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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 (2022)

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## April Meeting

### Agenda for this meeting:

1. Reading of our Finances and Last Meeting Minutes
2. Determine dates for the remainder of our activities and meetings
3. Old Business
4. New Business

## MANNY'S CORNER

Please note the PA Newsletter is upload at the same time as the LifeLine Newsletter. Please check out the PA Website as it has information that may be useful. Also, following are items that may be of interest to you but not all may be listed in the PA Newsletters mentioned:

### April PA Newsletter subjects that may be of interest:

**Please note that the PA Newsletter for April 2022 sent via PDF was missing some link so am sending the following info with the link as follows:**

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## Upcoming Events

### SNAPS Monthly Meeting:

**April 16, 2022**  
**1pm – 3 pm PT**

**Driven NeuroRecovery Center**  
**701 E Bridger Avenue, Ste 150**  
**Las Vegas, NV 89101**

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**WE ARE STILL HERE!!**

## 1. Fatigue – It's Something that plagues almost all polio survivors. But does it have to?

- [Marny K. Eulberg, MD](#) wrote the very popular article: [Fatigue – It Makes Me Tired.](#)
- In the article, she spoke about the importance of the self-discovery that can come from going through the long but worthwhile process of completing the Post-Polio Fatigue Log.
- [Richard L. Bruno, HD, PhD](#), Director of the Post-Polio Institute introduced this valuable tool as a part of their team's care for polio survivors. He has given us two "Bruno Bytes" on the value of using the [log](#).

## 2. She traveled the world serving those in need. Polio kept her from only one thing.

- Survivor Bonnie Kittle always wanted to ski with her sons. Then, for her 70th Birthday, they made it happen. Bonnie's sons found an "Adaptive" Ski and Snowboarding program. They adapted in every way, making this extraordinary gift a safe and exciting adventure for a polio survivor living with the realities of PPS.

## 3. Protecting Your Email and Online Privacy.

- Do you know how to avoid "Phishing" scams? Have you gotten any emails or texts that you just weren't sure about?
- We have information that can help.

## 4. World Immunization Week – April 24th through April 30th.

- We've brought you a beautiful poem from the World Health Organization: "Long Life for All – In pursuit of a long life well lived."

## 5. Do you know about the [National Library Service for the Blind and Disabled](#) by the US Library of Congress ?

- Most Polio Survivors (US) qualify to use the amazing service. You can call Toll-free to sign up.

## 6. The entire world has been turned upside down once again.

- The GPEI (Global Polio Eradication Initiative) has been on top of a circulating vaccine derived polio outbreak in the Ukraine.
- We have their statement regarding their efforts to assist with vaccination through this crisis.

I have loaded the latest PA Newsletters received along with Bruno Bytes 1<sup>st</sup> Quarter 2022 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.***