

Boston Cured Cancer Club for Laryngectomees

243 Charles Street, Boston, Massachusetts 02114

www.bostoncuredcancerclubforlaryngectomees.org

Newsletter for November and December 2016

Hello Folks! It took a while for the Fall weather to kick in, but we are finally enjoying cooler temps and autumnal scenes. Each day nature records the constantly colorful changes in the world around us... Savor these moments!

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. Prior to surgery, the air you breathed was warmed to 98.6 degrees and moistened by your nasal and respiratory passages. Not so any more...the air that enters your trachea and lungs is the same temperature and humidity as in your environment. Excessive dryness brought on by the heating season can lead to unwanted complications. So, when you turn your heat on, turn on your humidifier, too!

Our upcoming meetings are scheduled for Sunday, November 6, 2016 and December 4, 2016 in the 7th floor cafeteria at MEEI in Boston. "Meet and Greet" begins at 1:00PM with our formal meeting starting at 1:30PM. Please join us for some delicious refreshments and good conversation. Free validated parking in the MEEI lots is available to attendees.

Our September and October meetings involved lively, informal conversation regarding adjustments to life as a laryngectomee as well as strategies to deal with ongoing after effects of radiation and surgery. In reference to our wonderful guest speaker from our May meeting, Dr. Izhak Brook, we reviewed some of the points this fascinating man made during his inspirational and informative presentation.

At our October meeting we also welcomed James T.Heaton, PhD from Massachusetts General Hospital who shared his latest research in developing a new communication device for laryngectomees. Dr. Heaton is once again seeking individuals willing to participate in his research study. Bob Mehrman shared his experience as a research participant as well as demonstrated a device which allows for more inflection and a greater range of speech tones. Please see the information included with this newsletter. Andre is looking forward to participating later this month. Won't you please consider offering a few hours of your time to advance communication options for laryngectomees? It is all quite amazing!

Please join us on November 6th. and again on December 4th. 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 that after the December meeting we recess until March 5, 2017. Due to weather concerns, we do not meet in January or February. 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 6th!
Enjoy these cool, crisp, crunchy, autumn days!

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**There is no medicine like hope, no incentive so great, and no tonic so powerful
as the expectation of something tomorrow.**

Orison Swett Marden