



**The
New Voice News**

October 2009

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

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



~ Next Meeting Sunday, October 18th, 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

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A Message from the president:

Another month and another boo-boo. My apologies to those folks observing their religious holiday and scheduling a meeting on that date.. This time we can only blame it on the pocket calendar we checked for the date of the third Sunday. Again my apologies.

At our meeting this month we had the good fortune to have two brand new laryngectomees with us. Both of them had their operations in May and are making great strides in their speech. Welcome new members.

By the time you read this the annual meeting up in Orlando of the FLA will have taken place. Both Flori and I have always looked forward to this event with its interesting programs. There was one program of particular interest that I wanted to partake in and that was hands free speech for me as a TEP speaker. We missed it because I just had to attend what may be the last reunion of my division from WW II. This is the division that met the Russians at Torgau on the Elbe River and probably captured more German soldiers than any other division since they were working real hard to escape the Russians. We also had the distinction of liberating more work camps and small concentration camps than any other unit.

We are still looking for more helpers. Lenny is doing a great job with our news letter, but that is just another of the many things he does for the club. Anyone with just a bit of experience in word processing on their computer is an absolute candidate. And a word to one and all, in a month or so we will be working on a new slate of officers. Yes, we are looking for new folks to help run this club.

Warren G.





What's Doing War Around Town

LYNNS MEETING

9/2/2009

THERE WERE 7 LARYNGECTOMEES AND 3 S.L.P. PRESENT. AFTER INTRODUCTIONS DISCUSSION STARTED ABOUT 20 FR VRS 16 FR VOICE PROSTHESIS. CONCLUSION NOT MUCH DIFFERENCE.

A NEW 20 FR VOICE PROSTHESIS THAT HAS 2 VALVES NOW MADE BY IN HEALTH. IF OUTER VALVE GETS STUCK IN OPEN POSITION THEN INNER VALVE PREVENTS PATIENT FROM ASPIRATING.

PATIENT WHO HAS BEEN FED THROUGH STOMACH TUBE FOR ABOUT A YEAR HAD IT REMOVED AND IS NOW IN PROCESS OF LEARNING HOW TO EAT AGAIN.

PENNYS MEETING

9/8/2009

PENNY SPOKE ABOUT DRUGS USED IN CHEMO-THERAPY AND HOW THEY EFFECT THE BODY. DEPENDING ON RESULTS THERE ARE DIFFERENT COMBINATION OF DRUGS THAT CAN BE USED. CHEMO CAN MAY SLOW CELL GROWTH, PREVENT SPREAD AND CONTROL SIDE EFFECTS.

LENNY REPORTS

ON SEPT 1 I ATTENDED A MEETING OF HEAD AND NECK CANCER SURVIVERS AT LYNN CANCER CENTER FACILATATED BY LAURA MOON, M..S.W.L.C.S.W.

THERE WERE 7 SURVIVERS PRESENT 1 LARYNGECTOMEE AND SIX WHO HAD EITHER TONGUE OR TONSIL CANCER EACH DESCRIBED HOW THEY MANAGED THEIR TREATMENTS TO BECOME SURVIVERS

Upcoming Events

Main Meeting

3rd Sunday of each month

Next meeting OCTOBER 18, 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
LYNN CANCER CENTER
701 NW 13th ST 3rd FLOOR

Facilitator: Lynn Carrier MS, CCC-SLP

Next Meeting - OCTOBER 7

10:30 - 11:30 a.m.

More information

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 - OCTOBER 8

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 - OCTOBER 13 1:30 - 3:00 p.m.

More information (305) 243-4952

A LITTLE BIT OF HUMOR

SPAGHETTI

For several years, a man was having an affair with an Italian woman. One night, she confided in him that she was pregnant. Not wanting to ruin his reputation or his marriage, he said he would pay her a large sum of money if she would go to Italy to secretly have the child. If she stayed in Italy to raise the child, he would also provide child support until the child turned 18.

She agreed, but asked how he would know when the baby was born..

To keep it discreet, he told her to simply mail him a post card, and write 'Spaghetti' on the back. He would then arrange for the child support payments to begin.

One day, about 9 months later, he came home to his confused wife.

'Honey, she said, 'you received a very strange post card today.'

'Oh, just give it to me and I'll explain it later,' he said. The wife obeyed and watched as her husband read the card, turned white, and fainted.

On the card was written:

Spaghetti, Spaghetti, Spaghetti, Spaghetti, Spaghetti.

Three with meatballs, two without.

Send extra sauce.

Seniors

Two businessmen in Florida were sitting down for a break in their soon-to-be new store. As yet, the store wasn't ready, with only a few shelves set up.

One said to the other, 'I bet any minute now some senior is going to walk by, put his face to the window, and ask what we're selling.'

No sooner were the words out of his mouth when, sure enough, a curious senior walked to the window, had a peek, and in a soft voice asked 'What are you sellin' here?'

One of the men replied sarcastically, 'We're selling ass-holes.'

Without skipping a beat, the old timer said, 'You're doing well. Only two left.'



OCTOBER Birthdays

ANITA EDELMAN BERT GOLDMAN
 RON FAITH JAMES ISREALOFF
 ANGELA GANTHNER PATRICA MALLETT
 BERNIE GILICK WILLIAM MARREN
 KAY FRANCIS SLATTERY

Happy Birthday to All

THANK YOU ROCKY ANASTASIA FOR DELICIOUS
 CAKE PROVIDED FOR SEPTEMBER MEETING

A woman is standing nude, looking in the bedroom mirror. She is not happy with what she sees and says to her husband,
 'I feel horrible; I look old, fat and ugly.
 I really need you to pay me a compliment.'

The husband replies, 'Your eyesight's damn near perfect.'

And then the fight started.....

Tips for more Calories and Protein

- ◆ Keep snacks handy to have available all the time
- ◆ Quick and easy snacks include: **cheese** and crackers, muffins, ice cream, peanut butter, fruit, and pudding are good possibilities
- ◆ Take a portable snack with you when you go out, such as peanut butter crackers or small boxes of raisins
- ◆ Even if you don't feel like eating solid foods, try to drink liquids during the day. Juice, soup, and other fluids give you important calories and nutrients. Milk-based drinks also provide protein
- ◆ For extra protein in **dishes**, consider adding a little nonfat instant dry milk to scrambled eggs, soup, cereal, sauces, and gravies.
- ◆ Use instant breakfast powder in milk drinks, desserts, ice cream, and milk
- ◆ Try hard-cooked eggs, luncheon meats, peanut butter, cheese, ice cream, granola bars, nutritional supplements, puddings, chips, crackers, and pretzels.

Foods that Provide 7 Grams of Protein Per Serving

- | | |
|-------------------------------|---------------------------|
| ◆ 1 cup legumes | ◆ 2.5 ounces tempeh |
| ◆ 1 to 2 ounces nuts or seeds | ◆ 1 cup cottage cheese |
| ◆ 2 tablespoons peanut butter | ◆ 1 ounce cheese |
| ◆ 1 cup rice | ◆ 7 ounces milk or yogurt |
| ◆ 1 cup tofu | |

How to Add Protein and/or Calories to Your Diet

CHEESE

- ◆ Melt on sandwiches, breads, muffins, omelets, tortillas or any meat, chicken or fish.

COTTAGE CHEESE/RICOTTA/CREAM CHEESE

- ◆ Add to casseroles, spaghetti, and pasta
- ◆ Use as stuffing for crepes, pasta shells, or manicotti.
- ◆ Add to omelets, scrambled eggs, and pancake batter.
- ◆ Spread cream cheese on bread, muffins, fruit and crackers.