

November 26, 2024

Good morning! It's Katie, from 831 and I'm here this Talk a lot Tuesday on behalf of the SEAL team.

This month is about learning and supporting people affected by lung cancer. Lung cancer is a disease that happens in the lungs and can sometimes be caused by smoking or breathing in harmful air. Over 130,000 people passed away from lung cancer in 2022. People with lung cancer often go through treatments like radiation and chemotherapy, which can help but sometimes cause other challenges.

Let's use today to think about how we can support people who are going through tough times. There's a group called LUNG FORCE that works to teach people about lung cancer and helps them get tested early. One leader said, "Instead of focusing on sadness, let's focus on the cure."

This is a great reminder to stay positive and hopeful. Let's spend the rest of this month thinking about ways we can show kindness and support to anyone who might be struggling. Even small acts of kindness can make a big difference!

Thanks for listening and have a Together We Can Do More Tuesday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

