

Laryngectomy Support: BCL February 2025 Meeting Follow-Up (Part 1 of 2)

Hello Dear Folks,

As always, it was wonderful to meet with those who joined us online this past Tuesday. We're sending along some of the evening's topics in this email. Please note this is Part 1 of 2. In a separate email (Part 2 of 2) we will forward helpful links to resources which we have shared in the past. These will be of particular interest to folks who are new to our group.

Topic #1

Len Black shared this information from the Head and Neck Cancer Alliance.

<https://www.headandneck.org/survivorship-webinars/>

[Survivorship Webinars - Head and Neck Cancer Alliance](https://www.headandneck.org/survivorship-webinars/)

The Head & Neck Cancer Alliance is working to provide webinars focusing on different topics that will help head and neck cancer patients understand what to expect before, during and.

www.headandneck.org

Topic #2 InHealth Event:

HELLO FEBRUARY 2025 - Virtual Happy Hour

Thursday, February 20, 2025

6:30 PM - 7:30 PM (EDT)

Join us on February 20th for our 1st Virtual Happy Hour of 2025. Becoming part of a community can make a world of difference. The "Laryngectomees Community" offers a supportive environment where individuals can share experiences, resources, and encouragement. It's also a place to learn from others who have gone through similar journeys and to stay connected online. We look forward to seeing you all.

Click on the Link below or copy to a browser to sign up for the event

<https://us06web.zoom.us/meeting/register/soqsbB5KQROpwyN1zTG4UQ#/registration>

Topic #3

We welcomed **Konrad Zielinski** from **Poland** to our meeting. Konrad is currently a 29 year old PhD student who is studying at Northeastern University in Boston for this spring semester. He had his surgery when he was 17 years old. Konrad is involved in the study of human interactivity and language, as well as cognitive psychology and neurocognition at the University of Warsaw. He is very interested in communicating with members, either by email or by meeting members in person to discuss their experiences related to being a total laryngectomee.

Closing thoughts from Tuesday evening....

As folks sometimes wish to be further along in acclimating to all the changes in becoming a laryngectomee, let's not forget to look at all the hard won progress made to date...and to really *celebrate* that progress. A warm and hearty 'Congratulations!' to those who continue to truly 'fight the good fight' and become more and more at home in their 'new normal'...We're really happy for you...You inspire *all* of us, even us 'seasoned' members!

As always, keep your eye out for our 'Part 2 of 2: February Meeting Follow-Up'. This second installment, so to speak, is information which we have already shared but would like to keep available to new folks as well as anyone who may have missed it the first time around.

Andre and I continue to be humbled and inspired by the strength and resilience of you, the wonderful folks we meet along the way. Your courage and determination are truly inspirational. While it is great to be present to those with whom we can virtually meet, we are also cognizant of those who are not able to attend...and we miss them and wish them well.

We shall look forward to gathering again online in March.

The daffodils might even be poking their heads out of the ground by then!

With our very best wishes,

Andre and Ginny Charpentier

"Remember how far you've come, not just how far you have to go. You may not be where you want to be, but neither are you where you used to be. It can be easy to get caught up in how far you have to go. Don't forget to look back, and recognize how far you have come. Every day brings you one step closer."

Rick Warren

"Courage doesn't always roar.

Sometimes courage is the little voice at the end of the day that says,

'I'll try again tomorrow'."

Mary Anne Radmacher