

# Boston Cured Cancer Club for Laryngectomees

243 Charles Street, Boston, Massachusetts 02114

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

## Newsletter for November and December 2014

Hello Folks! Hasn't this fall weather been just glorious? Each day nature records the constantly colorful changes in the world around us. As darkness falls earlier 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 next meeting is scheduled for November 2, 2014 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. Our December meeting will be on December 7, 2014. Please join us for some tasty refreshments and good conversation. Free validated parking in the MEEI lots is available to attendees.

At our September and October meetings, members rallied in support of each other with topics ranging from swallowing issues, controlling mucus production, HME base-plate adhesion, as well as other day to day issues....seemingly simple topics which when properly addressed make a huge impact on an individual's well-being.

'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 and the distance that members travel, we do not meet in January or February. We resume meeting on the first Sunday in March, April and May. In the past, a summer gathering in June or July has taken 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. **If you have an email address kindly send that information along to us as this will reduce our mailing costs.**

Please join us on November 2nd. 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 experiences of trial and triumph....inspiring and uplifting all who attend.

In closing we would like to share some thoughts on hope... Just as surely as the sequence of the seasons, hope sheds light even in dark moments.

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

Enjoy these cool, crisp, crunchy autumn days...Hope to see you on the 2nd!

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HOPE = Holding Onto Positive Expectations