

HAPPY TALK

EDITOR: TINA LONG
2090-A HWY 317 #203
SUWANEE, GA 30024
Long2140@bellsouth.net

GREATER ATLANTA
VOICE MASTERS

MARCH 2006



TICKLE MY FUNNY BONE

Why don't they play poker in the jungle?
Too many Cheetahs.

Why do Elephants wear pink tennis shoes?
*Because white ones get
dirty too fast.*

How did bulldogs get such flat noses?
*From chasing
parked cars.*

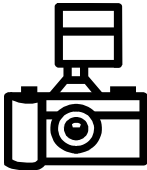
What do you get when you cross a parrot with a centipede?
A walkie – talkie, of course.

What happened when the dog went to the flea circus?
It stole the show.

ATTENTION ALL PICTURE BUFF'S AND PACK RATS

Alma Owens is putting together a collection of photographs of Jane Del Vecchio. Please look through all of your photo collections, and send any pictures of Jane to Alma. She promises to return all photos unharmed, and as soon as possible.

SEND THE PICTURES TO: Alma Owens CCC-SLP
 Rehabilitation Therapies Room G-117
 C/O Emory Hospital
 1364 Clifton Road
 Atlanta, GA 30322



GAVM Loan Closet

As many of you know the Greater Atlanta Voicemasters has maintained a voice instrument loan closet since our group's founder Jane Del Vecchio started it over 20 years ago. Since Jane passed away many have worked very hard to maintain that tradition, including Alma Owens, Janice Hayes, Tina Long and Judy Naglit. The loan closet has donated voice instruments that are given to new laryngectomees after their surgery. This enables new laryngectomees to have a way to communicate, until their insurance pays for their own voice instrument; which, as many of you know can take a few months.

We all know how important it is to start communicating as soon as possible, without using pen and paper! We are looking for anyone out there that has a voice instrument that is no longer being used, such as Cooperands, New Voice, or Servox. If you have not returned a voice Instrument that was loaned to you after your surgery PLEASE RETURN THEM RIGHT AWAY.

If you are interested in making a donation please call or e-mail

Melissa Thompson
770-788-3882
mjcthomp@bellsouth.net

OUR HEART TO HEART MEETING FEBUARY 9 2006

Melissa Thompson

Our guest speaker was Mel Campbell, Jr, MBA and motivational speaker for the American Heart Association. Mel educated us on what we can do to have better Heart health. The American Heart Association has a new program called "Go Red For Women." Women are dying from heart attacks as much as men now. Heart Disease is the #1 killer preventable disease. Mel decided to go into speaking about Heart disease because of his family history. He made the choice to educate people about the causes and helpful suggestions you can do to prevent heart disease. Mel tries to practice what he preaches.

Learn to live a positive and motivated life. With a proper diet and exercise you can stop heart disease in its tracks. Some simple things you can do everyday for better heart health.

- Drink more water.
- Exercise 15-30 minutes every day.
- Include fruits, whole grains and vegetables in each meal.
- Learn the symptoms of a Heart Attack and Stroke.

540,000 Americans have their 1st heart attack each year. 200,000 of those will die because they don't receive help fast enough. If you think someone is having a heart attack call 911 and do CPR until help arrives.

AED (Auto Electronic Defibrillators) that are now common in public areas are a huge help also.

Most of all don't panic in a heart attack situation. Don't delay in calling 911 or Doing CPR. You can receive free CPR training and certification through the American Heart Association.



There also are treatments for Heart disease now, such as, clot busting drugs, Angioplasty and by-pass. Smoking is a leading cause of heart disease and heart attacks. Second hand smoke is just as deadly. 340,000 people suffer cardiac arrest outside a hospital and only 5% of those survive

Not everyone has the classic signs. If there is ever a doubt that someone is having a heart attack call 911 anyway.

Some signs of a heart attack are:

- ❖ Chest discomfort.
- ❖ Discomfort in other areas of the upper body.
- ❖ Shortness of breath
- ❖ Nausea vomiting back or jaw pain

The risk factors of heart disease are age, a family history of heart attack and or strokes, a fatty diet, tobacco use, high blood pressure, high cholesterol, physical inactivity, obesity and diabetes.

We all need to be active, watch our sodium intake and go to your doctor for a yearly check up. Take any medicines prescribed to you, and try to reduce stress. Most of all Every thing in moderation.

Go to the American Heart Association web-site www.americanheart.org for lots more information and recipes. 1800-aha-usa1.



ICE In Case Of Emergency

We wanted to remind all of you of something that Beth Burgess, a paramedic, told us at the January meeting. If you carry a cell phone, program ICE in to your phone book.

ICE stands for: In Case Of Emergency. You should put the phone numbers of anyone that you want to be contacted if you're in a car accident or some other emergency situation. Paramedics, policeman and fireman are trained to look in a person's cell phone and look for an ICE entry.

PICK UP YOUR CELL PHONE AND DO IT RIGHT NOW.

*Four surgeons were taking a coffee break and discussing their work.
 "I think accountants are the easiest to operate on." said the first surgeon.
 "You open them up and everything inside is numbered."
 "I think librarians are the easiest to operate on." said the second. "You open them up and everything inside is in alphabetical order." "I like to operate on electricians," said the third. "You open them up and everything inside is color-coded." "I like engineers," said the forth, "They always understand when you have a few parts left over at the end.."*



Master's web site

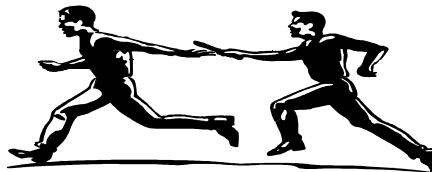
In January 2005 Greater Atlanta Voice Masters got its own web site on the Internet. We started off ambitiously, and we were excited to see our own "corner" in the cyberspace.

Sadly it seems we got a bit tired at the very beginning, and I sometimes feel that I invest time and money in it for naught. I sponsor the web site expenses in lieu of contributing to the bowl. The costs are not that great, about \$10 a month. But when I see that the web site is very poorly visited, I wonder if I'm throwing away money and effort to maintain the site.

We'll try once again. My son Srdjan and I will redesign the site, and we expect all Master's members to visit our virtual club and contribute at the forum, because it is very discouraging to see that the last entry on the forum is from January 17th 2005.

We'll see you at: WWW.VOICEMASTERS.ORG

Cheers,
Boris



Relay For Life- May 19, 2006

Melissa Thompson

We will be participating again this year in the American Cancer Society's Relay For Life at Adams Stadium at 6pm May 19. All cancer survivors are invited to come and be honored with a free meal, t-shirt and to start the Relay with the survivors lap. We will try to get the same campsite as we always do. Melissa Thompson is the Captain of our Relay Team this year. Dan Lewis, who usually is the captain and does such a wonderful job, is recovering from heart surgery. We wish Dan a speedy recovery. We need 15 people to sign up and participate in the Relay. You can do this on-line or with a sign up sheet that will be available at the March meeting. Melissa will be going to a Relay For Life captain's meeting and will have current info for all who are interested in joining us at the Relay.

OUR MARCH MEETING.

MARCH 9TH MEETING STARTS AT 7:30.

Many of us show up at 7:00 to visit with each other and welcome new comers. Cathy Longino with the American Cancer Society will speak to our group and show a video on the Relay for Life.

How did this happen to me?

By Boris Jovanovic

Tina's story "My Surgery" in January IAL news inspired me to restart the topic "How did this happen to me?" again. I already posted an essay on that on our web site's forum, but that didn't get the attention of other Masters' members and didn't inspire them to write about their own experience. I hope that I will read more stories like Tina's and my own in future editions of Happy Talk.

In the beginning I woke up at night with dry throat. After that I started to feel a "fish bone" in my throat, and after that slight pain. I was diagnosed with Gastro esophageal Reflux and "treated" me for that for almost a year. In the end I even started to feel a pain in my ear and my lymph node had swollen up. By that time even my then-ENT-specialist realized that I am not just visiting him to renew my reflux prescription. Next came the biopsy, second opinion and the surgery.

When I was diagnosed with cancer on February 9th 2000, I remembered a surgeon friend of mine from former Yugoslavia saying that every cancer has both a mother and a father. He said that "mother" is in human body in some tiny cell in which there is, for various reasons, a disorder and that the "father" is psychological state of a person, especially stress.

I was thinking of the "parents" of my disease. I was smoking for three decades. I lived in an area over which radioactive clouds from Ukrainian Chernobyl had passed. I worked at a brick factory for a short time and for the first time had problems with my voice box because I breathed in fine but sharp brick dust. When we came to the US I accepted the first job I was offered – a welding job working for ten to twelve hours in a room with no ventilation whatsoever. Every morning I woke up with a taste of metal and soot in my mouth.

Which of these started changes in a tiny cell in my larynx? Probably it is a combination of two or more factors. Though I can't be certain as to the mother, the paternity of my disease is beyond doubt. I have spent the whole previous decade in a state of permanent stress. In the early 90s Yugoslavia, where I was born and lived, broke up in a bloody civil war and my family and I became refugees. In 10 years we have twice started from the beginning, from zero, learned new languages, worked in jobs different from those we worked before.

If this happened again I would seek a second opinion much sooner, and at the end I would not decide on a total laryngectomy right away. First I would try other

options, especially since I did not have a tumor that restricted my breathing or eating. I had an "inflamed soft tissue with surface squamous mucosa and tiny focus of severe surface squamous dysphasia" as my biopsy result read. In cases like that it may be worth to try other options, such as a combination of chemotherapy and radiation therapy.

Thank you Melissa Thompson and Boris Jovanovic for writing the newsletter this month.

I really enjoy sharing articles and stories from our readers. Please e-mail me your "Story," a joke, or an article you want to share with our group.

YUL BRYNNER UP-DATE

P.O. Box now in service!

The Yul Brynner Head & Neck Cancer Foundation - GA Chapter
P.O. Box 133104
Atlanta, GA 30333

The Yul Brynner Board members and volunteers will be providing Head and Neck Cancer Screening at the Atlanta Motor Speedway on Saturday 3.18.2006.

The Board hopes to offer more screenings through out Georgia.

We have started our public speaking project. One of our cancer survivors and a physician will be available to speak to school groups, civic organizations, church groups, Boy Scout and Girl Scout groups, and smoking cessation groups. Please contact me, so I can schedule a presentation for your group.

Tina Long
678) 226-2140
Long2140@bellsouth.net

WELCOME HOME

MARK HAYES!!!

GLAD YOU ARE BACK IN THE UNITED STATES!

A HEARTFELT THANK YOU, FOR RISKING LIFE
AND LIMB FOR FREEDOM!!!

