



Still Talking

Dedicated to the welfare of Laryngectomees and those with similar vocal disorders.
ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW Inc
PO Box 443 Woy Woy, NSW 2256
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The Laryngectomee Association of NSW Inc©

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OFFICE BEARERS

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Wally Bak 4 Swords Ave., Mt Druitt, 2770 (02) 9864 6205 wallybak@gmail.com

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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

MEETINGS

All meetings cancelled until further

Notice February – November, 3rd

Wednesday Of the month. Sydney Mechanics School of Art, 280 Pitt St, SYDNEY at 10.45 am. Regional meetings Pg. 2 Meetings will be followed by light refreshments. Laryngectomees, friends, families, professionals all welcome.

Regional Meetings

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NSW ASSOCIATION:

3rd Wednesday of month (Feb - Nov) **Next meetings cancelled due to covid 19**

NEWCASTLE: 3rd Tuesday. Monthly
Mayfield Bowling Club Ingall Street Mayfield
Start 12.30 -2.00 Contact John Lovett
(02) 4954 8308

john dawnlovett@optusnet.com.au

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

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

Facilitator Gary Marr 0412 262 145

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

Albury regional meetings:

Kate Everitt – Speech Pathology Manager,
Albury Wodonga Health Phone 02 60584565
Email kate.everitt@awh.org.au

Laryngectomee Association of NSW Inc.

Treasurer Report April 2020

Payments:

Master Instruments – Servox batteries
ATOS Medical – stoma wipes for Welcome Packs
Accounting Software Update

I have trialled and purchased a month by month subscription to QuickBooks Online accounting software. I am in the process of setting up the accounts and entering the income and expenditure data, plus learning how to use the software correctly.

I am currently entering the association's income and expenditure into both the Excel spreadsheets and Quickbooks Online. When I am confident I have mastered the software, I will migrate all accounting to Quickbooks.

Quickbooks will enable us to create electronic invoices and sales receipts for members who supply us with an email address. Members who only have a postal address will receive invoices and sale receipts (sales receipts on request only), by Australia Post.

Reporting will be more efficient and provide transparency and confidence in our financial status. Electronically linking our income and expenditure records to our accountant, will enable a more efficient system for the end of the year audit process.

If committee members or general members have concerns regarding the management of our finances, and our migration to an online accounting software platform, please do not hesitate to contact me.

| Profit and Loss | | | |
|----------------------|-------------------------------|----------------|-----------------|
| 2020 | | | |
| | | April | YTD |
| Income | | | |
| | Stoma Covers | 144.00 | 402.00 |
| | Shower Shields | 0.00 | 60.00 |
| | Neck Breather Seatbelt Sleeve | 0.00 | 12.00 |
| | Batteries | 45.00 | 136.00 |
| | Patient Supplies (General) | 0.00 | 0.00 |
| | Membership Fees | 100.00 | 430.00 |
| | Association Donations | 0.00 | 0.00 |
| | Fund Raising/Raffles | 0.00 | 0.00 |
| | Interest | 0.00 | 0.00 |
| | Total Income | 289.00 | 1040.00 |
| Cost of Sales | | | |
| | Stoma Covers | 0.00 | 605.00 |
| | Shower Shields | 0.00 | 0.00 |
| | Neck Breather Seatbelt Sleeve | 0.00 | 0.00 |
| | Batteries | 330.81 | 330.81 |
| | Patient Supplies | 0.00 | 0.00 |
| | | | |
| Expenditure | | | |
| | Welcome Packs | 345.00 | 345.00 |
| | Speech Aids | 0.00 | 0.00 |
| | Postage | 0.00 | 381.05 |
| | Printing | 0.00 | 261.40 |
| | Stationery | 0.00 | 59.00 |
| | Accounting / Fees | 0.00 | 1248.15 |
| | Telecom / Website | 0.00 | 234.25 |
| | Office Supplies | 0.00 | 74.98 |
| | Catering | 0.00 | 40.00 |
| | Venue Hire | 0.00 | 46.00 |
| | Support Donations | 0.00 | 0.00 |
| | Travel / Accommodation | 0.00 | 0.00 |
| | Insurance | 0.00 | 0.00 |
| | Christmas Party | 0.00 | 0.00 |
| | Sundries | 0.00 | 0.00 |
| | Total Expenditure | 675.81 | 2689.83 |
| | | | |
| | Net Profit/(Loss) | -386.81 | -1649.83 |

Incoming Correspondence:

- 1.
2. Peter Boland – membership application
3. Australia Post – RTS Joe Quagliata, incorrect address
4. Australia Post – RTS Phillip Pearce, incorrect address
5. Lionel Huggett – sent a copy of My Voice by author Itzhak Brook, MD
6. Laryngectomy Association of VIC – a copy of The New Voice
7. Steve Garth – email enquiry regarding membership fees
8. Phillip Richards – email enquiry regarding membership fees
9. Roderick Hill – membership renewal form
10. Master Instruments – returned cheque. Incorrect payee.
11. ATOS Medical – email invoice for Welcome Pack wipes
12. Matthew Smyth – new member application
13. John Constable – new member application
14. David Hart – new member application Catherine Tesoriero – enquiry for neck Stoma covers
15. Natalie Wilkinson – email to advise there are no regional meetings in Albury Wodonga at

Outgoing Correspondence:

1. Master instruments – cheque payment for Servoce batteries
2. Master instruments – amended cheque payment for Servox batteries
3. ATOS Medical – cheque payment for stoma wipes
4. Steve Garth – reply to membership enquiry
5. Phillip Richards – reply to membership enquiry
6. Catherine Tesoriero – forward email to Welfare
7. Bridgette Smyth – respond to acknowledge membership application for Matthew Smyth and answer questions
8. Natalie Wilkinson – email reply to Natalie Wilkinson regarding no meetings in Albury Wodonga region

Membership Renewals:

Leila El-Husseini (2020), Steve Garth (2018/19/20), George Southgate (2020), Roderick Hill (2020/21), John Saunders (2020)

New members

Please welcome: Peter Boland of West Pennant Hills, David Hart of Mosman, John Constable of Werris Creek, and Matthew Smyth of Campbelltown.

Administration

Apology to new members: I usually send a welcome letter after receiving membership applications. However, my printer is not working, and Covid-19 restrictions are delaying me from replacing it. As soon as I can replace it, I will send you your welcome letters.

Welfare Report.:

24 Double Stoma Covers to Leila el- Hussein

Welcome Packs to new members: Matthew Smyth of Campbelltown and John Constable at Werribee Creek.

Phone call from partner of Monica Lawton, advising that Monica had passed away and that her electrolynx and charger will be given to the association. Parcel post envelope sent to

On April 3rd a request from the Speech Pathologist at St. Vincents Private to undertake a "FaceTime visit" with an impending Laryngectomy patient was received and subsequently took place between patient Kevin and his son, SP Therese Dodds and Les Byrnes. The "visit" went very well and Kevin was confident about the impending operation.

This method of visiting pre-op and new Larynx might become the norm in the future, at least especially during these lockdown periods.

Expenditure : Prepaid parcel post satchels and printing toners \$295.80.
Balance of float at April 30th. \$ 71.10.

Yvonne & Les.

Forever sharing this on May 1st!

"I'm a Speech Pathologist." "So you teach people how to talk?"

No. Sit back for a moment and let me tell you what a Speech-Language Pathologist pours their heart into day after day... We help a person, whose brain can no longer send the correct signals to produce basic sentences, answer the simplest of questions so he can participate in social activities with others... We teach memory strategies to someone with dementia so she can remember the names of her grandchildren... We help a child on the autism spectrum with their social skills, in the hopes that the bullying will stop and they will make one friend before the end of the school year... We rehab someone's swallowing muscles so they can have a sip of McAlister's ice tea, because it is their absolute favorite... We give hope to the parents who have finally accepted their child is delayed, after the doctor repeatedly tells them he is just a late talker... We teach someone with new cochlear implants how to communicate without sign language after a lifetime of deafness being all they know... We ease a stuttering child's anxiety when they are preparing to stand up in front of their class to give a book report... We show someone how to apply a Passy-Muir valve to their tracheostomy so they can use their voice to tell their family "I love you."... We have the difficult conversation with a family to tell them that grandma's cognitive impairments make her unsafe to go back to her home alone... We help a child pronounce certain sounds correctly, after years of others reinforcing the wrong way, when they reach an age where their impairment is no longer considered cute... We help a young, intelligent woman who has had a massive stroke learn to use a speech-generating device so that she can return to her vibrant and capable self.... and we think about these people when we're falling asleep at night and we pray for them and we spend time off the clock and our own money on things that we think may help them even the slightest... and we constantly put up with being misunderstood and overlooked. So if you know a Speech Pathologist, tell them thank you and give them a hug, because I promise you, after spending their days pouring their hearts into others, they need someone to replenish theirs.

" May is Better Speech and Hearing Month.

On behalf of myself I say thank you to all the speechies out there, I have only dealt with 6 at the present moment and I would like to name them all for the care and fantastic way they have treated me unfortunately I can not remember two of the names they both worked in Glen Innes but they were both women named Alex. But the other 4 I know their names and how much they have done for me Nicola Hardingham and Helen Brake St Vincents Sydney My current local speechie Phoebe Newsome And of course not last or least in anyway Meagan Walsh.

Thank you also:

Amanda Bailey
 Molly Barnhart
 Alison Battin
 Jenna Binstead
 Jessica Boehm
 Kate Brosta
 Sophie Chandler
 Olivia Clark
 Ron Clark
 Rochelle Cook
 Sarah Coventry
 Therese Dodds
 Kylie Draper
 Jaimee Dutton
 Louise Foley
 Jodi Gibson
 Victoria Gill
 Anna Glover
 Klint Goers
 Mattias Grasselli
 Sarah Hetherington
 Jennifer Hird
 Allen Hoadley
 Kathrine Kelly
 Karen Kostal
 Suzanne Lee
 Trudy Lynch
 Julia Maclean
 Paula Macleod
 Jane Majella
 Carli Mani

Natali Mestric
 Penny Mogg
 Katrina Moore
 Lydia Natsis
 Louise O'Leary
 Melissa Parish
 Margaret Patterson
 Tamara Penberthy
 Kelly Picone
 Rachel Urquhart
 Kelly Richardson
 Virginia Ricketts
 Rns
 Rachelle Robinson
 Michael Rohr
 Sallyc
 Vanessa Schriever
 Sandy Scotton
 Michael Shaffler
 Rebecca Shaffler
 Lisa Shailer
 Virginia Simms
 Jeanette Sprott
 Katherine Symeou
 Sarah Tabone
 Ada Tang
 Rachel Urquhart
 Lauren Van Rees
 Tammy Von Keisenberg
 Tina Wilkie
 Michael Wingrove

Also to all the speechies that are not on my lists , are in different states etc,



Dear George

Thank you for the monthly newsletter which is always read with great interest. I noticed there has been some commentary on the Members' & Visitors' Forum page of the LANSW site regarding HMEs and specialty products during this time. Link: <http://www.stilltalking.org/#forum>

I noted one comment stated the person found it difficult to get information on certain products from suppliers. We would be happy to provide our input from a manufacturer's point of view as we would like to address any concerns people have on this topic and be transparent about the application of our products.

Regards

Matt Harris

Managing Director ANZ & Korea

Part 1 Future Article for ST

Heads Up: A Pain In The Neck This article was published by Paul Yeo in Star2.com on 8 April 2018 what are cancers of the head and neck? You might imagine that there is a lot going on in that area, and you would be right. Consultant clinical oncologist Dr John Low explains head and neck cancers (HNC) as cancers that occur anywhere from the neck up. "The cancers are categorised according to the areas of the head and neck from which the cancer cells arise. Treatment is challenging due to the complex anatomy and the vital physiological functions of this region." he says. The anatomical regions generally referred to are: Oral cavity: This includes the lips, tongue, gums, the lining inside the cheeks and lips, the floor of the mouth (under the tongue) and the bony top of the mouth (the hard palate). Pharynx: This is essentially the throat, which can be described as a hollow tube about 13cm long that starts behind the nose and leads to the oesophagus. The pharynx is further divided into three parts: Nasopharynx. The upper part of the pharynx, behind the nose. Oropharynx. The middle part of the pharynx, including the soft palate, the base of the tongue and the tonsils. Hypopharynx. The lower part of the pharynx. Larynx: Also called the voice box, this is a short cartilaginous passageway below the pharynx in the neck. This is where the vocal cords are. The epiglottis also lies in the larynx. It covers the larynx in order to prevent food from entering the air passages.

Nasal cavity and paranasal sinuses: The nasal cavity is essentially the nose, while the paranasal sinuses (of which there are four pairs) are small hollow spaces in the bones of the head surrounding the nose. **Salivary glands:** There are four pairs of the major salivary glands: parotid, submandibular, sublingual and buccal, plus numerous other small glands. **Thyroid gland:** This is a butterfly shaped gland that lies in front of the windpipe, just below the larynx in the neck, and secretes hormones regulating growth and metabolism. **Early symptoms include:** A lump or a sore in any area of the head and neck that does not resolve. Difficulty or pain in swallowing. A change or hoarseness in the voice. An ulcer on the gums, tongue or lining of the mouth that fails to heal or any unusual pain or bleeding in the mouth. Chronic ringing or pain in the ears or hearing impairment

Did you hear the one about the?

A religious woman upon waking up each morning would open her front door stand on the porch and scream, "Praise the Lord." This infuriated her atheist neighbor who would always make sure to counter back, "there is no Lord." One morning the atheist neighbor overheard his neighbour praying for food, thinking it would be funny, he went and bought her all sorts of groceries and left them on her porch. The next morning the lady screamed, "praise the Lord, who gave me this food." The neighbour laughing so hard he could barely get the words out screamed "it wasn't the Lord, it was me." The lady without missing a beat screamed "praise the Lord for not only giving me food but making the atheist pay for it!!"

An immigrant from Poland who was married to an American barged into the police station out of breath. "My wife, she try to kill me" he stammered. "Are you absolutely sure?" questioned the police officer. "Of course I sure" he countered insulted "you think I dumb, look what I found in her purse" he said pulling a bottle out of his pocket, "look it says polish remover!"

The CEO of a large company was walking to the cafeteria along with two of his secretaries. Upon tripping on a bottle, a genie appeared and asked the threesome if they would like to each make a wish. The first secretary excitedly exclaimed, "I wish I was on a beach in a tropical island!" Immediately her wish was granted. The next secretary proclaimed, "I wish I was on a tour of France!" Immediately her wish too, was granted. Being that it was now his turn to make a wish the CEO exclaimed "I want the two of them back in their offices right after lunch!"

A duck walks into a bar, and asks the bartender, "do you have any grapes?" "Nope" responded the bartender, "try somewhere else." The duck walks out and back in, "do you sell grapes?" "I told you already I don't" responded the bartender, "stop bothering me." The duck walks back out and then back in again, "stop right where you are" the bartender screams "you ask me again if I have grapes I will take a hammer and nail your feet to the floor." The duck walks out and then back in again, "do you sell nails?" he asks "No" responded the bartender. "Do you sell grapes????"

Jerry was at a marriage seminar, and the leader of the seminar, a lady, was asking everybody how long they were married for. When it was Jerry's turn Jerry said that he was married for almost 50 years. "Wow" the leader gushed "that's amazing, perhaps you can take a few minutes to share some insights with everybody, how you stay married to the same woman for so long. "Well," Jerry said after thinking for a few moments, "I try to treat her nice, buy her presents, take her on trips..... and best of all, for our 25th anniversary I took her to the Bahamas." "Well that's really beautiful, and a true inspiration for all of us" the lady said "maybe you can tell us what you are going to do for your 50th anniversary" she said with a smile "Well" Jerry said "I'm thinking of going back to the Bahamas to pick her up."

My Czech mate is surprisingly bad at chess. **My wife** is threatening to leave me because of my obsession with wearing different clothes every half an hour. I said, "Wait, I can change."

Whoever stole my copy of Microsoft Office, I will hunt you down and I will make you pay... You have my Word!