



# HAPPY HOLIDAYS

JANUARY MEETING THURSDAY

DECEMBER 2004

Greater Atlanta Voice Masters

## FUN WAS HAD BY ALL

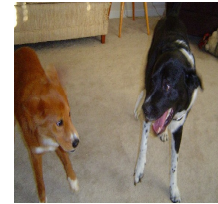
Once again Kathleen Presgrove opened up the Atlanta Speech and Hearing School for our Christmas Party. Janice and Jim Hayes along with Shirley Olsen and Conrad Kerwath made the day perfect. Everything was set up and organized when we all arrived. There was plenty to eat, all my favorites, the tables were festive with red table cloths and a poinsettia in the middle of each table.

Conrad and Janice provided numerous door prizes and Shirley gave away the poinsettias at the end of the afternoon.

It was so good to see Wilda Roberts. This year, 2004, has not been a good one for Wilda, She lost her Husband and her Son. She has been recovering from her loss with the help of her daughter, Pat Allport. Pat was able to drive Wilda to the party and Wilda made arrangements with other club members to bring her to the meetings. We have really missed her.

David and Barbara Kilgo are alive and well. They have been spending all their Thursday evenings watching their grandson, Sterling, play football. You just know David has been coaching from the side lines. I can see him now cheering, yelling and wringing his hands...and I'm sure using other "coaching" jesters, but you know some one has to do it. Barbara told me that they will be coming more regularly again since football season is over.

Our new members Georgi Tseruov and Anua Cveruova and their friend Nikoley Boytctsev were with us. All Three of them had huge smiles on their faces when they left, and I took that as a good sign. Continue page 2



Lola Jovanovic and  
Not So Fat So Long  
Enjoying Thanksgiving

## BUT BABY IT'S COLD OUTSIDE

Cold weather hit us early this year. Even though we didn't get snow, the wind and lower temperatures we did receive can make us uncomfortable. Getting more moisture is key to keeping us comfortable. Drinking a LOT of water is very important, along with keeping a small spray bottle full of saline water to "spritz" into our stomas during the day and evening. My favorite is a hot steamy shower, plus with the steam and closed in area I can smell all the wonderful shower gels, soaps and shampoo's.

A humidifier can help, but one must be careful to clean all of the humidifier inside and out EX-TREMELY well EVERY DAY. Bacteria will collect in the water and if not cleaned frequently, bacteria will be dispersed into the air you breath, and could make you and everyone in the household ill. I saw a plug in "no water," humidifier advertised in a magazine, that I might try out. If any one else tries one or wants to share their favorite moisture solution please let me know & I will, happily, print opinions.

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## Christmas Party.....Continued

You should see Jesse Thompson...WOW she's not a baby any more, she is a little lady. She is full of fun and excitement, and keeping Craig and Melissa on their toes. Our voices reminded Jesse of her Grandma, Judy Naglit; which, I think made her feel right at home with us.

The room felt a bit colder with out Mark Crow's energy and warmth, and a bit more somber and less magical with out Judy Naglit's laughter and mischievous smile.



Willard Brown and  
Grandson

The holidays do make us remember and miss our loved ones who are not with us, but just thinking about them, recalling and sharing memories from past holidays seem to bring them back with us. Keeping family traditions alive and starting new traditions are part of our heritage and should be kept as our most treasured gifts .



Melissa, Jesse and  
Craig Thompson

## Happy Holidays from our Dutch Member

Happy Holidays to all of you

By the time you read this, we have survived our annual St. Nicholas celebration on December 5th. This was his birthday. This celebration goes with presents that have poems on it or are wrapped a special way so you have to guess what will be in it. These look a bit like a piñata. As you all know, the Duchies brought St .Nicolas to the USA when they settled there and through the centuries, he slowly changed into Santa Claus and the celebration is with Christmas.



For me, this is one of my favorite times of the year. The whole area is decorated with St .Nicolas and his helper Black Pete (this has nothing to do with dark skin, Pete brings the presents through a chimney.)

After December 5th, the Christmas decorations come out and it looks so beautiful. We set up the Christmas tree and hang up thousands and thousands of lights in and outside the house. The whole neighborhood decorates too, and when you drive into our parking lot, it just looks great. The weather is cold, around or under freezing ,and if we are lucky, we get snow. On Christmas eve, my whole family goes to the night mass. When we come back, we have a late night supper. This includes 28 people, youngest is 4, the oldest is 74 (my Dad) This feels very special. We walk back from church, and we sing Christmas carols because it echo's so nice in between the old buildings we pass. Very special days.

Me and my family wish you all a Merry Christmas and a Happy, Healthy New Year.

Marianne Peereboom  
Marianne Peereboom  
voiceless but not speechless

## JANUARY MEETING THURSDAY 13, 2005

### "CARING FOR THE CAREGIVER"

Our next meeting will be January 13, 2005 at Budd Terrace. The meeting will start at 7:30, but come early to enjoy the great food and conversation.

We are so fortunate to have Jim Hankins, MSW, LCSW and Martha Giardina, BSW come speak at our January meeting. Mr. Hankins is currently with the Winship Cancer Institute at Emory, He came to Georgia 3 years ago from St. Vincent Hospital in Portland Oregon. He worked in the Radiation Oncology Department and maintained a private practice; where he provided mental health counseling to patients with health related issues.



A true beargiver

Ms. Giardina is a graduate of Georgia State University and has been working with cancer patients at Emory for the past 12 years.

Together Mr. Hankins and Ms. Giardina will provide information and resources, helping all of us cope and better manage the care of a loved one.

From personal experience we all know how important our Caregivers are to us, and how difficult and challenging it is being a caregiver.

February is our "Heart to Heart" meeting and our *favorite valentine*, Alma Owens, will be our speaker. Alma always teaches us something new and she lots of fun.

Shirley is always looking for volunteers to bring munchies and drinks. Call her at (770) 513-4251 to sign up for a month or let her know at the January meeting. It's always helpful to have volunteers in place for the year.

"The manner in which it is given is  
worth more then the gift."

—Pierre Corneille

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### HAPPY NEW YEAR!!

We may not be celebrating with Elvis, but I hope everyone will be blessed and safe this year. I pray that all our military and other family members away from home, are shielded from harm and back home safely and soon.

May the families who have lost a loved one be kept in our hearts and given strength to rise every morning with warm & happy memories.

I wish that all the world leaders find the ability to come together and truthfully work for the greater good for all people.



### Inside Story Headline



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## OUR DEAR FRIEND WINNIE HART

I received a note from Lamar Hart telling me that his Mother, Winnie Hart, died on August 17, 2004, at the age of 99. Winnie was an active member of Voice Masters starting in 1975. Jane Delvecchio depended on Winnie for keeping track of all new patient visits and addresses. Winnie and her husband invited all of the club members, spouses and friends to their home and fabulous back yard for the annual summer picnic. Winnie was a huge supporter of the group and an invaluable friend and assistant to Jane.

Up until 2 years ago, Winnie continued to attend meetings and stay in touch with all her friends.

Winnie was such a stupendous part of Voice Masters, she will be missed by all of us.



I wish upon a star

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