Laryngectomee Support: BCL September Meeting Follow-Up (Part 1 of 2)

Hello Dear Folks,

As always, it was wonderful to meet with those who joined us online last Tuesday. September 9th. We're sending along links to some of the evening's topics in this email. Please note this email 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 has shared some great information with us on upcoming symposiums and conferences. So, please do consider these very interesting opportunities...Think them over...Mark your calendars! **Tom Olsavicky** also spoke of the benefits of participating in regional and international conferences.

The Head and Neck Cancer

Alliance (HNCA https://headandneck.org) is holding a Head and Neck Cancer Symposium entitled *Stronger Together: Thriving Through Resilience* on **Saturday, October 4th... inperson** in Los Angeles and **online** for those who cannot travel!

This free event, hosted by the Head & Neck Cancer Alliance and the American Head & Neck Society, offers a full day of education, connection, and inspiration for patients, survivors, caregivers, clinicians, and supporters.

Attending in person offers something truly special—you'll be surrounded by people who understand what you've been through, with opportunities to share stories, make meaningful connections, and meet top experts in the field.

Arriving early? Don't miss our fun pre-event tour on Friday, October 3rd! Reserve your hotel by September 9th for special rates.

On Saturday, October 4th, join fellow patients, survivors, caregivers, supporters, and clinicians for a full day of connection, learning, and support.

Just like last year, this event will be offered both in-person and virtually, making it accessible to everyone who wants to attend. Whether you're joining us in Los Angeles or tuning in from home, you'll benefit from medical experts, survivor panels, and community connection.

This event is completely free to attend. If you're coming in person, we'll even provide breakfast and lunch! Just cover your travel and accommodations, and we'll take care of the rest.

The Survivorship Symposium program features many of the leading head and neck cancer oncological and supportive care experts, and all sessions will include a survivor

sharing his/her personal head and neck cancer journey.

Session topics include:

- Soften Up: Managing Post-Radiation Fibrosis and Trismus
- Mouth Matters: Essential Dental Care Before, During, and After Treatment
- Navigating Treatment & Survivorship Through Shared Decision Making
- Finding Calm in the Storm: Managing Stress During and After Treatment
- The New Normal: Living Fully After Treatment

Click on the following link to see the full information and to register for this event
https://headandneckcanceralliance.salsalabs.org/symposium2025/index.html

Topic #2

The International Association of Laryngectomees

(The IAL) https://www.theialvoice.org/

is hosting a symposium, **November 7-9 in Norfolk, VA**, from 5:00PM on November 7th through 12:00PM on November 9th.

Beyond the Procedure is a symposium and social event for the laryngectomy community. The day will feature educational sessions, peer support, and time to connect with others who understand life after surgery. Whether you're a patient, caregiver, or professional, this event offers insight, inspiration, and community.

More information can be found at:Click on the Link below or copy to a browser to see the event description

https://theialvoice.blogspot.com/

The registration page can be found at:

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

https://theialvoice.blogspot.com/2025/08/join-us-in-virginia-beach-for-beyond.html

Topic #3

The **Texas Laryngectomee Association** is holding their annual conference on Saturday and Sunday, **October 18th and 19th.** in **Houston, Texas.**

During this conference, you will have the opportunity to:

- Learn about the latest advancements in laryngectomy care.
- Attend workshops and presentations from leading experts in the field.
- Connect with others who understand the challenges and triumphs of living with a laryngectomy.
- Discover valuable resources for improving your quality of life.

More information and registration can be found by clicking the link below or by copying it to a browser to see the event description and register for the conference and book accommodations.

https://www.texastla.com/2025-conference

Topic #4

InHealth Event: October 9, 2025 Virtual Happy Hour Thursday 6:30 – 7:30 PM ET

Join Us for Our Fourth Virtual Happy Hour in 2025! The Laryngectomy Community offers a welcoming environment where individuals can connect, share experiences, access valuable resources, and provide encouragement to one another. It's also a great space to learn from others who have navigated similar journeys and stay connected online.

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

https://inhealth.com/patient-events

or you can just go here to register for the event.

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

https://us06web.zoom.us/meeting/register/gKE-VSZNTjKs7YcYC3IvOA

Topic #5

The Head and Neck Cancer Alliance has also made past webinars available on their website for viewing. You can access these webinars at https://www.headandneck.org/webinars/

Below are the titles and dates of when they first aired.

1. June 10, 2025 | 7 PM ET/4 PM PT Webinar

Putting Patients First: Navigating Clinical Trials In Head & Neck Cancer

2. MAY 5TH Webinar

Hope & Healing: Addressing Emotional Needs During The Head & Neck Cancer Journey

3. March 25th Webinar

Moving Forward: The Power of Exercise in Head and Neck Cancer Recovery.

Topic # 6

It's always great to welcome new folks to our group...Know that we are so glad to have you. We appreciate all the questions as well as all the thoughtful and heartfelt responses from our 'seasoned' members! We are a small, but mighty group, who are dedicated to not only surviving, but thriving in the aftermath of this life-saving and life-changing surgery.

Closing thoughts from Tuesday evening....

As always, keep your eye out for our 'Part 2 of 2: September 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 October.

With summer soon turning to fall, we will conclude with a few inspirational quotes regarding *change*... which is something that all in the laryngectomee community to relate to as it is so needed in adapting to life in the aftermath of this life-saving, life-changing surgery.

Take good care, folks...Savor these waning summer days!

With our very best wishes,

Andre and Ginny Charpentier

When we are no longer able to change a situation,
we are challenged to change ourselves.

Viktor Frankl

Change is the law of life.
And those who look only to the past or the present
are certain to miss the future.

John F. Kennedy

The only way to make sense out of change is to plunge into it, move with it, and join the dance.

Alan Watts