



The  
New Voice News



**New Voice Club of Broward County**  
Serving the tri-county area  
of southeast Florida  
[www.newvoiceclub.org](http://www.newvoiceclub.org)

**October 2007**  
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**NEW MEETING PLACE**  
**Conference Center at Holy Cross Hospital**  
4725 N. Federal Hwy, Ft. Lauderdale, FL (south of Commercial Blvd)  
~ Next Meeting Sunday, October 21st, Noon to 2 p.m. ~  
Noon: Rap Sessions followed by Light Refreshments 1:15: Meeting and Program

From I-95, east on Commercial Blvd to Federal Hwy (U.S.1) Turn R (south) on Federal Hwy to 47th St. (1st street after the Holy Cross Main Entrance). Turn R onto 47th Street to the Ortho Parking Lot on your right. Park anywhere in the parking lot. Conference Center is the building to the right.  
Look for New Voice Club Banner

**MARK YOUR CALENDARS**  
**October 21st Guest Speaker**  
**Lynn Carrier MS, CCC-SLP**  
**Common Problems Experienced by Laryngectomees**  
**with Hints on How to Overcome Them**

**Drinking & Driving? You, Too, Can Be Tested!**  
*By Michael Driesbach*

Performing Intoxilyzer examinations is rather interesting. I had to pass a state required test to become a certified Intoxilyzer operator. In North Carolina if one refuses to take the examination, they automatically lose their license for 30 days plus a 12 month revocation by the Division of Motor Vehicles. I kept thinking that when I go to court and testify in these cases, some defense lawyer is going to question me on how I, as a laryngectomee, can give this exam yet not be able to take the exam myself. I then thought that if I use the baby bottle nipple for the Intoxilyzer exam, sticking a catheter in the nipple end and attaching one of the mouth pieces we use at the other end of the catheter, I might be able to take the exam. After some failed attempts to get all the plumbing right, I was finally successful. I attached the mouthpiece into the tube of the Intoxilyzer just like I would if I was giving the examination to a suspected impaired driver. I then took a deep breath, occluded my stoma with the nipple and “blew” into my contraction for about 5-7 seconds. This is the same period of time required of those with normal plumbing. I took the exam twice, the same as required of “normal” folks. I obtained the desired results. I was able to take the examination and pass.

Being a laryngectomee has required me to re-evaluate many things in my life. It has also made me make numerous adjustments as to what I can and cannot do or must now do differently. I have been fortunate enough to find a position with an organization that does not view me as having a disability. See the full article at [http://webwhispers.org/Headlines/Headlines\\_nov05.asp](http://webwhispers.org/Headlines/Headlines_nov05.asp)

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# What's Doing Around Town

There was an enthusiastic crowd at HealthSouth Sunrise on September 5<sup>th</sup>. In addition to the group's "regulars", Leon and Ethel Bainwol attended to get assistance on alternative speech options to Leon's failing esophageal speech, and new laryngectomee John MacKay arrived from Deerfield Beach with two family members to get help with his new TEP. Pascale announced she has re-joined Bonnie and Allison Harrison at Florida Medical Center, and she then solicited volunteers for HealthSouth's quarterly swallowing screening clinics which provide an interview, modified barium swallow and trial with VitalStim therapy for those laryngectomees with swallowing difficulties, . Anyone interested in taking advantage of these screenings can contact Pascale at 954-730-2825 or Miriam Paul at HealthSouth 954-764-1340.

After a long hiatus, the New Voice Club was invited to Nova Southeastern University to demonstrate different methods of alaryngeal speech for the SLP students in the National Students Speech Language and Hearing Association NSSLHA. On September 6<sup>th</sup>, Pascale Bourne MA, CCC-SLP headed a panel of speakers that presented a program for a dozen interested students, some viewing via video-conference from central Florida. After a review of basic anatomy, the EL was demonstrated by Mike and Patty, ES by Pascale and Mike, hands-free by Kay and TEP by Gary. The session was videotaped and will be available to students at the Nova Speech Clinic library.

Gary and two head and neck cancer survivors attended the September 11<sup>th</sup> meeting at UMSylvester Deerfield. Penny discussed the basics of head and neck cancer diagnosis and the five currently available methods for treatment, as well as the common reactions of new patients after learning of their diagnosis.

At the Holy Cross September 16<sup>th</sup> meeting, we learned of the sudden death of Barbara Gellman only two months after Sid's death. Lenny Weinstein was hospitalized for awhile, but is now back home. He and Charlie printed, folded and mailed your Newsletters. Warren and Flori are leading a motorcycle tour in Bavaria. Al chaired the meeting, and Gary introduced returning members Rocky Anastasia, and Frank Martin who is handling his EL very well. Gary had two special guests from England, WW members Liz Redmond and her husband Tim. We welcomed Dave Durand and his entire family. Dave is a motivational speaker Al invited to address our group. Dave's story about surviving his deployments in Afghanistan and Iraq only to be struck by a light pole in the French Quarter of New Orleans, and his subsequent detailed depiction of his recovery were enjoyed by all and inspired those in attendance.

Charlie and Kathy, Lenny, Gary, Mike, Seymour, Kay, John Mackay, with girlfriend Donna and daughter Leslie, all kept Lynn busy with helping Charlie become more fluent with his hands-free TEP, and John with learning to find the sweet spot for his EL. This was a very constructive meeting. Lynn will be guest speaker at October's main meeting.

## Upcoming Events

**Main Meeting 3rd Sunday of each month**  
**Next meeting October 21st Noon - 2 p.m.**

Rap Sessions at noon followed by light refreshments  
Educational Program and Business Meeting at 1:15  
**Conference Center - Holy Cross Hospital**  
4725 North Federal Highway, Ft. Lauderdale  
(U.S. 1 just south of Commercial Blvd.)  
Use Ortho Parking Lot next to Conference Center  
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 October 3rd**  
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 - October 18th**  
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 Laryngectomee Group  
(Veterans & family members only)  
**2nd Thursday of each month**  
**Next Meeting - October 11th**  
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 SPOHNC Support Group  
**2nd Tuesday of each month**  
**Next Meeting - October 9th 1:30 - 3:00 p.m.**  
**Penny's topic will be:**  
**Rhinorrhea Rhinitis and other Rhino things**  
More information (305) 243-4952

## ~ FLA Annual Meeting ~

The New Voice Club of Broward County was well represented at the FLA Annual Meeting which was held in Orlando September 14-16. Attending were **Alejandro and Sonia Meza, Earl and Wini Mogk, Mike Rosenkranz, Bill and Loretta Romanello, and Charlie and Kathy Sneckenburg.**

**Pat Sanders**, President of WebWhispers, was a guest speaker on the opening day of the meeting. She spoke on the importance of communication with medical personnel and your fellow laryngectomees. Her own personal experience was instrumental in her forging this belief. Pat saw her ENT for more than a year with a complaint about her voice. After the passage of quite some time, she was finally scoped and told of a nodule on her vocal cord. Over a year passed before a biopsy was ordered, and in spite of radiation, a total laryngectomy was required. The moral of this experience is that you must be your own advocate. **If you are communicating with your doctor, but he is not listening, then no communication has occurred. Your doctor must be straight forward – insist on it – or get another doctor.**

Pat became a laryngectomee on 3-31-95, and her son arranged for her to acquire her first computer which was waiting for her when she was discharged from the hospital. She could not type, and started out hunt and peck, one finger at a time. Her initial contact with other larys was through trial and error, and as the numbers grew, the emails they exchanged consisted of a half page of email addresses followed by the message. During this period, she heard about a fellow named Dutch and contacted him. Her son told her of the concept of a list-serv where everyone could write to a central place and the email would then be distributed to all members of the list-serv. There would no longer be a need for a half page of addresses listed on every email.

Pat passed this information on to Dutch, and that was the beginning of WebWhispers as we know it today. Pat also started her first newsletter which reported from the practical to the emotional, and evolved into Headlines which is still going strong. The fledgling WebWhispers has grown to almost 2,000 members with almost 1300 larys, 260 pro-

fessionals, over 300 caregivers and 50 vendors, and adding more than one additional member every day. Webwhispers is about how to get back to the best that you can be.

In closing, Pat reminded us that effective communication occurs only when the receiver understands what is being said. **If you do not understand what your professional has told you, tell him. Have him reword it so that you fully understand what he is saying.** Remember, the better informed you are, the better answers you will get to your questions, and the better decisions you will be able to make when it comes to your medical care.

Another first day speaker was Tina Long, the new President of the IAL, who explained how the IAL started 55 years ago to help laryngectomees around the world. Tina feels that where WebWhispers helps the individual lary, the mission of the IAL is to reach out to the local clubs and regional conferences. This means more face to face time with each other. The IAL must help clubs, help with training for outreach to doctors and SLPs, and needs to step up to become part of the 21<sup>st</sup> century. As part of this outreach, Janice Hayes will be starting an IAL Forum which will be available shortly. Tina and Janice are both members of the Greater Atlanta Voice-masters.

Over the course of the next two days, there were speech evaluation interviews, a TEP panel on problems & solutions, problem solving rap sessions with laryngectomees and caregivers, a session on problems that arise when a lary is the primary caregiver, critical information larys need to know about their SLPs, accessories and interesting tidbits, and an insurance panel. We met old and new friends at the meet and greet on Friday night, and had a great time at the banquet on Saturday night. The final event was a business meeting and lunch at noon on Sunday.

As part of its outreach efforts, the FLA hosted a large number of SLP graduate students who left the meeting better informed of the needs and problems of laryngectomees. This meeting was very well planned, and those who were not there missed out not only on the camaraderie of being able to meet and mingle with your fellow laryngectomies, but on a great opportunity to become better informed. We must be better informed, to make the proper decisions for our own medical care.



# October Birthdays

3rd John Mitchell	16th Ron Bereman
9th Gene Kimble	23rd Lola Grant
13th Anita Edelman	27th Beth Bereman
14th Bernard Jacobs	29th Kay-Frances Slattery
30th James Israeloff	

## Happy Birthday to All

Hello Mike,

I just wanted to thank you and the New Voice Club for welcoming me this past Sunday during the monthly meeting. It was so nice to meet and learn from all of you. I plan on sharing this experience with all of my patients and will highly recommend that they and their family members make a visit to the New Voice Club before and after their laryngectomy. Thanks again and I look forward to establishing ongoing communication with you and the New Voice Club.

Mario Landera, M.A., CCC-SLP  
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MIKE

THANK YOU, MUCHAS GRACIAS TO ALL OF YOU FOR COMING TO SPEAK TO MY CLASS. IT WAS GREAT!!! THE STUDENTS REALLY GOT A LOT OUT OF IT (ME TOO). BLESSINGS ON ALL OF YOU. AGAIN, THANKS, JOSE LOZANO, CCC-SLP  
PROFESSOR FLORIDA ATLANTIC UNIVERSITY

Dear Gary,

I want to thank you and the all of the presenters for coming to our clinic on September 6, 2007. I spoke to students who attended and they all said that it was a wonderful presentation and a great experience for them. Thank you for all your help!

As soon as the DVDs are made I will email you and inform you of this.

Again, thank you for sharing your experience and knowledge with the students at Nova SU.  
Sincerely, Bridgid Merkle

## Still Getting Wiser As We Age

I've learned you can be in love with four girls at the same time ~ Age 9

I've learned that just when I get my room the way I like it, Mom makes me clean it up again. ~ Age 12

I've learned that wherever I go, the world's worst drivers have followed me there. ~ Age 29

I've learned that if someone says something unkind about me, I must live so that no one will believe it. ~ Age 30

I've learned that there are people who love you dearly but just don't know how to show it ~ Age 42

I've learned that children and grandparents are natural allies. ~ Age 47

I've learned that motel mattresses are better on the side away from the phone. ~ Age 50

I've learned that if you pursue happiness, it will elude you.

But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you. ~ Age 65

I've learned that even when I have pains, I don't have to be one ~ Age 82

I've learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug, or just a friendly pat on the back. ~ Age 90

I've learned that I still have a lot to learn ~ age 92

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do." ~Eleanor Roosevelt~