

**The  
New Voice News**

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

**MAY 2009**  
**EDITOR NEEDED**  
**CALL WARREN**  
**AT**  
**(561) 737-9122**

~ Next Meeting Sunday MAY 17, 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

*A Message from the President:*

At our April meeting on the 19<sup>th</sup>, we literally had a ball. Al Smith brought in and distributed a list of things he misses since becoming a laryngectomee. Everyone more or less contributed to his list and it was engrossing to listen to all the different things that go through ones mind. Not only engrossing, but in some cases hilarious.

To top off the meeting the refreshments brought in by Richard and Adrienne Willenborg were all homemade and I can still taste the great key lime pie. I have to admit that the coffee was terrific since I made it.

But kidding aside, we had a great group of folks with us. Would you believe, the Ostrandersons came directly from their cruise on the Westerdam and that is dedication.

For the May meeting the refreshments will be brought in by the birthday boy, Lenny Weinstein, who will be celebrating his 94<sup>th</sup> birthday. Why don't you make an extra effort to join with us! And along that line, with all my advice to attend, Flori and I will not be there. We will be up in New Jersey attending the graduation from college of our oldest grandson who we thought wouldn't even get to college.

We are still looking for someone to help the club by volunteering to help put out the monthly newsletter. It really is not difficult and if you have ever used your computer for writing a letter you are more than qualified.

Warren G.

**President:**  
Warren Goodman  
(561) 737-9122

**1st Vice President:**  
Richard Willenborg  
(954) 975-6814

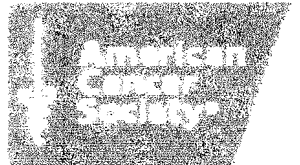
**2nd Vice President:**  
Jim Israeloff  
(954) 351-0359

**Secretary:**  
LEAH OSTRANDER  
954-491-6619

**Treasurer:**  
Lenny Weinstein  
1427 E. Hillsboro Bv #529  
Deerfield Beach, FL 33441  
(954) 427-7043

**Visitation & Liaison:**  
Earl Mogk  
141 Eleuthera Drive  
Dania Beach, FL 33004  
(954) 929-0136  
[earlmogk@wmconnect.com](mailto:earlmogk@wmconnect.com)

**Directors:**  
Max Brown  
Leon Essebag  
George Ostrander  
Patty Sewell  
Al Smith





# What's Doing Around Town

## Lynn's Meeting 4/1/2009

Spoke of an update on a patient who had a partial laryngectomy and now has swallowing problems. He is still being fed through the stomach and expects to have his esophagus dilated. If that doesn't work, then a total laryngectomy may be required. Lenny loaned him a Servox unit to practice in case it is needed.

## Penny's Meeting

- \* Is weight loss a problem during treatment?
- \* Can your appetite change during the day?
- \* When I don't have an appetite, do I have to eat three large meals per day? If not, what should I do?
- \* Why do I need more protein in my diet?
- \* What are some good sources of protein?

Patients should try to avoid weight loss. Weight loss can be a serious problem for patients undergoing chemotherapy and/or radiation therapy. It has been proven that cancer patients who maintain their weight and maintain a good nutritional state tend to have fewer complications from chemotherapy, radiation therapy or surgery. These patients tend to have shorter hospital stays, reduced illness, fewer infections, have less of a down timer and tend to better maintain strength and a sense of well-being.

It is very common for the appetite to decrease as the day progresses. If this occurs, make breakfast your big meal. If you crave or feel you can tolerate a steak and baked potato for breakfast, go for it!

*Continued on page 4*

# Upcoming Events

## Main Meeting 3rd Sunday of each month

Next meeting MAY17, Noon-2 p.m.

Speech Therapy and Support Group at noon  
Advisor: Pascale Bourne MA, CCC-SLP  
Followed by Light refreshments  
Meeting and Program

Conference Center - Holy Cross Hospital  
4725 North Federal Highway, Ft. Lauderdale  
(U.S. 1 just south of Commercial Blvd.)

More information: Christina at (954) 267-7770

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## Support Group Meeting

Boca Raton Community Hospital  
LYNN CANCER CENTER  
701 NW 13th ST 3rd FLORR

Facilitator: Lynn Carrier MS, CCC-SLP

1st WEDNESDAY OF EACH MONTH

Next Meeting - MAY 6 10:30 - 11:30 a.m.

More information

More information: (561) 395-7100 Ext 7430

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## Veterans Administration Medical Center

7305 N. Military Trail

West Palm Beach, FL 33410

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

Veterans Laryngectomee Group  
(Veterans & family members only)

2nd Thursday of each month

Next Meeting MAY 14 11a.m. - 12 noon

More information (561) 422-6237

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## UM Sylvester/Deerfield

Comprehensive Cancer Center

1192 East Newport Center Drive, Room 230,  
Deerfield Beach

Facilitator: Penny Fisher MS, RN, CORLN  
Mort Silverblatt SPOHNC Support Group

2nd Tuesday of each month

Next Meeting MAY 12 1:30 - 3:00 p.m.

More information (305) 243-4952

## LENNY SPEAKS

I LEARNED ABOUT THE NEW VOICE CLUB FROM A LARYNGECTOMEE WHO VISITED ME IN HOSPITAL  
I BECAME A MEMBER IN 1987 PRESIDENT OF CLUB IN 1988 AND HELD THE FOLLOWING POSITIONS  
SINCE

1988 TO 1990 PRESIDENT

1991 DIRECTOR

1992 TO 1998 TREASURER

1998 TO 2002 TREASURER OF THE FLORIDA LARYNGECTOMEE ASSOCIATION

2002 TO 2009 TREASURER OF NEW VOICE CLUB AGAIN

2009 STAMP RETURN ADDRESSES ON 131 ENVELOPES ,PRINT MAILING LABELS AND  
ATTACH TO ENVELOPES WRITE REPORT OF MEETINGS EDIT NEWSLETTER ,MEET RICHARD  
WILLENBORG AT AMERICAN CANCER AT COMMERCIAL BLVD WHERE WE PRINT 2 PAGE  
NEWSLETTER ,INSERT IN ENVELOPES ,RUN THROUGH STAMP AND SEALING MACHINE AND  
DROPOFF AT MAILBOX

I AM ALSO A CERTIFIED VISITATION PERSON. I AM IN CHARGE OF ONE OF THE ELECTRO LARYNX  
LOAN CLOSETS WHERE UNITS ARE AVAILABLE TO LOAN IN CASE OF EMERGENCY I ALSO DO  
MINOR REPAIRS AND ADJUSTMENTS ON SERVOX UNITS

I AM RELATING ALL THIS BECAUSE I WILL 94 IN MAY AND  
SOONER THAN LATER YOU WILL NEED SOMEONE YOUNGER TO REPLACE ME TO KEEP THE CLUB  
PROGRESSING

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## A LITTLE BIT OF HUMOR

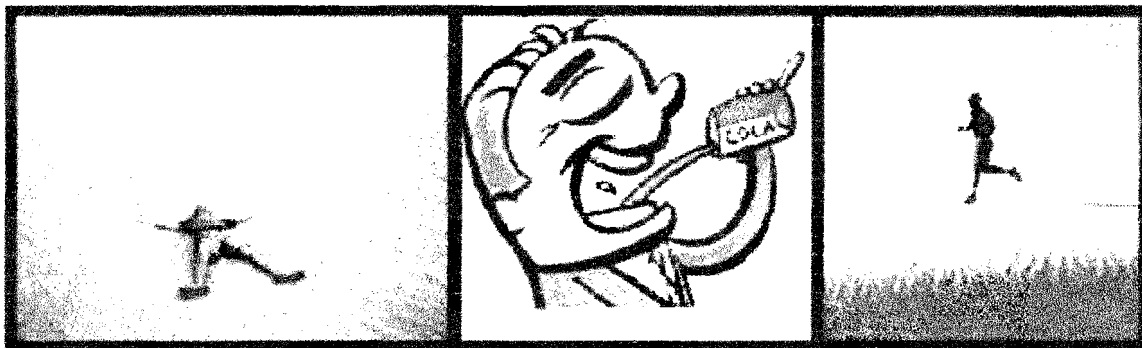
**A disappointed salesman of Coca Cola returns from his assignment to Israel.**

**A friend asked: "Why weren't you successful with the Israelis?"**

**The salesman explained: "When I got posted, I was very confident that I would make a good sales pitch.**

**But, I had a problem. I didn't know how to speak Hebrew.**

**So, I planned to convey the message through three posters."**



**"First poster: A man lying in the hot desert sand... totally exhausted and fainting."**

**"Second poster: The man is drinking our Cola."**

**"Third poster: Our man is now totally refreshed."**

**"And then these posters were pasted all over the place."**

**"Then that should have worked!!" said the friend.**

**"The hell it should have!" said the salesman, "I didn't realize that they read from right to left!!!!!!"**

Happy  
Birthday



# May Birthdays

SY FALK                      TONY RUSSO  
CATHY FOWLER      LEONARD WEINSTEIN  
HOWARD ORABOWSKI  
MICKIE LINDENBAUM (4/27)

THANK YOU ROCKY ANASTASIA FOR  
DELICIOUS RICE PUDDING

THANK YOU ADRIENNE AND RICHARD  
WILLENBORG GREAT ASSORTMENT OF  
CAKES PROVIDED FOR MEETING

## Healthy Lifestyle Tip

Do you know what's super bad for your body? Inflammation. Inflammation is thought to be at the core of many health problems like heart disease and heart attacks. Do you know what a great way to quiet inflammation is? Vitamin K. Vitamin K is the Calm, Quiet Vitamin. According to a new study published in the American Journal of Epidemiology, higher vitamin K1 intake may decrease the incidence of the inflammation that has been linked to a variety of diseases.



**Good food choices:** Vitamin K is found in leafy greens such as spinach and lettuce as well as in kale, cabbage, cauliflower, broccoli, brussel sprouts, cereals, milk and soybeans. The recommended daily amount is 90 micrograms for adult females and 120 micrograms for adult males.

---Source: Tufts University  
Health and Nutrition Newsletter

## Penny's Meeting

*Continued from page 2*

Eating small meals throughout the day is very acceptable. Try eating small, frequent meals and snacks every one to two hours. Keep high-protein, high calorie snacks and foods handy to eat when you are hungry. If solid foods don't appeal to you, try drinking liquids whenever possible. On the other hand, limit liquids with meals (unless needed to help swallow or for dry mouth) to keep from feeling full early. Avoid food smells when cooking as it can upset the appetite.

There are times that people with cancer need more protein. Protein helps to ensure growth to repair body tissue, and to maintain a healthy immune system. Without enough protein, the body can take longer to recover from illness and you can have a lower resistance to infection. Following surgery, chemotherapy, and radiation therapy, additional protein is usually needed to heal tissues and to help prevent infection.

Good sources of protein include lean meat, fish, poultry, dairy products, nuts, dried beans, peas and lentils, and soy foods. Fortified milk (recipe included in book) is a great way to add protein to recipes.