

New Voice News

New Voice Club of Broward County

Serving the tri-county area

www.newvoiceclub.org

June 2006

Mike Rosenkranz, Editor



**NEXT
MEETING
Sunday
June 25th
2006**

Main Meetings Held at the Margate Community Center

6199 NW 10th Street, Margate, FL

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

12:00

1:00

Rap Sessions Meeting & Program
Refreshments after Meeting

A message from the president

I am amazed. No disappointed. Or really a bunch of other words that try to describe how I feel about the lack of participation at our meetings. The April meeting was to me a total disappointment, since it was the scheduled luncheon meeting with food and drinks provided by Lenny Weinstein who was celebrating his 91st birthday.

This was an event that really should have been celebrated by one and all, since Lenny has done so much to benefit our club. Not only has Lenny been active in our club, but he was the treasurer of the FLA for many years. And in all my years as a member of various organizations I have never seen anyone as dedicated as Lenny.

Not only has the bulk of the membership missed the luncheon meeting, but they seem to have abandoned the club in its entirety. In my opinion, where else can you find a group of folks that all have a problem speaking, and where else do you find people who make an effort to listen to what you say? Where else do you find a group of folks that all have the same problems in just day to day living? Things like swallowing and the constant coughing that is common among laryngectomees and lots of other things.

I bet that a lot of folks who do not attend our meetings don't know that we generally have a group of speech pathology students



June Birthdays

4th Robert Farin
5th Selma Kranz
10th Ruth Farin
16th Dana Carrier
16th Barbara Dalton
16th Doris Littlefield
20th Lynn Carrier
22nd Ruth Henegan
27th Henry Kurainowicz
29th Bill Romanello
30th George Fiorella

Happy Birthday To All

attending so that they can have first hand information about our problems and how we solve them. It is amazing how much we help them since most of them have never seen a laryngectomee up close. I will also bet that after seeing us, some of them will continue their education and specialize in working with laryngectomees. So you folks out there are missing something.

Since I assumed the presidency, I also took over the job that Carl Kilmer, our immediate past president, started by sending birthday cards to the membership. The one thing I have noted is that with the 15 to 20 cards I send out each month, I don't remember ever having met many of those folks receiving cards. What a shame! Here we are, a group of people all sharing the same problems. I really look forward to seeing more of you at our future meetings.

Warren Goodman.

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Earl Mogk

Bill Romanello

Mike Rosenkranz

Patty Sewell



Local Happenings

The May meeting with **Pascale Bourne** at the Florida Medical Center's Rehabilitation Institute of Florida was the final one to be held at that facility. In June, the meeting will move to its new Sunrise location at the HealthSouth Rehabilitation Hospital, and will continue to be held on the first Wednesday of the month, and offer free speech therapy. Pascale will still facilitate the meeting and will be joined by **Miriam Paul**, resident speech pathologist at HealthSouth. It would be great to have a nice turnout at the June 7th meeting to welcome Ms Paul. From the main lobby, take the corridor to the left to Conference Room One. The address is in the Calendar of Events to your right.

The Plantation Relay for Life was a great success. The Relay is a major ACS fund-raising event in most of our local communities. The NVC has traditionally taken an active role in the Plantation Relay. Attending from the NVC this year were **Earl and Wini Mogk, Warren and Florence Goodman, Lenny Weinstein, Gary Morey, Mike Rosenkranz, Gene Kimble, and Allan Smith**. Our contingent proudly walked the survivors' lap behind our New Voice Club Banner.

Jerry and Ingrid Shapiro learned of our support group in January of last year, months after Jerry's surgery. They joined immediately, and mentioned many times how appreciative they were of the difference we made in their coping with Jerry's post-surgical problems. They gladly made the trip from the southern end of Miami-Dade county to our monthly meetings until Jerry was no longer able to travel. Sadly, Jerry passed away on May 9th. A memorial service in South Dade was attended by several of our members. Our thoughts and prayers go out to Ingrid and the family.

It seemed like old times at the BRCH May meeting. Lynn was on vacation, and **Fay Dudley** facilitated the meeting in her absence. The discussion mostly centered on **Marilyn Lartz**, our newest member, and the one most recently out of her lary surgery. Attending were Marilyn's daughter, **Lenny Weinstein** and his son Jeff from Arizona, **Kay-Frances Slattery, Doris Littlefield** and **George Fiorella**.

Margate meeting: **Bill, Gary, Lenny and Patty** indoctrinated six Nova SE University graduate SLP students in alaryngeal speech. Club members joined in demonstrating speech. **Miriam Paul** shared her vision of facilitating education and rehabilitation in the local lary community. She

CALENDAR OF EVENTS

(NEW LOCATION)

HealthSouth Rehabilitation Hospital

4399 Nob Hill Road, Sunrise, FL 33351

(SW corner of Nob Hill and NW 44th St)

(between Commercial and Oakland Park Blvd)

hallway to left of lobby to Conference Room One

Miriam Paul, MA, CCC-SLP

Pascale Bourne MA, CCC-SLP

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

Next Meeting - Wednesday June 7th

10:30 - 11:30 a.m.

More information: (954) 746-1340

Boca Raton Community Hospital

DAVIS THERAPY CENTER

Oaks Plaza - Glades Road at 13th Street

Lynn Carrier MS, CCC-SLP

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

Next Meeting - Thursday June 15th

10:30 - 11:30 a.m.

More information: (561) 955-2100 Ext 7430

Veterans Medical Center

7305 N. Military Trail

West Palm Beach, FL 33410

Loreen Blumenthal, M.S.P.A., CCC-SLP

* **Veterans Laryngectomy Group 2nd Thursday**

(Veterans & family members only)

Next Meeting - Thursday June 8th

11a.m. - 12 noon

More information (561) 422-6237

UMSylvester/Deerfield

Comprehensive Cancer Center

1192 East Newport Center Drive, Suite 100,

Deerfield Beach

* **Tuesday, June 13th, 1:30 - 3:00 p.m.**

Mort Silverblatt Head and Neck

Cancer Support Group

Facilitated by

Penny Fisher MS, RN, CORLN

and **Pascale Bourne** will jointly facilitate the 1st Wednesday meeting at HealthSouth. **Al Smith** showed his nose-blower device and offered to donate several to members. We serenaded Lenny Weinstein with Happy Birthday for his 91st birthday on the 29th, and then shared a thoroughly enjoyable franks and beans meal.

Hello Friends!!

Several of you have written, celebrating your one, five, ten and twenty year anniversaries of survival of your surgeries. It is true that celebration is in order, for every victory, no matter how small or how big. This past June, when I made my twenty-five year mark, I'm not sure if it was anymore exciting than my first year of survival. No matter what the year of survival it is, I believe we all revel in our victories. I remember my first year. We all know that the first year, and then the five year mark, are indeed big occasions, because that is when most recurrences take place.

When I had my surgery, I was only 22, so with the passage of my ten year anniversary, I was especially pleased, because then I was able to get life insurance, and as a young mother, that was very important to me. With each five year passing thereafter, there has always been a celebration.

There are also other milestones many of us have celebrated in increments. Eating solid foods, the end of chemo or radiation, going home to sleep in our own beds, being fitted with the TEP, learning to take care of ourselves, making our first esophageal sound, our first Voice Institute and or IAL meeting, meeting that special person that made us feel better after surgery and told us that everything would be okay, learning to use the electro-larynx and being understood, meeting our first fellow laryngectomee, enjoying the first time we were able to help someone else, our first complete sentence, our first time ordering at a fast food through the drive through, our first time speaking to a large group on a stage, and the list will go on and on and on. For me, three big ones were getting married, becoming a professional speaker, and the birth of my children. Because I was so young when it happened, I didn't know I'd live to see those days. Now I have lived to see almost all of my children graduate from college, and several get married, and celebrate being a grandmother for the fifth time. The most important thing for everyone to do, is to CELEBRATE IT ALL !! Every step forward, and every step backward, is a moment of truth, and education, and we must EMBRACE IT ALL!! Because in letting go, we ultimately give away the power that intensity has over our lives. When we let that intensity go, we make way for the healing effects, in our bodies and in our lives. Happiness is even more illuminated, and our capacity to learn and grow broadens.

I will be 26 years a laryngectomee this June. I have now lived as a laryngectomee, for longer than not. Who would have thought that I'd still be here today,

and would have accomplished so much? In celebrating every moment, every accomplishment, no matter how small or how big, we empower ourselves to move on yet again, to a newer, equal, or higher achievement. Life is a daily journey. Choose something to celebrate every day, no matter how small.

I love hearing about all of your achievements. Remember to CELEBRATE AND EMBRACE IT ALL!! You are a winner, and you can do anything when you believe in your self! Congratulations to you all on your daily achievements!!! Don't ever, ever give up!!

God Bless, *Jewell Hoffman*
From a Webwhispers post April 27th, 2006

HOW TO STAY YOUNG

1. Throw out nonessential numbers.

This includes age, weight and height.

Let the doctors worry about them.

That is why you pay "them!"

2. Keep only cheerful friends.

The grouches pull you down.

3. Keep learning.

Learn more about the computer, crafts, gardening, whatever.

Never let the brain idle.

"An idle mind is the devil's workshop."

And the devil's name is Alzheimer's..

4. Enjoy the simple things.

5. Laugh often ... long and loud.

Laugh until you gasp for breath..

6. The tears happen.

Endure, grieve, and move on.

The only person who is with us our entire life, is ourselves.

Be ALIVE while you are alive..

7. Surround yourself with what you love ..

Whether it's family, pets, keepsakes, music, plants, hobbies, whatever.

Your home is your refuge..

8. Cherish your health.

If it is good, preserve it. If it is unstable, improve it.

If it is beyond what you can improve, get help..

9. Don't take guilt trips.

Take a trip to the mall ... even to the next county .

to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

**Life is not measured by the number of breaths we take,
but by the moments that take our breath away.**

ABOVE ALL.... PATIENCE
Reflections on an Anniversary
18 March '03

On Saturday, March 22, I will celebrate my eighth anniversary of becoming a “special speaker,” vocally challenged, or laryngectomee – you choose the term. As with many landmark dates, I have recently spent considerable time looking back on those eight years and how my life has changed and what I have learned. I would like to share some of those thoughts with you in the hopes that someone new to my world may receive some degree of solace, hope or direction to make their journey easier.

Without a doubt, the most important thing I have learned is PATIENCE. This was a quality I pretty much lacked prior to my surgery. I have learned that patience is essential to living successfully as a laryngectomee.

Patience in my speech pattern so that I minimize the chances of being misunderstood.

Patience in selecting my words, since speech now takes a bit of added effort.

Patience with those in the laryngectomee community who would dispense their **opinion** as if it were medical fact without realizing that the welfare of others may be influenced by what they read or hear from us “old timers”.

Patience, not irritation, to help educate a public who may or may not have ever dealt with a laryngectomee before.

Patience with those who might innocently, out of curiosity, stare at me when I speak in public, simply because of the sound of my voice.

Patience with those in the medical profession who, despite their training, do not routinely deal with “special speakers”. For the most part, they are willing to learn if we are willing to teach.

Patience to realize that I have no right to assume that, simply because of their training or title, “they should know better”.

Patience to take the time to make others aware of any special requirements I may have developed in various situations such as a hospital stay or while traveling.

Patience to take the time and make the effort to share my experiences and hope with those who are about to face laryngectomy surgery. This includes family members and should be limited to what **MY experiences have been.**

I must be ever vigilant **NOT TO OFFER MEDICAL ADVICE** other than to seek professional help when in doubt.

Patience to realize that the only sure thing I have in common with another laryngectomee is that we both have holes in our throats.

Patience to not transmit a false sense of security. Laryngectomees can face many related problems, and while I have had very few, and wish only to project hope to the new guy, I must be careful not to sow the seeds of **false hope.**

Patience to take the time and effort to tell my story to the children in the hope that I might influence one or two to avoid the mistakes I have made.

We all experience a lot of changes as a laryngectomee, and this laryngectomee has learned that, above all, PATIENCE is the key to appreciating that we have been given a second chance.

Lastly, if I continue to be patient, perhaps one day I will be able to reflect on my 16th (or better) anniversary.

Stan Mruk

LIVE LONG AND PROSPER

Experts now recommend that those who have had a cancer diagnosis or who are at high risk should eat 9 servings of fruits and vegetables every day instead of the usual recommendation of 5. ***That's right: 9!*** And that means heavy on the vegetables, as in no more than 4 fruits. Following this advice will strengthen your immune system and lower your cancer risk as well as your risk of heart disease and other serious illnesses and conditions.

A Touch of Humor

The best way to read the following is to skim over each word as quickly as you can
Try it!!

i cdnuolt blveiee taht I cluod aulacilty uesdnatnrnd
waht I was rdanieg. The phaonmneal pweor of the
hmuan mnid, aoccdrnig to a rscheearch at Cma-
brigde Uinervtisy, it dseno't mtaetr in waht oerdr
the ltteres in a wrod are, the olny iproamtnt tihng is
taht the frsit and lsat ltteer be in the rghit pclae.

The rset can be a taotl mses and you can sitll raed it
whotuit a pboerlm. Tihs is bcuseae the huamn mnid
deos not raed ervey lteter by istlef, but the wrod as
a wlohe. Azanmig huh? yaeh and I awlyas tghuhot
slpeling was ipmorantt!