

New Voice News

January, 2003

New Voice Club of Broward County

www.newvoiceclub.org

Main Meetings Held at Catherine Young Library

5810 Park Dr, Margate

12:00

1:00

4blks N of Atlantic Blvd-2blks W of 441
Refreshments after Meeting

Therapy &
Rap Sessions

Meeting &
Program

President's Message

**HAPPY HEALTHY WISHES
for 2003 and all days to come!**

2002 was a year of many changes... but then so was 2001? Life is change, and we must constantly strive to adapt to these changes if we are to be Happy, Healthy and Successful... As I accept becoming President of our club, I am so very thankful for the help and support I have received these past few years in preparation and also for the strong and committed group of fellow officers and directors who have joined me on the board... We have added a new director, chosen from the non-laryngectomee membership which I feel is an important new step... But during the past two years under Jim Kimling's leadership, there have been many equally important changes that I feel will serve our club and its mission greatly... 1st Jim proposed that our board needed to meet with more regularity to keep the business end of our club running smoothly and allow the membership meetings to deal more with support and new member & student training; 2nd he proposed a "Mentor" program whereby all new laryngectomees would be assigned to a member of the Visitation committee

*** Board Meeting ***

Sunday, January 19th

11:00 AM (sharp)

Main Library

**All Officers and Directors,
please come an hour early for
our first 2003 meeting...**

to provide vital one-on-one contact and help through those first crucial months... Next we became a little more "Social" with our meetings as well as provide more interesting programs and speakers, and Finally Jim (who hates to sing himself) saw the benefits that Sing-a-Long can provide for both voice therapy and group participation and "decreed" we should add this to the general meeting each month... It was with great esteem and deepest thanks that I proudly presented Jim with the Brass Eagle "trophy" at last December's meeting for a job well done... I hope you all will take a minute when you next see Jim to say "Thanks!" Please join me Sunday the 19th to welcome the new year ... and don't forget your new Treasurer, Lenny Weinstein... he wants your dues!

L Jo(>);



**NEXT
MEETING
Sunday
January
19th**

President:

Larry Switzer
(954) 523-6053

VicePresident
& Sunshine

Carl Kilmer
(954) 472-0865

2nd VicePresident

Doris Littlefield
(561) 330-0510

Secretary:

Dottie Kilmer
(954) 472-0865

Treasurer:

Lenny Weinstein
1427 E Hillsboro Bv 529
Deerfield Bch, FL 33484
(561) 427-7043

Visitations & Liaison:

Earl Mogk
141 Eleuthera Dr
Dania Beach, FL 33004
(954) 929-0136

Directors:

Evelyn Acosta

Norm Edelman

Sidney Gellman

Jim Kimling

Earl Mogk

Gary Morey

Mike Rosenkranz

CLUB NEWS

December's meeting was a smaller group plus the Nova students were off on break, though we still managed a rousing rendition of "Deck the Halls" for our holiday sing-a-long... Then officer "Woody" of the Margate police department gave us another talk on ways to stay safe, especially while shopping and warned us of some of the latest scams going on here in South Florida... Jim was presented with his very own copy of the "Pledge of Allegiance" prior to his Eagle, and led us for his final time as President, followed by a heart-felt final message, including many thanks and kudos for all the various members who helped him, not only with the presidency, but right from the start with his initial rehabilitation as well as their continued support for the club... Jim is a prime example of what "Giving Back" is all about, and reminded us all that this is the main way our club will remain strong and vital and continue to provide support for the new laryngectomees that follow us... Thanks Jim!

Fay Dudley who has accepted a new position with Boca Raton Hospital and can no longer facilitate our support group which meets there each month, announced that her new replacement, Lynn Clements, is well acquainted with laryngectomees special needs and will now be conducting the group therapy sessions... The Time: 10:30 AM and Place: Davis Therapy Center, remain the same... however the DAY will now be changed to the 3rd WEDNESDAY instead of Thursday, due to Lynn's schedule... Her first meeting will be held this coming Wednesday, January 15th, and hopefully we can muster a big turnout to meet Lynn and welcome her!


We were treated to wonderful holiday cake and confections brought by Sol Resnik and his friend Florence, all of which were delicious! Sadly we lost one of our longest standing members, Frieda Cohen, last month who was a member for 27 years... Sidney Gellman was just home from a recent surgery for his TEP and missed last month's meeting, but Barbara reports that she and Sid both continue to be on the mend and doing well... Barbara Kimble, who was seen dancing at Tropical Acres, had open heart surgery on Thursday the 2nd and Gene reports that all's going according to plan!

There was an interesting article in the Web Whispers Journal regarding the need for laryngectomees to be extra careful about keeping their bedding clean and washed to reduce the

occurrence of lint, dead skin cells and dust mites which can irritate the open trachea and cause excessive coughing... also a thought to remember for those who feel that wearing a stoma cover or filter at night is not necessary? The article goes on to point out that our beds can be one of the dustiest environments we live in, and since we spend about 1/3 of our lives therein and do some of our deepest breathing during sleep, it seems worth noting... Recommendations include frequent changes and washing of bed linens as well as thorough vacuuming of the mattress... Stoma covers and filters also help keep the moisture in during sleep, which also helps reduce coughing and mucous build-up or crusting which can create plugs that impair breathing especially this time of the year

A Final note: 2003 Members Dues are being collected... \$7.00 for Laryngectomees and \$3.00 for spouses & associates... You may see Lenny at the meeting or his address is on page one if you would like to send him a check

Special Program

Tanya Wood, SLP with the VA hospital in West Palm Beach will be giving a Presentation at this months meeting, Sunday, January 19th 

January Birthdays

Domenic Abitabile - 5th; Hy Sherman - 10th; Paul Barber - 11th; Arthur Schultz & Jim Stanton - 16th; Pearl Sorkin - 21st; Adele Sherman - 23rd; Jim Kimling - 25th; Doris Shadd - 26th; Joe Saliba - 28th

UP-COMING EVENTS

- ? **FREE SPEECH THERAPY** (1st Thursday)
(Coffee) with Bonnie Pastor (Donuts)
The Rehabilitation Institute of Florida
Florida Medical Center - Auditorium
5000 W Oakland Park Blvd
Next Meeting - Thursday, February 6 - 10:00AM
More information: (954) 735-6000 Ext 5307
- ? **FREE SPEECH THERAPY** (3rd Wednesday)
With Lynn Clements, SLP
Boca Raton Community Hospital
DAVIS THERAPY CENTER
OAKS PLAZA - Glades Road at 13th Street
Next Meeting - Wed, January 15th - 10:30AM
More information: (561) 361-5328
- ? **SEE YOU THERE!**