

Lincoln Head and Neck Warriors Minutes: August 12, 2025

Six survivors, Polly U. and presenter Alyssa B. present

Tim R. has been working on getting our website updated. He has added several new items such as his story and a recipe from David C. and his wife (which is delicious I might add) David C. has been gracious enough to share on occasion. Make sure you check it out at (lincolnheadandneckwarriors.net.) If you have anything that you would like to share on the website, make sure to contact Tim R. or Polly U. The website is a great tool to share and expand our outreach. Look for new things to come as we have had a volunteer (Lacy from **Senior Helpers**) to help with a new logo and some branding ideas!

We are still seeking ideas for meeting topics or outings. Please do not hesitate to contact Polly U. with any questions or suggestions as we want to hear from you to make this a group a resource for continued support for all involved. We are continuing to work towards producing a pamphlet outlining our group that would be available to share with individuals or facilities to encourage more attendance.

Polly U. reported that she attended the memorial service for one of our warriors, Shar F. a few weeks ago. Her husband shared with Polly that this group was a very important part of her journey, and their family so appreciated that she had such a special group that she could be involved with for support and friendship. Her spirit and kindness will be missed at our gatherings.

We also had a guest speaker, Alyssa Bartels of **Senior Helpers**. Alyssa shared some insight on in home care for not only seniors, but anyone needing assistance in their home for day to day living. Senior Helpers is a new franchise here in Lincoln and to Nebraska. Unfortunately, there will be more and more people needing care in the future as the elderly population increases and more and more disease exists. Families are finding that they prefer to care for their loved ones at home with some assistance as opposed to a nursing facility. Tim R. will include Alyssa's contact information on the website if anyone is interested in contacting her company to consider care or even to apply for a caregiver position.

NEXT MEETING: TUESDAY, OCTOBER 14, 2025 AT 5:15PM LOCATION TO BE DETERMINED