Clubs, Clubs, Clubs...should we go to the trouble?

Laryngectomee support groups have been around for more than 50 years. In an informal environment, people with years of experience living with the unique challenges of neck breathing and voicelessness share pertinent information with those new to the laryngectomee scene. This exchange of information is invaluable in the total rehabilitation of the new laryngectomee.

Originally, the American Cancer Society was instrumental in providing meeting space, financial assistance and education for laryngectomee support groups. The ACS Texas Division underwrote the Texas Laryngectomee Association Annual Meeting for the first 10 years of its existence. Various local ACS offices around the State of Texas supplied office support and meeting space for local clubs. The ACS coordinated requests for speech training, visitation to prospective or newly laryngectomized individuals, and anti-smoking speaking opportunities in the community. As funding dollars diminished, clubs and state associations and even the IAL had to become self-sufficient and self-supporting.

Laryngectomee support groups have sported a variety of creative names, including but not limited to Lost Chord Club, Respeak Club, New Voice Club, Whispers Club, and the like. Some clubs enjoy the dedicated and/or casual participation of a speech pathologist. Other clubs are organized and run by a speech pathologist.

Please see “Clubs.” Page 20
Introducing... the World’s First USB Speech Aid!

The TruTone® Electrolarynx is the only instrument available with natural intonation and built-in USB charging.

- **Exclusive**: Pressure-Sensitive Button, for More Natural Expression
- **Wide Frequency Range**, Allowing for Masculine or Feminine Voice Adjustment
- **Exclusive Option**: 9v Battery Operation Means No Custom Mail-Order Batteries
- **Light Weight, Small Size**, and Extremely Durable

Don’t Get Caught With Your Charge Down!™

Griffin Laboratories, Inc. is proud to be the first speech aid company to offer integrated USB charging. This innovative feature will allow individuals to charge their device at home, in the car, and on the go.

<table>
<thead>
<tr>
<th>Best For Primary Voicing</th>
<th>Romet® R200</th>
<th>Servox® Digital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single-Button Intonation?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Smallest Size?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Battery Operation</td>
<td>9 Volt Rechargeable</td>
<td>9 Volt Rechargeable</td>
</tr>
<tr>
<td>USB Charging Available?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Oral Adapter w/ Straws?</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Volume (dB) Range</td>
<td>62-82</td>
<td>76-80</td>
</tr>
<tr>
<td>Frequency (Hz) Range</td>
<td>43-400</td>
<td>71-89</td>
</tr>
<tr>
<td>Battery Life?</td>
<td>4.3 Hours</td>
<td>3.8 Hours</td>
</tr>
<tr>
<td># of Included Batteries</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Weight w/ Battery</td>
<td>4.5oz</td>
<td>4.5oz</td>
</tr>
<tr>
<td>Lanyard?</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Warranty?</td>
<td>5-Year Drop &amp; Soak</td>
<td>Full 5-Year</td>
</tr>
</tbody>
</table>
### SolaTone

- Easy to use Single-Tone Button Activation
- Light Weight, Small Size and Extremely Durable
- Wide Frequency Range Allows for Masculine or Feminine Voice
- **Exclusive Option**

**SolaTone**

**Proudly Made in the USA**

---

### Liberty

- Low-Cost Speech Aid
- External Volume and Pitch
- AA Battery Operation
  - Lowest Operating Cost
  - Longest Battery Life

**Offered Exclusively By:**

**ATOS MEDICAL**

**Leading the way in ENT**

**Proudly Made in the USA**

---

### Comparison Table

<table>
<thead>
<tr>
<th>SolaTone® R15SCP</th>
<th>Servox® Inton</th>
<th>ADDvox™ Clarus™</th>
<th>Blom-Singer® EL1000</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Volt Rechargeable</td>
<td>Permanent 2x 3.7 Volt Rechargeable</td>
<td>7.2 Volt Rechargeable</td>
<td>9 Volt Alkaline</td>
</tr>
<tr>
<td><strong>YES</strong></td>
<td><strong>NO</strong></td>
<td><strong>NO</strong></td>
<td><strong>NO</strong></td>
</tr>
<tr>
<td><strong>YES</strong></td>
<td><strong>NO</strong></td>
<td><strong>NO</strong></td>
<td><strong>NO</strong></td>
</tr>
<tr>
<td><strong>62-82</strong></td>
<td><strong>72-82</strong></td>
<td><strong>59-80</strong></td>
<td><strong>61-78</strong></td>
</tr>
<tr>
<td><strong>36-171</strong></td>
<td><strong>85-111</strong></td>
<td><strong>54-185</strong></td>
<td><strong>73-89</strong></td>
</tr>
<tr>
<td>4.3 Hours</td>
<td>3.4 Hours</td>
<td>2 Hours</td>
<td>3.1 Hours</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>1</strong></td>
</tr>
<tr>
<td>4.5oz</td>
<td>4.5oz</td>
<td>5.7oz</td>
<td>4.6oz</td>
</tr>
<tr>
<td><strong>YES</strong></td>
<td><strong>YES</strong></td>
<td><strong>YES</strong></td>
<td><strong>YES</strong></td>
</tr>
<tr>
<td><strong>3-Year Drop &amp; Soak</strong></td>
<td>Full 3-Year</td>
<td>2-Years</td>
<td>3-Year</td>
</tr>
</tbody>
</table>

---

*Your Voice is Important, choose the best!*

---

**Griffin Laboratories**

800.330.5969 www.griffinlab.com

---

Servox is a registered mark of Servona GmbH
Romet is a registered mark of Fountain Head Marketing
Blom-Singer is a registered trademark of HANSA Medical Products

* - 1-Year Manufacturer’s Warranty. Additional Drop & Soak Warranty Available

1 - Size based on overall unit length

2 - Time until unit volume was reduced to 60dB using supplied battery sold with unit.

3 - 3-Year Drop & Soak Warranties offered through ATOS Medical.

The test was conducted using a calibrated ISO 6367:1995 IE311 Type II Sound Level Meter with calibration certificates set for dB. Tests were performed in open air (not with user) at 12” in a sound isolation chamber with an average ambient SPL of 45 dB.

All tests were completed by Griffin Laboratories, Inc. Copyright © 2013 Griffin Laboratories, Inc. All Rights Reserved. TruTone, SolaTone, Sonivox and “Drop & Soak” are registered trademarks of Griffin Laboratories, Inc. BooNite and Liberty are trademarks of Griffin Laboratories, Inc.
Time-Tested Solutions
Tracheoesophageal Voice Restoration

INHEALTH TECHNOLOGIES
800-477-5969
Intl. (01) 805-684-9337
info@inhealth.com
www.inhealth.com

©2013 InHealth Technologies
The IAL News is published four times a year by the International Association of Laryngectomees.

Information provided by the IAL News is not intended as a substitute for professional medical help or advice, rather as an aid in understanding problems experienced by laryngectomees and the state of current medical knowledge.

A physician or other qualified healthcare provider should always be consulted for any health problem or medical condition.

The IAL does not endorse any treatment or product that may be mentioned in this publication. Please consult your physician and/or speech language pathologist (SLP) before using any treatment or product.

The opinions expressed in the IAL News are those of the authors and may not represent the policies of the International Association of Laryngectomees.

As a U.S. charitable organization, as described in IRS 501 (c) (3), the International Association is eligible to receive tax-deductible contributions in accordance with IRS 170.

Items Available From The IAL

- IAL Brochures
- Postcards to order copies of The IAL News
  (Or Change Address)
- Orange Emergency Cards (English)
- Orange Emergency Window Stickers (English)

- “Laryngectomees Loving Life” DVD (35 minutes) ($10 donation requested to cover costs and shipping) It can be watched free on the IAL website.
- “First Steps” Only available to download from the IAL website
Passport needed for Canadian visit

Americans attending the IAL/Voice Institute Buffalo, N.Y., meeting in June will need a valid United States passport to cross the border, both into Canada and to return to the U.S.

A spokesman for the Department of State said the present estimated waiting time is four to six weeks.

A passport costs $140 for an adult. There are additional charges for expediting.

To apply, visit any U.S. Post Office for forms or online at http://travel.state.gov.

Clubs asked to remit dues in timely fashion

IAL News Staff Reports

Dues invoices for 2014 have been mailed. Member clubs’ timely payments will be appreciated and recognized when received.

“Their continued support provides the foundation for the membership to have representation in the IAL,” said IAL vice president Wade Hampton.

Dues range from $25 for the smallest clubs—one to 10 members—to $175 for the two largest categories.

The address for mailing is:

The IAL
925B Peachtree St. NE
Suite 316
Atlanta, Ga., 30309-3918

IAL Board has negotiated special hotel rates for June Buffalo meeting

A special rate of $99 per night has been negotiated for the IAL Annual Meeting/Voice Institute.

The meeting/Institute will take place during the third week of June in Buffalo New York. (Please see exact dates on pages 18 and 19.)

The rate is considerably less than the hotel—The Buffalo Mark Inn—normally charges.

Making a reservation and assuring the discount is easy.

The Buffalo Adams Mark is located at 120 Church St, Buffalo, NY 14202. Contact is Casey Casey Ross-Patrick Ph: 716-845-5100 Ext 7027. It is within 30-45 minutes of all attractions, including Niagara Falls, and just moments from the waterfront.

Just phone the hotel and let the desk attendant know you are with the IAL Annual Meeting group.

“That’s it,” said a hotel spokesperson

There is a $5 daily charge for parking.

“The hotel offers easy in and out access,” said the spokesperson.

“I think all our members will be satisfied with the hotel,” said IAL Vice President Wade Hampton, one of the members who helped negotiate the rates. It is a very nice one.”
When you read this, it likely will be snowing in Buffalo,
but it will likely be BEAUTIFUL in June for the IAL Annual Meeting & Voice Institute there on the Niagara Frontier!!

Buffalo is my home town. I want everyone who possibly can to come and enjoy it!! There are wonderful buildings and statues monuments and elegant old homes as well as museums and parks and theaters and the zoo and the waterfront. The Adams Mark hotel, which we’ve tried out and enjoyed - good food and interesting decor - is close to the City Hall (above) which has a very tall central tower with an observation deck - and the Adams Mark is also very close to area where Lake Erie narrows into the Niagara River - and it’s only a half hour to Niagara Falls. The IAL will be sponsoring a trip to the American side of the falls. Be sure to sign up for it.

But ,If you can, you’ll want to drive or rent a car, spend a few more days and make a vacation of it. Bring the kids or grandkids. Besides Buffalo and Niagara Falls, see Old Fort Niagara, Letchworth Park along the Genesee River - “The Grand Canyon of the East,” the Erie Canal, the Finger Lakes and Watkins Glen (car racing as well as a lovely park to walk through). Visit the Fisher Price Toy Factory or the Elbert Hubbard RoyCroft Museum in East Aurora.

If you have passports you can cross the Peace Bridge to the Canadian side. It’s a lovely drive up the Niagara River to the Falls. Then you can see the Falls from a boat - the “Maid of the Mist,” or from a Helicopter or a balloon or from the revolving restaurant at the top of the Skylon Tower..The view is lovely at night with colored lights. There are a lot of other attractions of various sorts from Ripley’s Believe–It-Or-Not to a choice of plays at the Shaw Festival. And you can drive around Lake Ontario a little over an hour further to Toronto - a great place to visit!

I haven’t even mentioned the casinos on both sides of the river, Fantasy Island amusement park on Grand Island in the river ,and many, many other things - including FOOD!! Don’t forget that Buffalo Wings actually are a Buffalo invention, as well as their Beef-on-Weck sandwich!! Be sure to try one.

Tom and I hope to see LOTS of you there having a wonderful time.

Dorothy Lennox

P.S. If you want information about Artificial Larynges, Tracheostoma Covers, Telephone Attachemtns, Voice Amplifiers and anything along those lines, please contact us. We’ll be glad to help you in any way we can. If we don’t have something, we usually can tell you who does.
Ten IAL Board of Directors positions up for election at Buffalo annual meeting in June

IAL News
Staff Reports

Four officer and six director seats are open for election at the 2014 IAL Annual Meeting in Buffalo, N.Y. in June.

The election is to be first order of business on Saturday, June 27, during the delegates meeting.

According to IAL bylaws, candidates for office must be present at the election. No “in absentia” candidates are allowed.

Ballots will be cast by IAL-approved club delegates and members of the Board of Directors.

Voting delegates are approved during registration. No voting delegate can represent more than one club.

The open officers’ seats are president, vice president, secretary and treasurer.

Incumbent treasurer Chuck Rusky is expected to run for reelection.

Incumbent directors expected to seek reelection are Noel Best and Candy Moltz.

In accordance with the 2012 revised Bylaws of the IAL, a notice is hereby given to all clubs and members of the IAL that are presently in good standing with dues paid up-to-date.

Apply Now, See How!

The IAL is looking for qualified persons to serve as an IAL Officer or member of the Board of Directors who would be an asset to the future of the IAL.

Any well-rehabilitated laryngectomee interested in becoming a candidate in 2014 needs to go to the IAL website and read through the Bylaws, Code of Ethics and the Oath taken by elected BOD members and employees.

Qualifications include, minimal computer skills (email, Word) and good communication skills. If YOU are inspired by the goals set forth in the above listed documents, then the IAL invites you to apply for a seat on the Board of Directors.

To apply, go to www.TheIAL.com. Find and fill out the Board of Directors Application. A short, approximately 100 words, biography, a 2 ½ x 4” high-quality, color photograph, and a letter of endorsement from your active IAL member club must be submitted with the application. Applicant dues must be current.

Submit the application and accompanying packet not later than April 15, 2014, either by hard copy or electronically to:

Sapp Funderburk
Chairman IAL Nominating Committee
10 Dover Drive
Taylors, SC 29687
csfund@bellsouth.net

This deadline is important because nominations must be mailed to all qualified IAL member organizations at least 45 days prior to the Annual Meeting of club delegates.

Thank you for carefully considering your opportunity to serve others.

Delegates

All voting delegates must present at registration a letter signed by a club leader certifying the delegate has been approved by his/her member club. Also, the club’s and delegate’s dues must be current.
The following story was written by Julia Maclean, Ph.D., a speech pathologist at the Head and Neck Surgery/Cancer Care Centre, St George Hospital, Sydney, Australia, since 1997. She holds the senior position there. It is being published here with Dr. Maclean’s permission and with the permission of Mr. O'Meara’s widow.

By Julia Maclean, Ph. D.

On October 12, 2013 James O’Meara, or as we all knew him Jim, passed away unexpectedly at home. When I spoke to Jim’s family, even they were surprised by his enormous contribution at St George Hospital, and across NSW, in training health professionals about laryngectomy. Jim was a quiet achiever, never wanting to boast about his accomplishments, but I thought that it was fitting to provide the Laryngectomee Association of New South Wales the eulogy that I gave at his funeral.

I was Jim’s speech pathologist and friend. Jim had his laryngectomy surgery conducted at St Vincent's Hospital in September 1999. He had what we call a voice prosthesis inserted to allow him to communicate which meant that over the last 14 years we saw each other every 10-14 days and had over 500 appointments together! There are devices that allow less frequent contact but as you will hear over the next few minutes, Jim chose to use his situation to allow many future doctors, nurses and allied health staff the opportunity to learn.

Jim and I would often joke that we saw more of each other than most families do and although the procedure that I conducted would only take a few minutes, our consultations always took longer, and over the years we learnt much about each other’s lives.

Jim was born on September 5, 1930 – he grew up in Derby Street Kogarah with his 3 sisters and 2 brothers. His first job was as the messenger boy to the Matron of St George Hospital in the old Griffith House. Jim told me that he would sit, terrified looking at the bells, waiting for them to ring as the Matron was a tyrant and he needed to ensure that he was there as soon as the bells rang so as not to incur her wrath! He also told me that he observed much of the goings on in the hospital including the affairs but in typical Jim fashion he said nothing to anyone and just quietly observed!

Jim always had an interest in sports, in fact he met Betty at a local tennis club and they were married 11 months later and they lived in the St George area together for the past 60 years! They raised their 2 sons Christopher and Stuart in Sans Souci – at the time Jim was the Australian Sales Manager of Stokes McGowan a sporting equipment company which later became Slazenger. This allowed Jim to combine work with his love of sports and on the weekends he spent time training Christopher and Stuart in soccer from an early age. He has since enjoyed watching his grandchildren play soccer and softball and would often tell me that he went to see a grandchild play sport on the weekend – knowing Jim he probably popped in and sat quietly out of the way and may not have been noticed by anyone! Jim was never boastful about his own achievements or that of his family however on occasions he would let something slip and I knew that he was quietly bursting with pride about their achievements.

Jim was obviously very well known and loved in the St George area. More often than not, when he came in to see me, he would give me a list of patients who were in hospital and ask if I could tell him where they were as he might just pay them a quick visit – I would then find him in a ward some hours later still visiting! Ironically, although Jim hated hospitals, he has spent much time in the corridors of St Vincent’s and St George hospitals over the past 14 years. Jim was an active member of the Laryngectomee Association of NSW and the St Vincent’s Laryngectomy group. Jim was always available to provide a preoperative visit for patients who were to undergo laryngectomy surgery – he would walk in, smile, instantly instill confidence and tell them quite simply that “they would be ok” and that “life would go on.”

Thankfully laryngectomees are actually rare these days, although ironically one is happening right now at St George Hospital, as they are not common, many staff do not know how to look after their special needs, which can be very frightening for patients when they come into hospital, with other problems. Jim was happy for people to learn how to look after voice prostheses and his airway he was passionate about teaching medical, nursing and allied health staff! They say that a picture tells a thousand words – I always conducted laryngectomy education with Jim by my side and we always got the feedback of how great the sessions

Please see Maclean/O’Meara Page 10
were – because Jim was there – providing wisdom from the patient’s perspective and ensuring that they would never forget what it meant to be a laryngectomee. Jim always made himself available for these education sessions - even in recent times when I knew that he was not feeling well - he would come in to train medical staff at 7 in the morning arriving at 6.30am – Jim was always punctual! He would spend the Sunday before his birthday each year training speech pathologists from around Australia – I would always give him the most nervous and inexperienced speech pathologists as he was such a great teacher. I would walk past his room and hear him giving them encouragement – “when you do it, be definite about it”, “it doesn’t hurt me – give it a go!” He filled them with confidence by his calmness – in return I would always tell him that I would always joke with him that I would ensure that I gave him the best looking students!

He was a great judge of character – when teaching young doctors he would sometimes flinch and make things a bit difficult and he would say to me afterwards “I thought they were a bit cocky so I made it a bit more difficult for them!”

Jim was never perturbed by the seniority of the staff he was educating – he had something that he wanted to teach them, was passionate about and he always captured their full attention.

Betty was surprised the other day when I told her that I had calculated that conservatively Jim has educated:
- Over 300 Speech Pathologists from across Australia
- 50 trainee Ear Nose and Throat doctors
- 50 intensive care doctors
- 100 Anesthetists
- 100 Emergency doctors
- Every NSW Ambulance Educator and
- Countless Nursing Staff – it would be in the thousands

His contribution to education at St George as a patient is, I am sure, unparalleled. Jim has certainly ensured that there are many more health professionals who know how to look after any laryngectomee who finds themselves in hospital.

On a personal note, Jim saw me through my PhD studies – when it got hard he encouraged me and he allowed me to stick innumerable tubes up his nose and down his throat – he would say to me that he wanted to make it better for the next generation of laryngectomees.

Jim had a fabulous sense of humor and we shared a love of animals – he would bring in photos and tell me stories of his beloved cockatoo – Cockie – and German Shepherd Sheba and would always ask after my Golden Retriever Barney. Each Christmas he would bring me in 2 parcels and say “One is for you and the other is for Barney – you can chose first” I would then open a box of chocolates and a packet of schmakos! Occasionally, like with all people who are close to you, I would need to give Jim a lecture. Like when I thought he needed to go back to see his surgeon when he was having some trouble – he would look at me and say “Are you kidding - I’m not going back there – last time I went to the doctor they took my voice box and my teeth” …… I soon learnt that if there was something serious that I needed to talk to Jim about – I would take his voice prosthesis out first, rendering him unable to speak at all and then lecture him!

When I heard about Jim’s death on Monday I was, naturally, deeply saddened. Jim will be greatly missed by Betty, Christopher, Stuart and their families, by many friends and by the staff at St George Hospital but Jim had started to have a tough time with his lung cancer and I knew that he didn’t want to grow infirm. We shared the same birthday month and he would say to me each year “I just can’t believe how old I am!” – We agreed that we would just start making up our ages and that we didn’t need to tell anyone! So, when I reflected and realized that Jim died quickly and peacefully at home – without the need to go to hospital or become dependent on anyone I thought – that would be right Jim, you did it your way and you have left behind a great legacy. Because of you there are many health professionals who are all the more knowledgeable because of your enormous contribution to teaching – but I would like to point out that as usual Jim, I have had the last say!

Jim you were my quiet achiever! Thank you.

Jim O’Meara
Clubs, let’s recognize your leaders; The late Terrie Hall was just that

By Wade Hampton
IAL Vice President

The laryngectomee club is a place to meet face-to-face and share notes with others in the same predicament.

Advice and reassurance from someone else who has been through it before is invaluable.

A good club can be a lifeline, offering inspiration and hope when people lead their lives as a beacon for others to follow.

The rewards of a good club are immeasurable but, as in all good organizations, there is a large percentage of work that must be done to maintain its structure and function.

Club leaders are the ones who keep it going. True leaders conduct themselves as examples and often work silently to perform tasks that go unnoticed but fit the larger puzzle. Leaders have backbone, but yet are compassionate in their approach to others. The clubs flourish in an environment where positive examples speak louder than words.

Your leaders are not always necessarily the ones in the officer positions. And it is not necessary for one person to always be the leader. A true leader is someone who understands how to, at once, to be a team player and a leader.

One such leader was the late Terrie Hall, who we lost on September 16, 2013, after fighting throat and other forms of cancer for many years.

Terrie had the ability to draw in others to participate and contribute to a larger goal. She was the IAL secretary and a leader in her local club in Winston Salem, N. C.

As secretary of the IAL, Terrie often spent long hours on her computer typing and composing documentation necessary for the existence of the organization.

It was not the “fun stuff” that people like to do, but it was required by the IAL bylaws. She did minutes of the meetings and participated in the recent updates of the bylaws.

There was no glamour in these jobs, yet she worked silently without complaint to get them done.

Her commitment and hard work provided the glue and hard work the IAL needed to hold together during difficult times.

Do you have a leader of your club who deserves to be recognized? It could be a long-time officer, or someone who has never held office, but leads by example of hard work and commitment. Let us at the IAL News know about your leaders and their contributions. Send us a high-quality color photograph and a brief article (approximately 350-400 words) to be published in the newsletter. This is a perfect chance to let that person know how much he or she is appreciated. And it could inspire others.

The late Terrie Hall giving a school presentation.
New Electronic Larynx Models from $249.95!

Model R210
- Polished Aluminium Barrel
- Volume and Pitch Controls
- 2 Li-ion Batteries
- Smart Charger
- Oral Adapter & 5 Tubes
- Nylon Carrying Pouch
- Lanyard
- Stoma Light
- Forceps

Model R355
- Permanent Li-ion Battery
- Delrin Barrel
- Anti Roll Feature
- Volume & Pitch Controls
- Wireless Charging Pad
- Oral Adapter & 5 Tubes
- Nylon Carrying Pouch
- Lanyard
- Stoma Light
- Forceps

Model R310
- Delrin Barrel w/Soft Touch Grip
- Anti Roll Feature
- Volume & Pitch Controls
- 2 Li-ion Batteries
- Smart Charger
- Oral Adapter & 5 Tubes
- Nylon Carrying Pouch
- Lanyard
- Stoma Light
- Forceps

Model R120
- Delrin Barrel
- On/Off Switch (No Volume/Pitch Controls)
- 2 Li-ion Batteries
- Smart Charger
- Oral Adapter & 5 Tubes
- Lanyard

ROMET® Products are Distributed Worldwide by Fountain Head Marketing, Inc.
14410 Saratoga Pass San Antonio, TX 78254-1860 | Toll Free: 888.826.2703 Fax: 210.858.9608 | info@romet.us www.romet.us
Accessories for the Laryngectomee

**Stoma Shower Shield**
White Medical Grade Silicon Gel
w/Adjustable Rear Straps, Prevents Water Entering Stoma,
Brass Button Neck Closure will not tarnish with water/soap
Reg $57.50
SPECIAL $29.95

**Stoma Cover**
Dicky Style
Great for All Seasons
Polyester
Washable
7 Stylish Colors
$12.95 ea.

- White
- Navy
- Black
- Beige
- Grey
- Lt.Blue
- Burgundy

**Stoma Cover**
Mock Turtleneck Style
Keep Warm in Cool Weather
Polyester
Washable
3 Versatile Colors
$17.95 ea.

- Black
- Beige
- Navy

**7.2 Volt 280 mAh Cylinder Battery**
Guaranteed - Reg $25.95
SPECIAL $19.95 ea.
(compatible with Romet® and Servox® units)

...and much more - visit our new website at romet.us today!
Global solution for pulmonary and phonatory rehabilitation after a total laryngectomy

American laryngectomees can now fully benefit from the advantages of the Cyranose® HME*. It alone can be cleaned repeatedly, thereby proving cheaper with use. Thanks to the Cyranose® Global System, a Ceredas innovation, the pulmonary and phonatory rehabilitation of laryngectomees with or without a voice prosthesis is now possible throughout their life.

After surgery and during radiotherapy, CyTubeMajor™, a laryngectomy tube and tracheostoma support, receives the Cyranose® HME*. The CyGripOne™ is available for patients requiring a tracheostoma tube. The patented holding tab makes it easy to remove. Users of a voice prosthesis benefit from CyValveFreedom™, a hands-free valve avoiding the manual obstruction of the tracheostoma. Finally, Tracheodouche™, a shower protector, is fitted on the CyTubeMajor™ or the Cyranose® base, allowing for the pleasure of a shower without the risk of discomfort.

* Heat and Moisture Exchanger.

Tracheoclean®
Disposable tracheal protection

Hygiene and Ease

Another Ceredas innovation distributed in the U.S., Tracheoclean®, the disposable tracheal protection used during the post-surgical period is also unique on the market. Easy and fast to insert, it does not require any special care. It also protects the caregivers while preserving the patient’s self-image.

Cyranose®, Tracheoclean® : Patented / CyGripOne™ : Patent pending
It’s been fun at times. Trying at times. Just plain annoying at times. But most of all it has been rewarding.

Probably the most rewarding aspect of the job is hearing comments from readers that they enjoyed a particular story, or that a story helped them.

Also, since 2012, when I took this job, it has been my great pleasure to meet some of the finest and most incredible people anywhere. I simply marvel at people such as our president, Bob Herbst and vice president Wade Hampton. The time, effort and expenses out of their own pockets they willingly give to make the IAL better is astounding.

And they are by no means alone. There are many, many others, who most of us never see, working behind the scenes.

I have also learned that the heart and soul of the IAL are the people who attend laryngectomy club meetings all over the world, pay their dues and help on their respective local levels. In reality, the organization belongs to them.

And, in many ways, The IAL News, along with the IAL website, links all of them.

Meeting and working with our valued advertisers has also been an education. Knowing who sells what and the professionalism shown by them has left an indelible mark on me.

I have been lucky enough to be a part of the major makeover of the News. The redesign and addition of color has been an exciting time, even for this old veteran of print.

And that is part of the reason why we now need a new editor. My age, 72, along with my lack of energy and more frequent bouts with sickness makes this necessary. This issue, for instance is a couple of weeks late because I have been plagued by upper respiratory problems since December 27. I won’t go into specifics because nearly all of you know what I am talking about.

The new editor has to possess a few needed skills, the most important of which is working with people, mainly the IAL Board of Directors, the Voice Institute director and staff, the IAL staff and our advertisers. And our members, of course.

Technically, an editor should possess an ability to write clearly and to delegate story assignments.

Also, he or she will need to have some layout and design experience and access to a publishing program that is acceptable to our printer. We use a printer out of Duluth, Minnesota, that is as good as there is to be found. They are very helpful with any question an editor might have.

I use Microsoft Publisher.

Finally, an editor needs to have access to a quality camera. I use a Canon Power Shot SX10 IS. But any one of the major high-end amateur cameras will work as well as professional models. A must is that it be able to take quality color prints at a resolution no lower than 300 dots per inch because the News is printed on slick, magazine paper.

If anyone is interested in this challenging and rewarding job, please contact me at (803) 285-5690 or email me at swampfox95@hotmail.com. Or you can contact Vice President Wade Hampton at: whampton@windstream.net

Last, the job requires about 10-12 hours a week. And it is part of the IAL staff.
Inspiration in the void; new SLP chooses to help Laryngectomees

By Lauren Calhoun, MS, CF-SLP

When the world hears “speech pathologist” they imagine a clinician working in a school behind a small table instructing a child who has a lisp. I became a speech-language pathologist (SLP) with a different vision, a different definition of the scope and role I could play in treating others.

Many will say that working with adults in a specialized field such as Head and Neck is a hard way to earn a paycheck but for me, it’s the best way.

The first exposure I had to laryngectomy patients was in graduate school. My professor sauntered in with a knowing smile on his face and then with one picture challenged us to think differently.

He projected a familiar picture, an x-ray of the lateral view of the mouth and throat, and posed the question “what do you see?” However, there was only blackness and void in place of the laryngeal anatomy we had spent semesters upon semesters learning intimately.

The initial absence of the anatomy is startling but after shock subsides, doubt sets in. Doubt in your ability as a clinician to restore speech in the face of altered anatomy. With time and exposure, knowledge gradually overcomes doubt and then passion drives you forward.

Most SLPs feel a pull, an inner nudge towards a clinical setting and population that inspires them to seek more training, conduct more research, and develop better treatment protocols.

For me this nudge became a shove while working along side my now mentor as an intern at Johns Hopkins in Baltimore, MD. I can’t say that it was one patient or once experience I had working with laryngectomees that directed my interest and professional aspirations, but a collection of experiences from pre-surgery consultations and bedside treatments in the hospital to the eventual restoration of a voice source in the clinic room.

Clinician and patient alike require fortitude and creativity to persist through this journey, but ultimately the voice that was lost can be restored.

Seeing patients find personal strength to overcome challenges, to adapt to a new way of living, inspires me both on a professional and a personal level. I am thankful for the opportunity I have to work with laryngectomy patients as it has shaped me into a better clinician as well as a better person.

Clubs, The IAL News Wants Your Stories and Photographs

IAL News Staff Reports

The IAL News and website wants to know what member clubs throughout the world are doing.

“It can be anything from a fundraising event, to sports to human interest,” said Charles Moore, acting editor of The News. “We want to know about them so that we can publicize efforts by our members helping others.”

“During 2014 we are going to make an extra effort to keep in contact with our clubs,” Moore said.

“There is a multi-pronged reason for this. First and foremost we want to help our clubs by publicizing their events. Also we want follow-ups to show others what can be done. Finally, we simply want to share with anyone who picks up an issue of The News or visits our website what we as an organization are all about.”

“What we are about is helping IAL membership stay in contact with each other,” said Moore. “Hopefully, in the process we can learn from each other. But first we have to have the information.”

Getting the information to us is simple. Just send it to Moore or to the website, theial.com.

There are a few things that are needed.

For an announcement just a written email of about 75-100 words is sufficient. The Board of Directors will decide whether it goes to The News or to the website.

For a story, a high-quality, at least 300 DPI, photograph is needed along with the written copy and the writer’s name. The copy should be between 350-500 words. And it should be approved in advance.

Interesting photographs can be sent, along with a short description of what is happening.

Finally, if a story merits special treatment, color, extended space, etc., we can have it written by a member of our staff.

“I would certainly be happy to write some of them,” said Moore. “I will do them on a schedule of timeliness and importance.”

Maybe a club can designate one member to stay in touch with the IAL. Moore’s address is as follows.

Charles C. Moore
Email: swampfox95@hotmail.com. Be sure to include “IAL” and a short description on the subject line.

Please remember it is always best to alert The IAL before writing the story. It needs to appeal to a wide audience.
IAL memory gifts, honor gifts, donors

**DIAMOND - $10,000**  
Bob Herbst

**PLATINUM - $3,000**  
Providence Health and Services

**GOLD - $2,000**  
Phillip Doyle

**GOLD - $1,000**  
Howard Landis  
Laryngectomee Club of Montgomery County  
Chuck Rusk

**SILVER - $750**  
Tom & Dorothy Lennox  
Meadowlark New Voice Club

**SILVER - $500**  
Marie Herbst  
Jacqueline & Rhodney Montague  
Charles & Juanita Moore  
Heart of America Nu Voice Club  
West Texas Sports and Wellness

**SILVER - $250**  
David Blevins  
Jeannette Canovaca  
Martin Culhane III  
William Freeman  
Wade Hampton  
Walter Hellige  
Lesley Herbst  
Tom Herring  
Marriott  
New Voice Club of Oregon  
John Solenberger  
Jerry Trubee

**BRONZE - $200**  
Sapp Funderburk  
Donald Hardeman  
Ronald Kniffin  
Ron LeClair  
Charles McKellar  
George & Leah Ostrander  
Peninsula Lost Chords Club  
Karen Roberts  
Shirley Salmon  
Thomas & Ruth Shreve  
Louis Trammell  
Windsor & Essex Chapter of New Voices

**BRONZE - $150**  
Phil Benadam  
Thomas Cleveland  
James Hawkins  
David & Mary Klein  
Cheryl Lee  
Saul Silver  
Nashville Nu Voice Club

**BRONZE - $100**  
Kevin Ahern  
Wayne Baker  
Walter Bauer  
Russ & Wendy Buhl  
Marie Cronin  
Richard Crum & Jan Paddocks  
Patricia Gawron  
Jim & Janet Gilbert  
Bradford & Mary Gooch  
Terrie Hall  
Edward Hammer  
Virginia Hegg  
Adam Herbst  
Simeon Hyde  
Harry Jenson  
Thomas Kaelin  
Art & Kate Kohout  
Marvin Mackoff  
H.W. Noles  
NuVoice Club of the Niagara Frontier  
NuVoice Club of Mt. Sinai Hospital  
Claire Overmeyer  
Susan Reeves  
Reeves Rehab Speech  
Gwyneth Reid  
Mary Rudarmel  
Erich Paulie Sender  
Wilbur & Ester Slauson  
Ed Thominson  
Tidewater Lost Chord  
Charley Underdahl  
Julie Williams

**BRONZE - $50**  
Marion Alexander  
Tommasina Ardovini  
Lost Chord Club of Central Arkansas  
Janet Armbruster  
Mary Bacon  
Kathleen Bashista  
Linda Battaglia  
Susan Campbell  
Brandon Carmichael  
Dr. David Castrodale  
Anne Cinquegrana  
Michael Cohn  
Julie Crane  
Natalie & Cliff Crew  
Moira Daly  
Una Erlandson  
Jacqueline Freeman  
Aaron Futterman  
Laurie Gallant  
Logan Grayson  
Don Hardman  
Jackie Lee Jarmel  
Martin Jarmel  
Walter Josephson  
Joanne Kron  
Ronald Leek  
Norman R. Lovell  
Gary & Kathy Maloney  
Ron Mattoon  
Ann McKennis  
Carl & Erma Ray  
Bernie Marge Rissel  
Dale Rothenberger  
Jay Rothenberger  
A.C. Scott  
Clyde V. Simmons  
Nate Simmons  
Edward H. Snider  
Richard Strauss  
Ellie Tatro  
Randall Tolbirt  
Tri City Nu Voice Club  
Amie Walsh  
Phyllis Wheeler  
Gary Weber  
Claire Vaudry  
Dennis H. Yankey

---

The IAL Board of Directors and staff appreciates every donation to the Association. Your gifts will be used to further the cause of the Laryngectomee.
IAL Annual Meeting Registration
Buffalo, New York, June 26nd-28th

If you are a laryngectomee and would like assistance to develop your speech, you should register for the IAL Voice Institute as a Voice Institute Pupil (VIP) and use FORM B (IAL Voice Institute Form)

If you have been a laryngectomee for at least two years, have good speaking skills, and would like in-depth instruction in communication methods and related topics to serve as a peer counselor to other laryngectomes, register for the IAL Voice Institute as a Laryngectomee Trainee, and use FORM B (IAL Voice Institute Form)

All others please complete this form to register for the annual meeting.

Registration fee: $100 per person (postmarked on or before May 15, 2014)
$110 per person (postmarked after May 15, 2014)

First Attendee (please print) ___________________________ Laryngectomee? Yes No

Second Attendee (please print) _________________________ Laryngectomee? Yes No

Street Address________________________________________

City___________________________ State/Province__________ Zip________ Country________

Phone Number(____)________________________ Email________________________

Note: All sessions of the Annual Meeting and Voice Institute are conducted in English and, if needed, you must arrange for your own translator.

Please Check here if you require assistance, have dietary restrictions, or need special accommodations to attend the meeting because of physical limitations. You will be contacted for other information.

You may also register online at http://www.theial.com or by check or money order payable in U.S. dollars to the International Association of Laryngectomes and mail it to IAL, 925B Peachtree Street NE, Suite 316, Atlanta, Ga. 30309

Payment by Credit Card:

Please check: Visa MasterCard Discover American Express

(Please go to theial.com to use PayPal)

Cardholder Name________________________ Security Code_______ Cardholder Signature________________________

Please register for the IAL Annual Meeting (Form A) or the IAL Voice Institute (Form B)

Do not register for both events. ALSO REGISTER FOR THE HOTEL USING THE INFORMATION BELOW.

The Adams Mark Hotel, Buffalo, N.Y.

120 Church St, Buffalo, NY 14202 Telephone: (716) 845-5100

A hotel spokesperson said to be ready to provide the staff with your date of arrival and what group you are with (IAL Annual Meeting) to ensure the group rate. The negotiated rate of $99, plus tax, per night, ends May 17. Dates are June 26-28 for the IAL meeting, and June 25-28 for the Voice Institute.
If you are a laryngectomee and would like assistance to develop your speech, you should register for the IAL Voice Institute as a Voice Institute Pupil (VIP) using this form.

If you have been a laryngectomee for at least two years, have good speaking skills, and would like in-depth instruction in communication methods and related topics to serve as a peer counselor to other laryngectomees, register for the IAL Voice Institute as a Laryngectomee Trainee (LT) using this form.

Speech pathologists (ST) and graduate students (GS) should also use this form.

*All others please complete Form A (Annual Meeting Registration Form*

### Registration Fees

<table>
<thead>
<tr>
<th>Category</th>
<th>Fees Before May 15, 2013</th>
<th>Fees After May 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Laryngectomee (NL)</td>
<td>$100 (Limited Scholarships Available)</td>
<td>$120</td>
</tr>
<tr>
<td>Laryngectomized Trainee (LT)</td>
<td>$100 (Limited Scholarships Available)</td>
<td>$120</td>
</tr>
<tr>
<td>Speech Pathologists (SP)</td>
<td>$425</td>
<td>$450</td>
</tr>
<tr>
<td>Undergraduate/ Graduate (GS)*</td>
<td>$200</td>
<td>$200</td>
</tr>
</tbody>
</table>

*10 percent discount per student is available for groups of five or more students from the same institution. Groups must be identified to the IAL in advance of registration for approval.

---

First Attendee (please print)___________________________Laryngectomee? Yes No

Second Attendee __________________________________________Laryngectomee? Yes No

Street Address

City___________________________State/Province__________Zip________Country_____________

Phone Number(______)___________________Email_______________________________________

---

Note: All sessions of the Annual Meeting and Voice Institute are conducted in English and, if needed, you must arrange for your own translator.

---

Please Check here if you require assistance, have dietary restrictions, or need special accommodations to attend the meeting because of physical limitations. You will be contacted for further information.

You may also register online at [http://www.theial.com](http://www.theial.com) or by check or money order payable in U.S. dollars to the International Association of Laryngectomees and mail it to IAL, 925B Peachtree Street NE, Suite 316, Atlanta, Georgia 30309.

**Payment by Credit Card:**

Please check: Visa [] MasterCard [] Discover [] American Express []

(Please go to the [theial.com](http://www.theial.com) to use PayPal)

Cardholder Name____________________ Security Code____________ Cardholder Signature____________________

Please register for the IAL Annual Meeting (Form A) or the IAL Voice Institute (Form B). Do not register for both events. Also, register for the hotel by calling The Adams Mark Buffalo, 120 Church Street, Buffalo, N.Y. 14202.

Telephone: (716) 845-5100. Fax: (716) 604-9937. Website is [www.adamsmark.com](http://www.adamsmark.com)

---

There are a limited number of Batten Scholarships for laryngectomees who require financial assistance to attend. For eligibility please visit [http://theial.com](http://theial.com) or contact Voice Institute Director:

Jodi Knott, M.S. CCC-SLP .......... jknott@mdanderson.org
Either way, having a speech pathologist associated with a laryngectomee club has many benefits, especially for club members who have limited access to speech pathologists. A monthly newsletter is common among clubs and serves a variety of functions: announcements, education, general information and communication. More and more clubs have made the transition to emailing their newsletters and communication saving time and postage.

How can you establish a Club in your neck of the woods? Here are some tips that may help.

1. Identify the need. Are there hospitals in the area that perform laryngectomy surgeries without the benefit of a local club to assist in the rehabilitation of this unique population?
2. Locate a meeting place. It could be a church, a civic center, a hospital, or an American Cancer Society. There has to be a free meeting place for this worthy cause.
3. Identify laryngectomees and their families who would benefit from a support group. With permission, a simple flyer could be posted in the hospital, with a speech pathologist, or in the waiting room of an otolaryngologist.
4. Contact local speech pathologists who work with laryngectomees and invite them to participate. They can offer a lot of practical information and medical insight.
5. Set a time for the first meeting and announce it creatively. You may wish to post it in the local newspaper, post flyers as discussed above, or use email and word of mouth.

**First Meeting Suggestions**

Have an agenda. Begin the meeting on time and with a formal call to order. Many clubs open with the Pledge of Allegiance, the Laryngectomee Prayer and an introduction of those participating. In that first meeting, determine with those in attendance how to shape the club. Will there be officers, are there volunteers for the leadership to get it started? Does the club want to meet monthly or quarterly? Will dues be needed to run the business of the club? Would speakers enhance the content of the meeting? A speech pathologist could come in handy assisting with finding speakers on timely topics specific to laryngectomees. Would it be helpful to have speakers address the needs of patients and caretakers? Is community service a priority, i.e., participating in anti-smoking campaigns, speaking to school kids, educating EMS, nurses and respiratory therapists about neck breathers and the like?

As time goes on, the club may find other forms of service within and outside of the club. The services rendered among participants and to the community will be invaluable. The club will need to be self supporting, but it may also be a goal to support the state organization if there is one, as well as the International Association of Laryngectomees (IAL). The benefits to the local club to be a part of a larger group allows for strength in numbers. Take advantage of the all the information made available through the state and IAL. There is no need for reinventing the wheel with all that is available through the larger organizations. Supporting your state association and the IAL will bring added benefits to the local club. Participation in the state meeting and the IAL annual meeting extends the educational opportunities and the social comraderie among this unique population. Laryngectomees will find themselves in a win-win situation, in their club and in the larger world of rehabilitated laryngectomees.

If you find yourself in an area that enjoys a laryngecotmee support group, by all means, participate fully and enthusiastically to promote the goals of the club. But if you find yourself without a support group, carefully consider the many benefits you could foster by creating a new club and enhancing the rehabilitation success of laryngectomees in your area.
It’s that time again. Time to make plans to attend the annual IAL/Voice Institute meeting. This year it is in a very beautiful and historic city, Buffalo, NY. The dates are as following: All events take place the week of June 22-28. The Voice Institute is scheduled for June 25-28, with attendees requested to check in on June 24. The Annual Meeting is set for June 26-28, with recommended check in of June 25. The meeting will be held at the Adams Mark Hotel, 120 Church Street. Contact is Casey Ross-Patrick Ph: 716-845-5100 Ext 7027.
The IAL will be sponsoring transportation to the U.S. side of Niagara Falls this year at the 2014 Annual Meeting and Voice Institute!! So be sure to plan for this and witness a true wonder of nature as you have never seen it before!!
New IAL website making progress by leaps and bounds

By Charles C. Moore
Acting Editor

If you haven’t visited the IAL website recently, it is well worth the time and effort.

Webmaster Ron LeClair has worked wonders with www.theial.com.

“Although being creative doesn’t necessarily achieve the website goal which is delivering pertinent content to the various target groups.”

Features, clearly defined and easy to find, have been added.

“There are currently videos on the website now. We have a YouTube account where we can load videos and then stream from the website, he said.

One of the highest goals of the IAL is to improve club news. The website offers this medium. All a club representative has to do is submit it.

“Submit content and tell me what type of information clubs would like to convey and in what format, LeClair said.

“Some clubs have newsletters, others have websites. I have a few plans in the pipeline to get a club of the month focus going as well as vendor/SLP/Medical Facility. People focus, individual accomplishments etc.”

LeClair prefers all content be screened by the IAL, as it is responsible for the content.

A forum exists, but is not used, he said.

“A chat room was discussed, said LeClair, “but was never implemented.”

“These are all valid considerations and can be discussed,” he said.
Atos Medical products and expertise are developed in close cooperation with leading institutions, doctors, researchers, speech language pathologists and patients from all over the world. All our claims and arguments rest on the results of clinical studies. Atos Medical started the research and development on the first Provox voice prosthesis in 1987. Throughout the years, we have worked hard to develop Provox as the leading voice and pulmonary rehabilitation system on the market. We continue to allocate substantial resources for product development and training programs for Ear, Nose and Throat specialties. Our goal is clear: Atos Medical will continue to lead the way in ENT.
Blom-Singer® HME Time
All Day / All Night

Advantages around the clock
• 24 hour use
• *MucusShield*™ Technology
• *EasyTouch*™ Occlusion for speaking
• No prescription required
• Compatible with a wide variety of accessories

Blom-Singer® HME
Now for 24 hour use