

# 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, 2008

### MEETING MINUTES

September 10, 2008

The September meeting of The Laryngectomee Club of Montgomery County was called to order at 7:40pm by **President Herb Simon**. Those attending were Sally Simon, Mary Speiden, Pearl Edwards & Jacqueline Windsor, Howard Eskildson, Paul & Nancy McConkey, Jose & Marina Cruz, Ish Rivera, and Charles & Annie Pickens and their

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### MARK YOUR CALENDAR

**Oct. 8th – 6:30pm**  
**SPEECH CLASS**  
with Beth Solomon

**Oct. 8th – 7:30pm**  
**Business & Social Meeting**  
Refreshments – ISH RIVERA

**GUEST SPEAKER**  
**MANDY PIETROPAOLO**  
**ATOS REPRESENTATIVE**

**Oct. 22nd – 7:00pm**  
**SPEECH CLASS**  
with Beth Solomon

FOR LCMC INFORMATION  
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### TIME



If you had a bank that credited \$86,400 to your account each morning, carried over the balance from day to day, allowed you to keep no cash in your account at the end of 24 hours, canceled out whatever part of that amount you failed to use, what would you do?

Try to spend every cent, of course! Well, everyone does have such a bank, and its name is TIME. Every morning it credits you with 86,400 seconds.

The next morning at the same hour it rules as lost whatever of this you failed to invest to good purpose. It carries over no balance and allows no overdrafts.

If you don't use the day's deposit, the loss is yours. There is no going back, no drawing against tomorrow.

How do you spend your daily supply?

***BEST WISHES FOR AN ENORMOUS RETURN  
ON YOUR INVESTMENT TODAY!***

“Look at a day when you are supremely satisfied at the end. It's not a day when you've lounged around doing nothing; it's when you've had everything to do, and you've done it.”

---Margaret Thatcher

## IN MEMORIAM



**JAMES MICHAEL SHANNON**

James Michael Shannon, 71, of Brandywine, MD, died in his home on Sunday, September 14, 2008.

James was a retired USAF Master Sergeant with Air Force One from 1959-1974. His true passion and extreme talent was custom wood working, and he became a professional woodworker in the Metropolitan Washington, D.C. area.

He is survived by his wife of 50 years, Sylvia. He is also survived by his son Scot Shannon and his wife Robin; his daughter Tami Hammett and her husband Russell and five grandchildren, Rusty, Ryan, Nick, Shannon and Jordan.

A memorial service will be held at Arlington National Cemetery. In lieu of flowers, memorial contributions may be made in his name to the Society for the Prevention of Cruelty to Animals (SPCA) or Capital Hospice.

---Reprinted from the  
*Washington Post*  
September 17, 2008

**Editor's Note:** James served a tour of duty in Viet Nam in 1971, where he came in contact with Agent Orange. He became a laryngectomee in October, 1999 at the Malcon Grow Medical Center at Andrews Air Force Base in Camp Springs, MD. James was a dues paying member of LCMC and also a member of the WebWhispers Internet support group.

## MEETING MINUTES

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granddaughter Taylor. **Nancy McConkey**, who is not a laryngectomee, read the Prayer for a Laryngectomee to open the meeting. Nancy used a Servox Digital to read the prayer. Nancy has had virtually no audible voice for the past 30 years and was moved to tears (of joy) to be able to be heard again, when she speaks. Her husband **Paul** was thrilled to be able to hear Nancy and see how happy it made her. Nancy is looking forward to talking to her grandchildren on the phone and having them be able to hear her. **Pearl Edwards'** last name was mistakenly written as Gilbert (*again!*). Herb told Pearl she should just go ahead and change her name to "Gilbert". We all had a good laugh about it.

**Treasurer's Report** – Herb reported recent club expenses for the purchases of supplies and batteries from Lauder Enterprises and reimbursement to Sally for the purchasing the food, drinks and other goodies for our fabulous picnic. Thanks Sally! Everything was great! Everyone seemed to enjoy themselves at the picnic. We had a good turnout and the weather couldn't have been any better. This year was not like most years in the recent past, when the day of our annual picnic has seemed like the hottest day of the year. So many Servox batteries were sold at the picnic that we had to place another order, after recently receiving a shipment.

**Aunt Bea's Sunshine Report** – **Jackie and Pearl** told us about their upcoming trip to Las Vegas at the end of the month. They are really looking forward to going. Sounds like it will be a lot of fun. They will have to give us a full report next month! Herb reported that **Tema Title** is walking better now, and not having to use her cane any longer. She did, however, recently have a bout with pneumonia. **Irv & Tema** have been doing some traveling this summer. They recently attended a week-long Klezmer Camp and are now on a trip to Ireland. They are planning to return to Maryland in late October. I, as many of us feel, am looking forward to their return. I can't wait to hear all about their worldly travels. See you soon! **Michel Pommier** is in France visiting friends and family for 6 weeks. Hope you are having a great time in France and am looking forward to seeing you, when you return. **Pat Warren** was not at the meeting tonight due to having eye surgery, earlier today. Mitzi told Herb he came through the surgery fine and is doing well. Herb told us that LCMC member **Joe Shanko** recently passed away. His wife, **Maureen**, donated his Servox and some equipment and supplies to the Club.

**Words of Wisdom from Beth Solomon** – Beth was not able to be at the meeting tonight, due to a sinus infection. The medication she is taking makes her dizzy and prevents her from driving.

**Old (unfinished) Business** – **Mitzi Warren** has been very busy every weekend at the Pennsylvania Renaissance Festival this summer, so she has not been able to work on our website. She will continue to work on it when the festival concludes in late October.

**New Business** – The topic of whether to hold a special election for a Vice President was discussed. Because it is so near the time of year that we will be holding our annual election for club officers, a motion was made and seconded to not have a special election. The motion was unanimously passed, so there will not be a special election. **Ish Rivera** thanked the club for sending the sympathy card to him for the recent loss of Alicia, his loving wife for the past 50 years. He thanked everyone who signed the card, noting that his family members were very touched by the sincere notes that were written. Our thanks go to **Sally Simon** for the yummy refreshments this evening. We had a delicious homemade blueberry dessert, as well as, some tasty fruit. Everyone seemed to enjoy the treats. Our thanks also go to Sally for making the coffee and bringing the cold drinks to the

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# HealthyBody™

By Michael O'Shea

## Boost Your Energy

**W**HEN YOU'RE FEELING tired, working out is probably the last thing on your mind. But before you flop in front of the TV, consider this: Research indicates that regular exercise will do more to boost your energy than lounging around the house watching reruns of *Law & Order*. In a study at the University of Georgia, people who engaged in just 20 minutes of aerobic activity three times a week experienced a 20% increase in energy.

### Wake yourself up with a walk around the block

And don't worry if you're out of shape: Your workout doesn't have to be intense to be effective. In fact, the authors of the study found that while everyone who exercised experienced an improvement in energy, those who stuck to low-intensity activities (such as a leisurely walk) fared best. They reported a greater drop in feelings of tiredness than the group doing more-intense activities—65% vs. 49%. Exercise also helps you sleep better. So, the next time you're feeling zapped, put down the remote and get moving!

---Reprinted from *Parade Magazine*  
August 24, 2008

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meeting each month. Ish volunteered to bring the refreshments to the October meeting. Herb asked if we'd like to have a 'sing-a-long', but Ish and others said to table the idea. Instead, since it was Nancy's Birthday the next day, we all sang Happy Birthday to her. Pearl made a motion to adjourn the meeting. It was seconded by **Howard Eskildson** and unanimously passed. The meeting was adjourned at 8:40pm.

---Respectfully submitted by *Mary Speiden*



## DCLC

### A NEW LARYNGECTOMEE SUPPORT GROUP IS COMING SOON!

Due to the growth in population of the laryngectomee community in the DC area, the **District of Columbia Laryngectomee Club** is being formed. The first monthly meeting will be on Wednesday, November 5th at the Washington Hospital Center. Laryngectomees, their families and friends and SLPs in the DC Metropolitan area are invited to attend and be a part of this new group. These daytime informal discussions should appeal to many who are not able to make the other local club meetings, which are held in the evenings. **SLPS Megan Snell** and **Karen Calabrese** at the Washington Hospital Center and **Herb Simon** are working out the details. A brochure is in the works, and more information will be in the November newsletter.

Having cancer is hard.  
Finding help shouldn't be.



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www.cancer.org

Hope.Progress.Answers.®

### American Cancer Society ••• Cancer Resource Network

#### Information

Tools to help with your treatment  
Clinical trials matching service



#### Day-to-Day Help

Help finding lodging and transportation  
Help with financial and insurance questions



#### Emotional Support

Help finding local support groups  
Online community for cancer patients and their families



1.800.ACS.2345 ••• www.cancer.org

No. 754896

## GUEST SPEAKER MANDY PIETROPAOLO



Mandy was born in Vietnam and immigrated to the United States in 1979. She grew up in the Olney section of Philadelphia, PA. After receiving her BS degree in biology from Muhlenberg College, she began her career at Thomas Jefferson University, doing basic science research for the next couple of years. Mandy then went back to school and earned a Master's degree in Speech Language Pathology at East Stroudsburg University. Before joining Atos Medical, she was a staff Speech Pathologist at Christiana Hospital in Newark, DE. In this position Mandy was able to provide speech therapy to a wide range of patients, including acute care, outpatient, and long term care. She is proficient in modified barium studies, FEES Studies, videostroboscopy and tracheo-esophageal speech. She and her husband Brian reside in Coatesville, PA. Mandy enjoys time off with her niece and nephews.

## Happy Birthday



- Oct. 4th *Earnest Denton*
- Oct. 10th *Jack Craig*
- Oct. 11th *Marion Oliver*
- Oct. 11th *Mildred Smith*



## PRE-OP & POST-OP LARYNGECTOMEE VISITS

Aug. 17th – The Levi Family from Baltimore, MD came to Herb & Sally's home for a laryngectomee visit. **Ari Levi** is in his early 90's. His surgery was at Johns Hopkins University Hospital in February, 2005. Ari is a retired linotype machinist, having worked many years for the Baltimore News American newspaper. Also present for this visit was **Charlotte**, his wife of 68 years, their son **Fred**, who also lives in Baltimore, and their daughter **Elaine**, who was visiting from New York. The Levis have a lot of grandchildren and even more great grandchildren. One of the main purposes of this visit was to help Ari and Charlotte with being able to communicate better with one another. One of the problems they were having was the constant buzzing produced by Ari's electro-larynx. Herb put a new and much thicker O-ring on it. The buzzing was greatly reduced and Charlotte was able to hear and understand Ari a lot better. Much information and many ideas and experiences were exchanged. The Levis were very appreciative of their visit and thankful to Johns Hopkins University **SLP Kim Webster** for recommending this meeting.

Sept. 21st – **Jim & Mary Rigas** met at Herb & Sally Simon's home for a pre-op visit. Jim's surgery is scheduled to be at Johns Hopkins University Hospital in Baltimore on Sept. 25th. Jim and Mary are originally from Greece. They have been married for 62 years and live in Leesburg, VA. Jim, who is 86 years old, served in WWII and has many vivid memories of it. He retired in 1974, after a distinguished career with the CIA. Jim and Mary have two daughters, 6 grandchildren and 4 great grandchildren. Jim has been fighting cancer for quite awhile, and it has now been determined that he needs to have a laryngectomy to be able to continue living and enjoying life and his beloved family. Herb & Sally were both able to answer the many questions that both Jim and Charlotte had about the surgery itself and life after surgery. Herb gave Jim a visitor kit from the New Voice Club of Northern Virginia. Both Charlotte and Jim have a wonderful outlook on the surgery and are very positive thinking people. Their daughter, **Alice Busch** found Herb on the Internet and communicated via email to help arrange this visit.

Sept. 23rd – Herb visited with new laryngectomee **Mary Ann Keil** at the Bethesda home of her son, **David**, who was also present for this visit. Mary's surgery was on August 27th at Georgetown University Hospital. Mary is a retired nurse, who lives in upstate NY. She came to DC to have her surgery and be able to stay with her son for part of her recovery period. Herb brought a couple of different types of electro-larynx devices for Mary to try out. She liked the NuVois unit better than the other brands and borrowed one from LCMC to use for a while. Right now, she is placing the EL to her cheek to speak, due to the hardness of her neck area from the radiation. Mary was understandable and improved her speech during the visit. Mary and David have already notified the Emergency Response Units in Montgomery County and in NY about her new way of breathing and Mary was already wearing a Medic Alert bracelet. Herb left them a New Laryngectomee Visitor Kit, compliments of LCMC and answered many questions that they had. Mary has a terrific attitude and is looking forward to being able to eat food normally again in time to celebrate Thanksgiving in the Keil family tradition. She is also looking forward to returning to NY and seeing her grandsons again in the near future. Thanks go to **SLP Eliza Peoples** for referring Mary Ann to LCMC.

Sept. 24th – **Chester Lanehart II & Chester Lanehart III** went to Sally and Herb's home for a pre-op visit. Son Chester, who is 41 years old, is scheduled for a total laryngectomy at the Washington Hospital Center on Sept. 30th. Chester lives in Mechanicsville, MD. He is a single parent raising his 8 year old son, Chester IV and his 18 year old daughter, Krista. He is a welder and is looking forward to returning to work after surgery. He has not been able to work since his cancer was detected in February, when he started undergoing treatments. He works for a wonderful organization that will be placing him in a new position, when he is able to return to work. Chester had a tracheotomy in February and has lost a lot of weight. He is looking forward to breathing better and to being able to ride his motorcycle again, following surgery. Herb gave some pre-op materials to Chester and plans to see him again, following his surgery. The Laneharts were very appreciative of the visit and encouraged by speaking to someone who has been through the same surgery. Chester's attitude is great as he approaches his surgery date and he is looking forward to attending LCMC functions in the future. Thanks go to **SLP Megan Snell** for arranging this visit.