two hands;
one for helping yourself,
and the other for helping others.*

HAVE YOU PAID YOUR 2007 DUES YET?



IF NOT, WHY NOT?

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	John Foster
Aug. 24th	Donna Dupler
Aug 26th	Helen Kane

CONGRATULATIONS!

2007 IAL OFFICERS

President	Tina Long
Vice President	Andres Velez
Secretary	Terrie Lynn Hall
Treasurer	Ian Milne

IAL BOARD OF DIRECTORS

Michael Dreisbach, Janice Hayes, Sapp Funderburk, John Ready, Wendell Ratcliffe and Directors at Large Caryn Melvin, PHD and Dr. John Doyle, SLP

MEETING MINUTES

(continued from page 1)

in THE VOICE newsletter.

Treasurer's Report – Herb gave an in-depth Treasurer's report this month. We now have 47 dues paying members. All in all the Club Treasury is in good shape, taking in about the same amount that we have recently spent.

Aunt Bea's Sunshine Report **Jackie Windsor** mentioned that she recently saw a Laryngectomee at her weekly Bingo game at St. Mary's Church in Landover Hills, MD. Herb asked if it could be **Joan Wolfe**. Joan recently sent her club dues, along with a personal note thanking LCMC for the visit to her ex-husband, **John Wolfe**, who recently became a laryngectomee. She said that John benefited from the visit by the Hoyts. **SLP Gerri Levell**, sent a message reporting that she and **Gary Mitchell** are still trying to get Metro Access to provide Gary with transportation from Clinton, MD to our meetings. Herb told us that he heard from **Ishmael Rivera**. Ish said that he and his wife, **Alicia**, are back from their winter home in Puerto Rico and are planning to attend the Annual Picnic. They had planned to be at the meeting tonight, but found out they had a relative from Puerto Rico arriving at Dulles International Airport at the time of the meeting. They are both doing well. It will be great to see them again. **Stan Lipscomb** told us that he recently had his annual visit with his ENT. She told him that everything looked good and congratulated him on reaching his 5-year mark, since surgery. Stan told us he is thinking about getting his CDL (commercial driver's license). He plans to drive a charter bus when he retires from the Post Office.

Old (unfinished) Business – The sign-up sheet for our Annual Picnic at the Simons' home on Saturday, August 25, 2007 was passed around. Look for more detailed information in the Invitation that will be included with the next issue of THE VOICE. **Jim Lauder** will be joining us again this year. We hope to see you there! Herb and Sally along with **Irv & Tema Title** attended the recent IAL Annual Meeting in Burlington, VT. Sally told us that due to a very painful ankle, Tema was unable to work at the Ladies Auxiliary table with Sally and the others, as she normally does. Herb reported that a professional moderator was hired to help conduct this year's Annual Meeting, and that it went smoothly. The IAL has had an unusually large amount of turnover since the previous meeting in Schaumburg, IL. Herb thought this was one of the most productive meetings he has attended. The Club recently donated to the Relay for Life this year in the form of lighting 15 Luminaries in memory of the last 15 Club members who have passed away. Howard read the list of those names to us.

New Business — Flyers for the New Jersey Conference in Princeton this coming September were distributed. Herb will be leading a Workshop on Pre and Post-Operative Laryngectomee Visitations at the conference. Herb told of the need to purchase some educational materials to include in the Visitation Kits. The costs of these materials are normally shared by the Northern Virginia Club. The July issue of *Whispers on the Web* newsletter was passed out to those present.

Howard Eskildson brought freshly picked, home grown tomatoes from his own garden and some mouth-watering white and yellow peaches from Homestead Farms in Poolesville, MD to the meeting tonight. He also brought some delicious pound cake. Howard generously brought enough that all in attendance were able to take some of these delicacies home. Thanks Howard for tonight's healthy and 'yummy' refreshments. After a motion was made and seconded, it was unanimously voted to adjourn the meeting at 8:50 P.M.

*---Respectfully Submitted by:
Mary Speiden*

"The sooner you fall behind, the more time you'll have to catch up."

---Unknown

MARK YOUR CALENDAR

Let Our Voice Be Heard

New Jersey 2007 Laryngectomee Conference

Presented by
**THE MIRACLE VOICE CLUB
of SOMERSET COUNTY**

Friday & Saturday
September 28th & 29th

At the
**New Jersey Hospital Assn.
Conference Center
760 Alexander Road
Princeton, New Jersey**

The conference program will include a 'Meet and Greet' on Friday evening. Registration, Keynote Speaker, Doctor's Panel, Workshops, Coffee Breaks, Vendor Tables, Lunch, Door Prizes and the Closing Ceremonies will be on Saturday.

HOTEL ROOM RESERVATIONS

Discounted room rates of \$120.00 per night are available at the Hyatt Regency at 102 Carnegie Center, Princeton, NJ.

Please request the 2007 Laryngectomee Conference Participant Rate, when making your reservation, which must be made on or before August 15th.

**For Reservations:
Call 1- 888 - 591- 1234**

FYI – The hotel is approximately 175 miles from the DC Metropolitan area or about 3 hours to drive. It will only be necessary to spend one night in NJ. To help save money, LCMC members interested in attending may consider car pooling and sharing a room.

LARYNGECTOME VISITS

June 30th – Herb went to the Crofton, MD home of **Donald & Linna Jamison** for a pre-op laryngectomee visit. Their 8 yr. old grand-daughter Ingrid was also present for part of the visit. Don's surgery is scheduled for July 18th at Washington Hospital Center in DC. Don retired from the Federal Government in 2006, after 38 years of service. He worked as a computer engineer at NASA and also as a consultant. Don is presently recovering from a surgery that is unrelated to his cancer. He has a rare form of cancer that is slow growing. Don never smoked. It has not yet been determined if he will have a partial or a total laryngectomee. The Jamisons had many questions. Herb was able to answer many of their questions and left a laryngectomee visitor kit. Thanks go to Washington Hospital Center **SLP Karen Calabres** for referring the Jamisons to LCMC.

UPDATE: Linna recently called to say that Don had a partial laryngectomee and was doing very well, following his surgery.

July 17th – Herb and Sally went to Bowie, MD to visit laryngectomee **Benjamin Jackson** and his wife **Elizabeth** at the lovely retirement community they live in. Benjamin, who drove a taxicab in DC for 60 years is now retired. He has been a laryngectomee since 1982 and is an accomplished Esophageal Speaker. He recently had some other medical issues that have made his Esophageal Speech not quite as dependable as it has been in the past. His volume was evidently not as loud as it was. Herb brought a Servox Electro-larynx for Benjamin to try. They were all amazed at the difference between this Servox and the old ATT electro-larynx that Benjamin used after his surgery, before becoming adept at Esophageal speech. After a few minutes, he began to speak very clearly. LCMC loaned the Servox to him to practice with and use as a backup for his Esophageal speech. Also present for this visit were The Jacksons's daughter and son-in-law, **Trina & Robert Ford**. Many good questions were asked and answered by both Herb and Sally and they left some important laryngectomee safety materials with the Jacksons. The Jacksons were originally referred by **Dorothy Lennox** of Luminaud to **Dr. Lou LaBorwit**, who lives in Bowie. "Dr. Lou", who is now retired, called Herb. The Jacksons have been longtime customers of Luminaud. They indicated that they and their family are hoping to attend the club picnic in August.

July 21st – Herb went to Washington Hospital Center for a pre-op visit with **Malcolm Daniels**. Malcolm lives in Washington, DC. He is 59 years old and had been working in home improvements, prior to entering the hospital. He was admitted a few days before this visit for some testing. He unexpectedly underwent a tracheotomy procedure, and it is very possible that a total laryngectomy will be recommended, after more testing is done. Malcolm communicated by writing. As shocking as this has all been for him, he was able to smile some, during the visit. Malcolm lives in NW Washington, not very far from where Herb lived, when he was growing up. During the visit, Herb found out that he and Malcolm attended the same elementary school and junior and senior high schools! It's a small world! Herb left a few reading materials for Malcolm and offered the services of LCMC to him. Thanks go to **SLP Mary Slater** for referring Malcolm to LCMC.

July 28th – Herb went to George Washington University Hospital in Washington, DC for a pre-op visit with **Arlene Robinson**, who lives in SE Washington. Arlene is 56 years old and worked for many years as a secretary for a minister. She has 7 children and seven grandchildren. Arlene recently had a tracheotomy and communicated during this visit by mouthing and writing. She smiled throughout the visit. She has a wonderful attitude as she approaches her surgery on July 30th. Arlene and Herb had a positive conversation regarding the upcoming surgery. Arlene received a New Laryngectomee Visitor Kit, compliments of LCMC. Another visit is planned with family members present after Arlene's surgery. Thanks go out to **SLP Jennifer Speer** for referring Arlene to LCMC for this visit.

HEAD AND NECK CANCER PRESENTATION

By Howard Eskildson



On July 26th I was one of two head & neck cancer patients presenting a personal case history for 18 graduate SLP students at the University of Maryland. I spoke for 15 minutes as a larynx cancer patient with surgery as my primary treatment.

Barbara Messing, Clinical Director of The Milton J. Dance, Jr. Head & Neck Rehabilitation Center at Greater Baltimore Medical Center gave the lecture, "Dysphagia in the Head & Neck Cancer Patient". Ms. Messing is a Speech Language Pathologist with a specialty in swallowing disorders.

I described my history with a review of possible treatment plans that included surgery, radiation and chemotherapy. The pre-operative review by the professionals was part of the medical "team management" approach to the patient. Post-surgery and post-radiation recoveries were also discussed.

The subject of Barium swallow tests was of particular interest to this audience of future SLP's. Xerostomia (dry mouth) was also a topic of major concern. Going out to eat, selecting foods, difficulties swallowing foods and what helps were also topics of considerable interest.

I commented on changes in my senses of taste and smell. I can speak volumes about my sense of taste! My reduced sense of smell is very frustrating.

I detailed my dental issues. Three years after the laryngectomy, I had my teeth extracted. I told of the seemingly endless (52) hyperbaric treatments that accompanied the extractions. Another oral topic included *candida* (yeast).

Five years ago in July, an ENT observed abnormal cells in my throat by a fiber-optic exam. Seven weeks later, I received a conclusive diagnosis of squamous cell carcinoma from pathologists. My laryngectomy followed on September 30, 2002.

I enjoyed sharing my experiences at the U of Md. I was offered an invitation to return in 2008! ☺

OBITUARY



Leon A. Glascoe

May 7, 1924 – June 20, 2007

Leon A. Glascoe, son of William and Helen Glascoe, was born in Washington, DC. He was the youngest of five children. All have pre-deceased him except his twin brother, Leo.

The family lived in the Bloomingdale/LeDroit Park area. Leon attended Lucretia Mott Elementary, Shaw Jr. and Armstrong High Schools. During his youth, Leon was in the Boy Scouts and enjoyed baseball, football and basketball. Leon's first work experience was as a personal messenger to the Chief of the Foreign Service Division at the State Department. He later transferred to the National Bureau of Standards (NBS) and trained as an optical glass molder.

In high school he was in the cadet corps and reached the rank of First Lieutenant. Leon's experience with the cadet corps led him to join the Navy in May, 1943. His first assignment was in the South Pacific. Fifteen months later, on Christmas Eve, 1944, he returned to the United States. Upon his return he was stationed in the Naval Barracks at the Brooklyn, NY Navy Yard and then the Washington Navy Yard. He received an honorable discharge in March, 1946. While in the Navy, Leon was a Boat Coxswain on small crafts and a Gunner on larger crafts.

After leaving the Navy, he became a library technician in the Scientific Library of the NBS. He briefly attended American University and the US Department of Agriculture Graduate School in Library Science. In 1968 he left the NBS for a higher grade at the Dept. of Agriculture's library, where he was promoted to the position of liaison to the Library of Congress. During his government tenure, he received many commendations and outstanding employee and appreciation awards.

In 1976 Leon retired on disability with 32 years of government service. After retiring, he busied himself with other jobs, gardening, and reading. He was an avid reader with over 300 volumes on the Second World War in his personal library.

He joined Lincoln Temple about 60 years ago in 1946. Until recently, he still saw members of his Sunday School Class.

Leon met and married Alberta Queen of Port Tobacco, MD in 1964. Alberta and Leon traveled extensively and spent lots of time sailing on weekends with friends and family. Alberta was a loving and devoted wife whose unrelenting care of Leon helped him to survive 18 years of fighting cancer.

During the weeks before he entered the Washington Community Hospice facility, he was gently and lovingly cared for by his niece, Deborah Durr. Leon is survived by Alberta and his twin brother Leo and a host of other relatives and friends.

EDITOR'S NOTE – Leon was a *real* sharp dresser. He took great pride in what he wore and how he looked. He wanted people to notice him --- **AND THEY DID!**

**"Death leaves a heartache no one can heal.
Love leaves a memory no one can steal."**



LCMC



2007 Annual Summer Picnic

~~~~~  
The Laryngectomee Club of Montgomery County  
Annual Picnic will be on

**SATURDAY, AUGUST 25<sup>th</sup> at 2:00 PM**

at Sally & Herb's Hacienda

**SPECIAL GUEST – JIM LAUDER**

Bring your Electro-larynxes in for FREE Tune Up & Minor Repairs

~~~~~  
Y'all Come and Join the Fun! - You don't want to miss this one!
Bring Family and Friends - Eat Great Food
See Old Friends - Make New Friends
Raffles and Door Prizes

~~~~~  
Turkey, Ham and Non-alcoholic Drinks furnished by LCMC

**BRING A FAVORITE DISH**

Salad, Side Dish, Veggie Dish, Fruit, Dessert OR  
Just bring yourself and join the fun.

~~~~~  
RSVP

By Wednesday, August 22nd

Call Sally or Herb (301) 588-2352

or E-mail H457@aol.com

Address and Directions to Picnic on reverse side of this page.

Herb & Sally Simon

403 Hamilton Avenue

Silver Spring 20901

301-588-2352

DIRECTIONS TO THE LCMC PICNIC

From the Capital Beltway

I-495 (Washington Beltway)

Exit onto **COLESVILLE ROAD - SOUTH** (Route 29)

LEFT at **FIRST** traffic light onto **Franklin Avenue**

RIGHT onto **WORTH AVENUE** (about 200 yards)

LEFT (full left-hand turn at stop sign onto **HAMILTON AVENUE**)

#403 HAMILTON AVENUE is at the top of hill on the left

From Olney Area

South on **Georgia Avenue**

LEFT onto **UNIVERSITY BLVD. (Rte. 193 East)** continue several miles to

RIGHT onto **COLESVILLE ROAD - SOUTH** (Route 29) for about ½ mile

LEFT at **FIRST** traffic light onto **Franklin Avenue**

RIGHT onto **WORTH AVENUE** (about 200 yards)

LEFT (full left-hand turn at stop sign onto **HAMILTON AVENUE**)

#403 HAMILTON AVENUE is at the top of hill on the left

From Washington, DC

NORTH on **GEORGIA AVENUE** (7th Street in downtown DC)

RIGHT onto **COLESVILLE ROAD - NORTH**

RIGHT at the third traffic light onto **SLIGO CREEK PARKWAY*****

LEFT onto **WORTH AVENUE** (this is the first street on the left – about 200 yards)

RIGHT at stop sign onto **HAMILTON AVENUE**

#403 HAMILTON AVENUE is at the top of hill on the left

*** Sligo Creek Parkway is not well marked. You may see a sign that says St. Andrews Way and think you're at the wrong place. The key is to turn right at the traffic light located at the bottom of the hill. It will be the next traffic light after Dale Drive and after you pass Mrs. K's Tollhouse Restaurant on the right. If you do this, you will be on SLIGO CREEK PARKWAY regardless of what the sign reads!