



# The New Voice News



**New Voice Club of South Florida**  
Serving Broward, Palm Beach and Miami-Dade  
[www.newvoiceclub.org](http://www.newvoiceclub.org)

**April 2009**

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

**~ Next Meeting Sunday, April 19th, 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:**  
Ruth Henegan  
(954) 968-3198

**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](mailto:earlmogk@wmconnect.com)

**Directors:**

Max Brown

Leon Essebag

George Ostrander

Patty Sewell

Al Smith

**A Message from the President:**

Greetings folks. The March meeting was a true delight. We had Mario Landera a Speech Pathologist from Sylvester addressing our group and he had the answers to a bunch of questions from our group. And a big thank you to Al Smith, our program chairman for his efforts in lining up another great guest speaker.

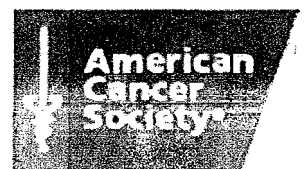
A number of things were discussed at this meeting and one item that was addressed is our need for a newsletter editor. So any of you out there that has some experience on a computer who might volunteer, we will welcome you with open arms. Remember folks that Mike Rosenkranz produced our newsletter for many years and it is time for him to turn over the job to some other interested member. If you feel that you want to do this, then contact me at 561-737- 9122 and we will get you all the assistance you might need to get the ball rolling.

And another great item to report is that Leah Ostrander has taken over the duties of Secretary.

A sad note to report is the passing of Carl Kilmer, our past president and past president of the FLA. Carl and Dottie had retired up to The Villages and were enjoying life until a lung condition popped up leading to his passing.

Al and Gloria Smith provided the refreshments. Our next meeting will be on Sunday, the 19th of April and we look forward to seeing you there.

Warren G.





# What's Doing Around Town

## Lynn's Meeting 3/4/09

We continued discussion about a patient who had a partial laryngectomy and now aspirates when eating. He is still being fed through the stomach and may need a total laryngectomy to cure this problem. Lynn spoke about an exercise that may help a patient prone to aspiration. When then spoke about the three ways of speech. Electrolarynx, esophageal, and voice prosthesis.

## Penny's Meeting 3/10/09

### Coping

"I am more than my cancer, and I strive to live each day to the fullest and accomplish all that I can."

Although living with cancer is an unfamiliar concept, you can look well and live life to the fullest while undergoing treatment and post-treatment. As technological advances are made, people live longer and have a better quality of life. How you cope with your cancer impacts the quality of your life. Being diagnosed with cancer can be a frightening experience and affects all areas of a person's life. However, undergoing cancer treatment does not mean that you have to look like you have cancer or are in treatment. If you can improve your appearance and minimize some of the physical side effects of cancer treatment (e.g., hair loss), you will feel better and cope more effectively with your cancer, as well as with other things in your life.

Always keep in mind that you are more than your cancer. You may have cancer, but you can look as if you do not. An unknown author wrote 10 rules for living with cancer:

- It cannot cripple Love,
- It cannot shatter Hope,
- It cannot corrode Faith,
- It cannot eat away Peace,
- It cannot destroy Friendship,
- It cannot suppress Memories,
- It cannot silence Courage,
- It cannot invade the Soul,
- It cannot steal eternal Lift, and
- It cannot conquer the Spirit.

Live by these rules and live well.

- Gina Graci, PhD

# Upcoming Events

## Main Meeting 3rd Sunday of each month

Next meeting April 19th, 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

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## Support Group Meeting Boca Raton Community Hospital LYNN CANCER CENTER 701 NW 13th St 3rd Floor

Facilitator: Lynn Carrier MS, CCC-SLP  
1st Wednesday of each month

Next Meeting - April 1st

10:30 - 11:30 a.m.

More information

More information: (561) 395-7100 Ext 7430

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## Veterans Administration Medical Center 7305 N. Military Trail West Palm Beach, FL 33410

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

2nd Thursday of each month

Next Meeting - April 9th

11a.m. - 12 noon

More information (561) 422-6237

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## 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 - April 14th

1:30 - 3:00 p.m.

More information (305) 243-4952

## ***A LITTLE BIT OF HUMOR***

### Never Argue with a Woman

One morning the husband returns after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, and reads her book.

Along comes a Game Warden in his boat. He pulls up alongside the woman and says, "Good morning, Ma'am. What are you doing?"

"Reading a book," she replies, (thinking, "Isn't that obvious?")

"You're in a Restricted Fishing Area," he informs her

"I'm sorry, officer, but I'm not fishing. I'm reading"

"Yes, but you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up."

"For reading a book," she replies,

"You're in a Restricted Fishing Area," he informs her again,

"I'm sorry, officer, but I'm not fishing. I'm reading"

"Yes, but you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up."

"If you do that, I'll have to charge you with sexual assault," says the woman.

"But I haven't even touched you," says the game warden.

"That's true, but you have all the equipment. For all I know you could start at any moment."

"Have a nice day ma'am," and he left.

**MORAL**: Never argue with a woman who reads. It's likely she can also think.

**A distraught senior citizen phoned her Doctor's Office.**

**"Is it true," she wanted to know, "that the**

**Medication you prescribed has to be taken**

**For the rest of my life?"**

**"Yes, I'm afraid so," the doctor told her.**

**There was a moment of silence before the**

**Senior lady replied, "I'm wondering, then, just**

**How serious is my condition because this**

**Prescription is marked 'NO REFILLS'."**

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# APRIL Birthdays

SUE BEATY                      GEORGE FOWLER  
TRENIA BLOSSER            ROBERT IGLESIAS  
ELAINE BROWN              WINNIE MOGK  
MAX BROWN                  GLORIA SMITH  
LEON ESSABAG               TONY TALMICH

Happy Birthday to All

THANK YOU AL & GLORIA SMITH FOR THE DELICIOUS CAKE YOU PROVIDED FOR MARCH MEETING.

## Healthy Lifestyle Tip



### **SWEET POTATOES – COLOR YOURSELF HEALTHY**

The Sweet Potato is King; a nearly perfect food that's low in calories and sky-high in just about everything else. If you don't eat sweet potatoes very often, or only during the holidays when they're smothered in marshmallow goo and baked until they're unrecognizable, you're missing out on one of nature's truly perfect foods. They're high in fiber, packed with vitamins and minerals, and are great for diabetics and people who are carbohydrate sensitive. So good for you is the humble sweet potato that Nutrition Action Healthletter once rated it the number one healthiest vegetable.

The deep orange-yellow color of sweet potatoes tells you that they're high in the antioxidant beta carotene too. Sweet potatoes are also good sources of vitamins B-6, C, E, folate and potassium. They're fat-free and low in calorie density, meaning you can have a larger portion size without racking up the calories.

---Source: *prevention.com*