

Boston Cured Cancer Club for Laryngectomees

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www.bostoncuredcancerclubforlaryngectomees.org

Newsletter for November and December 2015

Hello Folks! Hasn't this autumnal weather been just glorious? Each day nature records the constantly colorful changes in the world around us. As the sun seems to sink a bit lower in the sky each day, we know that the heating season is just around the corner. With the dryness of that heat comes the need for enhanced humidity. It's a good idea to check that your humidifier is ready for you. It is *so* very important for "larys" to moisten the air which is delivered directly to the trachea and lungs.

Our upcoming meeting is scheduled for November 1, 2015 in the 7th floor cafeteria at MEEI in Boston. "Meet and Greet" begins at 1:00PM with our formal meeting starting at 1:30PM at which time we will welcome our guest speaker, Dave Barry. Mr. Barry is the new Northeast Regional Sales Manager at Atos Medical, Inc. He will share information on some of the latest in medical supplies available to the laryngectomee including the Provox Free Hands Flexi-Voice. We are delighted to welcome him! Please join us for some delicious refreshments and good conversation as well. Free validated parking in the MEEI lots is available to attendees.

Our September and October meetings involved good, informal conversation regarding adjustments to life as a laryngectomee, and were uplifting to all in attendance.

Bob Mehrman spoke of his experience attending the International Association of Laryngectomees (IAL) annual meeting in June, just outside of Baltimore. He also shared photos. Bob highly recommends the experience and spoke of the benefits of meeting laryngectomees from all over the country as well as being able to check in to the latest developments in support of laryngectomees. As there were many vendors present, Bob was able to try out a new artificial electronic larynx which allows for the user to have some inflection in his/her electronic speech. Bob has since purchased the TruTone artificial larynx from Griffin Laboratories. More information on this product can be found at www.griffinlab.com. If you think you might be interested in attending next year's IAL annual meeting which will be in Dallas, you can find out more about it at <http://www.theial.com/ial/>. Our group offers \$200.00 in travel expenses for a member interested in attending.

Donald Cotell recommended a book he read recently as a "must read" for laryngectomees, their families and caregivers. *I Left My Voice on the Diningroom Table* by Pat Wertz Sanders is available on Amazon.com where it also got a 5 star review.

Please join us on November 1st. and again on December 6th. We draw strength from one another's presence. We are not only living, but thriving, as cancer survivors and their loved ones. It is very affirming to be in the presence of fellow larys who have each endured tremendous challenges, and each have their own story of trial and triumph....inspiring all who attend.

We also want to remind you of our meeting schedule: We meet in September 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. We resume meeting on the first Sunday in March, April and May. Newsletters are published four times a year.

In closing we would like to once again share our favorite acronym that we came across early in Andre's recovery. It was a source of inspiration and comfort back then and continues to be applicable to daily highs and lows.

HOPE = Hold **O**nto **P**ositive **E**xpectations

'Hope to see you on November 1st!
Enjoy these cool, crisp, crunchy, autumn days!

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