

**Boston Cured Cancer Club for Laryngectomees**  
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[www.bostoncuredcancerclubforlaryngectomees.com](http://www.bostoncuredcancerclubforlaryngectomees.com)

**March/April 2016 Newsletter**

Hello Folks! As the snow falls softly outside our window we are grateful that this not-so-wintery winter has been kind to us, thus far. But, still we look forward to sunnier, milder days, knowing that the "what ifs" of the frosty weather forecasts are behind us. It's always a treat to notice the increasing late afternoon daylight. How wonderfully reassuring it is to know that spring surely follows winter! This also reminds us that another season of BCCCL meetings is about to start. Please plan on joining us in the 7<sup>th</sup> floor cafeteria at MEEI in Boston on Sunday, March 6th. "Meet and Greet" begins at 1:00PM with our formal meeting starting at 1:30PM. Being with others who truly understand the experience of having a laryngectomy is both affirming and inspirational. Please join us for some tasty refreshments and good conversation.

At our November meeting we welcomed Dave Barry from ATOS medical who brought samples of the new "flexi-voice" hands-free device for those with a TEP. This improved model offers optional positions on the speaking membrane allowing for greater success. Another feature is the ability to switch between hands-free and manual speech with just a click of the button. Member Lou D'Angelo tried out this new device, that day, and met with immediate success. Andre, my "better-half", is also pleased to report that he is having much greater success with this model over what he has tried in the past. Dave also offered free promotions along with a book, entitled "The Laryngectomee Guide" by Dr. Izhak Brook, a physician and a laryngectomee. It's always great to become more knowledgeable with regard to the possibility of tools for self-improvement.

Speaking of books, Donald Cotell recently brought along a book which he recommended as a great read for laryngectomees, their loved ones and care givers. *I Left My Voice on the Dining-room Table*, by Pat Wertz Sanders is available from Amazon.com. Written simply, yet powerfully, it is inspirational and insightful to anyone touched by this life-changing surgery.

At our December meeting, as at all of our meetings, members shared freely, in support of one another. Members agreed that living as a laryngectomee is not easy, but well worth the efforts involved. As always, members were uplifted by their mutual resolve to not only live, but to thrive as laryngectomees. Whether new to the group or seasoned, members walk away inspired by others and self-affirmed in their communal support, easing frustrations and celebrating challenges met and surpassed. Please come to share *your* story...or to simply sit and listen to others.

With the start of our 2016 season we remind you of our meeting schedule: We meet on the first Sunday in March, April and May. After the summer break we resume on the Sunday after Labor Day and then on the first Sunday in October, November and December. Due to weather concerns, we do not meet in January or February. This newsletter is published four times a year.

We also remind members that yearly dues, which is \$15.00 for laryngectomees and \$5.00 for family members, is due. If you are an inactive member and wish to continue receiving a copy of this newsletter, then the dues is \$5.00. Payments are to be made to our treasurer, Mike Moffi, 15 Lakeshore Drive, Holliston, MA 01746. If you have an email address kindly send that information along to us as this will reduce mailing costs.

Please join us on March 6th and again on April 3rd and May 1st. Our presence is a gift to each other and to ourselves!

‘Hope to see you there!  
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*You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."*

*Eleanor Roosevelt*