



The
New Voice News



New Voice Club of South Florida
Serving Broward, Palm Beach and Miami-Dade
www.newvoiceclub.org

November 2008

Editor:

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~ Next Meeting Sunday, November 16th, 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

HAPPY THANKSGIVING

From Lary the Giraffe.
Lary is the one on the left.



A Message from the President:

Greetings one and all. It was a pleasure to see so many folks attending our October meeting. I guess everyone heard that Flori and I were bringing the food to celebrate our 60th anniversary and it was a real pleasure.

One of the things that was brought up at the meeting was the report of the nominating committee which presented a slate of officers. I want to bring to your attention that nominations can be brought up from the floor at the next meeting which will be our election day.

A subject of importance was discussed and that was our upcoming Holiday Party. This will be held at our meeting place in the Conference Center on Sunday, the 7th of December and will start at 7:00 PM. Food will be prepared by the famous TOOJAYS deli and we have the good luck to be able to book Wayne L. who is a well know entertainer. He has performed at quite a few events sponsored by the City of Hope. We will comply with the rules set up by the hospital and not serve alcoholic beverages.

We have kept the price to you as low as possible at a cost of \$25.00 per couple and \$12.50 for a single. We would appreciate it if you would send your check and list of participants before the 25th of November and of course your friends and family are invited.

Please make your check out to:
New Voice Club of South Florida
and mail it to
Warren Goodman
10395 Utopia Circle East
Boynton Beach, FL 33437



President:

Warren Goodman
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Earl Mogk
Gary Morey
Mike Rosenkranz
Patty Sewell
Richard Willenborg





What's Doing Around Town

SPECIAL CHANGE IN NOVEMBER SCHEDULE

This month only, Lynn Carrier's meeting at the BRCH Davis Therapy Center will take place on the **SECOND** Thursday instead of the third Thursday. The meeting will be November 13th at 10:30 a.m.

Lynn's meeting: In Lynn's absence, the meeting was chaired by our old friend Fay Dudley Bragg. A small contingent of regulars, Lenny Weinstein, Gary Morey, Charlie Sneckenburg and Mike Rosenkranz spent the hour reminiscing about the good old days.

Penny's meeting: Penny made several announcements at the start of the meeting. Lenny and Gary were happy to welcome back Howard Grabowski after a prolonged absence from the scene, in a lively discussion of current events and other issues important to laryngectomees.

Main Meeting: Erin, a Nova SLP graduate student, was indoctrinated into our unique world by Lenny, Gary and Mike, and was then introduced to the other larys in attendance. The Nominating Committee presented the following slate of officers and directors to be voted on at the November meeting.

- 1st VP Richard Willenborg
- 2nd VP Jim Israeloff
- Treasurer Lenny Weinstein
- Secretary Ruth Henegan
- Director Patty Sewell, Al Smith, George Ostrander, Max Brown and Leon Essebag. In the absence of a recommendation for President, Warren Goodman volunteered to stay in that post for one more year.

AGENDA FOR NOVEMBER MEETING

- Nominations from the floor
- Election of Officers and Directors
- Allan Ribbler, PHD, Neurologist, will speak on "Cancer as a Chronic Disease"

It is a small world. The sound of my Servox, while shopping in Publix, attracted the attention of Harlee Mahmet, wife of our late member Myron Mahmet. Harlee offered to donate several items to our loaner closet, including Myron's Servox.

Nancy DeGregory and Selma Kranz called to tell us how much they enjoy reading the newsletter, and be sure they were kept on the mailing list. Did you make **YOUR** call?



Upcoming Events

Main Meeting

3rd Sunday of each month

Next meeting November 16th, 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

Support Group Meeting

Boca Raton Community Hospital
Davis Therapy Center
Oaks Plaza, Glades Road at 13th Street

Facilitator: Lynn Carrier MS, CCC-SLP
THIS MONTH ONLY SECOND THURSDAY

Next Meeting - November 13th

10:30 - 11:30 a.m.

More information: (561) 395-7100 Ext 7430

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 - November 13th

11a.m. - 12 noon

More information (561) 422-6237

UMSylvester/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 - November 11th

1:30 - 3:00 p.m.

More information (305) 243-4952

Hands-only CPR also saves lives

Experts say there's an alternative to mouth-to-mouth resuscitation of a heart attack victim.

By Stephanie Nano, Associated Press

You can skip the mouth-to-mouth breathing and just press on the chest to save a life.

In a major change, the American Heart Association said Monday that hands-only CPR - rapid, deep presses on the victim's chest until help arrives - works just as well as standard CPR for sudden cardiac arrest in adults.

Experts hope bystanders will now be more willing to jump in and help if they see someone suddenly collapse. Hands-only CPR is simpler and easier to remember and removes a big barrier for people skittish about the mouth-to-mouth breathing.

"You only have to do two things. Call 911 and push hard and fast on the middle of the person's chest," said Dr. Michael Sayre, an emergency medicine professor at Ohio State University who headed the committee that made the recommendation.

Hands-only CPR calls for uninterrupted heart presses - 100 a minute - until paramedics take over or an automated external defibrillator is available to restore a normal heart rhythm.

This action should be taken only for adults who unexpectedly collapse, stop breathing and are unresponsive. The odds are that the person is having cardiac arrest - the heart suddenly stops - which can occur after a heart attack or be caused by other heart problems. In such a case, the victim still has ample air in the lungs and blood and compressions keep blood flowing to the brain, heart and other organs.

EXCEPTIONS TO THE RULE

A child who collapses is more likely to primarily have breathing problems - and in that case, mouth-to-mouth breathing should be used. That also applies to adults who suffer lack of oxygen from a near-drowning, drug overdose or carbon monoxide poisoning. In these cases, people need mouth-to-mouth to get air into their lungs and bloodstream.

But in either case, "Something is better than nothing," Sayre said.

The CPR guidelines had been inching toward compression-only. The last update, in 2005, put more emphasis

on chest pushes by alternating 30 presses with two quick breaths; those "unable or unwilling" to do the breaths could do presses alone.

Now the heart association has given equal standing to hands-only CPR. Those who have been trained in traditional cardiopulmonary resuscitation can still opt to use it.

Sayre said the association took the unusual step of making the changes now - the next update wasn't due until 2010 - because three studies last year showed hands-only was as good as traditional CPR. Hands-only will be added to CPR training.

An estimated 310,000 Americans die each year of cardiac arrest. Only about 6 percent of those who are stricken outside a hospital survive, although rates vary by location. People who quickly get hands-only CPR while awaiting medical treatment have double or triple the chance of surviving. But less than a third of victims get this essential help.

Dr. Gordon Ewy, who's been pushing for hands-only CPR for 15 years, said he was "dancing in the streets" over the heart association's change even though he doesn't think it goes far enough. Ewy (pronounced AY-vee) is director of the University of Arizona Sarver Heart Center in Tucson, where the compression-only technique was pioneered.

Ewy said there's no point to giving early breathe in the case of sudden cardiac arrest, and it takes too long to stop compressions to give two breaths - 16 seconds for average person. He noted that victims often gasp periodically anyway, drawing in a little air on their own.

Surveys show people are reluctant to do mouth-to-mouth, Ewy said, partly because of fear of infections.

"When people are honest, they're not going to do it," he said. "It's not only the yuck factor."

In recent years, emergency service dispatchers have been coaching callers in hands-only CPR rather than telling them how to alternate breaths and compressions.

"They love it. It's less complicated and the outcomes are better," said Dallas emergency medical service chief Dr. Paul Pepe, who also chairs emergency medicine at the University of Texas Southwestern Medical Center.

One person who's been spreading the word about hands-only CPR is Temecula, Calif., chiropractor Jared Hjelmstad, who helped save the life of a fellow health club member in Southern California.

(cont'd page 4 column 2)





November Birthdays

- 1st Nancy DeGregory 10th Myrna Glassberg
- 5th Warren Goodman 12th Frank Recca
- 6th Evelyn Acosta 14th Florence Margolis
- 6th Bernard Lalime, Sr. 15th Donna Lewis
- 7th Ingrid Shapiro 19th Cathy Sneckenburg
- 8th Mary Martin 21st Donald Robinson
- 9th Al Smith 24th Bruni Suarez

Frank Martin 25th

Happy Birthday to All



Good Habits May Be Worth 14 Extra Years

By Maria Cheng, Associated Press

To get an extra 14 years of life, don't smoke, eat lots of fruits and vegetables, exercise regularly and drink alcohol in moderation. That is according to a study published in the Public Library of Science Medicine journal.

After tracking more than 20,000 people 45 to 79 years old in the United Kingdom from about 1993 to 2006, Kay-Tee Khaw of the University of Cambridge and colleagues found that people who adopted these four habits lived an average 14 years longer than those who didn't.

"We've known for a long time that these behaviors are good things to do, but we've never seen these additive benefits before," said Susan Jebb, head of Nutrition and Health at Britain's Medical Research Council. Jebb was not involved in the study.

"Just doing one of these behaviors helps, but every step you make to improve your health seems to have an added benefit," she said. The benefits were also seen regardless of whether or not people were fat and what social class they came from.

Study participants scored a point each for not smoking, regular physical activity, eating five servings of fruits and vegetables a day and moderate alcohol intake. People who scored four were four times less likely to die than those who scored zero. Researchers tracked deaths from all causes, including cardiovascular disease, cancer and respiratory diseases.

Khaw said that the study should convince people that improving health does not require extreme changes. "We didn't ask these people to do anything exceptional," Khaw said. "We measured normal behaviors that were entirely feasible within people's normal, everyday lives." Public health experts said they hoped the study would inspire governments to introduce policies helping people to adopt these changes.

(Cont'd from Page 3)

READING PAID OFF



Hjelmstad, 40, had read about it in a medical journal and used it on Garth Goodall, who collapsed while working out at their gym in February. Hjelmstad's 15-year-old son Josh called 911 in the meantime.

Hjelmstad said he pumped on Goodall's chest for more than 12 minutes – encouraged by Goodall's intermittent gasps – until paramedics arrived. He was thrilled to find out the next day that Goodall had survived.

On Sunday, he visited Goodall in the hospital where he is recovering from triple bypass surgery. "After this whole thing happened, I was on cloud nine," Hjelmstad said. "I was just fortunate enough to be there."

Goodall, a 49-year-old construction contractor, said he had been healthy and fit before the collapse, and there'd been no hint that he had clogged heart arteries.

"I was lucky," he said. Had the situation been reversed, "I wouldn't have known what to do."

"It's a second lease on life," he added.

WHAT TO DO

How to do hands-only CPR with no mouth-to-mouth breathing

- ?? First, have someone call 911, or call yourself.
- ?? Put the victim on the floor, face up.
- ?? Put one hand on top of the other in the middle of the victim's chest.
- ?? Push hard and fast, 100 presses a minute.
- ?? If there's another bystander, take turns.
- ?? Continue until paramedics take over.
- ?? Use an automated external defibrillator if available.

Source: University of Arizona Sarver Heart Center.

