

# **Boston Cured Cancer Club for Laryngectomees**

**243 Charles Street, Boston, Massachusetts 02114**

**[www.bostoncuredcancerclubforlaryngectomees.org](http://www.bostoncuredcancerclubforlaryngectomees.org)**

## **Newsletter for November and December 2017**

Hello Folks! At this writing I am enjoying the beautiful October sunshine dappled on the mostly still green leaves outside my window. We do have to look a little harder to catch the colorful fall foliage this year...But it is there, just not as we had expected. So much of life is like that, isn't it? In any event, each day nature records the continuous 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 5, 2017 and December 3, 2017 in the 7<sup>th</sup> 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.

ATOS Medical will be presenting a wonderful seminar on Wednesday, December 20<sup>th</sup> at MEEI in Boston. Please see further information included in this mailing.

Our September and October meetings involved lively, informal conversation regarding adjustments to life as a laryngectomee. Seasoned members and newcomers shared their triumphs and challenges in a heartwarming and supportive atmosphere.

Please join us on November 5<sup>th</sup>. and again on December 3<sup>rd</sup>. 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 4, 2018. Due to weather concerns, we do not meet in January or February. Newsletters are published four times a year.

'Hope to see you on November 5<sup>th</sup>!

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

