



The
New Voice News



New Voice Club of Broward County
Serving the tri-county area
of southeast Florida
www.newvoiceclub.org

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NEW MEETING PLACE EFFECTIVE AUGUST 19TH
Conference Center at Holy Cross Hospital
4725 N. Federal Hwy, Ft. Lauderdale, FL (at Commercial Blvd)
~ Next Meeting Sunday, August 19th, Noon to 2 p.m. ~
~ Noon: Rap Sessions 1: Refreshments 1:15: Meeting and Program ~

New Voice Club Activities

At this time, Earl Mogk is the only one in Broward County doing any School anti-tobacco presentations. Trying to get new laryngectomees approved by the School Board is quite a problem. In order to get on the Speaker's Bureau, one has to pass a background check, and so far there is no proper procedure for this to happen. Earl does his talks by word of mouth, which is not the best route to get into the Schools. He does about four to six presentations each month, and is still very active with the Coral Springs, *Quitter's are Winners* program, which consists of teens caught with tobacco products who have gone through the court system. This is a great program with a success rate of about 1/3 of the students who go this route do end up quitting the use of tobacco. Unfortunately, it is the only Enforcement Program throughout the Tri-County area. It is a Coral Springs law, and that city and Judge Schiff are the only ones working the program. Those members who would like to become active in anti-tobacco work should contact Earl.

Earl also works with adults through the B.A.R.C. (Broward Addiction Recovery Center) on a monthly basis, bringing his story to inpatients and outpatients who are going through drug addiction withdrawal. These are adults, and they take his Tobacco Presentation to a much higher level as they fight their addictions. He also serves on the Broward County ACS Board of Directors, where he is most active in Advocacy, and Patient Services. Those who would like to actively work for the ACS may contact Earl.

Our club has been active in the Plantation Relay for Life program for a number of years, and we have a very large contingent participate each year. Many of our members participate in other local Relays throughout the Tri-County area.

We have a number of FAU and Nova Southeastern SLP Students who come to our monthly meetings, where they really get a hands-on look at the laryngectomee, both pre and post-op, as our outreach program has resulted in a number of persons facing this procedure coming to our meetings pre-op. Additionally, Gary Morey, Lenny Weinstein, Kay-Frances Slattery and Mike Rosenkranz have been speaking to SLP student classes at FAU, joined by Lynn Carrier MS CCC-SLP. We are working to re-establish a similar program at Nova Southeastern. Our president, Warren Goodman, works with the VA to train nursing students and post graduate nurses in the care of larys.

We have monthly meetings at four locations in addition to our Main meeting. These are held at HealthSouth Rehab Hospital, Boca Raton Community Hospital, Veterans Medical Center, and UMSysvester/Deerfield Comprehensive Cancer Center. The schedule for these meetings may be found on page two of this Newsletter.

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Earl Mogk
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What's Doing Around Town



Several members attended funeral services for Sidney Gellman last month. Sid and Barbara joined the New Voice Club in 1999, and became two of our most active workers. Sid was a member of the Board of Directors for many years. The family requested that donations be made to the New Voice Club in memory of Sid, and our treasurer reports he has received, and is still receiving, many donations. As one of our members wrote, "We all feel grateful for having known him."

Selma Kranz had successful eye surgery and is seeing better than she has in years...Ralph and Micki are vacationing in San Diego and having a ball...Mike Rosenkranz is wearing shoes for the first time in eight months, but he has yet to cut his hair. Should he or shouldn't he?...

July was a banner month for our outreach activities. A panel chaired by Lynn Carrier MS, CCC-SLP and with Kay-Frances Slattery, Lenny Weinstein and Mike Rosenkranz presented the world of larydom to a class of SLP interns at FAU, just prior to their graduation. Two weeks later, the same panel gave another presentation before a class of SLP students who were just finishing their first year of study.

The subject of Pascale's meeting on July 11th was **Dysphagia**, and how swallowing problems can be treated with **VitalStim Therapy** which uses small electrical currents to stimulate the muscles responsible for swallowing. Our thanks to Pascale for the preparation which went into her presentation. Since many of us live with this problem on a daily basis, it is unfortunate there was not a larger turnout for this meeting.

Over twenty-five members attended our main July meeting at HealthSouth. Our guest speaker, Lt. Sherry Schlueter of the Broward Sheriff's Office, spoke on the subject of how to recognize abuse of special victims including disabled elders, and caveats against scams directed at these special victims Warren announced that future meetings will be held at Holy Cross Hospital. Refreshments included delicious cake baked by Ruth Henegan

IMPORTANT NOTICE: Our July 15th HealthSouth meeting was the final one to be held at that facility. Pascale's meeting on the first Wednesday of each month will continue to be held there, but our main monthly meeting on the third Sunday will move to the Conference Center at Holy Cross Hospital, effective August 19th. Please see the directions enclosed with this Newsletter.

The discussion at Lynn's July 19th meeting centered on TEPs, and Charlie Sneckenburg demonstrated the progress he has made with his TEP speech. Others joining in the discussion were Kay-Frances Slattery, Mike Rosenkranz, Seymour Platt, and Lenny Weinstein. Lynn's extensive background working with larys makes her meetings a must for those who care to be fully informed.

Upcoming Events

Main Meeting 3rd Sunday of each month

Next meeting August 19th Noon - 2 p.m.

Rap Sessions at noon Light Refreshments at 1:00
Meeting and Program at 1:15

Conference Center - Holy Cross Hospital

4725 North Federal Highway, Ft. Lauderdale
(on U.S. 1 south of Commercial Blvd.)

Use Orthopedic Parking Lot next to Conference Ctr

More information: Christina at (954) 267-7770

Support Group Meeting

HealthSouth Rehabilitation Hospital

4399 Nob Hill Road, Sunrise, FL 33351

Miriam Paul, MA, CCC-SLP

Pascale Bourne MA, CCC-SLP

1st Wednesday of each month

Next meeting August 1st

10:30 - 11:30 a.m.

More information: (954) 746-1340

Support Group Meeting

Boca Raton Community Hospital

Davis Therapy Center

Oaks Plaza, Glades Road at 13th Street

Lynn Carrier MS, CCC-SLP

3rd Thursday of each month

Next Meeting - August 16th

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

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

Veterans Laryngectomy Group

(Veterans & family members only)

2nd Thursday of each month

Next Meeting - August 9th

11a.m. - 12 noon

More information (561) 422-6237

UMSylvester/Deerfield

Comprehensive Cancer Center

1192 East Newport Center Drive, Suite 100,

Deerfield Beach

Penny Fisher MS, RN, CORLN

Mort Silverblatt Head and Neck

Cancer Support Group

2nd Tuesday of each month

Next Meeting - August 14th

1:30 - 3:00 p.m.

More information (305) 243-4952

~ Living with Cancer ~

Managing Eating Problems During Treatment

All the methods of treating cancer - surgery, radiation therapy, chemotherapy, hormone therapy, and biological therapy (immunotherapy) - are very powerful. Although these treatments target the fast-growing cancer cells in your body, healthy cells can also be damaged. Healthy cells that normally grow and divide rapidly, such as those in the mouth, digestive tract, and hair, are often affected by cancer treatments. The damage to healthy cells is what produces the unpleasant side effects that cause eating problems. Side effects of cancer treatment vary from patient to patient. The part of the body being treated, the type and length of treatment, and the dose of treatment determine whether side effects will occur.

The good news is that not everyone has side effects during treatment, and most side effects go away when treatment ends. Side effects can also be well-controlled with new drugs. Talk to your doctor about possible side effects from your treatment and what can be done about them.

Some eating problems are caused by the treatment itself. Other times, patients may have trouble eating because they are upset, worried, or afraid. Losing your appetite and nausea are two normal responses to feeling nervous or fearful. Once you get into your treatment period and have a better sense of what to expect and how you will react, these anxiety-related eating problems should get better.

While you are in the hospital or undergoing treatment, talk to your doctor, nurse, or a registered dietitian. They can answer your questions and give you suggestions for specific meals, snacks, and foods, and for dealing with any eating problems you may have. They can also help with dietary preferences that reflect various cultural and ethnic backgrounds. Feel free to talk to them if problems arise during your recovery as well. Ask them what has worked for other patients.

Remember, there aren't any hard and fast nutrition rules during cancer treatment. Some patients may continue to enjoy eating and have a normal appetite throughout most of their cancer treatment. Others may have days when they don't feel like eating at all; even the thought of food may make them feel sick. Here are some things to keep in mind.

- * When you can eat, try to eat meals and snacks with sufficient protein and calories; they will help you keep up your strength, prevent body tissues from breaking down, and rebuild tissues that cancer treatment may harm.
- * Many people find their appetite is better in the morning. Take advantage of this and eat more

- * then. Consider having your main meal of the day early, and have liquid meal replacements later on if you don't feel so interested in eating.
- * If you don't feel well and can eat only one or two things, stick with them until you are able to eat other foods. Try a liquid meal replacement for extra calories and protein.
- * On those days when you can't eat at all, don't worry about it. Do what you can to make yourself feel better. Come back to eating as soon as you can, and let your doctor know if this doesn't get better within a couple of days.
- * Try to drink plenty of fluids, especially on those days when you don't feel like eating. Water is essential to your body's proper functioning, so getting enough fluids will ensure that your body has the water it needs. For most adults, 6-8 cups of fluid a day are a good target. Try carrying a water bottle with you during the day. That may help you get into the habit of drinking plenty of fluids.

Coping with Side Effects

This section offers practical hints for coping with treatment side effects that may affect your eating. These suggestions have helped other patients manage the same eating problems that you may have. Try all the ideas to find what works best for you. Share your needs and concerns with your family and friends, particularly those who prepare meals for you. Let them know that you appreciate their support.

Loss of Appetite

Loss of appetite or poor appetite is one of the most common problems that occurs with cancer and its treatment. No one knows exactly what causes loss of appetite. It may be caused by the treatment or by the cancer itself. Emotions such as fear or depression can also take away a person's appetite. Ask a nurse or social worker about ways to lessen these emotional difficulties. Sometimes it is the side effects of treatment such as nausea, vomiting, or changes in food's taste or smell that make a person feel like not eating. If this is the cause, work with your doctor or nurse to get the side effects under better control. For some people, loss of appetite happens for just a day or two; for others, it's an ongoing concern. Whatever the reason, here are some suggestions that might help.

- * Try liquid or powdered meal replacements, such as "instant breakfast", during times when it is hard for you to eat food.
- * Try frequent small meals throughout the day, rather than fewer big ones. It may be easier to eat more that way, and you won't get so full.
- * Keep snacks within easy reach so you can have something whenever you feel like it. Cheese and crackers, muffins, ice cream, peanut butter, fruit, and pudding are good possibilities. Take a snack with you when you go out, such as peanut butter crackers or small boxes of raisins.

Reprinted from U.S. Dept of Health and Human Services



August Birthdays

3rd Loretta Romanello 12th Wanda Mainella
 5th Adrienne Willenborg 14th Norman Edelman
 10th Sally Marcella 18th Adolph Whitestone
 28th Nancy Schneiderman

Happy Birthday to All

Florida Laryngectomee Association

Annual Meeting

September 14 - 16 Orlando, FL

This meeting is essential to the welfare of every new laryngectomee. We have several new larys in our group, and it is strongly recommended that each of you attend this meeting. While veteran laryngectomees are renewing old friendships, our new larys will be gaining knowledge they will be using for the rest of their lives.

A registration form is enclosed with this Newsletter. Please note: Advance registration is required by **August 10th**, and hotel reservations are required by **August 20th**. Financial aid may be available for those requesting speech evaluation. Should you decide to attend, please notify Earl 954-929-0136 or Warren 561-737-9122.

A Message from The President

Wow! Boy, did we have a great meeting in July!!! We had a speaker who really did a great job describing situations that confront seniors, and of course none of us are seniors, but she explained how to avoid many problems that come up and what to do if they do. This great addition to our speaker program was from the Broward County Sheriff's office, Lt. Sherry Schlueter.

A committee is working on a Holiday Party and we will let you know on that score. Before I sign off, I want to remind you about the FLA meeting that starts in Orlando on Sept. 14th. This event is a plus affair for us larys and I highly recommend your attendance.

Don't forget that our August 19th meeting will be at our new meeting place, the Conference Center at Holy Cross Hospital. Directions are included with this Newsletter. Warren

YOUR BANK ACCOUNT

This is something we should all remember.

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

"I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied.

"Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away... just for this time in my life.

Old age is like a bank account. You withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories! Thank you for your part in filling my Memory Bank. I am still depositing."

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Have a nice day, unless you already have other plans.