



**The
New Voice News**



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

September 2009

EDITOR NEEDED
CALL WARREN
AT
(561) 737-9122

~ Next Meeting Sunday, September 20th, 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

President:
Warren Goodman
(561) 737-9122

1st Vice President:
Richard Willenborg
(954) 975-6814

2nd Vice President:
Jim Israeloff
(954) 351-0359

Secretary:
LEAH OSTRANDER
954-491-6619

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

Visitation & Liaison:
Earl Mogk
141 Eleuthera Drive
Dania Beach, FL 33004
(954) 929-0136
earlmogk@wmconnect.com

Directors:
Max Brown
Leon Essebag
George Ostrander
Patty Sewell
Al Smith

A message from the president:

I am really looking forward to our meeting on Sunday, the 20th of September and hoping that my last message may have made an impression. What I said then was that there are quite a few members that have never attended our meetings at Holy Cross. I sure would like to welcome you all.

Flori and I will be returning from our annual European tour on the 16th but not on a motorcycle although we still ride. This will be our sixth "Last trip to Europe". Just can't get it out of our system but we will be back on time for the meeting.

I hope that this extremely warm weather has been good to everyone. There is no question that most of us thrive on the humidity and there has been plenty of it around us but I look forward to cooler weather.

See you at the meeting.

Warren G.





What's Doing War Around Town

LYNNS MEETING 8/5/ 2009

AFTER INTRODUCTIONS WE CONTINUED OUR DISCUSSIONS ABOUT SWALLOWING PROBLEMS WHICH MANY LARYS COMPLAIN ABOUT AND ONE OF THE SOLUTIONS THAT MAY HELP IS A DILATION OF ESOPHAGUS.

LYNN MENTIONED THAT SHE WAS TRYING TO ARRANGE A SEMINAR FOR SPEECH THERAPISTS AND IT IS CLOSE TO FINALIZATION.

PENNYS MEETING 8/11/2009

RADIATION THERAPY
PURPOSE- TO DESTROY CANCER CELLS
DECREASE SIZE,REDUCE SYMPTONS

INTERNAL-PILLS,LIQID.CAPSULESAND
IMPLANT

EXTERNAL-LINEAR BEAM,AND INTEN-
SITY MODULATEDRADIATION THERAPY

POSSIBLE SIDE EFFECTS — DRY MOUTH
SWALLOWING, REDNESS, IRRITATION,
TOOTH DECAY. TASTE, VOICE, FATIGUE
AND OTHERS.

MANAGEMENT OF SIDE EFFECTS
TREAT PROBLEM AND REST

Upcoming Events

Main Meeting

3rd Sunday of each month

Next meeting September 20th, 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 - September 2nd

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

Loren Blumenthal, M.S.P.A., CCC-SLP
Veterans Laryngectomee Group
(Veterans & family members only)

2nd Thursday of each month

Next Meeting - September 10th

11a.m. - 12 noon

More information (561) 422-6237

UM Sylvester/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 - September 8th

1:30 - 3:00 p.m.

More information (305) 243-4952

A LITTLE BIT OF HUMOR

- >
- > After retiring, I went to the Social Security office to
- > apply
- > for Social Security. The woman behind the counter asked me
- > for my
- > driver's license to verify my age. I looked in my
- > pockets and realized
- > I had left my wallet at home. I told the woman that I was
- > very sorry,
- > but I would have to go home and come back later.
- >
- > The woman said, 'Unbutton your shirt'. So I opened
- > my shirt
- > revealing my curly silver hair. She said, 'That silver
- > hair on your
- > chest is proof enough for me' and she processed my
- > Social Security
- > application
- >
- > When I got home, I excitedly told my wife about my
- > experience
- > at the Social Security office.
- >
- > She said, 'You should have dropped your pants. You
- > might have
- > gotten disability, too.'

- >
- > My wife and I were sitting at a table at my high school
- > reunion, and I kept staring at a drunken lady swigging her
- > drink as
- > she sat alone at a nearby table.
- >
- > My wife asked, 'Do you know her?'
- >
- > 'Yes,' I sighed, 'She's my old girlfriend.
- > I understand she
- > took to drinking right after we split up those many years
- > ago, and I
- > hear she hasn't been sober since.'
- >
- > 'My God!' says my wife, 'who would think a
- > person could go on
- > celebrating that long?'



September Birthdays

MARYANN ANASTASIA
 FRANK ARGIANO
 BERNIE BLITZNIK
 HOWARD GRABOWSKI
 LORRAINE IGLESIAS
 GARY MOREY PATTY SEWELL
 RICHARD WILLENBORG

Happy Birthday to All

HIGHCALORIE

HIGH PROTIEIN

- ◆ Is weight loss a problem during treatment?
- ◆ Can your appetite change during the day?
- ◆ When I don't have an appetite, do I have to eat three large meals per day? If not, what should I do?
- ◆ Why do I need more protein in my diet?
- ◆ What are some good sources of protein?

Patients should try to avoid weight loss. Weight loss can be a serious problem for patients undergoing chemotherapy and/or radiation therapy. It has been proven that cancer patients who maintain their weight and maintain a good nutritional state tend to have fewer complications from chemotherapy, radiation therapy or surgery. These patients tend to have shorter hospital stays, reduced illness, fewer infections, have less of a down time and tend to better maintain strength and a sense of well-being.

It is very common for the appetite to decrease as the day progresses. If this occurs, make breakfast your big meal. If you crave or feel you can tolerate a steak and baked potato for breakfast, go for it!

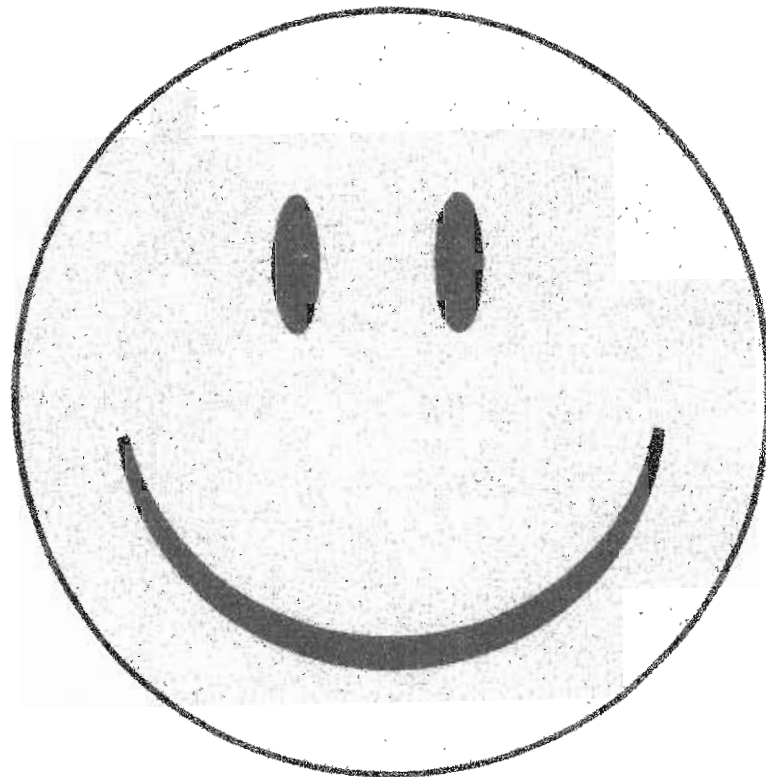
Eating small meals throughout the day is very acceptable. Try eating small, frequent meals and snacks every one to two hours. Keep high-protein, high-calorie snacks and foods handy to eat when you are hungry. If solid foods don't appeal to you, try drinking liquids whenever possible. On the other hand, limit liquids with meals (unless needed to help swallow or for dry mouth) to keep from feeling full early. Avoid food smells when cooking as it can upset the appetite.

There are times that people with cancer need more protein. Protein helps to ensure growth, to repair body tissue, and to maintain a healthy immune system. Without enough protein, the body can take longer to recover from illness and you can have a lower resistance to infection. Following surgery, chemotherapy, and radiation therapy, additional protein is usually needed to heal tissues and to help prevent infection.

Good sources of protein include lean meat, fish, poultry, dairy products, nuts, dried beans, peas and lentils, and soy foods. Fortified milk (recipe included in book) is a great way to add protein to recipes.

**RECEIVED THIS LETTER FROM
DR CONNIE KEINTZ
FLORIDA ATLANTIC UNIVERSITY
COMMENTS FROM THE GRADUATING CLASS OF SPEECH THERAPISTS**

Thank You



Mike, Lenny, Frank,
and Gary!

Thank you so much for taking the time to come and speak with us. I really enjoyed meeting all of you, and I learned so much from you. Thanks again!
-Michelle

I really appreciate all of you coming to speak to us. The way you presented everything was perfect for the best understanding for the material. Thank you so much! Anais

Thank you for coming to educate us about an extremely important aspect of our future careers! It was a pleasure listening and learning about your experiences!
Tatalla

Thank you so much for sharing your experiences with us. I learned a lot
Jaime

Thank you so much for taking the time out to come speak with us. We learned an invaluable amount of information & we are truly grateful for sharing in your experiences
-Marita

Thank you very much for coming to FAU. I learned an exceptional amount about an otherwise unknown population. And thank you for sharing your personal stories.
-Karyn

Thank you all for coming and showing us about laryngectomies. I learned so much from you all!
-Rachael

Thank you for coming to speak to us.
Kathina

Thank you so much for coming to talk to us. It was really informative. I hope to see you all in October in Orlando. Thanks again!
-Michelle

You all are so generous to have shared your time and personal experiences with us. You are all great speakers! -Thank you
Ashley

Having you discuss your personal experiences was an invaluable learning experience -

Thanks for coming and speaking with us. It was very informative and also inspirational.
-Annee

Thank you for taking the time to share your knowledge and personal experiences with us. I learned so much!
-Anleen

Thank you so much for taking the time to speak with our class. Your experiences taught us more than any books ever.
-Amy

We really appreciate you sharing your personal experiences and knowledge with us.

Thanks for everything! I'll be in touch for next year.
-Connie

Dr. Keintz's Voice Class

It was so great having you gentlemen come speak to our class! I really learned a lot from you. Thank you for taking the time out of your schedule to meet with us!
Ashley

Your stories are so interesting - thanks for sharing them and your knowledge - both are priceless!
Diane

Thank you so much for taking the time to share your experiences with us. It was a valuable experience!
-Amy

Thank you for sharing!
-Laura

We all truly appreciate you taking the time to share your stories with us. Thank you so much!