

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, 2006

GUEST SPEAKER

A representative from the **Montgomery County Emergency Communications Center** will be the first to address us in what will be a series of presentations to LCMC on safety issues, over the next few months. Access to LOI files, response time, how emergency calls are categorized, and several other basic and advanced emergency response topics will be covered. File of Life packets will be given out to all in attendance, including spouses and caregivers. Nine-volt batteries to place in your home smoke detectors when the time changes will also be given out. There will be a Q&A session, following the presentation.

MARK YOUR CALENDAR

OCT. 11th – 6:30pm
Speech Class
Beth Solomon

OCT. 11th – 7:30 pm
Business & Social Meeting
Guest Speaker

OCT. 18th – 7:00pm
Speech Class
Beth Solomon

FOR LCMC INFORMATION
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ANSWER TO PRAYER

A voyaging ship was wrecked during a storm at sea and only two of the men on it were able to swim to a small, desert like island. The two survivors, not knowing what else to do, agreed they had no other recourse but to pray to God.

However, to find out whose prayer was more powerful, they agreed to divide the territory between them and stay on opposite sides of the island.

The first thing they prayed for was food. The next morning, the first man saw a fruit-bearing tree on his side of the land, and he was able to eat its fruit. The other man's parcel of land remained barren.

After a week, the first man was lonely and he decided to pray for a wife. The next day, another ship was wrecked, and the only survivor was a woman who swam to his side of the land. On the other side of the island, there was nothing.

Soon the first man prayed for a house, clothes, more food. The next day, like magic, all of these were given to him. However, the second man still had nothing.

Finally, the first man prayed for a ship, so that he and his wife could leave the island. In the morning, he found a ship docked at his side of the island. The first man boarded the ship with his wife and decided to leave the second man on the island. He considered the other man unworthy to receive God's blessings, since none of his prayers had been answered.

As the ship was about to leave, the first man heard a voice from heaven booming, "Why are you leaving your companion on the island?"

"My blessings are mine alone, since I was the one who prayed for them," the first man answered. "His prayers were all unanswered and so he does not deserve anything."

"You are mistaken!" the voice rebuked him. "He had only one prayer, which I answered. If not for that, you would not have received any of my blessings."

"Tell me," the first man asked the voice, "what did he pray for that I should owe him anything?"

"He prayed that all your prayers be answered."

For all we know, our blessings are not the fruits of our prayers alone, but those of another praying for us.

---Submitted by Willie Shives

LCMC ANNUAL PICNIC

It was a perfect day for an outdoor gathering. At 3 pm folks started arriving to our annual summer event held at the Silver Spring, MD home of Herb & Sally Simon. Thirty-nine people attended, including Edward Akwe, Addie Shaw and her cousin, Alice Anderson, Elizabeth Ford and daughter, Melizza, Jim McKnight, Mary Speiden, and her granddaughter Cheyanne, Raphael Urciolo, his sister, Dr. Constance Battle, Sue Griffing, Florence & Buddy Belote, Lena Burton, Joe & Julie Hunter and son John, Howard Eskildson, SLP Eliza Peoples, Nick & Yoko Grigorovich-Barsky, Ish and Alicia Rivera, Jack & Lydia Hinkle, Robin & Theresa Maxwell, Ibrahim Mahamad, accompanied by his daughter Sawuda, grandchildren, Jamal, Brice, Imrisu and Issaei, Dorothy and Donald Fardan, and our special guests, Jim & Ann Lauder from San Antonio, TX. Sally prepared the turkey and ham furnished by the club, and her famous potato salad. Everyone came with a dish to add to the luscious buffet that filled two large tables inside the home. If anyone left hungry, it was because they were either not able to eat yet, or they were too busy making new friends. There were many first time attendees and new laryngectomees at the picnic this year. **Jim Lauder** stayed busy most of the afternoon doing minor repairs and tune-ups and adjustments to electro-larynxes. A lot of the laryngectomees left sounding MUCH better than they did, when they arrived. Jim also gave out lots of neat stoma covers --- many were bandanna style in a wide variety of patterns and colors. All in all it appeared that everyone had a good time. Thanks to all for helping to make this such a wonderful event. Be sure to see the special pages accompanying this newsletter that include some pictures from the picnic.

**Be sure to see the pictures of the Picnic.*

NEW LARYNGECTOMEES VISITS

Sept. 1st – Herb returned to Washington Hospital Center for a Post-op visit with **Samuel Jones** of Alexandria, VA. Samuel celebrated his 68th birthday a couple of days earlier. His room was filled with balloons and cards and Samuel was feeling pretty good. He has been walking in the hospital and practicing with his electro-larynx. Herb gave Samuel a New Laryngectomee Visitor Kit from the New Voice Club of Northern Virginia.

Sept. 7th – Herb met up with **Ernest (Buddy) Belote and Florence**, his lovely bride of 57 years, in front of the ACS Building in Vienna, VA. From there Herb and the Belotes headed to a nearby restaurant, combining a lovely meal with a new laryngectomee visitation. Buddy's surgery was at Washington Hospital Center on August 22nd. He celebrated his 85th birthday on Aug. 26th, while still in the hospital. Buddy and his wife lead a very active life that includes playing golf. They also love boating. Buddy has been retired for twenty years. He worked for WTOP radio and Channel 9 television, where he met many important and influential people, during his career. He was an Audio Engineering Specialist and a pioneer in FM broadcasting. He also worked in news reel photography. Buddy speaks with an electro-larynx and is very intelligible. He is amazingly easy to understand on the telephone, considering his early stage of his rehabilitation. Herb answered the Belote's questions, gave Buddy a New Laryngectomee Visitor Kit from the New Voice Club of No. VA., and reviewed the materials in it. They then returned to the ACS building to attend the September meeting. Later, Buddy was thrilled to meet the other laryngectomees. He and Florence have taken this in stride and are getting back to their normal active life. They are looking forward to attending future meetings and being active members of the club. Many thanks go to Washington Hospital Center **SLP Donna Saur** for referring the Belotes.

Editor's Note: Buddy & Florence attended the LCMC Annual Picnic on the 9th, meeting many more laryngectomees, caregivers, and Jim & Ann Lauder. They were once again thrilled and happy to be a part of our laryngectomee community.

Sept. 17th – Herb and Sally went to the lovely Haymarket, VA home of **Judy and Peter Chase**. Judy's surgery was at Georgetown University Hospital on Aug. 14th. Judy has her own computer consulting company in Manassas, VA. She is using a Servox with an oral adapter for speech and is easy to understand. She has returned to work and is once again productive. She has a wonderful outlook and has taken her surgery in stride. A question and answer session took place in the living room, with both Judy and Peter asking many questions. The Chases had prepared a wonderful brunch. Everyone moved to the porch to enjoy the view and the food. After enjoying the lovely spread, it was back to the laryngectomee business. Herb gave Judy a new laryngectomee New Laryngectomee Visitor Kit and went through the information and materials with the Chases. The Chases were preparing to fly to their FL home for a week and plan to attend our next meeting, when they return. Many thanks go to Georgetown University Hospital **SLP Eliza Peoples** for referring the Chases to us.

“We must light the paths and lighten the load for each other.”

---Judith Levy

TOBACCO AWARENESS PRESENTATIONS



On October 16th, Irwin and Tema Title are planning to arrive back to MD from their home in Canada. They will be spending the next few months with us. Irv will begin his Tobacco Awareness Presentations for this school year on October 19th at 9am; appearing at Blake High School in Silver Spring, MD. LCMC members are welcome to join Irv in helping youths by sharing your experience. You will reap great rewards from this endeavor. If you are interested in joining Irv for this or any future presentation, please contact him by phone at **301-598-4991** or by Email at Ttitle@aol.com to make arrangements.

SMOKING ROOM



<<<from the WEB >>>

Subject: [WebW] The Green Side of the Grass is Great
Date: 09/19/2006 9:53:45 AM Eastern Daylight Time
From: smike24
To: webwhispers@mail-list.com

The Green Side of the Grass is Great

Feeling philosophical today: Usually I am busy with my sundry tasks, but this afternoon I've been doing a little thinking. Just came from the main monthly meeting of our local NVC, and was so pleased with the turnout, and the positive outlook of all in attendance.

We had 37 at the meeting which is a great turnout. Last month we had half as many. We started with what we call our rap sessions with three circles... one circle of esoph and TEP speakers, one of EL speakers, and one for the caregivers (spouse, friend, significant other). That way those who have a problem or question can check with their counterparts in that circle. I guess you could call it an eyeball to eyeball version of what we do here on WW.

Today we hosted 4 students who are a few months away from finishing their SLP training at a local university. The education they received at this one meeting gave them more information on larys than they had received in their entire university training. They were even given WW brochures so they could follow through on what they learned today.

We also hosted a pre-op lary on the day before his surgery. Remember how you felt just before your own surgery, and try to imagine how differently you would have felt if you had met over 20 larys the day before your surgery, and had seen them leading full, active lives, and the only thing different about them was that they were using alaryngeal voice. That lary-to-be left our meeting with an entirely different look on his face than when he first entered the room.

We finished off the meeting with bagels, nova spread, vegetable cream cheese, home made cake and coffee.. I know, it's a rotten way to have to finish a meeting, but the stuff was there and we didn't want to hurt anyone's feelings by not diving in. So we dove.

Yup, it sure is great on the green side of the grass. It doesn't mean we don't have our own individual problems and setbacks. And you don't have to be a lary to have those. It's just that when you concentrate on helping others with their problems, and spend time educating medical professionals so that they know who we are and what we need, you don't have the time to dwell on your own problems. And that's good.

---Mike Rosenkranz

HAPPY BIRTHDAY



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

2006



CELEBRATION ON THE HILL

On September 19-20, 2006, approximately 6,000 American Cancer Society "Celebration Ambassadors" gathered in Washington, DC for Celebration on the Hill 2006—a unique event geared to show our country's lawmakers how the American Cancer Society is waging the fight against cancer in communities nationwide. On Wednesday morning, recent laryngectomee **Joe Hunter** and Herb Simon met for the day's Opening Ceremony & Survivor Lap at the Mall near the Capitol. It was an emotional event for everyone, when the many cancer survivors joined to walk the Survivor's Lap around the reflecting pool with other survivors from their state, as thousands clapped and cheered and congratulated them. After the Survivor's Lap, the crowd dispersed from that area to visit the tents of each state and visit the Wall of Hope, an awesome sight to behold. Herb & Joe looked for laryngectomees from other states and were able to meet with several, including **Tom Cleveland** from MI, **Jessie Hart** from TX, **Earl Mogk** and his wife **Winnie** from FL and **Terrie Hall** from NC. Joe was so impressed with the Esophageal speech of long-time laryngectomees Jessie Hart and Earl Mogk, that he has become motivated to make a serious attempt to learn his third way of speaking.

OCCUPATION: PROFESSIONAL CANCER FIGHTER



Right away most doctors ask what my job is. I always answer that I am a *professional cancer fighter*, which usually draws a snicker. After they get to know me, they all agree that this job title is accurate. In September, 2004 I wrote an article for THE VOICE describing my 9 year battle with 5 separate cancers. Since then, my battles have been non-stop, with 2 more cancers now added to the list. In the previous article I noted the importance of family support, good insurance, personal involvement in research and management of my own case, and getting to the top medical specialists for treatment. New treatments and medical advances are making a great difference today. Two more intangible, yet very important aspects are Prayer and Luck.

Two years ago, when I was battling trachea cancer, even with laser surgeries, radiation and chemo, we had trouble getting this persistent cancer under control. Research led me to Johns Hopkins Hospital for the new Photo-Dynamic Therapy treatments. It was a long shot, but I was running out of options. The treatment was complicated and long with an even longer recovery period. Complications nearly ended my battle, but the final result was positive.

Once again, pro-active involvement made the difference. A hospital acquired MRSA infection, which was the last thing I needed, disabled me for an extra month. After an extended recovery period, a PET/CT detected another lesion in my left lung. So it was back to my Thoracic surgeon and the operating room. I call that surgery "the shark bite" because all who see the scar ask that light-hearted question! The thoracotomy (opening of the chest) required a broken rib that still feels broken to this day. The surgery went well, even with the long recovery. After 5 months, I requested another PET/CT, and much to my surprise, it showed two enlarged lymph nodes in the space between my lungs, that were questionable. . . NOT good. I immediately had my pulmonologist biopsy the nodes by needle BX. One was positive for cancer and the other was questionable. My cadre of trusted doctors all agreed that CHEMO and RADIATION therapies were next for me. The Chemo was rough, but it's over for now. I'm currently in my second of six weeks of DAILY IMRT radiation treatments. IMRT is a brand new radiation delivery system that makes the radiation I received 10 years ago seem like a 45rpm record compared to the CD music of today. I'm hoping the same hope that all of us cancer fighters do.....that the treatment kills the cancer.

I'm still here fighting.....for how long, I don't know; but I do know I'm still here because I never dropped my guard and have remained determined to fight. Believe me, the surgeries have really tested my resolve, but I've gotten to spend 2 more years with my loved ones and have cherished every single day. I concluded my previous article by urging cancer patients to "fight to live another day, so they can live to fight another day." I wish everyone luck and my prayer that they will prevail in their cancer war. Give it all you've got. You'll never know unless you try!

---Robin Maxwell