

Lincoln Head and Neck Warriors Minutes: October 14, 2025

5 survivors, Polly and Christina (presenter) present

We were privileged to have a presenter at our meeting again this month. She was Christina Tran, a Speech-Language Pathologist at Go Physical Therapy-Balance Mobility & Cancer Rehab.

Christina gave a very informational presentation on Cognitive Communication Strategies. She gave us several memory strategies including day to day scenarios to elevate stress and anxiety when dealing with memory issues. In a lot of our treatments, we have dealt with the side effects of brain/chemo fog and cognitive difficulties. There are many tools available to differentiate between actual onset of cognitive conditions, side effects of cancer treatment, or just aging in general. If you are concerned about yourself or a family member dealing with these conditions, Christina is a great resource for you. She also suggested that you contact the National Institute on Aging directly for helpful information pamphlets either online or by mail to help you navigate this issue. We thank her for sharing her experiences with us in an informal setting. Thank you also to Polly for inviting Christina to participate in our meeting.

As always those in attendance were able to share and ask questions of Christina and others. It is important to get to know each other and be able to share our journey with others to add an additional support system to our lives.

If any of you have any suggestions for topics to discuss at one of our meetings, don't hesitate to contact Polly with any ideas. We encourage and support any input.

The December meeting will be held on December 9<sup>th</sup> from 5:15-6:30pm at Piedmont Park Church, 4801 Street, Lincoln, NE 68510. This will be our annual Christmas Party. We encourage you to bring family and friends along with you for this celebration. We will be doing an ornament exchange, so if you or your guests want to be a part of that, be sure each brings a wrapped ornament without a name on it. We will be playing a game along with our gift exchange. Polly will also plan one or two more games for us to enjoy during the evening. Also, bring along a treat to share with the group if you choose. Look for an email from Polly in the next few weeks with more details.