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# LifeLine Monthly Newsletter

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SNAPS (Southern Nevada Association of Polio Survivors)

[WWW.SNAPSNV.ORG](http://WWW.SNAPSNV.ORG)

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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](mailto:sodensnaps@gmail.com).

Sylvia Soden  
SNAPS President (2020)

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## JANUARY MEETING

Agenda for this meeting will be:

1. Reading of Finance and November Minutes.
2. 2021 Elections of President, Vice President, Treasurer and Secretary.
3. Discussions concerning of year-end Board Meeting for 2020.
4. Discuss 2021 items such as zoom meetings, in person meeting and activities.

## MANNY'S CORNER

PA Newsletter has been updated on our SNAPS Website for the Newsletter and/or other documents provided since our last. 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 items that may be of interest to you:

**November 2020 PA Newsletter consists of the following subjects:**

1. What do Politics and Chronic Disease Have in Common?



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## Upcoming Events

**SNAPS Monthly Meeting:**

**January 16, 2021**  
**Virtual Zoom Meeting**  
**1pm – 3 pm PT**

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**WE ARE STILL HERE!!**

Dr Bruno was asked to review a letter from Dr. Rob Lamberts titled "A letter to patients with chronic disease". Dr. Lamberts appropriately portrays physicians as having insecurities, frustrations, and expectations "Just like anyone else". He goes on to give advice to patients on how to positively partner with physicians. As I read the article, Dr Bruno found it to be a good example of how people (both patients and physicians) can become frustrated when they do not have a common set of expectations.

2. You may want to check out some of the frequently read articles by Rehabilitative Physician, Dr. William DeMayo.
3. Are YOU Looking for an Active, Pandemic Safe Support Group?
4. Dr. Bruno talks about Bracing for Polio Survivors
5. Story for a Polio Survivor- She Loves the Joy that Sunshine Brings Nancy Zuspan By Deborah Prewitt

4<sup>th</sup> Quarter Year End and Covid-19 Vaccine Dr. Bruno documentation.

All the above referenced PA Newsletter and Dr. Bruno articles has been put on our website.

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

## **SNAPS LifeLine Newsletter.**

I have loaded the lasts LifeLine Newsletter (<http://snapsnv.org/snaps-newsletters/>) on our website.

***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.***