

New Voice News

New Voice Club of Broward County

Serving the tri-county area

www.newvoiceclub.org

April 2006

Mike Rosenkranz, Editor



**NEXT
MEETING
Sunday
April 23rd
2006**

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



Our 1st V.P. Pat Hopping is doing much better. He is now at St. Anthony's Rehabilitation Hospital, Room 218. The address is 3487 NW 30th St., Lauderdale Lakes, FL 33311. (954) 739-6233 ext 2183.

We are all invited to the ACS Plantation Relay for Life at Plantation's Central Park on Friday, April 28th. Survivors, spouses, caregivers, family and friends are all welcome. The opening ceremonies are at 6 p.m. At 6:30 we will walk the first lap of the Relay behind our New Voice Club banner. This is a tradition for the NVC and we look forward to another fine turnout. At 7 p.m. we will be honored guests at the survivors dinner. The beautiful luminaria ceremony will take place at 9. The track will be lined with thousands of candles glowing in memory of those who lost the battle, and in honor of those who have survived..

Have You Paid Your 2006 Dues?

Our thanks to those who have already paid their dues. For those who have not, please make your check payable to New Voice Club of Broward, and mail it to Lenny Weinstein, Treasurer. You can see his address in the right hand column in the list of officers.

Mark Your Calendars

**A Light Lunch
will be served at our
April 23rd meeting
courtesy of Lenny Weinstein**

Annual dues are \$7 per person, \$10 per family. Many of us send additional money with our dues, as a donation to the club. These donations help us to continue our helpful and charitable endeavors.

From WebWhispers Humor Collection

Is that where you put your food now when you eat?
Can you still pick your nose?
Are you a robot? ?
Will your voice box grow back?
If you don't use your nose any more, what are you going to do with it?
Is that where you drink your beer now?
My God, what happened to YOU? Did you get shot in the neck in a drive-by shooting or something?
Mom, with that hole in your neck, do you think you should eat broccoli?
The funniest question we have all gotten is: You are in your room immediately after the surgery...you need help...you push the button for the nurse...then you hear "Can I help you?" over the loudspeaker. So you keep pushing the call button....and you keep hearing "Can I help You?"

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



CLUB NEWS

A light lunch will be served at our April meeting, courtesy of Lenny Weinstein. The frank and beans lunch planned for April will be at the May meeting.

Pascale's meeting: Pascale's presentation of Swallowing Disorders after Laryngectomy was followed by a lively discussion participated in by **Elaine Brown, Al Smith, Lenny Weinstein** and **Mike Rosenkranz**. At Pascale's April 5th meeting, the topic will be "Physical Therapy Benefits After Laryngectomy" presented by Denise Wepler, PTA. See you there!

Penny's meeting: The meeting was well attended by over a dozen head and neck cancer survivors, including several from the NVCB. This is the Deerfield chapter of SPOHNC's support group, facilitated by Penny Fisher. For those not familiar with SPOHNC, reserve your space for Penny's special presentation at noon on April 11th. A light lunch will be served. Then stay for the meeting of Penny's support group which will follow immediately thereafter. Details in the column to your right.

Lynn's meeting: After an exciting presentation last month about E-stim therapy, Lynn's group hosted a relatively new laryngectomee with some insecurities and concerns about her rehabilitation. After introduction and support by all in attendance, discussion focused on several general and TEP related issues. Kay kindly demonstrated her Barton-Mayo button and the hands-free valve as well as her techniques for maintaining them. Her determination and success, despite personal barriers, in returning to full-time business in insurance sales is truly inspirational and seemed to encourage our new member to keep striving for success in achieving her goals.

Margate meeting: We welcomed new members **Charles** and **Kathy Sneckenburg**. Charles had his surgery on March 9th. **Lenny Weinstein** reported a pre-op visit to **Marilyn Lartz**, whose surgery was March 24th. **Warren** reminded us of Florida's Teli-Talk program which provides a free phone with EL attached.. Pick up an application at any of our meetings. Guest speaker **Loreen Blumenthal**, speech pathologist at the VA facility in West Palm Beach, who has worked with larynx for over 25 years, spoke on VA benefits and educating nurses so that they know what to do when they have a larynx patient. Refreshments were furnished by **Bill** and **Loretta Romanello**.



April Birthdays

3rd John Belviso	19th Gloria Smith
4th Bill Cavanaugh	20th Trena Blosser
6th Max Brown	20th Tony Talmich
8th Bob Thomas	21st Elaine Brown
14th Wini Mogk	21st John Myers
16th Leon Essebag	27th George Fowler
	27th Micki Lindenbaum

Happy Birthday to All

UP-COMING EVENTS

* **FREE SPEECH THERAPY (1st Wednesday)**
Pascale Bourne MA, CCC-SLP
Rehabilitation Institute of Florida
4850 W Oakland Park Blvd, Suite 100
Next Meeting - Wednesday April 5th
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 April 20th
10:30 - 11:30 a.m.
More information: (561) 955-2100 Ext 7430

* **Veterans Laryngectomee Group**
2nd Thursday (Veterans & family members only)
Loreen Blumenthal, M.S.P.A., CCC-SLP
Veterans Medical Center
7305 N. Military Trail
West Palm Beach, FL 33410
Next Meeting - Thursday April 13th
11a.m. - 12 noon
More information (561) 422-6237

UMSylvester/Deerfield
* **Tuesday, April 11th noon to 1 p.m.**
Penny Fisher MS, RN, CORLN
Clinical Instructor Dept. of Otolaryngology
Promising Treatment for Head and Neck Cancer
Using Photodynamic Therapy
Followed at 1:30 - 3:00 by a lively discussion
at a meeting of the **Mort Silverblatt**
Head and Neck Cancer Support Group
Facilitated by Penny Fisher

On Tuesday, March 7th, a group of head & neck cancer survivors was treated to an informative review of the latest surgical, radiological and chemotherapeutic options for treatment of head and neck malignancies, followed by a lively question and answer session with Michael Aronsohn, MD. Dr. Aronsohn also reviewed the latest research in the field and its significance on current trends in treatment.

This was a program of the Boca chapter of SPOHNC's support group which is facilitated by Laura Moon, MSW, Psychosocial Coordinator at Boca Raton Community Hospital. It meets on the first Tuesday of each month at 4:00 in the Education Center at 800 Meadows Road, Boca Raton. For information on future meetings & programs, contact Ms. Moon at (561) 955-5897.

On Tuesday, March 14th, Donna Lundy, Ph.D. presented a comprehensive overview of "Speech, Swallowing and Voice Issues Following Cancer Treatment". She outlined the mechanics involved in producing speech, and the many disorders and irritants that can negatively affect it, in addition to several suggestions to avoid or remedy them. Dr. Lundy reviewed the four phases involved in normal swallowing and different strategies for the management and treatment of dysphagia. Her presentation was made to a full room at the UMSylvester facility including NVCB members **Lenny Weinstein, Howard Grabowski, Mike Rosenkranz, Gary Morey, and John Mitchell**. A light lunch was served.

We are fortunate to have such excellent programs available to us. These programs are in addition to the meetings which are regularly reported on page two of this Newsletter under the heading of Club News. What is unfortunate is that so few of our members avail themselves of these wonderful opportunities. Please review the Upcoming Events on page two and plan to attend them so you can observe firsthand the wonderful work of the facilitators of these programs. For those of you who are online, pay particular attention to the emails you receive announcing many of these programs. Whether you are a "newbie" or a 30 year laryngectomee, you will always learn some-

thing of value. We have all experienced *speed bumps* as we travel our laryngectomee road. There is a certain peace of mind in having the knowledge to cope with these incidents when they occur, instead of hyperventilating until we can get to our medical professional.

The Boca Raton Community Hospital, Broward Medical Center, and the UMSylvester/Deerfield facility are three valuable resources available to all of us. Lynn, Pascale and Penny are so well versed in our needs and in ways to help us, that it is easy to forget there are vast areas of our country where a laryngectomee has absolutely no local support.

There is one other resource available only to veterans and their families, and that is the Veteran's Medical Center at West Palm Beach where Loreen Blumenthal M.S.P.A., CCC-SLP facilitates a monthly meeting for laryngectomees and their families. That information is now included in Upcoming Events on page two.

Hello. My name is Patricia Mallett. I'm 65 years old and underwent my laryngectomy at Memorial Sloan-Kettering Hospital last year on March 28th. I was born and still live in Brooklyn, New York. I have five beautiful children and thirteen grandchildren, without whom I could never have survived this past year. I worked for twenty-five years at Downstate Medical Center as a Laboratory Technologist and retired a Supervisor in May 2003. For the past two years, I've been spending my winters in Florida, like so many New Yorkers, to escape the cold winters up north. I'm deeply grateful to the New Voice Club for inviting me to be part of your world.

This past year was tough for me, filled, as it was, with a wide range of emotions; moments of joy in accomplishing speech, embarrassment when I had to cough in public, sadness when I could no longer call my grandchild's name from across the room. Now the year is over, my healing measured by the okayness in everyone's eyes of this new me; they lean closer now when I speak - in tones so low it's a shame I don't have a "Volume" button they can press to catch what I'm saying. So, I say a little less now and listen a lot more. And I pray daily to God to help me accept this new me with the hole in my neck. But it's hard, some days. Regards, Pat

Pat is the newest member of our group, uses a TEP to voice, and attended her first NVC meeting in February. Welcome aboard, Pat.

Looking Back but still looking ahead

By Doris B. Littlefield

Life before becoming a lary at age seventy-four had been great. I had retired three years earlier from my position as Chief Curator/Assistant Director of Vizcaya Museum in Miami where I had worked for twenty-eight years and was happily involved in a post-retirement career as a museum consultant and lecturer on the decorative arts and historic garden design. There were dates set up for lectures in several southeastern states by the time I was diagnosed with laryngeal cancer. My life would have to change.

I had thirty-three years of normal life and speech since first being diagnosed with early laryngeal cancer in 1966. At that time I underwent radiation treatments and then was declared cancer free. I did continue to have periodic exams all those years. Museum work had been my experience before my marriage and children. By the time they were in grade school, we had moved to Miami from Connecticut. It was then that the first cancer diagnosis was made.

After the radiation and recovery with no side effects, I was able to return to work in a new location, at Vizcaya Museum in Miami. It is a beautiful estate on Biscayne Bay; a 1916 adaptation of the style of an Italian Renaissance Villa -- a house of seventy rooms, thirty-five on display, furnished with antique period furniture, rugs, tapestries and art objects and with gorgeous formal gardens. These were busy and interesting years, and life in Miami was very pleasant. I became a widow in 1981, however, but continued to work.

Vizcaya is a Dade County facility with the usual bureaucratic problems of insufficient personnel and money, but despite problems, the small staff worked hard to keep the House and Gardens looking beautiful. I had to seek funds for conservation and restoration from outside sources; nonetheless we accomplished a lot and our attendance continued to grow.

Many notable people and celebrities came to visit Vizcaya. One year we hosted the televised meet-

ing of President Ronald Reagan with Pope John Paul which involved months of preparation and dealing with the Vatican, the State Department, the Secret Service, the National Guard and television and press. It was a stressful time but went off very well. A few years later we did much the same thing when Queen Elizabeth II visited Miami and Vizcaya on her royal yacht. A nice bonus was my private tour of the yacht.

Hurricane season was always a stressful time; it required twelve to fourteen hours to prepare Vizcaya for a storm with the full staff working according to a schedule of tasks. Only then could the staff leave to prepare their own homes. In 1992 the Vizcaya estate suffered some six million dollars in damages from Hurricane Andrew, but the interior of the great house was safe except for a flooded basement.

For several years, I taught a credit course at Miami-Dade Community College in the History of Interiors for students intending to become interior designers. My vacations were world travel, and I enjoy great memories and hundreds of pictures taken in many countries.

After my 1999 laryngectomy at Mayo-Jacksonville, I had to make many changes in my life. I tried to use a TEP but after a year of less than satisfactory results I returned to Mayo to have the puncture closed and have made the EL my primary means of speaking. I have recently moved to a life-care community where I continue to enjoy all that my life can offer. *Doris B. Littlefield*

Think Positive

Men with a bright outlook on life seem to be less likely to die of heart disease or stroke than their more pessimistic peers, Dutch researchers report.

The findings, published in the Archives of Internal Medicine, add to evidence that natural optimists may be a hardier breed. The same researchers found a lower risk of death from any cause among older adults who had generally optimistic attitudes.

The new study followed 545 men between the ages of 64 and 84 for up to 15 years. It found that those who were judged to be optimists at the outset, based on a 4-item questionnaire, were about half as likely to die of cardiovascular disease during follow-up as men who were more pessimistic by nature.