

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



MAY, 2006

MEETING MINUTES

April 12, 2005

The meeting was called to order at 7:40pm by President, **Herb Simon**. Others attending the meeting were, Sally Simon, Addie Shaw, Phil LeGrande, Howard Eskildson, Pat Fleming & Preston Coffee, Mary Speiden, Wayne and Terri Holmes, Bob Griffing, Jean & Ray Urciolo, Robin Maxwell, Mary Jane Hart & Theresa Stouffer, and guests Kerry Parsons, Lt. Kim Vogts and Linda Arapian. **Howard Eskildson** read the Prayer for a Laryngectomee. We all introduced ourselves, stating where we live. The laryngectomees also included when and where they had their surgeries.

(Continued on page 2)

MARK YOUR CALENDAR

MAY 6th – 10:00am
Visitor Training and
Certification Class

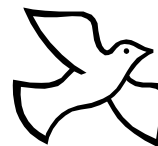
MAY 10th – 6:30pm
Speech Class
Beth Solomon

MAY 10th – 7:30pm
Business/Social Meeting
Refreshments –

MAY 24th – 7:00pm
Speech Class
Beth Solomon

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

FINDING PEACE



A long time ago a king offered a prize to the artist who would paint the best picture of peace. Many artists entered the contest. The king looked at all the pictures, but there were only two he really liked. One picture was of a calm lake. The lake was a perfect mirror for peaceful towering mountains all around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other picture had mountains, too. But these were rugged and bare. Above was an angry sky, from which rain fell and in which lightning played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all. But when the king looked closely, he saw behind the waterfall, a tiny bush growing in a crack in the rock. In the bush a mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest --- in perfect peace. The king chose the second picture. Do you know why? "Because," explained the king, "peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in your heart. That is the real meaning of peace. "

---Author unknown
Submitted by Addie Shaw

*The most beautiful things in the world
cannot be seen or even touched.
They must be felt with the heart.*

WHAT TIME IS IT?



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.

Happy Birthday



May 14th	Joe Zanelotti
May 14th	Rick Gregory
May 25th	Bernard Lewis
May 29th	Pete Crone

Happy Mother's Day

MEETING MINUTES

(Continued from column at right)

Herb distributed an information sheet and registration form for the IAL Convention in Schaumburg, IL in July. Robin Maxwell, who funded tonight's refreshments, and Phil LeGrande, who brought them, were heartily thanked by all. **Mary Jane Hart** made a motion to adjourn. It was seconded and passed, and the meeting ended at 9:15pm.

---Respectfully submitted by:
Terri Holmes

MEETING MINUTES

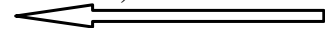
(continued from page 1)

Kerry Parsons, an SLP, now with the VA Hospital in Washington, already knew many of the members in attendance. In her previous position at Georgetown University Hospital, she referred many patients to both our club and the Northern Virginia Club. Herb introduced our guest speakers, **Lt. Kim Vogts** with the Prince George's County EMS/Fire Dept. and **Linda Arapian** with the Maryland Institute for Emergency Medical Services Systems. Lt. Vogts told us about Project ID. She said that PG County residents have been dropped due to changes in staffing and technology, and that it will be best to get yourself back on the list. Project ID alerts the station to an issue that states the specific problems at the registered address, but is not person specific. Project ID helps calls be dispatched properly. Lt. Vogts said that when a call comes in, there are three optional routing stations where the call can be placed. The calls will either go to police dispatch, fire dispatch or to the call takers. At the call takers' station, the attendants have a script of questions they are required to ask, and then they ask what the issues are. It's important to be specific about your current problem, not your medical history. If you provide them with your medical history, it could lead them to approving you to the wrong dispatcher. She told us that everyone on the EMS staff (including volunteers) has been trained to handle CPR for neckbreathers. She suggested that members go to the nearest fire station that dispatches ambulances and introduce yourself. The station that's closest to your home will respond to your call first. Being proactive will help the station members to know you and your condition. Member **Robin Maxwell**, stated that he has proactively recorded a message with his pertinent medical information onto a tape recorder, that he keeps by the telephone. Lt. Vogts recommended that everyone keep emergency contact information on the refrigerator and in your wallet. When Medic Alert Bracelets were mentioned, Lt. Vogts responded: "*in an emergency, we don't have time to make phone calls to check out that information!*" This raised doubts and concern among those in attendance. She further stated the EMS staff is trained to look on the refrigerator for medical information. Herb recently sent Project ID registration forms to all PG County residents. He offered to provide Lt. Vogts with a list of neck breathers presently residing in the County. He also offered her the opportunity for a return visit to update us on the progress within the county for this very important (possibly life or death) matter.

Treasurer's Report – Herb reported that we now have 38 dues paying members for 2006. He read a note from **Bob and Carol Kanjian** that accompanied a generous donation in the memory of their Uncle, **Justin Tunison**, who recently passed away. They will be at the May meeting, and are also planning to attend the IAL Annual Meeting in Schaumburg, IL. **Aunt Bea's Sunshine Report** – **Addie Shaw** reported that she was at Georgetown Hospital for a check up, and asked Dr. Davidson if he had seen **Joe Zanelotti**. He said that Joe was recovering from recent back surgery and is doing fine. Herb read messages from relatives of two laryngectomees who recently passed away. **The Smith Family** sent a lovely note regarding the passing of their brother, **Raymond Trego** in February. **Lilly Spence**, from Gambrills, MD sent a message that her mother, **Freda Bostic** passed away in March. Herb read an e-mail message from **Joe Anastasi**, telling us that the Montgomery County 911 Database has been updated. All known laryngectomees living in Montgomery County are listed as neck breathers and without vocal chords in the County 911 Database. **Sally Simon** shared that she recently spoke with **Barb Cameron**, who told her that **Robert Cameron**, who was in a coma for several days, came very close to losing his life. He then suddenly awoke and said that he was hungry! He's now back on the road to recovery.

Old (unfinished) Business – Herb reported that we now have 13 applicants for the New Laryngectomee Visitor Training and Certification Class. We have people signed up from MD, VA, NJ and DE, thanks in part to two NJ clubs who receive THE VOICE. Without being asked to, they kindly advertised this program in their newsletters. **Max & Marge Hoyt**, will be making the trip down from their summer home in Lewes, DE. Max was LCMC president in 1995, when Herb was a new laryngectomee. Herb noted that nothing has been decided yet as far as Relay for Life participation. LCMC can possibly join **Sandi Cave's** Rockville team again, or be on **Kali Holder's** Silver Spring team, if she will again captain a team. Kali is the daughter of our late LCMC President, **Mike Holder**.

New Business – **Phil LeGrande** thanked **Rudy Dupler**, from Toledo, OH, for sending laryngectomee supplies. Phil offered to share them with club members. **Anyone interested in getting some of these free supplies and/or VA Drug Benefit information from Phil, can contact him at 301-336-3311 or by email at LgrPhil@aol.com**

 *(Continued in column at left)*

NEW LARYNGECTOMEE VISITS

Mar. 25th – Herb made a pre-op visit to **Ernest Mozon** in his NE Washington, DC apartment. Ernest was born in South Carolina and schooled in DC. He has lived in this area for most of his life. Ernest worked in construction for many years. He had his first brush with cancer 20 years ago. He underwent radiation therapy and quit smoking at that time. He is undergoing tests at Georgetown University Hospital to determine if a laryngectomy will be necessary. **SLP Karen Edick** referred Ernest to LCMC.

April 6th – Herb went to Dickinson, MD home of **Donald & Dorothy Fardan**. Don, became a laryngectomee on Feb. 23rd at the University of Maryland Medical Center in Baltimore. He was born and raised in South Carolina. He moved to the DC area when he was 18 years old. He has been a professional musician, singer and songwriter all of his adult life. He has appeared locally over the years in several groups and has been associated professionally with many well known musicians. Don had a tumor removed and radiation therapy in 1995. He recently had a recurrence which resulted in the laryngectomy. Don has a TEP in place, but was having trouble talking with it. Because he was getting dejected by his lack of being able to communicate vocally, Herb brought out a Cooper Rand speech device for him to try to talk with. Don was pretty good with it. He promised to practice daily with both the EL and his TEP. Dorothy and Dan are looking forward to attending club functions, when Dorothy's classes end, next month. She teaches at Bowie State University. Before Herb left, Donna played some beautiful pre-recorded soul music on a keyboard. This music was composed by Don. The Fardans were referred to LCMC by **SLP Diane Morehead**.

"The law of your mind is the law of belief"

---Joseph Murphy

NEW LARYNGECTOMEE VISITOR CERTIFICATION CLASS

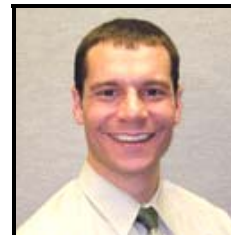


David Bianchi, MD, FACS

Dr. Bianchi attended medical school at the George Washington University School of Medicine and Health Sciences, graduating in 1984 with honors. His residency training in Otolaryngology-Head and Neck Surgery was completed in 1989 while in the U.S. Navy at the National Naval Medical Center in Bethesda, Maryland.

Dr. Bianchi is an accomplished surgeon and cares for patients of all ages. He is on the faculty of the Uniformed University of the Health Sciences and George Washington University and has a clinical appointment at NIH/NIDCD Division of Otolaryngology/Head and Neck Oncology. He is active in the medical community, delivering lectures on head and neck surgery to physicians in training and fellow surgical colleagues. Dr. Bianchi is board certified and a Fellow of the American Academy of Otolaryngology-Head and Neck Surgery and American College of Surgeons.

Dr. Bianchi's special interests include pediatric ENT disorders, sleep disorders, head and neck oncology including photodynamic therapy, thyroid disorders, and facial plastic surgery. Dr. Bianchi lives in Olney, Maryland and has four children.



Jeff Robin, PA-C

Jeff moved to the Washington Metropolitan area from New Jersey in 1992 to attend the University of Maryland at College Park and received his B.S. in Physiology and Neurobiology. He went on to earn a Masters of Science in Health Sciences from the George Washington University Physician Assistant Program and soon thereafter began his employment with our practice. Jeff has achieved special recognition by the National Commission on Certification of Physician Assistants for achievements in and knowledge of surgery. As an ENT Physician Assistant, Jeff can diagnose, order tests, prescribe medications, and assist in surgery.

Jeff's interests include obstructive sleep apnea, headaches, vertigo, and voice disorders. He and his wife currently reside in Washington, DC.

EDITOR'S NOTE to all Laryngectomees, Caregivers, and Medical Professionals: If you haven't sent in your application form and are planning to join us for this event, please send in it to us ASAP. We need to know how many will be in attendance to be able to suitably arrange the conference room, have an ample number of handout information, and for ordering the food for lunch.

INTERNATIONAL ASSOCIATION
OF LARYNGECTOMES



2006

IAL ANNUAL MEETING

and

VOICE INSTITUTE

will be at

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



July 19th thru July 22nd

Special Room Rates - \$99 per night

Free Parking

Fitness Center with

Indoor and Outdoor Pools

Daily Coffee Breaks

Meet & Greet Reception

Banquet & Dance

Sing-A-Long

Vendor Exhibits

Special Spouse Sessions

Key Annual & Joint Meeting

Sessions

**The Hyatt Regency is across from
the Woodfield Mall (over 300 stores
and many cafes and restaurants)**

For Reservations

Call Toll Free 1- 800-233-1234

Editor's Note: LCMC members attending their first IAL Convention, who serve as Club Delegates at the Annual Meeting, will be reimbursed \$500.00 towards their expenses from the **Ted Dreskin Fund**. If you have never been to a convention, you owe it to yourself to go.

TAKING CARE OF OURSELVES

by Charles Lamar

Some months ago, I had a problem with a piece of food stuck in my throat. While I had no problem breathing, I still had a most uncomfortable feeling, and nothing I tried got that food to move. I live near a Fire Station with a Rescue Squad, so I went there hoping they could dislodge the piece of meat. No such luck! They wanted to send me on to the hospital in an ambulance; whereupon, I informed them that I had driven myself to them and I could drive on to the hospital. After all, I was breathing fine. I was thinking, "Thank God for being a neckbreather!".

When I arrived at the Emergency Room, I explained the problem to the nurse at the desk, who wasn't too concerned and spent some time getting a little history, checking my blood pressure, etc. Next was the Admissions Clerk, who had to get all of the paper work. Finally, I was escorted back to the Exam Room, where, after a short wait, the ER Doctor and Nurse were told my situation. A longer wait this time before they came with a wheel chair to take me to Endoscopy, where things moved a little faster. At least it seemed so, after they gave me a shot, because, shortly thereafter, the doctor showed me the piece of meat held in the forceps. I was relieved that this was finally over and was ready to go home. I was told that I could not drive myself. I objected and asked for an AMA form and they would not give me one, so I was driven home by one of the Security Guards. For background, I had worked at DCH Regional Medical Center as Director of Personnel and Security for 31 years and had retired from there in 1993. I knew each of the people involved in taking care of me in this incident.

*---Reprinted from Headlines Newsletter
circa 1996*



POLICE PULLOVERS

by Wayne Baker

It happens to the best of us. We get pulled over by the police. They approach the car and ask for your license.

If you are a user of an electro-larynx and it happens to you, you will do well to observe one simple rule of conduct: **KEEP YOUR HANDS IN SIGHT. NEVER REACH FOR SOMETHING OUT OF SIGHT.**

The police regard everyone as a potential problem and they will do what they have to in order to protect their lives. You know you are not a Charles Manson. They don't. In fact, they are trained to think you are. It is the way they live so long.

Police can be nice or not. It is sometimes (but not always) up to you. Help them out. Be slow. Be obvious. Wait for permission. Be polite.

*---Reprinted from
Let's Talk (4-99)*