
LifeLine Monthly Newsletter

SNAPS (Southern Nevada Association of Polio Survivors)

WWW.SNAPSNV.ORG

Dear Reader,

This support group was established to allow people with Polio or PPS (Post-Polio Syndrome) to gather and meet people with similar issues, share knowledge, ideas and resources to assist people with polio through issues that affect their lives.

It is our hope that these efforts empower our members with the tools necessary to make the adjustments needed to continue a life of dignity and independence.

These newsletters help us share knowledge from members and other support groups as the more we share the better off we all are.

If you have any recommendations on any changes/additional information you would like to see in these Newsletters, please feel free to send them to my email sodenssnaps@gmail.com.

Sylvia Soden
SNAPS President (2017)

SEPTEMBER MEETING

Agenda for this meeting will be:

1. 1st half hour will be socializing and lunch orders.
2. Reading of Minutes and Finances.
3. Finalize where our End of Year Party.
4. Discussion of topics from the PA Newsletter since June along with Bruno Bytes topics since last May.
5. Discussion of upcoming events.

We will have a raffle in this meeting for giveaways.



Upcoming Events

September 15, 2018
1pm – 3 pm

SNAPS Monthly Meeting
Mimi's
596 North Stephanie Street,
Henderson, NV 89014

WE ARE STILL HERE!!

MANNY'S CORNER

Reference Materials/Links for July and August that may be of Interest:

- Please check out PA Newsletter for July and August that is loaded in our website. The URL for the browser you are using is [PA Newsletter](#). If the link doesn't work just copy the URL 'http://snapsnv.org/pa-monthly-newsletters-pennsylvania-polio-survivors/' and paste to the browser you are using. The topics for July are:
 - How Muscles were affected by Polio
 - "Mild" case of Polio
 - The Current Status of Health Care and Rehabilitation Medicine in the UAE
- The topics for August are:
 - Polio Has Really Been In The News Recently
 - Arthritis and the Knee – What are my Options?
- There are some Bruno Bytes in the August PA Newsletter as well:
 - Understanding the limitations of PPS
 - 'Pushing' yourself too far
- Please check out "[Bruno Bytes from the Post-Polio Coffee House](#)" for June (please note there was an error in last month's newsletter indicating the topics where for June but they were really May). If the link doesn't work, please copy and paste 'https://www.papolionetwork.org/bruno-bytes.html' to your URL for the browser you are using. The topics for June are:
 - Medical Marijuana
 - Seeing a Physiatrist
 - Muscle Pain and Statins
 - Anesthesia
 - Sleep – Why eight hours isn't enough
 - Muscle Strengthening
 - Participating in a Study (not sure if this is still open)
- The topics for July:
 - Acupuncture for Pain
 - Polio and High Blood Pressure
 - Opioids
 - Drug Mestinon
 - Memory and Sugar
 - Medicare suddenly refusing payment for BiPap
 - Medications for Sleep
- **SNAPS Website.**
 - PA Newsletter for July and August has been updated to our website that includes Bruno Bytes as well.
 - I have updated our LifeLine Newsletter (<http://snapsnv.org/snaps-newsletters/>) on our website as well for September.

SEE YOU ALL AT OUR SEPTEMBER 15TH MEETING!!!

Note: Please note that any information provided in this Newsletter is provided as reference materials for you to decide on your own on whether it helpful for your situation.