

New Voice News

New Voice Club of Broward County

Serving the tri-county area

www.newvoiceclub.org

March 2006

Mike Rosenkranz, Editor



**NEXT
MEETING
Sunday
March 26th
2006**

President
Warren Goodman
(561) 737-9122
bikeship@gate.net

1st Vice President
Pat Hopping
(954) 792-0832

2nd Vice President
Allan Smith
(954) 724-1971

Secretary
Ruth Henegan
(954) 968-3198

Treasurer
Lenny Weinstein
1427 E Hillsboro Bv #529
Deerfield Bch, FL 33441
(954) 427-7043

Visitation & Liaison
Earl Mogk
141 Eleuthera Drive
Dania Beach, FL 33004
(954) 929-0136

Directors
Sidney Gellman

Earl Mogk

Bill Romanello

Mike Rosenkranz

Patty Sewell

Main Meetings Held at the Margate Community Center

6199 NW 10th Street, Margate, FL

12:00

1:00

4 blks N of Atlantic Blvd.
2 blks W of 441 (St. Rd. 7)

Rap Sessions Meeting & Program
Refreshments after Meeting



Plantation Relay for Life

The **Plantation Relay for Life**, a major fund raiser for the American Cancer Society, will take place on Friday and Saturday, **April 28th and 29th**. The New Voice Club of Broward has always been a strong supporter of the Relay which is the culmination of several months of fund raising. Continuing in that tradition, we plan to have a large contingent at the opening ceremony on the evening of the 28th. Pick up your registration form at any of our meetings throughout the month, or contact Mike Rosenkranz. Let's have a record number of survivors and caregivers turn out for this event which, from the opening ceremony and throughout the evening, honors the survivors and caregivers in their fight against cancer. Last year's Relay raised \$156,586, exceeding its goal of \$140,000. This year, we plan to better that figure with a minimum goal of \$160,000.

The ACS is a leader in the fight against all forms of cancer, and has consistently supported us in our efforts for the laryngectomee community. Our Newsletter, which you are now reading, has been financed by the ACS for years. They furnish the facilities, the printing, the supplies and the postage. It is only through their support that we are able to bring you the New Voice News..

Guest speaker at our March meeting is **Lauren Blumenthal, M.S.P.A., CCC-SLP**, resident speech pathologist at the West Palm Beach VA facility. Lauren facilitates a meeting at that facility at 11 a.m. the 2nd Tuesday of every month.

No Nursing Home for Me

About 2 years ago my wife and I were on a cruise through the western Mediterranean aboard a Princess liner. At dinner we noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room. I noticed that all the staff, ships officers, waiters, busboys, etc., all seemed very familiar with this lady.

I asked our waiter who the lady was, expecting to be told that she owned the line, but he said he only knew that she had been on board for the last four cruises, back to back.

She replied, "Yes, that's true." I stated, "I don't understand" and she replied, without a pause, "It's cheaper than a nursing home".

So, there will be no nursing home in my future. When I get old and feeble, I am going to get on a Princess Cruise Ship. The average cost for a nursing home is \$200 per day. I have checked on reservations at Princess and I can get a long term discount and senior discount price of \$135 per day. That leaves \$65 a day for:

1. Gratuities which will only be \$10 per day.
2. I will have as many as 10 meals a day if I

(continued on page three)



CLUB NEWS

Ralph Friedman celebrated the 5th anniversary of his lary surgery on February 9th. He and Micki had so many friends and relatives the celebration was split into two weekends. Ralph's daughters, Judy and Meryl, flew in to join the celebration..

Pascale's meeting: Attending were **Gary Morey, Mike Rosenkranz, Lenny Weinstein, Al Smith, and Henry and Dorothy Kurainowicz.** Henry was unable to voice properly with his Servox and sent it back to the supplier. During this meeting, Henry, using a loaner, started out with nothing but loud buzzing, and ended up speaking very clearly with minimum to no buzz. Two months in a row, we have helped a member learn to use his electrolarynx. There was additional discussion about Dr. Blom's Tampa Seminar which Pascale had attended. This meeting flew by, so March's meeting topic will be Swallowing Problems Post Laryngectomy, originally intended for February. **Pascale's March meeting will be on the 8th, the second Wednesday in March.**

Penny's meeting: Among those present from the NVC were **Gene Kimble, Gary Morey, Lenny Weinstein, Mike Rosenkranz, Howard and Dian Grabowski** as Penny presented a comprehensive explanation of the COMMON problem of sensory deficits (e.g. numbness, lack of sensation or neuropathy) frequently caused by either laryngectomy surgery, radiation therapy or various chemotherapeutic agents. Penny then reviewed several possible prevention and/or therapeutic strategies for avoiding or even relieving these troublesome disorders.

Lynn's meeting: Present were **Doris Littlefield, Seymour Platt, Lenny Weinstein, Gary Morey, Mike Rosenkranz, Tony Russo and Florence and Paul Margolis** as Lynn offered a comprehensive explanation of the relatively new use of "E-stim" (mild electrical stimulation) for alleviation of swallowing difficulties after laryngectomy. She demonstrated the battery-operated equipment used and solicited a personal testimony from one of those present. These problems can be caused by either muscular contraction (spasm) or radiation-induced fibrosis (scarring) and she stated that she has found the treatment to be very successful in relieving the troubling symptoms. The same technique might be used in treating neck spasms and difficulty achieving esophageal or TEP speech

Margate meeting: The meeting was chaired by **Al Smith, 2nd V.P.**, who brought us an interesting report on the only larynx transplant performed to date. We welcomed new member **Patricia Mallett** who will celebrate the 1st anniversary of her lary surgery on March 28th. Five Nova SLP students were given their first look into the lary world by **Gary Morey, Lenny Weinstein and Mike Rosenkranz.** They had no prior knowledge of our needs, but are aware of



March Birthdays

2nd Ana Maria Leveille 18th Laura Winthrop
3rd Norman Leveille 24th Ron Coquelin
3rd Sam Schneiderman 24th Joyce Robinson
4th Mike Rosenkranz 25th Earl Mogk
6th Janet Hernandez 28th Karla McFarland
12th Ralph Friedman 29th Burl Blosser
17th Sid Gellman 30th Dorothy Kurainowicz
31st Theresa Smith

Happy Birthday to All

UP-COMING EVENTS

- **FREE SPEECH THERAPY (1st Wednesday)**
Pascale Bourne MA, CCC-SLP

(Please note: This month's meeting is on March 8th, the 2nd Wednesday)

Rehabilitation Institute of Florida
4850 W Oakland Park Blvd, Suite 100
Next Meeting - Wednesday MARCH 8TH
10:30 – 11:30 a.m.
More information: (954) 730-2789

- **FREE SPEECH THERAPY (3rd Thursday)**
Lynn Carrier MS, CCC-SLP
Boca Raton Community Hospital
DAVIS THERAPY CENTER
OAKS PLAZA - Glades Road at 13th Street
Next Meeting - Thursday March 16th
10:30 - 11:30 a.m.
More information: (561) 955-2100 Ext 7430

- **UM/Sylvester/Deerfield**
Tuesday, March 14th 1:30 - 3:00 p.m.
Mort Silverblatt Head and Neck
Cancer Support Group
Facilitated by
Penny Fisher MS, RN, CORLN

them now and will go forth to spread the word. This is one area of our work which is vital to the well being of every laryngectomee. Refreshments were furnished by **Leon Essebag and Mollie Rapchik.** The annual **frank n beans party** will be held at our April 23rd meeting. Mark your calendars, and check the April News for details. We will need a count of those who plan to attend.

(continued from page one)

can waddle to the restaurant, or I can have room service (which means I can have breakfast in bed every day of the week).

3. Princess has as many as three swimming pools, a workout room, free washers and dryers, and shows every night.

4. They have free toothpaste and razors, and free soap and shampoo.

5. They will even treat you like a customer, not a patient. An extra \$5 worth of tips will have the entire staff scrambling to help you.

6. I will get to meet new people every 7 or 14 days.

7. T.V. broken? Light bulb need changing? Need to have the mattress replaced? No problem! They will fix everything and apologize for your inconvenience.

8. Clean sheets and towels every day, and you don't even have to ask for them.

9. If you fall in the nursing home and break a hip you are on Medicare; if you fall and break a hip on the Princess ship they will upgrade you to a suite for the rest of your life.

Now hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or name where you want to go? Princess will have a ship ready to go. So don't look for me in a nursing home, just call shore to ship.

PS. And don't forget, when you die, they just dump you over the side at no charge!

Old age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body ... the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many

dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 a.m., and sleep until noon? I will dance with myself to those wonderful tunes of the 40's, 50's and 60's, and if I, at the same time, wish to weep over a lost love... I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten, and I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say "no", and mean it. I can say "yes", and mean it.

As you get older, it is easier to be positive.
You care less about what other people think.
I don't question myself anymore.
I've even earned the right to be wrong.

So, to answer your question,
I like being old.
It has set me free.

I like the person I have become.
I am not going to live forever, but while I am still here,
I will not waste time lamenting what could have been,
or worrying about what will be.
And I shall eat dessert!
Every single day.

Author Unknown

Being a laryngectomee is
so much like being a student.
Every day you learn something new.
Sometimes good.
Sometimes downright nasty.
But never dull.

*Written by Rosalie Macrae, Colchester, Essex, UK
in a Webwhispers post January 29, 2006*

Re: The IAL

TO JOIN OR NOT TO JOIN?
That is the question

In response to the recent questions regarding the IAL... I found WW five days before becoming a lary in 1999, and received much needed information regarding my upcoming surgery and recovery. My first meeting with another lary was at a support group in my area that I found on the IAL map. Because of this, I am in agreement with Herb Simon's suggestion that the IAL list ALL clubs, regardless if they are a member of the IAL or not. One would never know if there was a support group in their area, unless that group was a member of the IAL. In keeping with their mission to help ALL laryngectomees, this suggestion should really be taken to heart and considered seriously by the IAL.

I have attended a few of the IAL Annual Meetings since 2000. In 2001 I attended the Voice Institute that was held in Myrtle Beach, SC, and I passed the test at the end of the course. Because of the Baten Scholarship that the IAL offers, I was able to attend the VI without putting too much of a strain on the budget. They paid the registration for the Institute along with an allotment for my lodging. This is a nice provision for those on limited incomes, not to mention the education received at the institute.

When our club, The Somerset Miracle Voice Club, was putting together our "2003" conference, we went to the IAL, of which we are a member. We asked for help, in whatever form it was available. We were told to put our request in writing. After several e-mails, the bottom line was.....NO HELP FROM THE IAL!!! NJ then went on to put on a second conference "2005" without the IAL. Why can the IAL not HELP clubs like Somerset Miracle Voice Club and The Mid West Group, FLA, South Dakota put on bigger and better conferences??

A very large part of the success of the NJ Conferences is due to the fantastic support from the vendors. (Thank You All!!) They not only supply financial support by their participation, but they willingly give of themselves to help make sure everything runs smoothly. Because of their participation, NJ's 2003 Conference registration fee was \$25 per person. This included a continental breakfast and hot and cold lunch buffet. Like everything else, by the time NJ had their 2005 Conference, prices had gone up.

Again, due to fantastic vendor support the registration fee for 2005 was just \$30 per person, including a continental breakfast, and hot and cold buffet lunch. (all you wanted)

My question is, if a small member club can put on a successful conference for a reasonable fee, why can't a big organization like the IAL do the same? Why is the registration inching ever closer to \$75 per person, and included only a dinner at the end of the Meeting. Yes, the majority of the hotels are beautiful, first rate. But they need to remember, we are only in our rooms to sleep. We are either at the Annual Meeting all day, or in the Voice Institute. Come evening we enjoy getting together with friends for a meal. We do not need such extravagant accommodations, however nice they may be. Parking at Boston was \$35.00 a Day! --- In NJ we had lots of free Parking !

In 2005, the Somerset Miracle Voice Club, due to the successful turnout for the NJ Conference, and the generosity of those attending, sent the IAL a contribution for their Katrina Relief Fund. It took four months, and many e-mails, before we received an acknowledgement of the donation. Still, no explanation regarding the distribution of the funds collected for the IAL Katrina Relief Fund is available, according to the IAL News. Why did it not go south? At this point, I guess you might consider our club, one of those clubs that are "sitting on the fence" thinking about jumping, not on board, but jumping ship. Stay Well *Roy -- NJ*

Editor's Note: This article has been reprinted because we are concerned at the decrease in the number of clubs, and in the decrease in membership of those clubs which are still in existence. We are not concerned with the past. Our question is what is the IAL doing today, and what is it planning to do in the near future, to ensure that the support network for laryngectomees remains intact? We will be happy to give the IAL space in a future issue to detail its plans.

From the Mail

My husband and your former club member, Myron Mahmet passed away 9/28/2004. His spirits were uplifted due to your club, knowing he was not alone. Thank you for everything you did for him and continue to do for others.

Harlee Mahmet
