



Still Talking

Dedicated to the welfare of Laryngectomees and those with similar vocal disorders.

ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW

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Issue No. 291

The Laryngectomee Association of NSW©

April 2018

OFFICE BEARERS

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BATTERIES FOR SERVOX, LOAN

SPEECH AIDS, ADVICE ON REPAIRS

John Chaloner, PO Box 977, PETERSHAM NSW 2049. (02) 9560 2852

ACCOMMODATION ASSISTANCE WHEN NEEDED

OUT-PATIENT TREATMENT AWAY FROM HOME:

Cancer Council NSW, 153 Dowling St, WOOLLOOMOOLOO, 2011 (PO Box 572, Kings Cross, 1340), Phone: 13 11 20.

(Information & Support) Or contact Social Worker at hospital you will be attending.

www.cancercouncil.com.au

ASSOCIATION WEBPAGE:

www.stilltalking.org.

INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES:

www.theial.com/ial

WEB WHISPERS:

www.webwhispers.org

NEXT MEETING

3rd Wednesday February – November

at the Sydney Mechanics Institute, 280 Pitt St, SYDNEY at 10.45 am.

(EXCLUDING APR, JUL & OCT

DETAILS TO BE ADVISED Pg. 2)

The meeting will be followed by light refreshments. Laryngectomees, friends, families, professionals all welcome.



Regional Meetings

NSW Association: 3rd Wednesday of month (Feb - Nov) Sydney for venue see bottom Pg.4

NEWCASTLE: 3rd Tuesday. Monthly **Alder Park Bowling Club.132 Bridges Road New Lamb-
ton.**

Start 12.30 -2.00 Contact John Lovett
(02) 4954 8308

[johndawnlovett@optusnet.com.au](mailto: johndawnlovett@optusnet.com.au)

NORTHERN RIVERS: 4 times annually in Lismore. Contact Speech Pathologist Allison Grady (02) 6629 4523 or (02) 6620 21 57

ALBURY: Meets alternate months from February. Contact Norma Teasdale 02 60211749

SOUTHERN DISTRICTS: Last Wednesday of month 10am. Thomas Rachael Moore Education Centre, Liverpool Hospital. Contact Michelle Roach 0477739190

[michelle.roach@health.nsw.gov.au](mailto: michelle.roach@health.nsw.gov.au)

MID NORTH COAST: The Colonial rooms Behind Saint Thomas's Anglican Church Hay St Port Macquarie Last Wed of March. June. September. & 1st Wednesday December. Contact (02) 65801828

CENTRAL COAST: 3rd Thursday of the month, Cancer Council Community Hub, The Hive, Erina Fair 10am –12 noon. Head and neck cancer nurse (02) 4320 9823 Cancer Council 4336 4500

Facillitator Gary Marr 0412 262 145

[gsm18@live.com.au](mailto: gsm18@live.com.au)

COFFS / CLARENCE: Shearwater Lodge, Coffs Health Campus. 2pm every 3rd Thursday, Bi-monthly Contact Melissa.Parish 02 **6656 7606**

[melissa.parish@ncahs.health.nsw.gov.au](mailto: melissa.parish@ncahs.health.nsw.gov.au)

Minutes

April Meeting

In an attempt to encourage members to attend our monthly meetings, the LANSW is trialling different venues away from the city.

The April Meeting is being held at Westmead Hospital on 18 April in Seminar Room 7, Westmead Education & Conference Centre on level 2 (i.e., main entrance level) commencing at 12 noon. Tea, coffee & snacks will be available and a variety of foods are available in the nearby food court..

The resident Speech Pathologists will be attending as will guests from within & outside of this hospital.

All members, family & carers are invited, especially those who live closer to Westmead and may be outpatients of Westmead Hospital.



Laryngectomee Association of NSW Inc.

Minutes of 21 March 2018

The President, Les Byrnes, opened the meeting at 10.45 am welcoming members present with a special mention to new attendee, Chris Barrett and guests Matt Harris and Curtis Woodward from Atos medical.

Attendance: Laryngectomees. Les Byrnes, Greg Joss, Chris Barrett, Vicky Pedras, John Chaloner, Tony Krasnodebski and Peter Tierney.

Non Laryngectomees: Cathy Edwards, Carol Gardner, Glenn Williams, Glenda Tierney, Matt and Curtis.

Apologies. Raymond Chappelow and Michael Schey (by email)

New members

Richard Gulliford of Tumut
Terry Andrews of Parkes

Vale

Cedric Fleming of Ramsgate

Minutes.

The minutes of AGM last year were circulated in April 2017 Still Talking and accepted as read. There being no business arising, minutes were adopted.

The president then invited Matt Harris to address the meeting and introduce their new customer relations officer, Curtis Woodward. Matt then spoke about the work that Atos has been doing in relation to funding for Larys in other States similar to what is only available in NSW. A recent survey carried out by Atos was very successful, providing some very useful information, which with the support of the Media has gone a long way to convince the authorities in charge of health issues, of beneficial savings in providing government funding for all Larys. He advised that the thought of saving money received an enthusiastic response from the "bean counters".

Welfare Report & Financial reports are at the end of the minutes

They were tabled. It was noted that demand for Stoma covers is very constant with new stocks being purchased almost as soon as they arrive. Cathy also advised that she will be absent from April 22 to May 25 and alternative arrangements will be available.

Correspondence received since last meeting and dealt with by Secretary was read by the President and adopted.

Incoming

Ada Tang S.P. Westmead Rehabilitation Hospital re assistance in setting up a H & N Clinic
A J Gallagher re insurance cover for Port MacQuarie H & N Group + changes to policy
+ refund of \$388.40

Nadia for the *Beyond Five Team* re request from Secretary to include LANSW & LAVic as support groups for larys on their web-site.

ACNC Quarterly March 2018

V.P. Greg Joss re email of Carol Gardner concerning administration matters
Danielle Stone S.P. Westmead Hospital re organising lary meeting at Crown Princess Mary Centre.

Outgoing

Letters of Welcome to new members – Richard Gulliford of Tumut

Terry Andrews of Parkes

Condolence card to the family of the late Cedric Fleming of Ramsgate

Election of Office-Bearers for 2018.

The following members were nominated and elected unopposed:

President: Les Byrnes, Secretary/Treasurer: Raymond Chappelow, Vice Presidents: Greg Joss and Peter Tierney, Welfare Officer: Cathy Edwards, Editor: George Southgate, Speech Co-ordinator: Chris Barrett, Committee member and Asst Welfare Officer: Wally Bak.

CONGRATULATIONS to all and welcome Chris. A very big thankyou to John Chaloner for his work as the SAC for umpteen decades.

General Business: Antoni Krasnodebski thanked the association for the gift he received at our Christmas Party for his work as the Editor of ST for many years. Tony said the gift was thoroughly enjoyed.

Les Byrnes advised that Nigel Balm who has recently retired and now has time wants to explore the idea of producing an educational and informative film about Laryngectomees. This idea will be investigated further, and members will be kept informed.

Discussion ensued regarding the website and the use of photographs of members who have passed away. The LANSW would like all members to offer ideas for a banner icon, rather than photos which, unfortunately for us all, have a “use by date”.

Date and Venue for next meeting was uncertain, but President and Secretary will be sorting. There being no further business the meeting closed at 11.40am.

NEXT MEETING From Pg. 2

Wednesday 18 April – 12 noon – 2pm

At Westmead Hospital, Hawkesbury Road, Westmead.

Enter via **Main Entrance** to **Westmead Education & Conference Centre (WECC)** on **Level 2** (Level 2 is Ground Floor) for **Seminar Room 7**.

LARYNGECTOMEE ASSOCIATION

WELFARE REPORT FOR March 2018

PATIENT PACKS

Jonno Whittall	ACT Health Supply Services	5 patient packs
Wally Bak		10 Patient Packs

STOMA COVERS & ACCESSORIES

Inv No	Name	Goods	Cost
444	Toni Giannetti for Marco	15 single stoma covers	\$90.00
445	Roger Nohra	24 Double Stoma Covers	\$144.00
446	Herbert Nolte	3 Single & 3 Double Stoma Covers	\$36.00
447	ACT Health Supply Services	5 Shower Shields	\$150.00
448	Richard Guilford	5 Stoma covers	\$30.00
449	Hugh & Rae Small	6 Stoma covers + 1 Showershield	\$66.00

Emergency Cards sent

Packs for New Members

Marie Gawin	Dunlop ACT
Richard Guilford	Tumut NSW
Terry Andrews	Parkes

Postage

Costs

Float - given in June 2017	\$500.00
Balance b/f	\$415.40
Postage - Wendy	2.55
Postage - inv 445	2.55
Postage- Inv 446	1.25
Small Satchell X 10	80.75
Total	\$87.10

CBA Bank Statement as at 31 January 2018	\$12,977.83
<u>Add January's Income</u>	
Subscriptions	\$150.00
Donations	\$4.00
Supplies	\$261.50
<u>Total</u>	\$13,393.33
<u>Less January's Expenditure</u>	
Insurance	\$1,232.94
Telecommunication	\$19.95
Stationery	\$34.49
Postage	\$462.00
Lunch	\$35.00
Travel	\$107.20
Patients' Supplies	\$460.00
Sundries	\$9.00
<u>Total</u>	\$2,360.58
Less Cheque #690 from January	\$180.00
Plus Unpresented Cheque (February)	\$35.00
CBA Bank Statement as at 28 February 2018	\$10,867.75



Overcoming Depression

Hopefully a patient can find the strength to fight depression. Immediately after a laryngectomy individuals may be overwhelmed by new daily tasks and realities. They often experience a mourning period for their many losses, which include their voice and their prime state of health.

Also they have to accept many permanent deficits including not being able to speak “normally”. Some may feel that they have a choice between succumbing to a creeping depression or becoming proactive and returning to life. A desire to get better and overcome a handicap can be the driving force to reversing the downhill trend. Depression may recur; requiring a continuous struggle to overcome it.

Some of the ways laryngectomees and head and neck cancer patients can cope with depression include:

- Avoid substance abuse
- Seek help
- Exclude medical causes (e.g., hypothyroidism, side effects of medication)
- Determine to become proactive
- Minimize stress
- Set an example for others
- Return to previous activities
- Consider antidepressant medication
- Seek support from family, friends, professional, colleagues, fellow laryngectomees, and support groups.

These are some of the ways of renewing one’s spirit:

- Develop leisure activities
- Build personal relationships
- Keep physically fit and active
- Social reintegration with family and friends
- Volunteer
- Find purposeful projects
- Rest

Support by family members and friend’s is very important. The continuous involvement and contribution to others’ lives can be invigorating. One can draw strength from enjoying, interacting and impacting the lives of their children and grandchildren. Setting an example to one’s children and grandchildren not to give up in the face of adversity can be the driving force to be proactive and resist depression.

Getting involved in activities one liked before the surgery can provide a continuous purpose for life. Participating in the activities of a local laryngectomee club can be a new source of support, advice and friendship.

Seeking the help of a mental health professional such as a social worker, psychologist or psychiatrist can also be helpful. Having a caring and competent physician and a speech and language pathologist who can provide continuous follow-up is very important. Their involvement can help patients deal with emerging medical and speech problems and can contribute to their sense of well being.

Courtesy of the New Voice Victoria



Humour



Hunter was 4 years old and was staying with his grandmother for a few days. He'd been playing outside with the other kids, when he came into the house and asked, 'Grandma, what's that called when two people sleep in the same bedroom and one is on top of the other?' His Grandma was a little taken aback, but she decided to tell him the truth. 'Well, Hunter, it's called *sexual intercourse*.' Oh, Little Hunter said, 'OK.' and went back outside to play with the other kids. A few minutes later he came back in and said angrily, 'Grandma, it *isn't* called sexual intercourse. It's called Bunk Beds.

And Jimmy's mom wants to talk to you.'

A bakery owner hires a young female clerk who likes to wear very short skirts and thong panties. One day a young man enters the store, glances at the clerk and at the loaves of bread behind the counter. Noticing her short skirt, and the location of the raisin bread, he has a brilliant idea. "I'd like some raisin bread please," the man says. The clerk nods and climbs up a ladder to reach the raisin bread located on the very top shelf. The man standing almost directly beneath her, is provided with an excellent view, just as he thought.

When she descends the ladder, he decides that he had better get two loaves, as he is "having company for dinner." As the clerk retrieves the second loaf of bread, one of the other male customers notices what's going on and requests his own loaf of raisin bread. After many trips, she is tired, irritated and begins to wonder "why the unusual interest in the raisin bread?" Atop the ladder one more time, she looks down and glares at the men standing below.

Then, she notices an elderly man standing amongst the crowd. Thinking that she can save herself a trip, she yells at the elderly man, "Is it raisin for you too?" "No," stammers the old man, "but it's quivering a little."

My neighbour came at me really aggressively, asking if I knew anything about her underwear disappearing from her clothes line. I can tell you I nearly shit her pants.

Judge: "Why did you steal the car?"

Man: "I had to get to work."

Judge: "Why didn't you take the bus?"

Man: I don't have a driver's license for the bus

Did anyone notice that the "&" symbol looks like a dog dragging his butt across the floor?

Last night a Chinese guy came to my favorite bar. I asked him if he knew Kung Fu or some other martial art. He said, "Why do you ask me that? Is it just because I'm Chinese?!" "No it's because you're drinking MY beer!"

An older golfer was hitting his ball from near a water hazard and his club fell into the water. When he cried out, the Lord appeared and asked, "Why are you crying?"

The golfer replied that his club had fallen into the water and he needed the club to have a chance to win the tournament and supplement his meager pension..

The Lord went down into the water and reappeared with a golden club.

"Is this your club?" the Lord asked.

The golfer replied, "No.

The Lord again went down and came up with a silver club.

"Is this your club?" the Lord asked.

Again, the golfer replied, "No.

The Lord went down again and came up with an iron club. "Is this your club?" the Lord asked.

The golfer replied, "Yes.

"The Lord was pleased with the golfer's honesty and gave him all three clubs to keep, and the golfer went home happy.

Sometime later, the golfer was walking with his wife along the water hazard, and she fell into the river.

When he cried out, the Lord again appeared and asked him, "Why are you crying?"

"Oh Lord, my woman has fallen into the water!

The Lord went down into the water and came up with Kate Upton. "Is this your woman?" the Lord asked?

"Yes," cried the golfer.

The Lord was furious. "You lied! That is an untruth!"

The golfer replied, "Oh, forgive me Lord. It is a misunderstanding. You see, if I had said 'No' to Kate Upton, you would have come up with Jennifer Anniston. Then if I said 'No' to her, you would have come up with my woman. Had I then said 'Yes,' you would have given me all three. And Lord, I am an old man not able to take care of all three women in a way that they deserve ... that's why I said 'Yes' to Kate Upton. And God was pleased