

# 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 Middle Atlantic Division

Member of the International Association of Laryngectomees



## JANUARY, 2005

### MEETING MINUTES

**December 8, 2004**

The meeting was called to order by our **President, Phil LeGrande** at 7:38 pm. Also in attendance were Herb & Sally Simon, Bob & Marguerite Owens, Stan Lipscomb, Jim Roby, Ann O'Neill, Mary Jane Hart, Theresa Stouffer, Howard Eskildson, and Jim McKnight. Irv, Evelyn and Alan Shakin arrived earlier to attend speech class, not knowing that it had been canceled. They visited with other members, but left before the regular meeting began. **Stanley Lipscomb** read the Prayer for a Laryngectomee. The minutes for the November meeting were approved as printed in the December issue of THE VOICE.

**Treasurer's Report - Herb Simon** reported that the club now has 63 dues paying members in 2004. He also reported on recent Certificate of Deposit activity.

*(Continued on page 2)*

### MARK YOUR CALENDAR

**JANUARY 5th – 7:00pm**  
**SPEECH CLASS**  
With Beth Solomon

**JANUARY 8<sup>th</sup> – 2:00pm**  
**HOLIDAY PARTY**  
**MAGICOMEDY**  
Entertainment

**JANUARY 19th – 7:00pm**  
**SPEECH CLASS**  
With Beth Solomon

### KEEP YOUR CHIN UP

*by Lorryne Phillips*

**When the road gets mighty rough –**  
**KEEP YOUR CHIN UP**

**Even though the going's tough –**  
**KEEP YOUR CHIN UP**

**If you see you cannot make it, show the world that**  
**you can take it; though they take your heart and break it –**  
**KEEP YOUR CHIN UP**

**If the sunshine stays away –**  
**KEEP YOUR CHIN UP**

**It will have to shine some day –**  
**KEEP YOUR CHIN UP**

**Though you feel no joy within,**  
**greet each new day with a grin;**  
**in the end you're bound to win –**  
**KEEP YOUR CHIN UP**



*Cartoon submitted by Roy Boyd  
Somerset County (NJ) Miracle Voice Club*

The LARYNGECTOMEE CLUB  
of MONTGOMERY COUNTY  
cordially invites you to our

# 2004

ANNUAL HOLIDAY PARTY  
Saturday January 8<sup>th</sup> – at 2pm  
at  
The American Cancer Society  
11331 Amherst Avenue  
Silver Spring, MD 20902

LCMC will supply the Turkey, Ham and drinks. The rest will be Potluck side dishes, salads and desserts brought by members and guests.

## RSVP

To Herb or Sally by January 5th  
301-588-2352 or [H457@aol.com](mailto:H457@aol.com)

### MAGICOMEDIAN



*Larry Davidson*

Larry Davidson has performed magic since he was five years old. He has astounded and tickled the funny bones of audiences at the White House, Fortune 500 companies, dinner theaters, restaurants, bars, comedy clubs, and private parties.

You don't want to miss this performance, filled with humor that adults will appreciate and a wacky personality that kids of all ages will love. The laws of physics don't operate in Larry's world so prepare for an experience you'll long remember!

## MEETING MINUTES

(continued from page 1)

**Aunt Bea's Sunshine Report** - Phil announced that **Addie Shaw** was unable to attend this evening due to illness. **Sally Simon** reported that **Sienna Kirwin** has returned home and is regaining strength. Herb informed us that **Beth Solomon** was unable to attend tonight because she was with her mother, who was having eye surgery. Herb continued with news that **Bill Thomas**, our Vice-President, is now at Genesis Elder Care in Riverdale, MD. Bill is recovering from a recent stroke. Herb read an email message from **Barbara Cameron** with the latest news about **Robert**. Herb & Sally attended the funeral service for **Don Anderson** at the Arlington National Cemetery. Don, a retired Navy Captain, was a member of the New Voice Club of Northern Virginia. He attended the joint Annual Picnic in August. **Charlotte Miott-Jones**, a student SLP, who was a guest at our November meeting, sent the LCMC a message. She reported that she received an excellent grade on her laryngectomee paper. She thanked us, and wished us all, Happy Holidays.

**Old Business** - Herb gave an update on the progress of the electro-larynxes being donated by LCMC to needy laryngectomees in Kenya. These speech devices are now being serviced by **Lauder Enterprises**. Phil continued with the business of nominations for the election of LCMC officers for 2005. Previously announced nominations included Phil for President and Herb for Treasurer. Nominations for all positions were encouraged. Tonight, **Bob Owens** was nominated for Secretary and Herb was nominated for Vice President. Nominations were closed and the Election was held. The following were unanimously elected to office for 2005:

**President - Phil LeGrande**  
**Vice President - Herb Simon**  
**Secretary - Bob Owens**  
**Treasurer - Herb Simon**

**New Business** - A sign-up sheet was passed around for our Annual Holiday Party that will take place on Saturday, January 8, 2005 at 2pm at the American Cancer Society Building. Everyone was encouraged to attend and to bring a dish. Ham and turkey will be supplied by the club and prepared by Sally Simon. **An RSVP by E-mail or telephone to Herb or Sally at [H457@aol.com](mailto:H457@aol.com) or 301-588-2352 will be helpful in planning the event.** Herb and Sally reported that they recently saw an excellent magician perform. Herb suggested that we might want to have him perform at our Annual Holiday Party. A motion was made and passed, and Herb will look into it. At this time in the meeting, we had an open discussion. Two of the topics were recent activities of some of our members not present at tonight's meeting, and the need for more members to participate in the Tobacco Awareness Presentations at local schools. Other concerns discussed were laryngectomee communication and methods of communication, other than sign language, used by faculty from Gallaudet University, when they are at home. Our thanks to **Bob and Marguerite Owens** for providing beautiful and tasty refreshments this evening. A volunteer for refreshments is needed for our February meeting. The business meeting was adjourned at 8:23pm.

A considerable array of laryngectomee supplies and literature were on display, both before and after the meeting. They were brought to the meeting by Phil and were available for the taking. Many members took items they could use, and Phil took the rest of them back home. These supplies were from both the recently disbanded Nu -Voice Club of Southern Maryland and an accumulation from our own LCMC Loaner Closet.

- - - Respectfully submitted by,  
*Howard Eskildson, Secretary*

IT'S TIME TO PAY YOUR

**2005**

**LCMC DUES**

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 tax-deductible donation to the club. These donations help us to continue our charitable endeavors.

*Happy Birthday*



- 1/5 Addie Shaw
- 1/6 Shirley Pototsky
- 1/8 Bob Young
- 1/8 Mary Jane Hart
- 1/10 Barbara Cameron
- 1/19 Irv Title
- 1/23 Herb Simon
- 1/25 Robin Maxwell
- 1/24 Joan Wolfe
- 1/29 Ishmael Rivera

*Happy New Year*



*<<<from the WEB >>>*

**Subject:** [WebW] Oh Happy Days  
**Date:** 12/02/2004 12:51:17 PM Eastern Standard Time  
**To:** [webwhispers-request@mail-list.com](mailto:webwhispers-request@mail-list.com)

Last weekend I had what was a third episode with chest pain, stomach ache, arm ache, etc., so ended up at our small emergency hospital.

I have spent the last two years lecturing to EMTs, Firemen, Police, 911 and our hospital. I had each of these organizations watch "Check the Neck" video and talked to them generally about care and feeding of laryngectomees. Most knew about trach patients, but not laryngectomee patients.

All my effort paid off. I taped my orange card to my chest, wore my medical ID bracelet, and proceeded to enter the emergency ward. The first words out of the triage's mouth were: "I recently saw a video about laryngectomee emergency treatment". My fears and apprehension immediately calmed down. I told her that it was my video and she immediately said she had never met a laryngectomee, and was so glad to have seen the video. She only had experience with trach patients. This comment was repeated by the x-ray tech, the respiratory tech, etc. They had all seen the video. And after meeting me it "peeked" their curiosity.

As various nurses, aids, techs, doctors, etc came in, the word spread and I told them I was the gal who donated the "Check the Neck" video to the hospital, and was thankful it was being watched. They knew exactly what to do without asking. All of these professional people were calm and informed. I was so assured. All my efforts paid off. The video is not the Do All - End All teaching aid, but it certainly is a tool to be used and not sit on the shelf.

Long story short, after five hours of various tests, the diagnosis was pneumonia with pleurisy. This happened on a weekend when my doctor was not available. I'm glad to have had the experience so that I will feel comfortable, should the occasion arise when I really do have an emergency.

Do your homework folks. Get the "Check the Neck" video. Keep your orange cards on your person for fast availability. Wear your medical alert bracelet. And above all visit your EMTs, Firemen, Police, 911 and hospital and let them know you are out there. These hints are not guarantees but they are better than nothing. Good Luck. `TTYL.....  
Gerry R.

**JANUARY TOBACCO AWARENESS PRESENTATIONS**



**Irv Title** is back from Canada. Anyone interested in joining him for the following presentations are welcome: Rosa Parks Middle School in Olney, MD on Jan. 6<sup>th</sup> at 9am and Jan 8<sup>th</sup> at 1:45pm. If you're interested, please contact Irv by phone at 301-598-4991 or by E-mail at [Ttitle@aol.com](mailto:Ttitle@aol.com).

## SPECIAL THANKS

**LCMC would like to thank the following healthcare professionals for their continuing efforts on behalf of our laryngectomee community, in 2004:**

Andrew Battiata, MD – Howard Univ. Hospital  
Zilpha Bosone, Ph.D. – VA Hospital  
Marna Fisher – Spa Creek Center  
Karen Gamasche – Georgetown U. Hospital  
Sharon Khoo – Providence Hospital  
Mary Lee – Holy Cross Hospital  
Kerry Parsons – Georgetown U. Hospital  
Kirsten Powell – Walter Reed AMC  
Donna Saur – Washington Hospital Center  
Megan Snell - Washington Hospital Center  
Allana Sullivan - Washington Hospital Center  
Beth Solomon - National Institutes of Health  
Laura Weiland-Battiata - Walter Reed AMC

## CLASS OF 2004

**The following is a list of those who became Laryngectomees in 2004:**

January – Jim Coleman (MD)  
February – Mary Berry (MD)  
February – Ernest Johnson\* (MD)  
April – David Edwards (MD)  
April – Richard (Dick) Hart (VA)  
April – Freda Bostic (MD)  
April – James (Brad) Bradburn (MD)  
April – Lausell Galloway (MD)  
April – Jim Armstrong (VA)  
May – Bubber Coleman (DC)  
May – Dev Sen\* (VA)  
May – Don Anderson\* (VA)  
September – Dan Dobson (VA)  
October – Jane Murray (VA)  
November – Bobby Westmoreland (VA)  
November – Thomas Chase (VA)  
November – William Rapp (MD)  
November – James Johnson (MD)  
December – Raymond Fry (MD)  
December – Jim Taylor (MD)

\* Denotes they have attended meetings.

***Welcome to the Club!***

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**IN MEMORY OF LCMC  
LARYNGECTOMEES MEMBERS  
Who Passed Away in 2004**

Theodore Scott  
Maureen (Mary) Mulhare  
Jose Santiago  
John Jennings  
Harley Goble  
Carl Wilkerson  
Irving Tofsky  
Jim Coleman  
William Michael (Mike) Galvin, Jr.  
Earlston Williams  
Bruce Harrington  
Anne Royce Garcia  
Tom Coyle  
Cecil Rich

## NEW LARYNGECTOMEES VISITS

**Dec 12<sup>th</sup>** – Herb & Sally went to the Edgewater, MD home of recent laryngectomee **James (Jim) Taylor**. Also present were Jim's daughters Susan and Paula and his son, Jack. Jim, who is 74 years old, had extensive surgery on September 13<sup>th</sup> at Johns Hopkins Hospital in Baltimore, MD. His surgeon was Dr. Charles Cummings. Jim spent quite a bit of time rehabilitating at the Spa Creek Center in Annapolis, MD. He arrived back to his own home just a couple of days prior to this visit. Jim had just woke up and was tired at first. He retired to the kitchen to feed himself, while Herb and Sally visited with his children in the living room. Jim had a Servox that he had not been using very much, prior to this visit. He needed to use the oral adapter with it. When he came back after eating, he was rather refreshed and ready for a go at talking. He needed to use an oral adapter and was not very understandable at first. Herb cut off the tip of an oral adapter, and his ability to be understood improved immediately. Needless to say that his confidence and outlook improved too. A little later, Herb showed Jim how to use his Servox by pressing it to his cheek. He was very clear when he hit the right spot, the only problem was that he could not hear himself, when he spoke this way. Everyone else could hear and understand him. It was decided that he would use the oral adapter in his mouth at first. If the others could not understand him, he'd try it at his cheek and use writing as a third option, until he got adept with one of the Servox methods. He promised to practice. Sally was able to answer a lot of the questions that Jim's children had, and Herb went over the materials in the New Laryngectomee Visitor Kit supplied by LCMC with all of them. He stressed safety, humidity and answered many good questions from everyone. Jim will soon be having more surgery that will hopefully enable him to swallow and eat normally again. Jim lives near the water and is a very water oriented person. He hopes to be able to continue to enjoy fishing in the future.

**Dec. 22<sup>nd</sup>** – Herb went to Holy Cross Hospital in Silver Spring, MD to visit with new laryngectomee, **James Johnson**. James is 54 years old and drove a cab in Washington for 14 years. He had a tracheotomy on November 7<sup>th</sup>, followed by a total laryngectomy on November 15<sup>th</sup>. His ENT who performed his surgeries was Dr. Anjum Khan. James had no electro-larynx yet, so writing was his way of communicating. He wore a big smile for almost the entire visit. He looked good. Herb went over the materials in the visitor kit from LCMC. James will be staying with his son Jeffrey, who lives in Temple Hills, MD, when he leaves the hospital. James indicated that he'd like to be able to attend future LCMC meetings.

## BITS AND PIECES

**Robin Maxwell** who is battling his 7<sup>th</sup> (could be 8<sup>th</sup> – I've lost track) cancer recently underwent Photo-dynamic therapy at Johns Hopkins Hospital in Baltimore. Because of this therapy, Robin must stay indoors and out of the sunlight for the next 5 weeks. He sends his regards to the club and hopes to be seeing us again in February, if he can't make it to the Holiday Party.

**Ishmael (Ish) and Alicia Rivera** send us all their holiday greetings and Love to us all, from their winter home in Sunny and Warm, Puerto Rico.

Longtime LCMC member **Tom Coyle** passed away in December. There has not been an obituary yet, but as soon as there is one, an article will appear in a future issue of THE VOICE. Tom's loving wife **Janet**, has had recent health problems, and is currently in a rehab facility in Gaithersburg.

**Good judgment comes from experience,  
and a lot of that comes from bad judgment**

--- Will Rogers