



The New Voice News



New Voice Club of Broward County
Serving the tri-county area
of southeast Florida
www.newvoiceclub.org

July 2007
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~Next Meeting Sunday, July 15th, Noon to 2 p.m.~
~Noon: Rap Sessions 1: Refreshments 1:15: Meeting and Program~

Report of Executive Committee Meeting

The meeting of the Executive Committee of the New Voice Club convened promptly at 2 PM on May 31st, at the Sylvester Cancer Center Broward office, Deerfield Beach. Our thanks to Joanne Leahy for her arrangements and light refreshments. There was a good attendance with Warren (and Flori) Goodman, Al (and Gloria) Smith, Ralph Friedman, Lenny Weinstein, Ruth Henegan, and new Directors Howard Grabowski, Richard Willenborg and Gary Morey. The first order of business was a discussion of alternate locations for our monthly meetings with an emphasis on the amenities of the facility, convenient access for the entire membership, and the availability of potential speakers from that facility to address our meetings. Multiple sites were suggested by many of those in attendance, and they will be contacted, visited and compared. Locations currently under consideration include Margate Library or Senior Center, Pompano Moose Lodge, Boca Raton Community Hospital, Florida Medical Center, Holy Cross Hospital, North Broward Medical Center, the Sylvester Cancer Center (currently being expanded) and various sites in Tamarac and Sunrise. NVC members with any other suggestions for a possible meeting site, or who are interested in participating in visits to potential sites, are encouraged to contact Warren as soon as possible, at (561) 737-9122.

It was decided to return the monthly meetings to the old format of starting with separate circles of EL speakers, TEP speakers and Caregivers from noon until 1, followed by a fifteen minute refreshment break, and at 1:15 a brief business meeting followed by the program or speaker of the day. Potential sources suggested for future speakers included vendors of laryngectomee products, the Palm Beach Post and South Florida Sun-Sentinel Speaker's Bureaus, VA professionals, local dentists familiar with post-radiation dental care, and representatives from the Fire Rescue and Sheriff's departments, as well as having programs that are not necessarily cancer-related. We then had a lively discussion of suggestions for this year's holiday party.

Warren announced he would like to encourage more participation in the responsibilities of the New Voice Club, including "back-ups" for those directors tasked with individual functions. Howard offered to help Warren with some of the meeting site arrangements, Ralph offered to help Al secure monthly speakers and programs of interest, Ruth offered her assistance to Mike in assembling the newsletter every month, but Lenny declined help in collating and mailing it.

Finally, there was a general consensus by many in attendance that the name of the club be changed to the New Voice Club of South or Southeast Florida, to better reflect the club's service and membership within the tri-county area. It was agreed that another meeting would be called after more individual site visits can be completed, and that future Executive Committee meetings will be held on a regular basis.

Editor's note: The masthead at the top of page one has stated for some time that we serve the tri-county area of southeast Florida. We feel a name change reflecting that would be appropriate.

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Howard Grabowski
Earl Mogk
Gary Morey
Mike Rosenkranz
Patty Sewell
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# What's Doing Around Town

## Mark your calendars:

Pascale's HealthSouth meeting will take place on July 11<sup>th</sup>, since July 4<sup>th</sup> falls on the 1<sup>st</sup> Wednesday.

There will be NO JULY MEETING at Sylvester/Deerfield with Penny. Penny's next meeting will be on August 14<sup>th</sup>.

The club has received donations from **George Ostrander** and **Leon Essebag**. Donations/dues payable to NVC of Broward may be mailed to Lenny Weinstein at 1427 E. Hillsboro Blvd. #529, Deerfield Beach, FL 33441.

**SPECIAL SPEAKER AT JULY MEETING** At our July 15<sup>th</sup> main meeting, **Lt. Sherry Schlueter**, of the Broward County Sheriff's Office, will speak on *How to Recognize and Report the Abuse, Neglect, and Financial Exploitation of Persons with Disabilities and the Infirm Elderly*, followed by a question and answer period. **Lt. Schlueter** initiated the creation of and commands the **Special Victims and Family Crimes Section** of the Broward County Sheriff's Office.

The New Voice Club was well represented at Holy Cross Hospital's Celebration of Life gala June 3<sup>rd</sup> at Bahia Mar. Present from the NVC were **Charles/Kathy Sneckenburg, Earl/Wini Mogk, George/Leah Ostrander, Bill/Loretta Romanello, Gene/Barbara Kimble, Leon Essebag/Mollie Rapchik, Joe Saliba/Helen Mcgiff, Ralph Friedman/Micki Lindenbaum and Lenny Weinstein**. A number of our people won door prizes, but the highlight of the celebration for the New Voice Club was when the Survivor of the Year and the Caregiver of the Year were honored. To their surprise and our delight, this year's honorees were **Earl and Wini Mogk**, a recognition well deserved. A fine luncheon and entertainment were enjoyed by all, along with a very impressive Candle Lighting Ceremony for all Survivors present.

At her June 6<sup>th</sup> meeting, Pascale distributed handouts on head and neck cancer, talked about how different we all are, and the importance of using stoma filters, be sure they are clean, and to keep them moistened to avoid problems with mucus flow.

At Penny's June 12<sup>th</sup> meeting, the discussion centered on the meeting programs for the balance of the year. Penny will not have a July meeting. Her next meeting will be on August 14<sup>th</sup>, and the topic will be Radiation.

Five Nova students attended our main meeting on June 17<sup>th</sup>, and were instructed by Lenny and his volunteers. The meeting focused on the various possibilities for a new meeting place. Several places are being considered, and the members were invited to join Earl at Holy Cross Hospital to check out its possibilities. Refreshments were enjoyed by all, and the cake was courtesy of Ralph Friedman and Micki Lindenbaum.

Lynn was out of town June 21<sup>st</sup>, so **Charles Sneckenburg, Ralph Friedman, Seymour Platt, Myrna Glassberg and Lenny Weinstein** discussed various problems, and then met with a BRCH marketing representative to discuss ways to promote better attendance at the meetings.

# Upcoming Events

## Main Meeting 3rd Sunday of each month

**Next meeting July 15th 12 - 2 p.m.**

Rap Sessions at 12 Meeting and Program at 1  
Refreshments after Meeting

### **HealthSouth Rehabilitation Hospital**

4399 Nob Hill Road, Sunrise, FL 33351  
(SW corner of Nob Hill and NW 44th St)  
(between Commercial and Oakland Park Blvd)  
Look for the New Voice Club Banner

### **Support Group Meeting**

### **HealthSouth Rehabilitation Hospital**

4399 Nob Hill Road, Sunrise, FL 33351  
Miriam Paul, MA, CCC-SLP  
Pascale Bourne MA, CCC-SLP

**\*\*\*THIS MONTH'S MEETING - JULY 11th\*\*\***

## **August Meeting - 1st Wednesday, August 1st**

10:30 - 11:30 a.m.

More information: (954) 746-1340

### **Support Group Meeting**

### **Boca Raton Community Hospital**

### **Davis Therapy Center**

Oaks Plaza, Glades Road at 13th Street  
Lynn Carrier MS, CCC-SLP

**3rd Thursday of each month**

**Next Meeting - July 19th**

10:30 - 11:30 a.m.

More information: (561) 955-2100 Ext 7430

### **Veterans Medical Center**

7305 N. Military Trail

West Palm Beach, FL 33410

Loren Blumenthal, M.S.P.A., CCC-SLP

Veterans Laryngectomy Group  
(Veterans & family members only)

**2nd Thursday of each month**

**Next Meeting - July 12th**

11a.m. - 12 noon

More information (561) 422-6237

### **UMSylvester/Deerfield**

### **Comprehensive Cancer Center**

1192 East Newport Center Drive, Suite 100,  
Deerfield Beach

Penny Fisher MS, RN, CORLN  
Mort Silverblatt Head and Neck  
Cancer Support Group

**2nd Tuesday of each month**

**\*\*\*THERE WILL BE NO JULY MEETING\*\*\***

**Next Meeting - August 14th**

1:30 - 3:00 p.m.

More information (305) 243-4952

# ~ Living with Cancer ~

In recent years, the treatment of what used to be dismissed as terminal cancer has shifted from a win-lose battle against acute illness to something more akin to managing a chronic disease - in many cases with extended periods of feeling just fine. While cancer may not just go away, you can still live a long and productive life with it.

The change in managing cancer reflects a series of hard-won improvements in treatment. The gains include an explosion of new drugs that are more targeted and less toxic than old-school chemotherapeutic agents. In addition, new tests are beginning to help doctors match drugs more precisely to the genetic and molecular makeup of an individual tumor. Finally, there are remarkable advances in managing the side effects of treatment, which, in the past, could be as debilitating as cancer itself.

The payoff is being seen in longer better-quality survival. According to the American Cancer Society, the percentage of people living five years after a diagnosis of any type of cancer rose from 50% in the mid-1970s up to 66% after 1995 and is continuing to rise. Receiving a diagnosis of cancer - and seeing that cancer return - is always a terrible blow. But in fact, there is no better time to be living with the disease.

Cancer doctors now appreciate that wayward cells may not necessarily have to be destroyed, just corralled and contained in a safe and tolerable way, often with drugs that are taken for the rest of the patient's life. There is a power in the chronic disease model where you can focus on a high quality of living with a disease instead of necessarily curing it. If we can have people alive, productive and happy, that's now viewed as a very wonderful outcome.

That new perspective provided fertile ground for the growth of new classes of cancer therapies. While older drugs were like heavy artillery - obliterating cancer cells but causing lots of collateral damage - newer drugs are more like smart bombs. Some target communication signals within malignant cells, some cut off supply lines by interfering with the growth of blood vessels around a tumor, and others block the chemical agents that enable tumors to expand into new territory. These more targeted therapies tend to focus on frantically proliferating cancer cells while leaving healthy cells intact. *Excerpted from Time Magazine April 9, 2007*

In this world, you have to be oh so smart  
or oh so pleasant. For years, I was oh so smart  
I recommend pleasant!! ~ *Elwood P. Dowd*

## Preparing Yourself for Cancer Treatment

Until your treatment actually starts, you won't know exactly what, if any side-effects you may have or how you'll feel. One way to prepare is to think of your treatment as a time for you to concentrate on yourself and on getting well. Here are some other ways to get ready.

### *Think Positively*

- \* Many people have few or no eating-related side effects. Even if you do, they may be mild, and most go away after cancer treatment ends. Also, there are new drugs now that can work well to control side effects.
- \* Having a positive attitude, talking out your feelings, becoming well-informed about your cancer and treatment, and planning ways to cope can all help you keep your appetite.
- \* Give food a chance. Even if you do have eating problems, you'll have days when eating is a pleasure.

### *Eat a Healthy Diet*

- \* A healthy diet is vital for a person's body to work its best. This is even more important for cancer patients.
- \* If you've been eating a healthy diet, you'll go into treatment with reserves to help keep up your strength, prevent body tissue from breaking down, rebuild tissue, and maintain your defenses against infection.
- \* People who eat well are better able to cope with side effects. You may even be able to handle higher doses of certain treatments. For example, we know that some cancer treatments are actually much more effective if the patient is well-nourished and getting enough calories and protein in his or her diet.

### *Plan Ahead*

- \* Stock the freezer and pantry with favorite foods so that you won't need to shop as often. Include foods you know you can eat even when you are sick.
- \* Keep foods handy that need little or no preparation, for example, pudding, peanut butter, tuna fish, cheese, and eggs.
- \* Do some cooking in advance and freeze in meal-sized portions.
- \* Talk to friends or family members about helping with shopping and cooking. Or, ask a friend or family member to manage that job for you.
- \* Talk to a registered dietitian about your concerns and what you might expect. She or he can give you ideas and help you plan meals. Ask for help in developing a grocery list with foods that might help with potential side effects, such as constipation or nausea. Ask about what has worked for other patients.

*Reprinted from Eating Hints for Cancer Patients Before, During and After Treatment - U.S. Dept of Health and Human Svcs*



# July Birthdays

3rd Mechelle Bray	15th Bob Sumpter
5th Renee Barber	16th Aron Smith
5th John Donovan	17th Fay Dudley Bragg
6th Jeanne Coquelin	22nd Florence Matthews
9th Dottie Kilmer	24th Loni Bliznik
12th Curtis McGee	24th Rhoda Wiederhorn
13th Mike Emerson	26th Beth Kreisler
13th Charles Sneckenburg	27th Carl Kilmer

**Happy Birthday to All**

## A Report From Your President

Our meeting of the 17<sup>th</sup> of June was quite good attendance-wise, but I would sure like to see more of you folks coming out. Even our offering a light lunch, somehow has not done the trick of promoting the club meeting. I do know that many of the members to whom I talk attribute to the rap sessions their ability to speak. These sessions have been returned to their original format of one hour, and I am sure the Caregivers will also appreciate the additional time.

At this past meeting the participation of the membership was noted, particularly about the possible change of our meeting place. I am sure all of you appreciate the efforts of Miriam Paul, the Health-South SLP, to make our meetings more comfortable, but somehow things at the upper level get changed around causing us to move our meetings to smaller rooms. We are working to solve that problem, and there will be reports on these efforts at our next meeting..

We discussed the upcoming holiday party and a committee was appointed to look into this event. Various facilities will be examined, and even though this is a little on the late side, we will try to have this event tie in with our third Sunday meeting in December. Information will be forthcoming in plenty of time for all you folks to plan to attend this wonderful event, and of course we welcome any ideas from the membership.

It was nice to see the great turnout and I hope more of you will decide to join us at the July meeting.  
*Warren G.*

## Getting Wiser As We Age

I've learned that if you want to cheer yourself up, you should try cheering someone else up ~ Age 14

I've learned that silent company is often more healing than words of advice ~ Age 24

I've learned that you can make someone's day by simply sending them a little note ~ Age 44

I've learned it's better not to wait for a crisis to discover what's important In your life  
~ Age 45

I've learned that you can get by on charm for about 15 minutes.

After that you better know something ~ age 46

I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow ~ Age 48

I've learned you shouldn't expect life's very best if you're not giving it your very best ~ age 51

I've learned I should make the little decisions with my head and the big decisions with my heart ~ age 52

I've learned that making a living is not the same thing as making a life ~ Age 58

I've learned that life sometimes gives you a second chance ~ Age 62

I've learned that you shouldn't go through life with a catchers mitt on both hands.

You need to be able to throw something back ~ Age 64

I've learned that whenever I decide something with kindness, I usually make the right decision ~ Age 66

I've learned it's just as important to forget a wrong as it is to remember a kindness ~ age 72

I've learned that it's never too late to improve yourself ~ age 85