

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.

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 sodensnaps@gmail.com.

Sylvia Soden
SNAPS President (2020)

Upcoming Events

June 20, 2020 Virtual Zoom Meeting 1pm – 3 pm

SNAPS Monthly Meeting
Currently Virtual Meeting

WE ARE STILL HERE!!

January-June 2020:

A lot has occurred since the at the beginning of 2020 so wanted to summarize those in this LifeLine Newsletter:

1. January were elections with the Board for 2020 voted in as:
 - a. Sylvia Soden as President
 - b. Sue Muha as Vice President
 - c. Kathy Stevens as Secretary
 - d. Treasurer position was left open to be resolved by our next meeting.
2. February
 - a. Voted for Sue Muha as Treasurer.
 - b. Completed the draft By-Laws template
 - c. Board meet to finalize the By-Laws based on February meeting revisions
 - d. Sent By-Laws to the full membership for any final revisions. Did not get any input for revisions so will the By-Laws are completed.
3. March and May-we had to cancel these meetings due to Covid-19

MANNY'S CORNER

PA Newsletters have been updated on our SNAPS Website for January 2020 to May 2020. 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 items that may be of interest to you:

1. January 2020
 - 1) Definition of Rehabilitative Physician
 - 2) Different between MD and OD (osteopathic medicine)
 - 3) Definition of Neurologist
 - 4) About Physical Medicine & Rehabilitation
 - 5) Difference between Physiatrist vs Neurologist
 - 6) Includes Bruno 'Bytes'
 - a. How Many Muscles were affected by the poliovirus
 - b. Overuse of my "Good" Leg and significant Sleep Issues
 - 7) How to Manage Brain Fog Caused by Chronic Pain
 - 8) Dear Abby-Instead change new year's resolutions to JUST FOR TODAY list
2. February 2020
 - 1) Medical Management of Post-Polio Syndrome with a video link that is 28 minutes. You need to scroll down to see the video.
 - 2) FAQ continued from previous month where they addressed Rehabilitative Physicians (Physiatrists) and why they are so frequently recommended for polio survivors.
 - 3) Types of Medical Equipment Medicare Covers For Home Use
 - 4) My Improbable Journey by Vera Gottlieb
3. March 2020
 1. There is history on African Americans, Polio and Racial Segregation
 2. 11 Sleep Hacks that Really Work
4. April 2020
 1. Putting the Pieces of Polio History Together
 2. Coronavirus (COVID-19) and Polio Survivors
 3. Ask the Doctors: What Are Viruses And How Do They Work?
 4. The Psychology of Treating PPS
 5. COVID "FEAR vs CONTROL COLUMNS"
 6. for POLIO SURVIVORS
 7. Harry Donahue, A Familiar Voice From Radio, has a 70-year-old Virus Story To Tell: "The New Polio"
 8. Accessing Information on the PPSN Website.
5. May 2020
 1. Videos on interviews on
 - a. The first was an overall information session completed with Brian Tiburzi, the Executive Director of Post-Polio Health International
 - b. The second is an extensive interview with Historian and Professor Dr. Daniel Wilson, PhD: Polio, Coronavirus, Flu and Fear
 - c. Our third interview, is an informative and uplifting half hour with Primary Care Physician Dr. Marny Eulberg, MD: I'm in Pain. Is it ALWAYS a result of our Polio?
 2. Several articles on Unsung Heroes and American Experience.
 3. Story We Never Walk Alone by Diane Huff

4. Auto Interview by PBS How are Polio Survivors Responding to COVID-19? (10min)
6. June 2020
 1. Part Two of their series: The Unsung Heroes of Polio Eradication. Several articles on Unsung Heroes and American Experience.
 2. Q & A with Primary Care Physician - Dr. Marny Eulberg, MD
 3. How Many Neurons Am I Losing As I Age? – Dr. Bruno

All of the above referenced PA Newsletters have been put on our website from January-June 2020

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

SNAPS LifeLine Newsletter.

- o I have updated our LifeLine Newsletter (<http://snapsnv.org/snaps-newsletters/>) on our website for this one newsletter that covers January-June 2020. Please note that March-May we did not meet due to Covid-19

HOPE WE CAN MEET AGAIN SOON IN PERSON 😊

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.