

# HAPPY TALK

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GREATER ATLANTA  
VOICE MASTERS

OCTOBER 2005



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## WHO SAID THAT?

- ❖ Advice for the day: If you have a lot of tension and you get a headache, do what it says on the aspirin bottle: “Take two aspirin” and “Keep away from children.” ----- Author Unknown
- ❖ “If a woman has to choose between catching a fly ball and saving an infant’s life, she will choose to save the infant’s life without even considering if there is a man on base.” ----- Dave Barry
- ❖ “The problem with the designated driver program, it’s not a desirable job, but if you ever get sucked into doing it, have fun with it. At the end of the night, drop them off at the wrong house.” ----- Jeff Foxworthy
- ❖ “Why does Sea World have a seafood restaurant? I’m half way through my fish burger and I realize, OH MY GOD .. I could be eating a slow learner.” ----- Linda Montgomery



**EDGE PARK SURGICAL A MEDICAL SUPPLY  
COMPANY**



Edgepark Surgical is a medical supply company that may be able to help many of us purchase our laryngectomy supplies. Any one interested in having their supplies delivered to their home for free, can contact Edgepark's customer service department Monday through Friday from 8:30am to 8:00pm EST.

The first time that you contact Edgepark, you will need to give the customer service representative all your pertinent insurance information so they can verify if Edgepark is contracted through your insurance, and if your insurance will approve ordering your supplies through Edgepark. If your supplies are not covered by your insurance, Edgepark will extend a discount.

Edgepark does suggest that you give at least 2 weeks to receive your **first time order**, to ensure that all the supplies you need are in stock.

**PLEASE REMEMBER THAT EDGE PARK SURGICAL IS NOT AN INSURANCE COMPANY, AND ANY COVERAGE OR POLICY QUESTIONS SHOULD BE DIRECTED TO YOUR INSURANCE COMPANY OR HUMAN RESOURCE DEPARTMENT.**

To contact Edgepark Surgical you can call customer service at (800) 321-0591, or you can visit their website at [www.Edgepark.com](http://www.Edgepark.com)

I placed my first order this month and it was so easy. I didn't have to file any claims with my insurance company.

IF I DON'T GET A PART  
FOR MY ARTIFICIAL HEART  
I'M GONNA STOP CARING FOR YOU.

\_\_\_\_\_ Lyrics by Bernie Sheehan

**GUESS WHO'S COMING TO DINNER??**

Ok ... Tiffany Barrett may not be coming to all of our houses for dinner, but she can educate us on what we should be serving.

Tiffany Barrett MS, RD, LD. will be our speaker at our October meeting. Tiffany has worked at Emory for 2 years at the Winship Cancer Center, and has worked on the oncology area for over 5 years. She received her Bachelor of Science degree from Florida State University and her Masters of Science/Dietetic Internship from the University of North Florida.

I met Tiffany in August, and was so impressed with her style. She gave our group such wonderful information about food, diets and vitamins, with out sounding too academic or like our mother's. She made sure every one's questions and concerns were addressed. And she listened with a very open mind and heart.

So many of us have problems swallowing or not getting the nutrients that we need. There are so many vitamins and health bars, drinks and powders on the market, I want to know what's safe, what we really need, and what we can leave at the store. I'm sure Tiffany will give some good guidelines and information to help us make wiser healthier nutritional choices.

Our next Greater Atlanta Voice Masters meeting will be **OCTOBER 13, 2005**. We will meet at Budd Terrace at 7:30 as always. Please come at 7:00, if you wish, to catch up with each other or to get acquainted with our group.



*Stuffed deer heads on walls are bad enough, but it's worse when they are wearing dark glasses and have streamers and ornaments in their antlers, because then you know they were enjoying themselves at a party when they were shot.* \_\_\_\_\_ Ellen DeGeneres (but of course)

WHERE WERE YOU  
THE NIGHT OF  
SEPTEMBER 8, 2005?

I know where David and Barbara, Shirley and Conrad, Willard, Rita, Lucy and Keith, Mrs. Heard and Gerald (my boy friend) and I were. We all know where Brandon Whitesides was. Brandon was our speaker at the September meeting.

I have known Brandon for at least 3 years, and have, sort of, thought of him as one of my son's. When he spoke to our club Thursday evening I was so amazed, proud and impressed. He spoke so eloquently and with such passion.

Brandon explained about our breathing needs and what we can do to make everyday life better. He went in to detail why we should be using some type of Heat Moisture Exchange filter, HME, as soon as we can. He explained in detail so many things that I'd never heard or thought about. I really learned something new.

When Brandon talked to the Cox family and answered so many of their questions with such care and compassion, I felt the real pride of a mom. Now I know I'm embarrassing Brandon, but that's what a mother is supposed to do..... right?

Any way, Brandon did show us all of the Atos paraphernalia, but most of us who were there already use a lot of the Atos products, so we were a very agreeable group.

I hope we can get Brandon to come speak to us again. I'll even give him a huge red lipstick kiss on his cheek, like I did and still try to give my own children.

By the way..... Brandon and Monica have 2 of the most adorable children.

A father carries pictures  
where his money used to be.  
\_\_\_\_\_Phil Silvers



**1.6 BILLION**

Amount the centers for Disease Control has recommended states spend on anti-smoking programs annually

**\$538 MILLION**

Amount states actually spend a year

**\$34 MILLION**

Amount tobacco companies spend on marketing each day

*Source: American Journal of Public Health-Campaign for Tobacco-Free Kids.*



Doc do you think you could do a little nip and tuck while you're in there?