
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 (2019)

Updates since your last Newsletter in June:

1. July was our yearly ice cream social that was held at the Sunset Galleria. We had a great turn out. It's always great to get together!
2. Since we had several members unavailable in August we decided to cancel.
3. At September's meeting Ed Andres from 101 Mobility came to talk about the services they provide. Also, they have a network of people they know that help in areas they don't do but can help you find someone to assist. It was also great to hear his organization gives back to the community in various ways.
4. October is always set aside for Disability Awareness Day that is sponsored by SNCIL (Southern Nevada Center for Independent Living). This year the event was held on Saturday, October 12th at Sammy Davis Jr Festival Plaza at Lorenzi Park. We were lucky enough to get a great spot with a tent so was sheltered from the sun. I was so relaxed and cool all day long.



Upcoming Events

Nov 16, 2019
1pm – 3 pm

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

WE ARE STILL HERE!!

NOVEMBER MEETING

It's hard to believe we coming to the end of 2019. We have a speaker coming to discuss Medicare along with changes for 2020.

Agenda for the November meeting will be:

1. 1st 30 minutes will be socializing and lunch orders.
2. Reading of Finance and Minutes.
3. Discussions our Year End Christmas Party
4. Discussions on SNAPS Attendance at the Disability Awareness Day in October.
5. Speaker from Medicare is set to speak at 2pm but may come earlier to setup and depending on the time may start earlier than 2pm.
6. If time permits will talk about my polio story and our SNAPS group at Mike's presentation for World Polio Day at their rotary meeting.

MANNY'S CORNER

- PA Newsletters have been updated on our SNAPS Website for June-October. Please check out the PA Website as it has a lot of information that may be useful - <https://www.papolionetwork.org/new-stories-relating-to-polio-and-post-polio-syndrome.html>. Also, following are bullets of what appears in each months PA Newsletters :
 - June 2019
 - i. Power Wheelchair or Scooter?
 - ii. Top Five Tips for Wheelchair Posture Support
 - iii. A Salute to our Veterans
 - July 2019
 - i. Fatigue – It's the most Common of PPS Complaints
 - ii. PPS and Medications
 - iii. Our PA Polio Network Team – Who ARE We?
 - August 2019
 - i. August is National Immunization Awareness Month (NIAM)
 - ii. Continuation of July on medications. Gabapentin (Brand names=Neurontin, Horizant, and Gralise) A Lengthy Conversation from Dr. Marny Eulberg, MD
 - iii. Acute flaccid myelitis seen mostly in children that bears some striking similarities to polio.
 - iv. Bruno Bytes included the following topics:
 1. Topic of Fatigue
 2. Stability of a New Style of Brace
 3. More on the topic of assistive devices from Dr. Bruno: "The Power of Moving to the Right Chair"

- September 2019
 - i. Polio Eradication
 - ii. Fatigue, Brain Stem Damage and Low Blood Pressure by Dr Bruno
 - iii. Why Does My Doctor Do That?
- October 2019
 - i. What are the Late Effects of Polio/Post-Polio Syndrome?
 - ii. The Role of the Primary Care Physician in the Life of a Polio Survivor
 - iii. Finding a Primary Doctor in the Digital Age
 - iv. Post-Polio Syndrome, Kidney Disease and Liver Enzymes

Please check out "[Bruno Bytes from the Post-Polio Coffee House](#)" for the latest information.

- SNAPS LifeLine Newsletter.
 - I have updated our LifeLine Newsletter (<http://snapsnv.org/snaps-newsletters/>) on our website for November 2019

HOPE TO SEE MANY OF YOU AT OUR NOVEMBER 16TH 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 is helpful for your situation.