



# The New Voice News



**New Voice Club of South Florida**  
Serving Broward, Palm Beach and Miami-Dade  
[www.newvoiceclub.org](http://www.newvoiceclub.org)

DECEMBER 2011

**EDITOR NEEDED**  
**CALL LENNY**  
**AT**  
**(954) 427-7043**

~ Next Meeting Sunday, DECEMBER 18 Noon to 2 p.m. ~  
**Conference Center at Holy Cross Hospital**  
4725 N. Federal Hwy, Ft. Lauderdale, FL (south of Commercial Blvd)  
Speech Therapy, Support Group, Light Refreshments, Meeting and Program

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George Ostrander

Patty Sewell

Al Smith

[2] MORE NEEDED

Hi One and All;

Hope everyone had a Great Thanksgiving and had plenty of good food to eat. Now all we have to do is get ready for the next Holiday. Speaking of holidays don't forget we are having our party Feb. 19 make sure make a mental note of it and try to attend.

Karen from the Ft, Laud. Fire Department was unable to come and have the presentation. She informed her Chief but he did not get back to me about setting it up with another EMS team. So I will try and re- schedule for another date next year. In January Scott from ATOS said he would come and let us know what new products are available to us. For December I do not have a speaker but we are still going to have the meeting. That is to ensure that if any new members plan to attend someone will be there for them. This is also another great opportunity for us to wish each other a Happy and Healthy Holliday. We will be having a Holliday party in February to welcome in the New Year with the new members and all the old members that are able to attend.

Next year we have to get going with the Out Reach program letting the doctors, SLP's and other related sources that we are here to help and support any persons they feel could use our experiences and knowledge of how life really is being a Larry. We have so much to share with our fellow Larry's, that might want to relate with someone that has had situations they may encounter. That is why we are here, to help those people communicate again and cope with a different way of doing that. So I hope to see as many as possible at the December meeting.

Thank You  
Richard Willenborg, Pres.





# DECEMBER BIRTHDAYS

ALYCE AARONOFF  
PASCALE BOURNE  
MOLLY OBRIEN  
GEORGE OSTRANDER  
SYLVIA ROSENKRANZ

Happy Birthday to All

THANK YOU

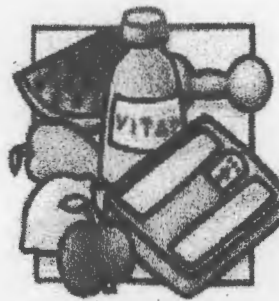
FLORENCE & WARREN GOODMAN  
FOR THE 2 DELICIOUS CAKES  
AND PLATTER OF CUPCAKES YOU  
BROUGHT TO THE NOVEMBER  
MEETING. ALSO

THANK YOU

WINNIE AND EARL MOGK FOR THE  
RED VELVET CAKE

## Golden Saloon

A guy comes home completely drunk one night. He lurches through the door and is met by his scowling wife, who is most definitely not happy. "Where the heck have you been all night?" she demands. "At this fantastic new bar," he says. "The Golden Saloon. Everything there is golden. It's got huge golden doors, a golden floor, the works - heck, even the urinal's gold!" The wife still doesn't believe his story, and the next day checks the phone book, finding a place across town called the Golden Saloon. She calls up the place to check her husband's story. "Is this the Golden Saloon?" she asks when the bartender answers the phone. "Yes it is," bartender answers. "Do you have huge golden doors?" "Sure do." "Do you have golden floors?" "Most certainly do." "What about golden urinals?" There's a long pause, then the woman hears the bartender yelling, "Hey, Duke, I think I got a lead on the guy that pee'd in your saxophone last night!"



## Vitamins and Minerals

We all need to ensure we're getting our daily vitamin requirements. Baby boomers have additional concerns, relating to maintaining

- A strong immune system
- Strong bones
- A quick memory
- Good nerve function

Various vitamins and minerals support these functions and activities. Vitamin C specifically helps strengthen the immune system. Vitamin C and vitamin E are powerful antioxidants, helping protect against a variety of serious diseases and disorders, including cancer and heart disease.

B-complex vitamins help support nerve system function. B-vitamin deficiencies have been specifically linked to memory loss and other neurologic disorders.

Calcium and vitamin D are necessary for healthy, strong bones. In combination with regular exercise, these vitamins and minerals can help prevent untimely loss of bone mass.

Good nutrition includes making healthy food choices as well as paying attention to our daily vitamin and mineral requirements. This is all pretty easy to do once we've learned the basics.



*"Inside me there's a thin person struggling to get out,  
but I can usually sedate him with four or five cupcakes!"*

*—L. D. Church*



# What's Doing Around Town

d

WILLIAM ROMENELLO

6/1942==9/15/2011

BILL WAS A LONG TIME MEMBER OF OUR CLUB AND A GOOD FRIEND TO ALL . WE WILL ALL MISS HIM

### Do the D

New research suggests that healthy vitamin D levels are important to diabetes prevention. In one study, individuals with high vitamin D levels were 38 percent less likely to develop diabetes than those with low levels. Though vitamin D is found in foods (such as eggs and fortified milk), it's difficult to get enough from food alone. Have your health-care provider check your vitamin D levels, and ask about supplementation, if needed.

### Spice it up

Cinnamon is more than a spice-cabinet standby; multiple studies have shown that it reduces blood sugar. Cinnamon offers a triple play of defensive measures against high blood sugar: It slows the emptying of the stomach after eating, improves the effectiveness of insulin and has antioxidant properties. "Many of my diabetic patients take cinnamon tablets, with good results," says Fahmi.

### Nix the nibbling

Take a bite out of your diabetes risk by cutting out mindless nibbling. A single bite of food has around 20 to 25 calories, and the impact of 20 extra calories per day over 20 years is more than 40 extra pounds of body fat. "I think we all know people who gain 40 pounds between the age of 30 and 50," says Stump. To stay slim and diabetes free, don't sample food while it cooks and strive to eat only at the table.

INCLUSA GRAPHICS

## Upcoming Events

### Main Meeting

3rd SUNDAY OF EACH MONTH  
NEXT MEETING DECEMBER 18 NOON TO 2PM  
SPEECH THERAPY & SUPPORT GROUP AT NOON  
ADVISOR PASCALE BOURNE MA,CCC-SLP  
FOLLOWED BY LIGHT REFRESHMENTS  
MEETING AND PROGRAM

CONFERENCE CENTER-HOLY CROSS HOSPITAL  
4725 N FEDERAL HWY FT LAUDERDALE  
[U.S.1 JUST SOUTH OF COMMERCIAL BLVD]  
MORE INFORMATION : CHRISTINA AT 954-267-7770

VETERANS ADMINISTRATION MEDICAL CENTER  
7305 N. MILITARY TRAIL  
WEST PALM BEACH FL. 33410  
VETERANS LARYNGECTOMEE GROUP  
[ VETERANS & FAMILY MEMBERS ONLY ]  
2nd THURSDAY OF EACH MONTH  
NEXT MEETING -DECEMBER 8 11AM TO 12 NOON  
MORE INFORMATION 561 422 6237

UMSYLVESTER/DEERFIELD  
COMPREHENSIVE CANCER CENTER  
1192 EASTNEWPORT CENTER DRIVE ROOM 230  
DEERFIELD BEACH

FACILITATER: PENNY FISHER MS,RN,CORLN.  
MORT SILVERBLATT SPOHNC SUPPORT GROUP  
2nd TUESDAY OF EACH MONTH  
NEXT MEETING DECEMBER 13 1:30- 3:00 PM  
MORE INFORMATION {305-243-4952

### Beverages

Herbal teas, fresh vegetable and fruit juices, cereal grain beverages (often sold as coffee substitutes), mineral, or water are known to lower your risk of cancer.

for your  
health

# Tater thoughts

A different take on the much-maligned potato



MEDIA BAKERY

By Marijke Vroomen-Durning

IF THE POTATO HAD a personality, it might be like Rodney Dangerfield's: It can't get no respect. We eat them, but they don't have the best reputation. And that, say some experts, is just wrong.

The potato is a great little food package, says Timothy S. Harlan, M.D., aka Dr. Gourmet, and author of *Just Tell Me What to Eat*. "I love potatoes," he says. "I think the problem is that they got a bad rap over the last few years, and a lot of that comes from the Atkins and low-carb diets.

"A normal-size potato is going to be 6 ounces," explains Harlan. This gives you about 100 to 110 calories, roughly the amount in an equivalent portion of pasta or rice, even an apple. But when you double or triple the size of the potato and you add high-fat or high-calorie toppings, you are taking the potato out of the "healthy food" category.

## Are potatoes healthy?

A few years ago, the Women's Health Study, a 15-year study involving thousands of women that looked into heart disease and some types of cancer, examined the effect of potato consumption on health. At first, it seemed as if eating potatoes increased a woman's risk of gaining weight and/or developing

diabetes. But, Harlan points out, ultimately the study found that women who ate healthy portions of potatoes prepared in a healthful manner stayed healthy or even lost weight if they were dieting.

Stanley Kubow, associate professor of dietetics and human nutrition at McGill University in Montreal, agrees with this finding. "The risk of potato consumption may be associated with higher intakes of fats used in their preparation," he says. He also points out that in North America, if there's a potato on your plate, there's very likely meat, as well.

## Choosing your potato

The type of potato you choose should depend on your meal plans rather than potential benefits, says Harlan. Starchier potatoes, such as russets, are best for baking, mashing, frying or roasting. If you're planning

on boiling your potatoes or using them in a casserole, waxy potatoes such as red potatoes may be your best bet.

Kubow suggests that to get the most benefit from the nutrients in the various types of potatoes you shouldn't stick to just one type.

## The potato, deconstructed

By eating an average-size 110-calorie potato (with the skin), you're getting about 45 percent of the recommended daily amount of vitamin C, 18 percent of potassium, 8 percent of fiber and 10 percent of vitamin B<sub>6</sub>.

When discussing the health benefits of potatoes, some people express concern about their glycemic index (GI), stating that a high GI makes potatoes a less healthy food option. The American Diabetes Association explains that the GI of a food is often higher among nutritious foods; their website gives the example of oatmeal having a higher GI than chocolate. GI is also affected by food preparation and cooking. For example, a baked potato has a lower GI than do mashed potatoes. So, as with most things, moderation is the key.

The 2010 Dietary Guidelines for Americans encourages people to get serious about eating enough potassium, which encourages heart health. A potato has almost double the potassium of a banana and even more than broccoli, foods traditionally considered potassium rich. At an average of 62 cents per pound (in 2010), according to the United States Potato Board, the little potato turns out to be the best value for the most potassium.

Concerned about fat, cholesterol and sodium? Potatoes don't have them. Remember, it's all in the preparation. [E]

## Dr. Gourmet's Delicious Twice-baked Potatoes

Yields 2 servings, half a potato each  
Cooking time: 75 minutes

12-ounce Idaho potato

2 tablespoons nonfat buttermilk

1/8 teaspoon salt

Freshly ground black pepper to taste

Green onion, sliced crosswise

1 ounce grated reduced-fat cheddar cheese

Preheat oven to 400 F.

Poke some holes in the potato using the tines of a fork. Bake potato for 60 minutes.

Remove it from the oven and let cool slightly. Slice the potato in half lengthwise. Scoop out the flesh, leaving behind about 1/4 inch of skin and flesh.

Mash the scooped flesh with the buttermilk, salt, pepper and onion. Stuff the mixture back into the skins and top with grated cheese. Return the potato to the oven and bake until cheese is melted.

**Nutrition information:** Each serving includes 162 calories, 1 g fat, 4 mg cholesterol, 258 mg sodium, 32 g carbohydrates, 2 g sugar, 4 g dietary fiber

Recipe reprinted with permission from Dr. Timothy Harlan ([www.drsgourmet.com](http://www.drsgourmet.com)).