

# 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



## JULY, 2007

### MEETING MINUTES

May 9, 2007

President **Herb Simon** called the meeting to order at 7:35pm. Those attending the meeting were Sally Simon, Pearl Edwards and Jacquie Windsor, Edward Akwe, Mary Speiden, Howard Eskildson, and Johnie Harris. **Howard Eskildson** read the Prayer for a Laryngectomee using his hands-free TEP voice. The Minutes for the May meeting were approved as published in *THE VOICE*. Howard commented that the minutes were very well written.

**Treasurer's Report** – Herb reported that the past month's LCMC account balance was the same at the end of the month as it was at the beginning, and he noted that no checks have been written since the last statement.

**'Aunt' Bea's Sunshine Report** – Herb reported that **Beth Solomon** was not at tonight's meeting due to an emergency meeting at work that she had to attend in place of her supervisor, who couldn't make it. In Beth's absence the speech class was

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### MARK YOUR CALENDAR

July 11th – 7:00pm

Speech Class

Beth Solomon

July 25th – 7:30 pm

Business & Social Meeting

Refreshments – Howard

July 25th – 6:30pm

Speech Class

Beth Solomon

FOR LCMC INFORMATION

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### THE SIGNS OF INNER PEACE

Frequent Attacks of smiling

A loss of interest in conflicts

A loss of interest in judging self

A loss of interest in judging other people

An unmistakable ability to enjoy each moment

A loss of interest in interpreting the actions of others

Contented feelings of connecting with others and nature

Loss of ability to worry (This is a very serious symptom)

Increased tendency to allow rather than force things

Frequent, overwhelming episodes of appreciation

A tendency to think and act spontaneously

An increased susceptibility to the love extended by others

The uncontrollable urge to extend love all around

---Author unknown

***"We cannot hold a torch to light another person's path without brightening our own."***

---Unknown

## HAVE YOU PAID YOUR 2007 DUES YET?



It's not too late!

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



July 12th  
July 23rd  
July 30th

**Preston Coffey  
Lorri Goodpaster  
Andre Ponsart**

**JULY 4th**



*Happy Independence Day*

## MEETING MINUTES

*(continued from page 1)*

led by Herb, who met with **Pearl Edwards and Edward Akwe**. **Mary Speiden** announced her recent engagement to her boyfriend, **Rich Odom**, over the Memorial Day weekend. No date has been set. Mary added that Rich wants to get married on a beach, either somewhere in the Caribbean or in Hawaii. Pearl shared that she recently had an air insufflation test, and it was determined that she is a candidate for a TEP. She is now considering this method of speech for the future. Edward Akwe got his TEP yesterday. He was hoping his SLP (Beth) would be at the meeting to give him some pointers on how to use it. Herb asked Howard if he had any difficulty in adapting to a TEP for Edward and Pearl's benefit. **Sally** brought up the subject of yeast infections that often develop on a prosthesis. She stressed the importance of changing them on a regular basis to help to alleviate this possibility. Howard noted that TEP is becoming the 'gold standard' method of speech for laryngectomees, and the in-dwelling prosthesis is becoming more widely used. It was discussed how SLP's are becoming more proficient in the skill of inserting them. **Alberta Glascoe** recently phoned Herb to let us know that her husband **Leon** was not doing well. Our prayers go out to Leon and Alberta. Herb read a note from **Dorothy Fardan**. She wrote that her husband **Donald** has been at the Cancer Centers of America, near Philadelphia, since February, and he is doing well. **Gary Mitchell**, who is a resident at the Clinton Rehabilitation Center, wrote a wonderful letter thanking LCMC and Herb for help in learning how to use his Servox. Herb had visited with Gary at the Center a couple of months ago. A Metro Access pass for Gary is in the works. He is looking forward to coming to LCMC meetings and speech classes, once that has been arranged. We are looking forward to meeting Gary in the near future. Herb and **Jim Lauder** recently went to a Laryngectomee luncheon at Southern Connecticut State University in New Haven. They visited with **Bob & Lesley Herbst** in their lovely home in New Haven before going downtown for a progressive dinner at three local eateries. Seven student SLP's, several vendors, and many laryngectomees and their spouses were in attendance at the Laryngectomee luncheon on Sunday. **Scott Brooks** from ATOS was the guest speaker and HME was his topic. There were four club Presidents including Herb in attendance. Each of them addressed the group, sharing the possible reasons for a common drop in the attendance at local meetings. While on this trip Herb learned that Bob Herbst, who is an excellent Esophageal Speaker (ES), became proficient with the aid of an audio cassette tape on the subject. This tape was made many years ago by Jim's father, **Edmund Lauder**, who also wrote the book 'Self Help for a Laryngectomee'. Herb purchased five of these tapes for the LCMC loaner library. Three of these tapes are already on loan to LCMC members interested in learning ES. Herb read a note from **Paul Blevins** sharing his good EL repair experience with Lauder Enterprises. Paul had borrowed a Servox from LCMC, while his was being repaired. **Stanley Lipscomb** dropped his Servox on a cement surface. The bottom cap was badly cracked, causing it to malfunction. Herb had a spare cap and he gave it to Stanley. **Irv and Tema Title** recently traveled to Belgium and The Netherlands. While in The Netherlands, they met and dined with laryngectomee, **Marianne Peereboom**, and her family.

**Old (unfinished) Business** – Our upcoming picnic was discussed. We have a tentative date set for Saturday, August 25, 2007. An alternative date on August 18th was also discussed. **New Business** — Howard reported that he has been asked by GBMC's SLP, **Barbara Messing**, to speak to the University of Maryland graduating SLP's in mid-July on the subject of swallowing disorders. We wish him the best for a successful experience. Herb mentioned that he and Sally and the Titles will be attending the IAL Annual Meeting in Burlington, VT. Irv will again serve as a delegate for LCMC at the Annual Meeting. Because they will be in Vermont at the time of our July meeting, **Vice President Johnie Harris** will conduct the meeting. Howard asked if it was known yet where and when the 2008 IAL Annual Meeting and Voice Institute will be held. Herb said that he's heard it will be in Little Rock, Arkansas, around Labor Day. Herb passed out copies of the June issue of *Whispers on the Web* newsletter for our reading enjoyment. Our thanks go to Sally for tonight's yummy refreshments. Howard volunteered to bring the 'goodies' to the July meeting. 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*

**UPDATE:** Mark your calendars - Special guest **Jim Lauder** has purchased his plane tickets and will attend our **Annual Picnic on Aug. 25th**. This confirms the Aug. 25th date.---**Herb**

## TOBACCO AWARENESS PRESENTATIONS



**May 28th - Irv Title** gave a Tobacco Awareness Presentation to 20 students who want to stop smoking at W. L. Mackenzie Collegiate High School in Toronto, Canada.



MINNESOTA DEPT. OF HEALTH

**It Looks Just As Stupid  
When You Do It.**  
*Smoking Is A Drag*

MONTGOMERY COUNTY  
MEDICAL SOCIETY  
IN PARTNERSHIP WITH  
MONTGOMERY COUNTY  
DEPARTMENT OF  
HEALTH & HUMAN  
SERVICES

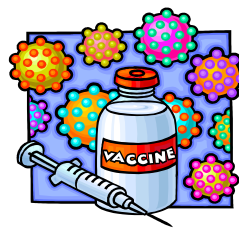
## SAD NEWS



LCMC Member **Leon Glascoe** passed away peacefully on June 20th at The Washington Community Hospice. His obituary will appear in the August issue of THE VOICE. Leon was a very special human being, who will be missed by all who knew him. Our sympathy goes out to his beloved wife Alberta and the rest of his family.

## PRE-OP and NEW LARYNGECTOMEES VISITS

May 6th – **Max & Marge Hoyt** drove from their home in Lewes, Delaware to visit with recent laryngectomee **John Wolfe** at his home in St. Michael's on the Eastern Shore of Maryland. John is a gardener and has many flowering perennials in front of his home. He also has tomato plants in the back of his house. John is 71 years old. His surgery was in October, 2006. He worked for Macke Vending Company, where he was a supervisor for 23 years, before retiring. He then moved to Carolina Beach in North Carolina with his youngest son. He loved it there, but returned to this area, when he got sick. He has 5 children, 12 grandchildren and 3 great-grandchildren. He has children living in nearby Annapolis and also in Prince George's County, MD. A daughter of his is a nurse supervisor in nearby Chestertown Hospital. He also has a son living in Warrenton, VA, which is not very far away. John utilized a Servox Inton electro-larynx, during his visit with the Hoyts. John was referred to LCMC by his ex-wife, **Joan Wolfe**, who is also a laryngectomee living in MD. Joan has attended LCMC meetings and speech classes in the past. Max and Marge reviewed the materials in the New Laryngectomee Visitor Kit supplied by LCMC and answered many questions. The importance of the Medic Alert Bracelet and supplying neck breather information to local EMS personnel was stressed. John has been referred to the same SLP who Max sees. She is also the facilitator for the Salisbury (MD) Laryngectomee Support group meetings. Max invited John to a meeting of that group. Max, Marge and John all felt it was a productive visit. The Hoyts feel as though John is adjusting well to life as a laryngectomee and to his new way of speaking. **UPDATE:** John and two friends made the 65 mile (each way) trip to attend the Laryngectomee Club meeting in Salisbury, MD on Tuesday, June 12th. Thanks Max and Marge for your time and effort on behalf of LCMC.



## SHINGLES VACCINE

If you or somebody you know is over 60 years old here's a link to information on the Shingles vaccine:

<http://www.webmd.com/news/20061025/shingles-vaccine-to-be-routine-at-60>

**Editor's Note:** I wish I had been aware of this vaccine earlier. In May I noticed a rash, accompanied by pain that came out of nowhere. I soon went to a dermatologist. At first glance he said "you have shingles!" After a week-long regimen of anti-viral medication and much discomfort, I seem to be cured. As an ounce of prevention, you may want to consider getting this vaccine.

---Herb Simon

**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

# VOICES OF VERMONT



INTERNATIONAL ASSOCIATION  
OF LARYNGECTOMEES

## 2007 ANNUAL MEETING and VOICE INSTITUTE

Will be at the Sheraton Burlington  
Hotel & Conference Center

**JULY 11th thru 14th**



**Downtown Burlington's  
Church St. Marketplace**

**For Reservations Call:  
Direct: 1- 802-865-6600 or  
Toll Free: 1- 800-325-3535**

<http://www.larynxlink.com/Vermont/index.htm>

***"Give more than you are  
asked and you will receive  
more than you can earn"***

*---Unknown*

## MEET MAX HOYT



I was born 9 June 1933 and lived in Fort Dodge, Iowa for the first 18 years of my life. I left home to attend the State University of Iowa where I graduated in 1956 and was commissioned a 2nd/Lt in the Medical Service Corp, U S Army. Upon entering active duty I was assigned to hospital duty at Fort Rucker, AL and 14<sup>th</sup> Field Hospital, Bad Kreuznach, Germany until 1962. I was a staff officer for the 2<sup>nd</sup> Army Surgeon at Fort Meade until departing for military schooling in 1965. Following this schooling I was assigned to the Surgeon's Office, US Army, Vietnam as the command Medical Statistical Officer. Returning to the States in 1966 I was selected to attend the Baylor University's course in Health Care Administration which was followed by a 1 year residency at Walter Reed Army Medical Center, Washington DC. I remained in the DC area assigned to the Office of the Surgeon General US Army from 1967-1972. It was during this assignment that I was assigned to a 3 man task force to develop a timely medical statistical, world wide reporting system. This effort was a success when we implemented a system in January 1970. In 1972 I was assigned to Walter Reed Army Medical Center as the Patient Administrator until retirement in 1980.

Following retirement I was a tri-service coordinator for the Vietnam Head Injury Study where I remained for several years. I had what was described as "a significant heart attack" in 1990 and three years later was diagnosed with cancer of the Larynx. I was visited, while in Montgomery General Hospital by two members (Aunt Bea and Jack) from the Laryngectomee Club of Montgomery County. I was so impressed with their speech that I attended my first meeting the next evening. Within 6 weeks I was accompanying club members to speak to school children about the impact of smoking on their health. Irv Title and I started to team up and made several Tobacco Awareness Presentations to schools. While serving a one year term as President of LCMC, my wife Marge and I made a decision to relocate to Delaware. When we found we enjoyed traveling so much, we purchased a Recreational Vehicle and started to spend winters in Florida.

Upon our return to Delaware after the first winter in Florida, I started getting referrals from the American Cancer Society in Delaware to speak. This endeavor led me into Elementary, Middle and Senior high Schools all over Delaware, Senior Centers, Community Action Programs and Schools of Nursing. In my most active year I drove over 5000 miles making presentations to over 1500 individuals. I finally gave up speaking in the 2005 when I was lucky enough to have open heart surgery and needed significant time to rehab.

I helped to form a Laryngectomee Support group in Salisbury, MD about 1966. I am a strong believer in support groups as they have helped me to learn how to enjoy life after becoming a Laryngectomee. To my knowledge, my wife and I are the only people certified to do visitations on the DelMarVa. I believe much of my acceptance of being a Laryngectomee is due to my visitations to new Laryngectomees. I always get more from a visitation than I feel I have given. I generally leave a new Laryngectomee with a sincere attitude of gratitude.

*---Max Hoyt*