

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, 2006

MEETING MINUTES

May 10, 2006

The May meeting was called to order at 7:30pm by President **Herb Simon**. Those in attendance for the meeting were Sally Simon, Bob & Carol Kanjian, Mary Speiden, Robin Maxwell, Howard Eskildson, Beth Solomon and guest Patricia Hahn. The Prayer for a Laryngectomee was read by **Bob Kanjian**, followed by a reading of the Prayer for a Laryngectomee's Spouse by **Carol Kanjian**. The Minutes for the April meeting were approved as printed in THE VOICE. **President's Report**—Herb gave an account of the Visitor Training Program which was held on May 6th at our ACS building in Silver Spring. The program was deemed a success with attendees from New Jersey, Pennsylvania, Delaware, Maryland and

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MARK YOUR CALENDAR

JUNE 14th – 6:30pm
Speech Class
Beth Solomon

JUNE 14th – 7:30pm
Business/Social Meeting

JUNE 28th – 7:00pm
Speech Class
Beth Solomon

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

HEART PRINTS



Whatever our hands touch
We leave fingerprints!
On walls, on furniture,
On doorknobs, dishes, books...
As we touch we leave our identity.

Oh please where ever I go today,
Help me leave heart prints:
Heart prints of compassion,
Of understanding and love,
Heart prints of kindness
and genuine concern.

May my heart touch a lonely neighbor
Or a runaway daughter,
Or an anxious mother,
Or, perhaps, a dear friend!

I shall go out today
To leave heart prints.
And if someone should say
"I felt your touch,"
May that one sense be...



YOUR LOVE

---Author unknown
Submitted by, Addie Shaw

DO YOU KNOW WHAT TIME IT IS?



IT'S 2006 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.

Some Important Facts About Lung Cancer

Smoking is the number one cause of lung cancer. The more and longer you smoke, the greater your risk. But if you stop smoking, your lung cancer risk decreases each year.

Radon is considered to be the second leading cause of lung cancer in the U.S. today. Because you cannot see or smell radon, the only way to tell if you are being exposed is by measuring radon levels in your house.

Secondhand smoke involuntarily inhaled by nonsmokers is responsible for approximately 3,000 lung cancer deaths annually in American nonsmokers.

---The American Lung Association

MEETING MINUTES

(continued from page 1)

Virginia. **Beth Solomon** read several communications expressing thanks and congratulations sent to Herb after the event.

Treasurer's Report – Herb reported 40 dues paying members so far in 2006.

Aunt Bea's Sunshine Report – Herb shared a message sent by **Viola Sells** with her 2006 dues. She has a new Ultra-Voice speech device that she likes very much. She still uses her Servox as well as her new speech method. Herb read a lovely card that came from **Ann Rosner and Elizabeth Finley**, the daughters of **Mary Hope Shiels**, a laryngectomee who passed away last year. The card and note accompanied the donation of their mother's electro-larynxes and battery charger to LCMC for others to use. A message to the club from **John Williston** was shared with the group. His **loving wife Peggy**, recently passed away. LCMC member **Joe Zanellotti** recently called Herb on the phone and is doing well. He had back surgery, not too long ago. He is speaking with a TEP again and sounded fantastic.

Words of Wisdom from Beth Solomon—Beth discussed several known factors contributing to head and neck cancers. These include the use of tobacco, woods and metals with their dusts, GERD reflux and genetic predisposition. **Howard Eskildson** commented that he has found that many people, when they become aware of his cancer history, will immediately ask if he was a 'smoker' or a tobacco user. He related that he has not smoked for a greater amount of time in his life than he has smoked. An interesting discussion followed with many in attendance voicing their thoughts on the subject. (Look for an article on this subject by Howard in a future issue of THE VOICE).

Old (unfinished) Business—Herb passed out a flyer for the **Relay for Life** Silver Spring event and Relay for Life pens to all in attendance. He announced the site and date for the Rockville event, as well. LCMC will not enter a team this year and as of tonight's meeting we are not yet part of another team.

New Business – A Colon Cancer Pledge Campaign Form was passed out to all in attendance. This is a pledge to adhere to the American Cancer Society Colon Cancer Guidelines. It urges us to have regular checkups and to also urge others to do the same. If you weren't at the meeting to receive this form you can make a pledge in person at an ACS Relay for Life Event or on the Internet by visiting www.screen4life.org or you can pick one up in person at the June meeting.

Open Discussion – **Robin Maxwell** related his recent difficulties relative to reimbursement from his medical insurance provider. Others joined the discussion. The "Question of the Month" from a recent issue of THE VOICE was passed out and a short discussion followed. Our thanks go to **Sally Simon** for providing tasty refreshments at our meeting this month. A motion was made and seconded, and the business meeting was adjourned at 8:40 pm. Most attendees stayed for a while to enjoy each other's company and the refreshments!

Editor's Note: No one at the meeting volunteered to bring the refreshments for the June Meeting. If anyone would like to do so, please contact Herb or Sally at 301-588-2352 or H457@aol.com

---Submitted by Howard Eskildson



If someone is too tired to give you a smile, leave one of your own, because no one needs a smile as much as those who have none to give.

---Author unknown

LARYNGECTOMEE VISITS

April 23rd – Herb went to the Manassas City home of **Penny Saylor**. Penny heard about the support group in Northern Virginia from a social worker and a doctor at her radiation treatment center. She is 50 years old and has been a widow for three years. Penny now lives with her daughter and her family. She had a total laryngectomy in Sept. 2005 at the University of Virginia Hospital in Charlottesville. She was employed as a customer service representative for 15 years, prior to her surgery. Penny has a TEP, but is not able to speak well with it yet. Until this visit, she had not been attempting to use her Electro-larynx either. She brought it out at Herb's request and used it effectively for the rest of the visit, after a little instruction. Penny had many good questions. Herb and Penny reviewed the materials in the Visitor Kit, compliments of The New Voice Club of Northern Virginia. Penny is looking forward to attending meetings and to meeting other laryngectomees. She is also hoping to see a woman laryngectomee.

May 23rd – **Gary Davis** and **Jean Long** came to Herb & Sally's home for a Pre-op visit. Gary will have a total laryngectomy on June 5th at the Veteran's Administration Hospital in Washington, DC. Gary is 60 years old and has worked for many years in Home Improvements. He smoked for many years, but no longer does. He had radiation in late 2005 and now has a trach tube. Gary was very anxious when he first arrived. He asked a very serious question to begin with. Based upon the answer, Gary seemed somewhat relieved and more at ease with his situation. He and Jean have a real zest for life. Gary likes boating and being around the water. Gary is now accepting that he will have the surgery and is looking forward to a complete recovery, hoping to return to doing the things in life that he enjoys. Jean also had many questions that Sally was able to answer for her. Gary and Jean are planning to attend the July LCMC meeting, and they are looking forward to meeting others in our club. Gary was referred to LCMC by **SLP Kerry Parsons**. She recently began working at the Veteran's Hospital, after many years at Georgetown University Hospital. When she was at GUH, Kerry referred many patients to both the LCMC and the New Voice Club of No. VA.

AN INVITATION TO RELAY



We invite all cancer survivors in our community to attend the opening ceremonies of the American Cancer Society Relay For Life. We encourage you to enjoy the day, make new friends, and celebrate! Relay For Life is an overnight team event that increases awareness of cancer in the community and raises much needed funds to fight the disease. At Relay For Life, teams of friends, neighbors, families, and coworkers commit to keeping at least one member walking the track at all times—because cancer never sleeps. Please join other survivors in the inspirational Survivors Lap that officially begins our annual Relay For Life. For many, the experience of gathering together with other survivors is powerful and moving. Your family and friends are invited to join you during this celebration as well.

CEREMONY OF HOPE

When the sun goes down, hundreds of luminaria light the way under the stars, and a moment of silence falls during the Ceremony of Hope. Luminaria are those glowing bags that to the naked eye appear to be nothing more than paper sacks filled with sand and candles. But upon closer examination these sacks are actually like people, each with a name and a story to tell. The Ceremony of Hope is one of the most special and moving events of the entire Relay. Everyone gathers around to remember those lost to cancer, support those fighting cancer, and rejoice with those who have fought the disease and won. Luminarias are available for a contribution to the American Cancer Society.

The SILVER SPRING Event

will be held this year at

JOHN F. KENNEDY HIGH SCHOOL

1901 Randolph Road,
Silver Spring, MD 20902

Starting on June 3rd at 12:00PM
Ending on June 4th at 7:00AM

The ROCKVILLE Event

will be held this year at

MONTGOMERY COLLEGE

51 Mannakee Street,
Rockville, MD 20850

Starting on June 10th at 12:00PM
Ending on June 11th at 7:00AM

DO YOU WANT TO ATTEND AND NEED A RIDE TO RELAY?

Would you like to attend the Rockville Relay for Life Event, but don't have transportation? If so, please contact **Phil LeGrande** 301-336-3311 or LgrPhil@aol.com or **Herb Simon** 301-588-2352 or H457@aol.com They will do their best to arrange a ride to Relay for you.

RAFFLE TICKETS - \$5.00 each

This year a **2006 Saturn Relay** or an alternative cash prize of **\$15,000** will be awarded to the winner. The drawing will be on June 23rd. You need not be present to win. Herb has raffle tickets. You may get them at the next LCMC Meeting on June 14th or call him to discuss other ways you can get them (301-588-2352). If you want many of them, so that you can sell them to friends, neighbors and relatives, keep in mind that The American Cancer Society has changed their policy regarding raffle tickets. This year, the unsold raffle tickets need to be turned back in to the ACS. This means that you will need to return any unsold raffle tickets to Herb or to Kate Allen at the ACS.

INTERNATIONAL ASSOCIATION
OF LARYNGECTOMEES



2006

**IAL ANNUAL MEETING
and
VOICE INSTITUTE**

will be at

**The Hyatt Regency – Woodfield
1800 Golf Road
Schaumburg, Illinois**



**July 19th thru July 22nd
For Reservations Call Toll
Free 1- 800-233-1234**

HAPPY BIRTHDAY



June 7th	Tema Title
June 7th	Corky Gilbert
June 9th	Bettina Ponsart
June 11th	Jean Rich
June 19th	Amber Diggs
June 21st	Robert Cameron



**June 18th
Happy Father's Day**

IMPORTANT PEOPLE IN TORONTO, CANADA



Congratulations to **Tema Title** for being nominated to receive the Association of Local Public Health Agencies (alPHA) and the Ontario Public Health Association (OPHA) Smoke Free Champion Award for her efforts in the Toronto Community. This award was presented to her on May 15th by Dr. David McKeown, the Medical Officer of Health.

SMOKING OUT CIGARETTE USERS

The office of MPP David Caplan (Don Valley East) sends word that North Yorker **Irwin Title**, from the Council for Tobacco-Free Toronto, has been nominated for the Heather Crowe Award, which recognizes the efforts of individuals and organizations in promoting a smoke-free Ontario at the local level.

Over the last six years, 79-year-old Irwin Title has shared his personal story with over 14,000 students in Toronto and Maryland Schools. A cancer survivor and a victim of second-hand smoke, Irwin doesn't let his laryngectomy get in the way of speaking to students from Grade 5 and up, about the dangers of smoking and second-hand smoke. Irwin's first wife smoked two packs a day for 47 years, while Irwin never smoked. Two years before Irwin's laryngectomy, his wife died from lung cancer, the nomination read.

A retired hospital pharmacist, two-time medic in the Navy and a former volunteer firman, Irwin sometimes makes presentations two to three times a day, four days a week using before and after diagrams of the head and neck, highlighting some of the over 4,000 chemicals in second-hand smoke and using cartoons to capture students' attention. When he is not presenting to students, Irwin volunteers on the Council for a Tobacco-free Toronto and at the Canadian Cancer Society. Irwin and his wife Tema spend their winters in Maryland, where they volunteer at the Kennedy Entertainment Center and in the records department for missing children at a police station.

---Reprinted from the North York MIRROR – May 3, 2006

**"Stop thinking in terms of limitations and
start thinking in terms of possibilities."**

---Terry Josephson