

Boston Cured Cancer Club for Laryngectomees

243 Charles Street, Boston, Massachusetts 02114

www.bostoncuredcancerclubforlaryngectomees.org

Newsletter for November and December 2013

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 3, 2013 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, Lindsey Lambert. Ms. Lambert is a speech pathologist, formally of MEEI and now is Clinical Specialist, Northeast Regional Sales Manager at Atos Medical, Inc. Lindsey will share information on some of the latest in medical supplies available to the laryngectomee as well as her professional expertise from the perspective of an accomplished speech pathologist. We are delighted to welcome her! Please join us for some delicious refreshments and good conversation as well. Free validated parking in the MEEI lots is available to attendees.

At our September meeting we welcomed Richard Crum from InHealth Technologies as our guest speaker. Richard's presentation was not only informational, but, inspirational as well. Mr. Crum, a career auctioneer, became a laryngectomee in 1988 when he was 45 years old. Not only has he been able to continue as an auctioneer, but, in 1992 became a representative for In Health Technologies, one of the major companies that manufactures supplies for the laryngectomee. Richard shared some history regarding the laryngectomy surgery as well as the evolution of the development of today's voice prosthesis. Richard outlined his tried and true process for proper adhesion of the baseplate used for hands free or button activated tracheal-esophageal speech. More information on Richard Crum and his preparation process for a secure seal can be found at http://store.inhealth.com/category_s/62.htm .

Our October meeting involved good, informal conversation regarding early adjustments to life as a laryngectomee, and was uplifting to all in attendance. We were pleased to have Amy Cebulski, a surgical nurse practitioner from the Dana-Faber Cancer Institute join us. She shared welcomed insight from her experiences working with laryngectomy patients.

'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 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.

As mentioned in previous newsletters, our mailing list continues to grow. We presently send out 180 newsletters as well as another 45 in email. If you wish to continue receiving a paper copy of the newsletter, please be sure that your dues is up to date. For active members, yearly dues is \$15.00 for laryngectomees and \$5.00 for family members. *If you are an inactive member and wish to continue receiving 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. We are happy to include you in our email listing free of charge.**

Please join us on November 3rd. 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 = H_old O_nto P_ositive E_xpectations

Hope to see you on November 3rd!
Enjoy these cool, crisp autumnal days.

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