
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 (2021)

JANUARY MEETING

Agenda for this meeting will be:

1. Reading Finance and last Meeting Minutes.
2. Current SNAP LifeLine Newsletter.
3. PA Newsletters received since our last meeting.
4. 2022 Elections for President, Vice President, Treasurer and Secretary.
5. Discussion of New Business

MANNY'S CORNER

PA Newsletter has been updated on our SNAPS Website for the Newsletter and/or other documents provided since our last LifeLine Newsletter. 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 but not all listed in the PA Newsletters mentioned:



Upcoming Events

SNAPS Monthly Meeting:

January 15, 2022
Virtual Zoom Meeting
1pm – 3 pm PT

WE ARE STILL HERE!!

September 2021 PA Newsletter subjects that may be of interest:

1. Stress, Pain, and the Magic of Music provides ways that can help with stress. There is an audio on the Two Breath Method to relax that you can download free.
2. Reminder that there is so much information PA has provided that is now indexed to make it easier to find so check out their link.
3. Discussion on Polio, Virus, and the Vaccines.

October 2021 PA Newsletter subjects that may be of interest:

1. Polio Survivors and Problems with Attention: Is ADHD the cause?
2. One day he was climbing trees. The next, he was headed for a hospital in an ambulance. Survivor John Munsick tells his fascinating story.

November 2021 PA Newsletter subjects that may be of interest:

1. Kinesiology Tape and Stability
2. Nerve Blocks: What is a nerve block and is it bad for those who suffer from PPS?
3. Polio Survivor Story of Martha (Marty) Loudder Resilient from her Head to her Toes

December 2021 PA Newsletter subjects that may be of interest:

1. Are you particularly affected by the heat?
2. It is not easy getting around in a wheelchair.
3. Upside Down Polio - What IS it?

3rd Quarter 2021 from Dr. Bruno:

Dr. Bruno topics are on Attention and Memory, Axon Therapy, COVID Vaccine, "Good" & "Bad" Legs, Hips and Knees

4th Quarter 2021 from Dr. Bruno:

Dr. Bruno topics are on back support, Blood Sugar and Post-Polio Diabetes, Bowel Program and Slow Polio Bellies, Devices for Sleep Apnea, FDR having (or not) having had Polio, Heat Intolerance, Muscle Atrophy, Ratator Cuffs, Social Security Disability, Sprouts in our Brain and Strain on Poliovirus affected Legs.

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

I have loaded the latest PA Newsletters received at this time on our website:

<https://www.snapsnv.org/pa-monthly-newsletters-pennsylvania-polio-survivors/>

SNAPS LifeLine Newsletter

I have loaded the latest 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.