

HAPPY TALK

Greater Atlanta Voice Masters

March 2005

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I wish upon a star

The Perks of Being over 40

- **No one expects you to run - anywhere.**
- **You have a party and the neighbors don't realize it.**
- **You sing along with elevator music.**
- **Your secrets are safe with your friends because they won't remember them.**

***You know you are getting older
when "happy hour" is a nap.***

**-----Gray
Kristofferson**

Our Members

Jewell Fuller has been recovering after being in the hospital. She is doing fine and at home. I know we will be thankful when she is back to her prime and back at our meetings.

Seeing Wilda Roberts at the Christmas Party was absolutely wonderful. All of 2004 was very difficult for her. Due to personal losses and failing health, Wilda has moved to Talbotton, GA. to be near her daughter. Wilda says hello to everyone, and said she will miss seeing everyone. Hopefully Wilda will get back her strength and join us again at our meetings. She told me she is a 17-year survivor. What an inspiration Wilda is to all of us.

Janice Hayes was awarded the Jenny Pruitt & Associates Company Humanitarian Award for 2005, and she made the Million Dollar Club.

Barbara Kilgo's mother has been ill. I know we all send our prayers and good wishes their way.

Melissa Thompson took Janice and your editor to see the play Hair. Yes everything you heard or remember about Hair is true. Watching the play brought back so many great and sad memories.



RELAY FOR LIFE



The Relay For Life will be held at Adam's Stadium, May 13th and May 14th.

The theme this year is "Activities Under the Big Top" (Circus Big Top that is.)

Thursday March 10th we will have a guest speaker from the American Cancer Society. Our speaker will share with us what the relay is about and will give us pointers on how to raise money. Start thinking of ideas on how we can decorate our campsite and how we can dress.

The survivor tent will provide food and tee shirts to all survivors. For the last 2 years survivors were given banners to wear during the "Survivor Lap." Everyone is encouraged to come join in all the fun and the exhilarating "Survivor's Lap" which will move you to an incredible "high."

This year the club will not be furnishing dinner, each year it's been harder and harder to estimate on what and how much food to bring. We seem to always have too much food left over; which, goes to waste. So please bring snacks, drinks and chairs to sit in.

Please make sure to bring your registration forms, so your name will be put on my list for tee shirts and dinner.

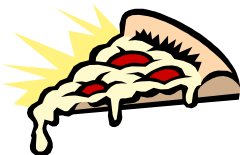
**Dan Lewis
Campsite 8&9**



Water, taken in moderation cannot hurt anybody _____ Mark Twain

- ❖ **Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for to 80% of sufferers.**
- ❖ **A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.**
- ❖ **One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a university study.**

- ❖ **Water also helps us keep our airways moist, so we cough less.**
- ❖ **While waiting for your morning coffee to brew drink a glass of water, it will also help you wake up.**
- ❖ **Lack of water is the #1 trigger of daytime fatigue.**



**PIZZA PARTY
AT OUR
MARCH MEETING
3-10-05**

After our speaker we are going to put together visitor "Gift Bags." We will order pizza and desert will be provided by *someone, to honor a special occasion.*

This will also be a good opportunity to train anyone who would like to make hospital visits. Making hospital visits is one of our main missions. I know most of us can remember the first time we met and heard an active laryngectomee, and how that changed our outlook and our lives. We need more volunteers, men and women.

The February meeting is always our "Heart to Heart" meeting. Alma brought games and prizes. Alma thought it would be easy to get us organized, and figured we would catch on to the instructions. Well Alma quickly found out getting our group organized is like trying to heard cats. After a bit of chaos, Alma was able to lead us through the games. One game we had to answer

several questions, and for each questions you earned points. One of the questions asked, "how many times did you go to the principals office?" Believe it or not Janice was sent to the principal's office 4 times, once for getting in to a fight! Again, more insight about our current Voice Master's President. Alma also asked us several questions regarding our surgery, both patient and caretaker. Some of the answers were funny, but several of the answers were very touching.

Alma wants to put some of our responses on our web site. She has been gathering all kinds of information, while directly working with laryngectomees, and now she has a setting to place some of her findings. Check out our web-page www.voicemasters.org.

**April 11 - 17th
Is
The Yul Brynner
Head and Neck Foundation's
Annual
Oral, Head and Neck Cancer
Awareness Week**

Dr. Iman Naseri and Dr. Amy Chen have organized a chapter of the Yul Brynner Head and Neck Foundation.

Yul Brynner, a famous stage actor, became horse while appearing on stage in Chicago. He was directed to Dr. George Sission, a well known Head and Neck Surgeon, by his physician in New York. Dr. Sission was able to rule out laryngeal cancer from a biopsy. After realizing what smoking had done to his health, Mr. Brynner

started a crusade to educate teenagers about the dangers of all tobacco use. Together in 1984, Mr. Brynner and Dr. Sission started the Yul Brynner Head and Neck Foundation. For more information on Mr. Brynner and the Yul Brenner Head and Neck Foundation go on line and search "Yul Brynner."

Having a chapter at Emory will be SO beneficial to all of us. We will have a group of ENT's, Dentists, SLPs, and The Atlanta Chapter of SPOHNC, Support for People with Oral & Head & Neck Cancer. Many of the nurses who work with Laryngectomees at Emory are chapter members.

Dr. Naseri also offered to put together a team to accompany us to speak to school groups and other organizations. This team will have "show & tell" items, such as a lung with tobacco damage and a healthy lung. Just imagine what an impression a black ugly lung will make on any smoker.

Soon Dr. Naseri and Dr. Chen will be looking for volunteers to help bridge all of the Head, oral and neck survivors together, There will be a announcement in the newsletter.

Keep you eye open for the next newsletter, Dr. Naseri and his committee have something spectacular planned for the near future.

***There will never be another now.
I will make the most of today.
There will never be another me.
I will make the most of myself.***

_____ Robert Schuller

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