

New Voice News

New Voice Club of Broward County

Serving the tri-county area

www.newvoiceclub.org

October 2005

Mike Rosenkranz, Editor



**NEXT
MEETING
Sunday
October 23rd
2005**

President
Carl Kilmer
(954) 472-0865
Carlkilmer@bellsouth.net

1st Vice President
Warren Goodman
(561) 737-9122

2nd Vice President
(954) 792-0832
Pat Hopping

Secretary:
Dottie Kilmer
(954) 472-0865

Treasurer:
Lenny Weinstein
1427 E Hillsboro Bv 529
Deerfield Bch, FL 33441
(954) 427-7043

Visitations & Liaison:
Earl Mogk
141 Eleuthera Dr
Dania Beach, FL 33004
(954) 929-0136

Directors:
Sidney Gellman
Earl Mogk

Bill Romanello
Mike Rosenkranz
Patty Sewell

Main Meetings Held at the Margate Community Center

6199 NW 10th Street, Margate, FL

12:00

1:00

4 blks N of Atlantic Blvd.
2 blks W of 441 (St. Rd. 7)

Rap Sessions Meeting & Program
Refreshments after Meeting

Volunteers Needed



The New Voice Club of Broward has been providing support since 1961 to those facing laryngectomy surgery. We have made ourselves known to every hospital which performs laryngectomy surgery, maintain a very active loaner closet, and have a trained visitation committee which has very high credibility among our local professionals. We have hosted many pre-surgery visits at our meetings, which is the ideal way for prospective laryngectomees to be introduced to their new lifestyle.

Laryngectomees who rarely or never attend meetings are also important. Through our newsletters, we help keep them informed, so they know where to go if they do have questions or problems. If our goal is to serve one another, there should be no price tag associated with it, such as attending meetings or paying dues. Although the payment of dues is essential to our club's survival, we offer our services to all who need them, dues-paying or not.

The area in which we have been deficient is the training of our future leaders. A major reason why clubs disband is because key individuals move, become disabled or die. Sadly, our club has not been immune to these losses. Now, we must find new key individuals and leaders, and for that we need your help.

BECOME ACTIVELY INVOLVED

Volunteer your services

Call Warren or Pat

Phone numbers are on your right

Do you have an interest or talent you could share to benefit others? Could you talk to school-age children about the complications of smoking tobacco? Or help educate future speech therapists so they understand the specific issues involved in living without vocal cords? Could you maintain contact with someone who does not attend meetings or has become discouraged or withdrawn? Do you have a talent for writing or finding interesting articles that may be of special interest to laryngectomees?

Are you good with technology, website development or have access to video equipment to allow us to share educational programs with members during our meetings? Are you a skillful chef or bakery wizard? Do you enjoy planning and organizing social get-togethers?

Let us know where your particular area of interest lies or special talent might be, and what free time you have to volunteer, and we will match your abilities with something or someone who could benefit from them. Remember, the heart and energy of a laryngectomee group rely on the selfless caring spirit of its members to help others.

Great opportunities to help others seldom come, but small ones surround us every day... Sally Koch



CLUB NEWS

Sunshine: Congratulations to **Bill and Loretta Romanello** on the birth of another grandson on September 20th.

Long-time member **Bernard Jacobs** is now fighting medical problems. **George Hill**, one of our younger members, has lost his battle with cancer. His Servox and supplies have been donated to our loaner closet. Please pause a moment, and think a good thought for all our ailing members.

Jennifer Kenney of InHealth will be the guest speaker at our October 23rd meeting. Jennifer is very familiar with all InHealth products and will be well prepared to answer your questions.

Holiday Party plans are now finalized. We will celebrate the season at the Blue Moon Grille, 4599 S. University Dr. in Davie on Sunday, December 4th at 3 P.M. It will be \$25 per person for fine food and fine entertainment which will be provided by *Treble in Paradise*, a delightful musical duo. This will be our only gathering in December, since our regular meeting date, the 4th Sunday, falls on the 25th.

We had unusually low turnouts at our meetings this past month. These meetings, and those who host them, are an integral part of our support network, and we surely hope that October will see us back to a more normal turnout.

Pascale's meeting: Attending were **Lenny Weinstein** and **Gary Morey**.

Lynn's meeting: Attending were **Lenny Weinstein**, **Gary Morey**, **Doris Littlefield** and **Mike Rosenkranz**.

Penny's meeting: Representing the NVC were **Lenny Weinstein**, **Gary Morey** and **Mike Rosenkranz**.

Margate meeting: **Carl Kilmer** announced that he and **Dottie** will move to The Villages following the FLA meeting. **Warren Goodman** will take over as President, and **Pat Hopping** as 1st Vice President. We hosted **Irving** and **Irene Levenson** for a pre-op visit. Irving is scheduled for surgery at Sylvester on October 11th, and remarked after the meeting how much more comfortable he felt about his pending surgery after visiting and talking with us. We hosted four Nova SLP students who are now aware of our lary world thanks to the help of **Gary**, **Lenny**, **Earl**, **Wini**, **Patty**, **Bernard**, **Ralph**, **Carl**, and **Mike**. Refreshments were furnished by **Ralph Friedman** and **Micki Lindenbaum**.



October Birthdays

1st	Ralph Shadd	14th	Bernard Jacobs
3rd	John Mitchell	16th	Ron Bereman
9th	Gene Kimble	23rd	Lola Grant
9th	Minnie Riccardo	27th	Beth Bereman
13th	Anita Edelman	29th	Brbara Gellman

Happy Birthday to All

UP-COMING EVENTS

- **FREE SPEECH THERAPY (1st Wednesday)**

(Coffee) with Pascale Bourne (Donuts)

**Florida Medical Center - Auditorium
5000 W Oakland Park Blvd**

**Next Meeting - Wednesday October 5th
10:30 – 11:30 a.m.**

More information: (954) 735-6000 Ext 5307

- **FREE SPEECH THERAPY (3rd Thursday)** *(coffee)*

With Lynn Carrier, CCC-SLP (cookies)

**Boca Raton Community Hospital
DAVIS THERAPY CENTER**

**OAKS PLAZA - Glades Road at 13th Street
Next Meeting - Thursday October 20th
10:30 - 11:30 a.m.**

More information: (561) 955-5100 Ext 7430

UM/Sylvester/Deerfield

- **Tuesday, October 11th 1:30 - 3:00 p.m.**

**Mort Silverblatt Head and Neck
Cancer Support Group**

Facilitated by Penny Fisher MS, RN, CORLN

**Please RSVP for the following programs to
Joanne Leahy (954) 571-0107
Light lunch will be served.**

Monday, October 3, noon – 1:00 p.m.

What You Need to Know About Breast Cancer

Orlando Silva, M.D.

**Assistant Professor of Clinical Medicine
Director of Breast Cancer Education**

Monday, October 17, noon – 1:00 p.m.

Basics of Chemotherapy

Rakesh Singal, M.D.

Associate Professor of Medicine

Friday, October 28, noon – 1:00 p.m.

Ways You Can Avoid Infection

Maggie Kane

Infection Control Specialist

Can We Prevent Cancer?

Excerpts from a program by Sylvester Director
W. Jarrard Goodwin, M.D., FACS
presented on August 9, 2005

Two million new cases of cancer are diagnosed each year, leading to 600,000 deaths. Lung, prostate, breast and colon are the most common sites. Most experts believe up to 50% of these could be easily prevented with simple alterations in our daily lives. These include tobacco cessation, changes in diet, limited sun exposure, early screening, moderation in alcohol consumption, and other life style choices such as regular exercise and reducing stress.

The occurrence of cancer is a multi-factorial phenomenon combining many components, along with the body's immune system, including genetic predisposition, exposure to carcinogens in the environment, chemoprevention, and other bio-psychosocial factors, some of which are more difficult to change than others. Regular screening especially for cervical, skin, colon and oral cancers, can detect these tumors earlier, when they are potentially curable.

Smoking cessation programs have met with some success, but over 45 million people continue to smoke. Major improvements in public exposure to second-hand smoke (implicated in lung, oral/larynx, breast, kidney, bladder and pancreatic cancers). have been achieved through behavioral programs, drugs and legislative/judicial initiatives. Excess alcohol consumption, is also thought to contribute to some of the risk for these cancers.

Many factors in the diet can affect the risk of cancer. Higher fat intake is associated with a greater incidence of breast and colon cancers, while high fiber diets are believed to be protective for the colon. There is even an association with the consumption of increased calories with a higher rate of particular malignancies. Regular daily exercise is thought to lead to up to a 25-50% reduction in breast and colon cancers via its effects on body fat distribution, level of male or female hormones circulating in the blood stream and the immune system which is constantly on alert to identify and destroy any cancerous cells that develop.

While all malignancies are basically related

to genetic mutations, only 20% of the risk of the common cancers is due to the hereditary predisposition that one is born with to develop these cancers. Certain environmental carcinogens, and even some infections with certain viruses and bacteria, are thought to contribute an additional 10% to the risk of cancer deaths. Regular surveillance such as cervical Pap smears and screening programs for colon cancer have identified and drastically decreased the death rate from these cancers.

One of the more exciting areas of secondary cancer prevention involves research into the potential protective effects, in some cases up to 40%, from some "inhibitory micronutrients" including anti-oxidants, selected vitamins, some anti-inflammatory drugs and even some hormone inhibitors. Selenium (in daily doses of 200 mEq) has been shown to be protective for head and neck, lung, colorectal, and prostate cancer. Vitamin A, while shown to be effective in reducing the risk of some cancers, unfortunately causes frequent side effects in the doses required to reduce the risk. Doses of Beta-carotene, a basic form of Vitamin B, while much less toxic, were actually found to be associated with an increased risk of lung and oral & throat cancer. Vitamin E has also been shown to be ineffective. The protective effects of vitamin C, aspirin or other anti-inflammatory drugs still remains to be demonstrated in clinical trials. Future research is exploring ways to manipulate the predisposing factors, by early identification and treatment, e.g. gene therapy, but the environmental risks remain.

The mnemonic "CHOICES" reminds us of our best defense against developing cancer.

- C** - Cut out tobacco-currently using or exposed
- H** - Healthy life style with tolerable stress
- O** - Opt for high fiber content in the diet
- I** - Intake alcohol only in moderation
- C** - Call your doctor for regular check-ups
- E** - Exercise every day
- S** - Safeguard your skin from the sun

In summary, it has been shown that a high fiber diet, low in fat, including at least five servings of fruits and vegetables, regular daily exercise, tobacco & alcohol avoidance, regular screening and limited stress can successfully reduce both the incidence of cancer and death rate.

Life as a Lary
in
Small Town Oklahoma

By Logan Grayson

I've been a lary since 1997, wear an HME 24/7 except for every 3rd night to let my skin rest a little from the Skin Tac. There are only two other larys who live anywhere near me; I don't ever see them and have never been to any type of support meeting. It's a 70 mile run to anyone familiar with treating a lary.

I am ¼ of a BBQ team named Diamond L BBQ. We travel the state of Oklahoma competing with others to see who can be the best cooks. We live in a camper when competing, and this summer I have a brand new one. A neighbor lady had a big elm tree in the backyard, and the weight of the ice broke two limbs out of it and they fell on top of my old camper breaking its back and punched three big holes through the roof.

We go to most of the cook-offs to help raise monies for the local Hospice of the town we are cooking in. In a competition held in a town called Stillwater, we won 3rd place in the cooking of our brisket, and it made us \$100.00 which we donated to Hospice. Over the last ten years, the cooking competitions have given Hospice over \$100,000, and it sure makes you feel good to be part of it. A few weeks later, we traveled to a town called Bixby for another cook-off. Didn't do much good, but had one heck of a rain storm and looked like a bunch of drowned rats out there. We had another cook-off which was a first time thing for the town we were cooking in, and the cook-off raised money for their Hospice.

We went to Mississippi for a few days to visit the casinos, and then went to Russellville, Arkansas on the 23rd of April. The 23rd of April is a special day in our lives because that takes us back to our time spent in the service. My best friend was killed in action in Viet Nam on that date, and his wife requested I accompany his remains home to Arkansas for burial. We met with what is

left of his family on the 40th anniversary of his death.

June was family reunion time on my wife's side of the family, and we really had a good time. Quite a few members of the family are musicians, so we have a big dinner and family dance and this is one of the really fun times we look forward to each year. I usually fire up the smoker and feed everyone, but this year we decided to take a break and let everyone fend for themselves. The 4th of July we had another big get-together at my youngest daughter's house. She lives in the country and we sure did let the kids and grandkids shoot a bunch of fireworks.

A lot can be said for the different types of storms here in Okla. We have tornadoes, thunder and lightning storms, and straight wind storms, and they all can be super bad at any given time. The local weather-guessers have gotten more powerful radar and we are now getting warnings a lot sooner than we used to. I can remember times that when there were storms in the area you had very little time to find a hidey hole. Most everyone here has access to cellars or storm shelters. I have a basement under my house that it is not uncommon to have 20 to 30 family members when there is a storm in the area. We keep it stocked with enough food and water to last at least 10 days. This is just a taste of life in the wilds of Oklahoma. I guess you can say we stay busy dodging tornadoes the way you stay busy dodging hurricanes.

Now it is travel time again and we plan on going to Nevada and being gone ten days. Although I have been a part of the lary world since 1997, I don't think it has done anything to slow me down. In fact, it makes me want to go and do more, not just for ourselves, but to help other people.

The wife and I will be married 49 years on the 13th of October, and I will be 66 this coming November. The VA says I'm 100% disabled. Do you think I should slow down and get a rocking chair???