

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



OCTOBER, 2005

MEETING MINUTES

September 14, 2005

The meeting was called to order at 7:35pm
by **Vice President Herb Simon**.

Attending the meeting were Sally Simon,
Mary Speiden, Howard Eskildson, Ishmael
Rivera, Beth Solomon, Robin Maxwell,
Bob & Carol Kanjian, and Wayne Holmes.

Howard Eskildson read the Prayer for a
Laryngectomee, speaking with his hands-free
TEP voice and using a Chattervox amplifier
that he purchased at the IAL Convention in
Boston. The minutes for the previous
meeting were approved as published in
September issue of THE VOICE.

Treasurer's Report – Herb reported the
changes in the funds in the Treasury and
reported that **Bob & Carol Kanjian** made a
generous donation to the club in memory of
a close and dear friend of theirs, who

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MARK YOUR CALENDAR

OCT. 19th – 6:30pm
Speech Class
Beth Solomon

OCT. 19th – 7:30pm
Business/Social Meeting
Refreshments – The KANJIANs



Happy Halloween

Life is a Miracle

Life is a miracle.
Don't let it slip away.
Open your heart to others.
Give of yourself each day.

See the beauty in everyone,
Regardless of where they've been.
Some have a difficult journey,
and really need a friend.

Share your gifts and talents.
Listen with your heart.
Do the things you dream about,
but don't have time to start.

Pick a bouquet of flowers.
Show someone that you care.
Be gracious and forgiving
Even if life doesn't seem fair.

Hold on to your courage.
You may need it down the road.
We all have a cross to bear.
It could be a heavy load.

If you practice all these things
No matter where you roam,
you may find both sun and rain,
But, you'll never feel alone.

--- Submitted by,
Rudy Dupler

NEW LARYNGECTOMEE VISITS

Sept. 11th – Herb went to visit new laryngectomee **Della Heslen** at Holy Cross Hospital. **SLP Susan Fantom** requested the visit. Della is 78 years old and is a longtime resident of Silver Spring. She had her surgery on Sept. 8th and it was performed by Dr. David Bianchi. Della has had a difficult year, having had other surgeries and also having lost her loving husband of 52 years. She greeted me with a great big smile, when I entered her room. She was not speaking yet, so she wrote everything down in a beautiful, easy to read hand writing. Della was born in Mobile, AL. She earned her BS Degree in Business Administration at SC State College in 1952. She then moved to the Washington area and began working at the Veteran's Administration. Della retired in 1976. She's been very active at the Holiday Park Senior Center. She does water aerobics, floor exercises and marches in holiday parades. Della has a fantastic and upbeat attitude. She is looking forward to being an active member of LCMC. A couple of days after our first visit, Della moved to the Fairland rehabilitation facility. Sally and I stopped in to visit and brought a Cooper Rand device from the LCMC Loaner Cabinet. With a little instruction, Della started talking. Della wanted to come to our October meeting and even got Dr. Bianchi's permission for us to bring her, but the Doctor on staff at Fairland didn't approve of her leaving. Della has now returned to her home and is doing fine. She is wearing a trach tube and has learned how to clean and take care of it. She is running a humidifier in her bedroom and one in her living room. She is receiving speech therapy at home given by **Diane Morehead**, an SLP from Washington Adventist Home Health Care. Della is using a Servox with an oral adaptor, also loaned to her by LCMC. She is doing remarkably well with the Servox, and has already been talking on the telephone. She is anxiously awaiting the go-ahead from Medicare to drive again and looking forward to coming to LCMC meetings and events.

Sept. 19th - Herb went to Lothian, MD to visit new laryngectomee **Leon Chapman**.

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MEETING MINUTES

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recently passed away due to cancer. Herb also reported the amount of interest that has accrued on the club's CD, since opening it in November, 2004.

Aunt Bea's Sunshine Report – Herb read a message from **Frances Reising** that accompanied her dues. Frances is the mother of Paul Reising, a laryngectomee and club member, who passed away 9 years ago. Frances enjoys THE VOICE and reading about LCMC activities, even though she does not know many of the present members. Herb reported that LCMC members **Kenneth Bradford** of Mechanicsville, MD and **John Steinauer** of Duncanville, TX have recently passed away. He also reported that **Peggy Williston** has been very ill and having a rough time, and that our Secretary **Robert (Bob) Owens** has been in and out of the hospital, since the picnic. He is presently in Howard University Hospital. The members in attendance signed cards for Peggy & Bob, sending our best wishes.

Old (unfinished) Business – None

New Business – Beth and Herb requested that the October meeting be changed from the 2nd Wednesday to the 3rd Wednesday of the month, due to the Yom Kippur Holy Day. A motion to honor their request was made and passed. Herb made a motion that the club would help a recent Maryland laryngectomee financially by paying the co-pay portion of the cost for a new electro-larynx, if they cannot get one for free from a State of MD program. This motion was unanimously passed. If needed, these funds will come out of the **Anastasi Fund**, a part of the overall LCMC treasury. Beth asked if anyone had heard from **Jim Roby** lately and how he is doing with the problem he was having with his cervical disks. Herb commented that he hadn't spoken to or heard from Jim lately and Jim was probably in Ocean City whenever he had a chance, during the summer. **Sally Simon** mentioned that she may bring a massage chair to a future meeting and give massage to those who are present.

Open Discussion – **Howard Eskildson** shared some thoughts and observations from the recent IAL Convention and Annual Meeting in Boston. As a first-time attendee, he enjoyed it very much. He estimated that 200 laryngectomees were in attendance. He especially enjoyed the Vendor's area, where he was able to try many different types of voice amplifiers, before deciding to purchase the Chattervox he used throughout the meeting tonight. Howard told us about the WebWhispers banquet and the folks who sat at his table, which was one of 20 tables (approximately 120 people were in attendance). **Mary Speiden**, also a first time attendee, shared Howard's thoughts and also tried many new items out at the Vendor's tables. Both attended the Saturday morning IAL Annual meeting, serving as delegates for LCMC. Herb, the LCMC Treasurer, presented Howard & Mary a check for \$500.00 each from the Dreskin Fund to help with their expenses for attending their first convention. Thanks to Robin Maxwell for the refreshments. **Bob & Carol Kanjian** volunteered to bring the refreshments to the October meeting. A motion was made and seconded and passed to adjourn the meeting at 8:55pm.

*---Submitted by,
Beth Solomon*



Herb presenting \$500 Checks from Dreskin Fund to Mary & Howard

NEW LARYNGECTOMEE VISITS

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Also present were Leon's wife, **Mary** and **Colleen Nawrocki**, a very caring SLP from Southern Maryland Home Health Services. Colleen contacted Herb about Leon. Leon's laryngectomy was on July 18th at Southern Maryland Hospital. Dr. Garros performed the surgery. Leon, who is 74 years old, is a retired over the road truck driver. Leon, hadn't spoken since his surgery. Leon is hard of hearing and will be having an evaluation soon for that. Herb brought a loaner Servox and showed Leon how to use it. Leon talked understandably right away, when he found the right spot. He can speak without using an oral adapter. Leon smiled throughout the meeting and is a pleasant man. Mary had lots of good questions, which Herb was able to answer. Leon spoke to his son on the telephone and his son could understand him and was thrilled to be able to talk to Leon again. His son, Monday promised to bring Leon and Mary to the October meeting. Herb went through the items in the Visitor Kit, before leaving.

PRE-OP VISIT

Sept. 28th – Herb went to Washington Hospital Center (WHC) to visit future laryngectomee, **Travis Pace**. Travis is 62 years old and is a retired painter. Travis lives in Takoma Park, MD and has caring family in Silver Spring that will be with him through his surgery and recovery. His surgery will be by Dr. Stanley Chia in early October. Travis is very hard of hearing and had a microphone device that Herb spoke into, while conversing with him. Travis was not audible and already has a trach tube in place. He didn't want to write, so it was a rather one-sided conversation with Herb asking many questions that required yes or no answers. Herb offered words of encouragement and gave Travis a new laryngectomee visitor kit from LCMC. Travis lives fairly close to the LCMC meeting place and hopefully we will be seeing him at future meetings. Herb was fortunate to meet and converse with SLPs **Donna Saur & Mary Slater**, while visiting with Travis. Donna, a longtime SLP at WHC, referred Travis to LCMC and Mary is new to WHC. Mary just referred her first patient to LCMC.



<<<from the WEB >>>

Subject: [WebW] to local paper.(long)

Date: 09/08/2005 10:44:12 AM Eastern Daylight Time

From: RosalieMacrae@aol.com

To: webwhispers@mail-list.com

I thought Webbies might like to read this letter I have sent to our local newspaper which has taught me the important lesson of ALWAYS having a spare battery. By the way how long do Servox batteries last in your bag after being charged, please? Here we go, for Colchester Evening Gazette. Not world news but for me: A BIG EVENT!

"Heartfelt thanks to the young mother who rescued me the other night, from a total nightmare in a dark lane on the outskirts of Finchingfield. I had driven to the Whalebone pub for a nice family birthday do in their garden. All was fun and laughter and normality. Then it started getting dark, and the battery of my artificial voice (I lost my larynx to throat cancer in January) had run out, rendering me ... speechless.

Waved my good-byes, and drove off to Colchester feeling elated at this first night out on my own since the operation. Elation short-lived though. Took a wrong turning somehow and ended up, just three minutes later, totally lost, in a lane without lights outside a big double-barrelled gate.

Managed to reverse back down lane onto a very small private road with some houses. Lights on in their windows. It was only 8.30. But I realised with horror that if I went to someone's door, I couldn't speak and explain that I needed directions. And it might be a weirdo living there. The mind can do strange things.

I got out of the car and tried to flag down a Desperate Dan 4 by 4 where a big woman swore at me, said there was plenty of room to pass and drove off. Other cars drove past without stopping. My craven dog was whimpering in the back.

Then deliverance. A family hatchback stopped. I walked over to the young woman driver, mouthed 'Colchester. Lost' and pointed to my voice and the larynx flashing red. 'Oh no,' she said. 'You are lost and your voice battery is flat. Don't worry... I'm just going to pick up my little girl from a friend's and then I'll guide you back.'

She pointed the way back to the Whalebone, returned in two minutes, and guided me back, the world no longer menacing, to the Wimpole Road roundabout. She popped out at the traffic lights and asked if I knew where I was now. I blew some kisses. She said: 'Glad I could be of some help' and drove back towards Finchingfield.

I was so traumatised that I'd forgotten to write down her car number. But she is medium build, about 26 and a face like an angel! If she reads this, again, thank you a thousand times." I think she deserves some chocolates, don't you, friends!

Rosalie UK

HAPPY BIRTHDAY



Oct. 10th Jack Craig
Oct. 11th Irving Shakin
Oct. 11th Marion Oliver

Question of the Month



Which would you prefer: a wild, turbulent life filled with joy, sorrow, passion and adventure---- intoxicating successes and stunning setbacks; **OR** a happy secure, predictable life surrounded by friends and family without such wide swings of fortune and mood?

Would You Like to Contribute to

THE VOICE

If you have something that you feel is newsworthy: an article, story, cartoon, or a personal experience that you think would be interesting and enjoyable to others, please send it via U.S. mail to **Herb Simon** at 403 Hamilton Ave. Silver Spring, MD 20901 or E-mail to him at: H457@aol.com

Any and all will be considered for publication in a future issue of THE VOICE. Don't be bashful!

IF YOU NEED LCMC INFORMATION:

Herb Simon or **Phil LeGrande**
301-588-2352 301-336-3311
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NEW JERSEY LARYNGECTOMEE CONFERENCE September 16 & 17, 2005

Jim Lauder, my wife Sally, and I left to drive up to Princeton, NJ in the early afternoon on Friday. We arrived at the luxurious Princeton Hyatt Hotel in time to check in, freshen up and head down to the Mezzanine level, where the Meet and Greet function was starting at 5:30pm. Sally and I met many laryngectomees we had never met before, many we already knew, some we knew from WebWhispers, and many of the vendors, in a warm and friendly environment. I was especially pleased to finally meet Baltimore Police Officer Scott Bachman (a.k.a, Robocop) at the Meet & Greet. We had a chance to spend some quality, one on one time together, sharing thoughts, experiences and ideas. Sally and I retired early.

We arose early on Saturday morning, checked out of the hotel and drove to the convention site, a few blocks away. We registered, along with over 150 others (including 25 new SLPS) and received door prize tickets, which were also being sold throughout the day. We enjoyed the Continental Breakfast, before retiring to the Conference Room. At 9am Bryan Ellison made the opening remarks, followed by the Prayer for a Laryngectomee, read eloquently by Esophageal Speaker Carolyn Anderson. Tom Beneventine provided some humor to get everyone in an even better frame of mind for what was to follow. Next up was Scott Bachman, the Keynote Speaker. He mixed a little humor with subjects that affect all of us, while sharing many of his personal experiences. Scott's talk was straight from the heart. At times he was moved to tears, as he spoke.

After a coffee break and a chance to visit the vendors, we re-entered the main conference room for the Doctor's Panel. This was an excellent opportunity for both new and old laryngectomees alike to ask questions to this well qualified panel of experts in their/our field. The hour and a half allotted for this session, hardly seemed like enough time. Next on the agenda were the first of the day's many workshops, which covered a variety of subjects, so vitally important to laryngectomees. These workshop topics were Swallowing, The VA and the Laryngectomee, HME's, Pre & Post-Op Visitations, and Spouses/Partners only.

From 1 - 2 pm we had a delicious buffet luncheon with Door Prizes being given out to the lucky winners. Many of us went back to see the Vendors after lunch, before the afternoon workshops. The subject matter for these Workshops included Routine Care & Maintenance of Electro-larynxes, Stoma Care, TEP's, Medicare, Esophageal Speech and Depression. Sally attended the Spouses/Partners only and Stoma Care workshops. A repeat of the morning workshops followed those. In between the workshops, during the coffee breaks, the vendors were kept busy showing their products and answering questions. Everyone gathered once more at the end of the conference. More door prizes were handed out. Over \$375.00 was collected from the sale of these tickets. The host club added to that amount to make a total donation of \$500.00 to the Katrina Hurricane relief fund.

I want to personally thank all the folks who worked so hard to put this conference together and congratulate them for succeeding in having it run so smoothly. In my opinion, the 2005 New Jersey Laryngectomee Conference was a complete success: accomplishing all of its goals to enhance the life of laryngectomees. Another NJ Conference is being planned for 2007. I urge LCMC members to attend, if possible. It's a short drive to Princeton. Members can carpool and share rooms, which would make this excellent venue, relatively inexpensive. It only required a one night stay in the hotel. We left Princeton at 5:30pm and were home before 9.

---Herb Simon