

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



March, 2008

MEETING MINUTES

February 27, 2008

President Herb Simon called the meeting to order at 7:30pm. After two consecutive Wednesdays of nasty weather, we were finally able to hold our first business meeting since December. Those in attendance were Mary Speiden, Pearl Edwards & Jackie Windsor, Bob Griffing, Irv & Tema Title, Howard Eskildson, and Beth Solomon. Sally arrived early to make coffee and set up the table for the food, left for a previous engagement and returned for the end of the meeting. **Bob Griffing** read the Prayer for a Laryngectomee using his Servox electro-larynx. The Minutes for the December meeting were approved as published in the January issue of THE VOICE.

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MARK YOUR CALENDAR

**March 12th – 6:30pm
SPEECH CLASS
with Beth Solomon**

**March 12th – 7:30pm
Business & Social Meeting
Refreshments – Irv & Tema Title**

**March 19th – 7:00pm
SPEECH CLASS
with Beth Solomon**

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

JUDGING THE CHARACTER OF OTHERS

A lady in a faded gingham dress and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston, and walked timidly without an appointment into the Harvard University President's outer office. The secretary could tell in a moment that such backwoods, country hicks had no business at Harvard and probably didn't even deserve to be in Cambridge. She frowned.

"We want to see the President," the man said softly. "He'll be busy all day," the secretary snapped. "We'll wait," the lady replied.

For hours, the secretary ignored them, hoping that the couple would finally become discouraged and go away. They didn't and the secretary grew frustrated and finally decided to disturb the President, even though it was a chore she always regretted. Someone of his importance obviously didn't have the time to spend with them, but he detested gingham dresses and homespun suits cluttering up his outer office. The President, stern-faced with dignity, strutted toward the couple.

The lady told him, "We had a son who attended Harvard for one year. He loved Harvard. He was happy here. But about a year ago, he was accidentally killed. And my husband and I would like to erect a memorial to him, somewhere on campus."

The President wasn't touched, he was shocked. "Madam," he said gruffly "We can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery".

"Oh, no," the lady explained quickly. "We don't want to erect a statue. We thought we would like to give a building to Harvard."

The president rolled his eyes. He glanced at the gingham dress and homespun suit, then exclaimed, "A building! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical plant at Harvard."

For a moment the lady was silent. The president was pleased. He could get rid of them now. Then the lady turned to her husband and said quietly, "Is that all it costs to start a University? Why don't we just start our own?" Her husband nodded. The President's face wilted in confusion and bewilderment. And Mr. and Mrs. Leland Stanford walked away, traveling to Palo Alto, California, where they established the university that bears their name, a memorial to a son that Harvard no longer cared about.

You can easily judge the character of others by how they treat those who can do nothing for them or to them.

--- Malcolm Forbes

DO YOU KNOW WHAT TIME IT IS?



IT'S 2008 DUES TIME!

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



Mar. 1st	Leon Chapman
Mar. 5th	Phil LeGrande
Mar. 13th	Janet Coyle
Mar. 17th	Robert Fuller
Mar. 21st	Stanley Lipscomb
Mar. 25th	Viola Sells
Mar. 30th	Johnny Dale

March is



Nutrition Awareness Month

MEETING MINUTES

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Treasurer's Report – Herb gave a detailed Annual Report of the Club's Treasury for 2007 that included expenses and income.

Aunt Bea's Sunshine Report – Before the meeting, Herb passed around the Obituary booklet from LCMC member **Bill Thomas'** funeral for all to see. It included many pictures of Bill and his family at different periods of his life. Herb recently had lunch with Bill's wife **Glory**. Glory gave lots of Laryngectomee supplies and equipment to the club for use by club members and/or laryngectomees in need. Glory is doing well. Herb read a beautiful note accompanied by a generous donation in memory of Bill Thomas that came from **Laura Battiata**. Laura was Bill's SLP at Walter Reed Army Medical Center, where Bill had his surgery. She introduced Bill to LCMC. Laura now lives in West Point, NY with her husband and their three children; the third one being a brand new addition to their family. Another donation was received from **Evelyn Shakin** in memory of her late husband and club member, **Irving Shakin**. The donation was accompanied by a note from her son, **Alan Shakin**. Bob Griffing told us about his 4-day trip with one of his sons to the Super Bowl last month in Arizona. While out there, they took some day trips. They went to Las Vegas and had so much fun that they wished they could have stayed there longer. They also went to the Hoover Dam and then on to Denver, where it was snowing! Bob said that attending the Super Bowl was a great experience and a lot of fun. The day before the game, they went to where several of the players were greeting the fans, taking pictures with them, and signing autographs. Bob, who hails from NY had great seats, although they were on the Patriots' side of the field! He was happy 'his' Giants won. While in the Rehabilitation Center, recovering from major reconstruction surgery of her ankle, **Tema Title** sent us a lovely card. Herb had inadvertently left it at home for our last meeting, so he brought it tonight. Since Tema was in attendance, she personally read us her own wonderful words. She said the card really brightened her day when she read all of our good wishes for her speedy recovery. **Robert King**, whose late wife **Marie** was a laryngectomee and active LCMC member a long time ago, sent his greetings along with dues and a donation for the Club. He lives in a Retirement Community in Parkville, Maryland. Other notes that accompanied membership dues shared with tonight's attendees were from **Karol Beaufore**, who now lives in Michigan, **Mac & Irene MacDonald**, members who used to live in Maryland, but now live in Florida, and **Lore Steinhauer**, now living in Texas. Lore and her late husband **John**, met Herb at a New Voice Club of Northern Virginia meeting, when Herb was a brand new laryngectomee. LCMC club member, laryngectomee **Gary Davis** recently had surgery to remove a new Cancer. He and **Geneann**, are usually in Florida this time of the year, but remained in Silver Spring for the surgery. They are "water people" who divide their time between Florida, Silver Spring, and Ocean City. **Chuck Silsbee**, another club member from afar (Arkansas), sent Herb messages that he has been having some serious health issues unrelated to his laryngectomy and was in the hospital for a couple of weeks recently. Chuck is back home now and feeling weak. **Mitzi Warren** sent an email telling that her dad, **John (Pat) Warren** and his wife are vacationing in Florida and would be back on March 12th. She said to say hello to everyone for them. LCMC Vice President **Johnie Harris** has recently been having severe back pains, and the doctors are trying to find the cause. Johnie had his 2 year post-op checkup and reported he is doing well. **Edward Akwe** was unable to attend tonight's meeting due to the death of a close friend. He hopes to be here next month. Herb received an announcement from **Maggie Geehan**, the President of the Nu Voice Club of Ocala (FL), with the great news that their club will be having it's first meeting in over a year on March 14th. It will be held at the new ACS facility in Ocala. **Jim McKnight** had a Doppler Carotid test today and was unable to attend our meeting tonight, but said he is planning to be here in March. **Peggy Breeden** called to say that her husband, **Robert**, had just completed his radiation treatments. Other than being tired and a bit red right now, he is doing very well. **Howard Eskildson** recently flew to Florida. He expressed concern about experiencing a TEP blockage that was more so than usual for him, after only a 2½ hour flight. He asked Bob Griffing whether he experienced the same problems on his recent flight to Phoenix. Bob said that he had blockage, but felt it was normal blockage not caused by his plane ride. Bob also has a TEP, even though he still uses his Servox, quite frequently. Since **Irv Title** retired from giving Tobacco Awareness presentations to local area schools, Bob has now assumed this role for LCMC (see article on page 3 of this issue).

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TOBACCO AWARENESS PRESENTATION



On February 15, 2008, I was asked to make an appearance at Quince Orchard High School in Gaithersburg for their "Stop Smoking Day". This event takes place just inside the doors to the main entrance of the school. Mrs. Nancy Carruso, RN, the nurse in charge of this program had the table set up with literature to distribute to the students. Several students were at the table administering a breath test that measured the level of Carbon Monoxide in their bodies.

There are approximately 1,785 students who attend Quince Orchard. I would guess that only about 400 of them actually came thru this hallway. About 150 to 200 of them volunteered to take the test. I did not notice any of the test results showing up positive. I venture to guess that those who smoke opted not to take the test. Because it was such a nice day, many of the students may have opted to go outside, as this was on their free time. I did talk to many of the students and got a lot of startled reactions to my EL voice. The students were all polite. Some of them had questions for me which I was able to answer for them. Several of the students recognized me from last year. Many of them thanked me for coming there. It is a very warm experience knowing that some of the students may actually give up smoking.

---Bob Griffing

MEETING MINUTES

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Words of Wisdom from Beth Solomon – Beth has been ill recently, but is much better now. She didn't have any special words of wisdom for us tonight. She said it was good to see all of us, and that we all looked good. She said to keep up whatever we are doing because it is working!

Old (unfinished) Business – Some discussion was held about the Club Bylaws that were revised at our December meeting. There was also discussion about reasons for the nationwide drop in the number of laryngectomee support groups. Reasons cited were the number of new Laryngectomees has been decreasing due to new methods of preventing and treating different types of Cancer, and because of aging and the death of many older laryngectomees. For these reasons the number of laryngectomee support groups has been steadily declining. Within the local Maryland area alone, the laryngectomee support groups in Gambrills and LaPlata, have closed their doors within the past 3 years.

New Business – Irv suggested that we consider changing the Club's name from LCMC, which may be too localized, to a new name that will reflect the larger area that we now serve. Beth suggested creating a LCMC Web Site to help get the word out about our support group, and what we are doing for each other and fellow Laryngectomees. Herb reminded us that our club Letter of Introduction with directions to where we meet, a list of our officers and issues of our newsletter are all on the IAL Larynxlink web site. Both the name change and having our own web site will be discussed further and considered at next month's meeting. Please bring your thoughts and suggestions on these subjects to share at that meeting. Irv and Tema volunteered to bring the refreshments to the March Meeting. Our thanks go to Howard for tonight's yummy variety of refreshments. We had our choice of chips, little chocolate cakes, peanut butter fudge, lemon scones, and fresh strawberries. The strawberries were so sweet! A motion was made and seconded, and unanimously passed to adjourn the meeting at 8:45pm.

---Submitted by:
Mary Speiden

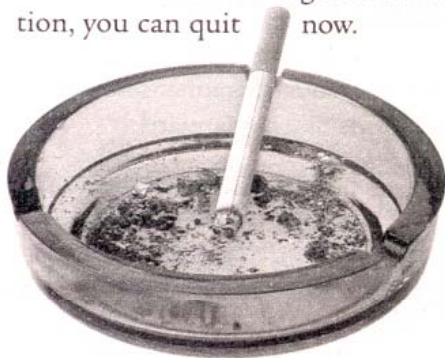
NEW LARYNGECTOMEES VISITS

Feb. 5th – Herb went to Washington Hospital Center to visit with new laryngectomee **Aldane Cobbs**, who became a laryngectomee on January 28th. Aldane, who recently celebrated his 72nd birthday is retired and lives in Washington, DC. He enjoys fishing and rabbit hunting. Aldane had a hospital supplied Servox loaner with an oral adapter to use, when Herb arrived. **Karen Calabrese**, the SLP who referred Aldane to LCMC arrived and together Karen and Herb worked on improving Aldane's speech. By holding the Servox to his cheek, Aldane became noticeably easier to understand. He both talked and wrote, but as the visit progressed Aldane continued to improve his speech and wrote less. He would repeat his thoughts over and over until Karen and Herb could understand what he was trying to say. He showed a great determination to be understood. He could hear himself and was soon smiling as he talked. Herb went over some of the emergency materials in the Visitor Kit furnished by LCMC to help Aldane prepare for when he is discharged from the hospital.

Feb. 12th – Herb returned to Washington Hospital Center for a post-op visit with **Aubrey Williams**. Herb met with Aubrey in his home a few days before his surgery, earlier this month. Aubrey was looking great. He was up walking around, when Herb arrived. **SLP Mary Slater** soon joined this visit. Both she and Herb worked with Aubrey to help improve his speech with his Servox EL. At Mary's suggestion, Aubrey became much more intelligible by placing the EL to his cheek. He was able to stop using the oral adapter and straw. He conversed comfortably and understandably for the remainder of this meeting. Aubrey had a TEP in place and will soon get some sessions on how to use and care for it. He told Herb that he is looking forward to attending LCMC meetings in the future.

New Link To Alzheimer's

A recent study conducted in the Netherlands found that smoking increases the risk of Alzheimer's disease (AD) by as much as 50% in people 55 or older who don't have a genetic predisposition to the disease. Doctors used to think that the nicotine in tobacco *reduced* the risk of AD by inhibiting the formation of plaques in the brain. The new study shows that, in fact, nicotine worsens the effects of a brain protein that causes AD. If you're still smoking in order to maintain cognitive function, you can quit now.



---Reprinted from
Parade Magazine

NEED BATTERIES FOR YOUR SERVOX?



You can purchase generic batteries for your Servox at any of our monthly business / social meetings. The cost for these batteries is \$20 apiece or two for \$35.00. With an advance request you can also get them at the monthly speech classes or you may pick them up at Herb & Sally's Silver Spring home.

IAL EXECUTIVE DIRECTOR SOUGHT



The IAL is launching an extensive search for the position of Executive Director. The Executive Director (ED) is a full time employee of the IAL and must be a self-starter who can work on multiple tasks without direct supervision. The individual maintains the offices of the organization at his or her residence and provides storage space for documents and records. Knowledge of computers and the Internet as well as Word, Excel, and QuickBooks programs is required.

The ED plans events/conferences and negotiates contracts with various vendors and the hospitality industry. The individual must be able to travel. Excellent verbal, written skills and organizational skills are required. The ability to work with various stakeholders and clients as well as knowledge of laryngectomee anatomy, speech options, social rehabilitation issues, and resources is desirable.

Individuals who wish to apply for the position should forward a letter of interest and a resume to:

John E. Ready, Chair of the Search Committee

75 Arch Street, #214,
Redwood City, CA 94062,
(fax) 650-249-0413,

e-mail: jeready1@getvoicing.org.

---Reprinted from *The IAL News* – Feb.2008

NEW IAL VOICE INSTITUTE DIRECTOR NAMED



Dr. Jeff Searle

IAL President Tina Long recently announced that Dr. Jeff Searle, PHD, has been named to serve as the Interim Director of the IAL Voice Institute. Dr. Searle has served as a staff member for many years and should continue to provide the high quality programs that have been the standard for the Voice Institute for so many years.