

Boston Cured Cancer Club for Laryngectomees

243 Charles Street
Boston, Massachusetts 02114

November and December Newsletter

Hello Folks! 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 now is delivered directly to the trachea and lungs.

Our upcoming meeting is scheduled for November 4, 2012 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.

Just 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 will resume meeting on the first Sunday in March, April and May. A summer gathering in June or July usually takes the place of a formal meeting at MEEI. Newsletters are published four times a year now, instead of the previous eight.

Our September and October meetings were very enjoyable. It was truly wonderful to greet our veteran members and to meet our new members. All those in attendance were grateful to share those moments of understanding and affirmation of the struggles and victories inherent in living life as a laryngectomy.

Here's a little story to put a smile on your face.....As we mentioned in the last newsletter, we have just become proud and happy grandparents of a sweet newly adopted two year old boy. Like all two year olds, our Benjamin is *very* curious and is particularly enamored with buttons, of any kind, in any form. He can commandeer the TV, the answering machine, the phone, a computer or tablet in the blink of an eye! Well, not many two year olds have a grandfather who has a button on his neck that he pushes to speak...Benjamin can't quite figure that one out yet. But...We just smile and say, "Yes, that is Grand Papa's button!" Enjoying a book with a grandchild had long been a dream of ours....Thankfully we can say: "Life is good"....Especially when reading with a precious two year old on your lap....Even if you have to push a button to do so! ☺

Please join us on November 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. In closing we would like to 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 4th!
Enjoy these cool, crisp autumnal days.
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