

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



JUNE, 2008

MEETING MINUTES

May 14, 2008

The May meeting was called to order at 7:38pm by **President Herb Simon**.

Those in attendance were Sally Simon, Jackie Windsor & Pearl Edwards, Mary Speiden, Mitzy & Pat Warren, Ishmael Rivera, Itzhak & Joyce Brook, Michel Pommier, Howard Eskildson, Edward Akwe, Steve Arnold, Ginger Gilbert, Mandy Pietropaolo, and guest speaker Sharon Greenspan. **Marina and Jose**

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MARK YOUR CALENDAR

June 11th – 6:30pm

SPEECH CLASS

with Beth Solomon

June 11th – 7:30pm

Business & Social Meeting

GUEST SPEAKER

Richard Crum

Laryngectomee and

'In Health Rep'

Refreshments – Pearl & Jackie

June 25th – 7:00pm

SPEECH CLASS

with Eliza Peoples

FOR LCMC INFORMATION

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SAND OR STONE?

A story tells that two friends were walking through the desert. In a specific point of the journey, they had an argument, and one friend slapped the other one on the face. The one who got slapped was hurt, but without anything to say, he wrote in the sand:

"TODAY, MY BEST FRIEND SLAPPED ME ON THE FACE"

They kept on walking, until they found an oasis, where they decided to take a bath. The one who got slapped and hurt started drowning, and the other friend saved him. When he recovered from the fright, he wrote on a stone:

"TODAY MY BEST FRIEND SAVED MY LIFE"

The friend who saved and slapped his best friend, asked him, "Why, after I hurt you, you wrote in the sand, and now you write on a stone?"

The other friend, smiling, replied: "When a friend hurts us, we should write it down in the sand, where the winds of forgiveness get in charge of erasing it away, and when something great happens, we should engrave it in the stone of the memory of the heart, where no wind can erase it."

1. Learn to write in the sand, when you have differences and hurt feelings with your friend.
2. Learn to write in stone when your friend has done something good to you.

--- Submitted by
Rudy Dupler

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



June 4th	Teresa Tiller
June 7th	Tema Title
June 7th	Corky Gilbert
June 9th	Bettina Ponsart
June 11th	Jean Rich
June 16th	Itzhak Brook
June 19th	Amber Diggs

Happy Father's Day



MEETING MINUTES

(Continued from page 1)

Cruz attended the speech class with **Ish Rivera** interpreting for them. They left when the meeting began. Using his Servox EL, new member **Steve Arnold** read the Prayer for a Laryngectomee. The Minutes for the April meeting were approved as published in the May issue of THE VOICE. Since several new people and visitors were in attendance, we went around the room introducing ourselves with the laryngectomees telling when and where they had their surgery. Herb introduced our guest speaker, **Sharon Greenspan**, who is a certified coach, trainer, speaker, and healer. Her presentation was about "Healing Touch" which can help you to heal physically, emotionally, mentally and/or spiritually from surgery, stress, pain or anxiety. Healing Touch encompasses all belief systems. Sharon showed a short video and fielded questions after her presentation. She also offered a free Healing Touch session to anyone in attendance who'd like to try it.

Treasurer's Report – Herb reported that we now have 46 dues paying members in 2008. He suggested that we might like to help out others with some of the funds in our Treasury. Sally suggested that we make a donation to the ACS Chapter here in Silver Spring, for all of their assistance and use of their facility throughout the years. Herb had casually inquired as to what they might like to have. Several large ticket items were mentioned. After much discussion a motion was made by Pat and seconded by Pearl to give them a check for the amount decided upon and let them purchase whatever they would like. Herb will pass around a Thank You card for all of us to sign at the next meeting and deliver it to them with the check. Another suggestion was to use some of the Treasury to develop our own Club website. This will be food for thought for a future meeting.

Aunt Bea's Sunshine Report – **Johnie Harris** has been having major back problems and is taking medication for the pain. **Ernest Johnson**, a long-time member, has been in and out of the hospital, recently. His wife **Sara** is now in a nursing home. Ernest visits her everyday that he is able to. Get Well cards were passed around for all to sign and will be sent to Johnie and Ernest. New members **Charles & Annie Pickett** were unable to make it tonight, due to a death in the family. **Bob Griffing**, who works as a part-time bartender, has been very busy lately. He was working tonight and has two more gigs tomorrow. **Terri Holmes**, wife of deceased member **Wayne Holmes**, wrote that Wayne has passed away over a year ago. She and Zuriel are doing well. She has expressed an interest in having a meeting for loved ones in a similar situation to coincide with one of our regular monthly meetings. A tragedy occurred earlier this week. Laryngectomee **Phillip Clemmons** and his wife **Patricia** died in a plane crash in Ohio on Monday. Phillip was an active member of the IAL and WebWhispers. They will be missed by all who knew them. Our prayers go out to their family and friends. Flying was a passion of Phillip's. He died doing something he loved. Herb read a message from SLP **Kim Webster** about an offer for us to learn to use a 'jawharp. This is a small device with a novel sound that functions somewhat like and EL. It is very inexpensive. **Musician Wayne Hankin** will be leading these training sessions.

Words of Wisdom from Beth Solomon – Beth is ill and not here tonight.

Old (unfinished) Business – As a follow-up from last month's meeting, a discussion was held regarding the Bylaws. A motion was then made by Howard to change Article IV of the Bylaws regarding Voting Members. It was seconded and unanimously passed. This Bylaw change allows a laryngectomee member to vote on issues immediately, once they have paid their annual dues.

New Business — There was no new business.

Our thanks go to **Pat & Mitzy Warren** for bringing the yummy refreshments this evening. They brought a variety of cheeses, crackers, fruits, cookies and nuts. Everyone seemed to enjoy the treats. A motion was made, seconded, and unanimously passed to adjourn at 9:08.

---Respectfully submitted by,
Mary Speiden



<<<from the WEB>>>

Subject: [WebW] Support group with
Jim Lauder as speaker
Date: 05/22/2008 11:50:32 A.M. EDT
From: metzv@sbcglobal.net
To: webwhispers@mail-list.com

Yesterday (5/21/08), we had our monthly laryngectomy support group. Jim Lauder was our speaker. We almost doubled our attendance with this meeting. He was very informative and entertaining.

Jim talked about the use of electro-larynges and how to take care of them. He showed us small maintenance tips that we can do ourselves. He then proceeded to do minor maintenance on all our EL's and took a couple back with him that needed more extensive work. He also gave out stoma covers to each of us. (He gave me a special pink one.)

A couple things he brought up so that we can better care for our EL's was to avoid getting them wet. If you speak with an oral adapter, he suggested putting saran wrap over the head, then placing the oral adapter over the saran wrap. If your EL gets really wet (from rain, in the dishwasher, toilet), he suggested removing the battery, clean it as well as you can, take the EL apart as much as possible, and let it air dry. You can take an old tooth brush to clean the threads--where the parts screw together. You can get an O ring from the hardware store to replace the one that is exposed just below the head of the EL. Or you can get a slightly thicker O ring if you tend to tighten the head of the EL too much -- it merely acts as a spacer.

And now for the good part! If you are going to be out in the rain or if you have a very dusty job, as in construction, he suggested covering the head of the EL with a condom (I'm blushing about the color of the pink stoma cover he gave me), or a party balloon (a lot cheaper than the former). But remember to remove these rubber devices when no longer needed so as not to let condensation form under them.

---Vicki Metz
Wauwatosa, WI
Class of '96

PRE & POST-OP LARYNGECTOMEES VISITS

April 30th – Herb went to visit new laryngectomee, **Charles Pickett**. Charles lives in a lovely retirement community in Capitol Heights, MD. He is 69 years old and retired from the Government Printing Office in 2003. He retired after 35 years of dedicated and distinguished service. Charles became a laryngectomee on February, 29th at George Washington University Hospital in Washington, DC. When Herb arrived, he was greeted in the lobby by Charles, who had a big, warm smile on his face. When they entered Charles' apartment, Herb met his wife, Mary, who was also present for this visit. Charles had a TEP in place. He spoke some with the TEP and also wrote notes and responses to Herb. He was quite interested in Herb's Digital Servox. The visit went well and both Charles and Mary picked up a lot of useful information that day. Herb went over the contents of the New Laryngectomee Visitor Kit from LCMC that he left with Charles. Charles voiced interest in attending future LCMC meetings. Thanks go to **SLP Mona Faddah** for putting Charles in touch with LCMC. Update: Mary called Herb to inquire if Charles could try an electro-larynx. On May 3rd Charles & Mary went to Herb & Sally's home. He tried out a Digital Servox and was almost immediately able to speak understandably. He liked the EL very much and borrowed one to use from LCMC.

May 8th – Herb went to Johns Hopkins University Hospital in Baltimore, MD to meet with three very new laryngectomees. **Carol Maragos** and **SLP Kim Webster** arranged this group visit. Each of these patients had their surgery less than a week prior to this visit. A family member of each patient was also present at this meeting that took place in an office. The new laryngectomees were **Diana Cross** and her Aunt **Patsy**, **Donald Short** and his wife **Evelyn**, and **Mr. Daley**, and his daughter **Pamela**. Herb talked about speech and worked with each of them on the use of their ELs. Each of them was able to be understood when placing the EL to their cheek. Being so new, they will all need practice to determine which placement works best for them and to become proficient. Being in a group environment and having a relative present for this session, was very helpful for each of these patients. Many good questions were asked regarding recovery and laryngectomee safety, once they are discharged from the hospital. Being so new, it became apparent that each of the patients was becoming noticeably tired, so the visit was wrapped up. Each of the new patients received a new laryngectomee visitor kit from LCMC that included laryngectomee safety information and other materials.

May 26th – Herb went to the Washington Hospital Center to visit with possible pre-op laryngectomy patient **David Blakeney**. It has not yet been decided what the course of action will be for David, who entered WHC a week ago due to shortness of breath. He had a tracheotomy and is breathing much easier now. He is learning to suction and wrote down questions about caring for his stoma. He is a bit overwhelmed by all that has happened to him in the past week. David is 67 years old and lives in Washington, DC. He was an over the road truck driver for many years. He has three sons. One of them lives in DC, and the other two live in North Carolina. Thanks go out to **SLP Megan Snell** for requesting this visit.

PRESENTATION TO SLP STUDENTS



On April 29th – **Herb Simon & Irwin Title** spoke to eleven post graduate SLP students in **SLP Sharon Khoo**'s class that was held at Gallaudet University in Washington, DC. They spoke about the emotional and physical problems encountered by laryngectomees, and methods of speech. Herb, speaking with his electro-larynx, told the students about some of the emotional feelings the prospective or brand new laryngectomee may be experiencing. He explained how much a pre-op or post-op visit can help to ease fears and anxieties for them. Irv related some of his experiences, while demonstrating TEP speech for the students. Copies of the most recent issue of THE VOICE newsletter and Letters of Introduction for LCMC were passed out to the students. Herb & Irv were happy to be able to *'help others to be able to help us.'*

TOBACCO AWARENESS PRESENTATION

April 30th – **Bob Griffing** spoke to a group of 11 students at Blake High School at the request of Mrs. Kathy Houser, who works for The Caron Treatment Centers. These students, who are all *'heavy smokers,'* had volunteered to attend these classes. Although none of the students asked questions at the end, all of them were attentive throughout the entire presentation. Bob's words had surely made them think about it.

***"Life isn't about finding yourself:
Life is about creating yourself!"***

---Unknown

GUEST SPEAKER



RICHARD CRUM

Richard Crum was born in 1942. He now lives in his grandfather's home in Jeffersonville, Indiana. Richard has three children and five grandchildren. For many years he was a bee keeper. He even taught bee keeping at Indiana University Southeast and the University of Louisville.

Since 1978, Richard has been providing high quality auction and real estate services in Southern Indiana. Items Richard has sold at auction include antiques, aircraft, construction, farm, medical, and restaurant equipment, livestock, household items, tool and die shops, printing and diesel repair shops, autos, trucks, and residential, farm, and commercial real estate. He also does personal and real estate appraisals for estates, attorneys, bankruptcy court, and government agencies. Richard has developed some of the land owned by the Crum Family by building a 43,000 square foot mini-warehouse to serve the needs of the community.

In July, 1988 Richard had a total laryngectomy at Barns Hospital in St. Louis. In October that same year he became a TEP speaker. In September, 1992 he was hired as a consultant for In-Health Technologies, the manufacturer of Blom-Singer TEP prostheses and solid medical grade silicone products. He enjoys this work because it enables him to help provide rehabilitation services for people who have had throat cancer.

Richard has won many awards and been honored on many occasions for all he has been doing over the years. He was on the Board of Directors of the Indiana Auctioneers Association for seven years, serving one year as President. In 1996 he was inducted into the Indiana Auctioneers Association Hall of Fame. In 2007 at the annual meeting of the Florida Laryngectomee Association (FLA), he was inducted into the FLA Hall of Fame. He considers this to be one of the highest honors bestowed upon him.

Rich Crum will soon celebrate living 20 healthy, prosperous and happy years as a laryngectomee. He did not let becoming a laryngectomee slow him down for very long, as he has continued to prosper and enjoy life. Please join us on June 11th to meet and listen to our very special guest.