



San Gabriel & Pomona Valley Polio Support Group Newsletter

MISSION STATEMENT: We with PPS will provide and maintain current Southern California resource information to help others improve their lifestyle and sustain supportive relationships.

Publisher/Editor: Mary Ellen Stan & Distributor: Dick Stoney

Volume No. 3 Issue No. 1

Date: January 3, 2010

Next Meeting – Saturday, January 16, 2010

Meetings are usually held once a month on the 3rd Saturday – 1:30 to 3:30 PM at Casa Colina Centers for Rehabilitation (Tamkin Education Center Room A) – 255 E Bonita Avenue, Pomona, CA 91769

Call (909) 465-0742 for Specific Monthly Meeting Details

Meeting Coordinators: Mary Ellen Stan & Dick Stoney

www.post-poliopartners.org

Meeting Agenda

- 01:30** ARRIVE
- 01:45** GREETINGS & ANNOUNCEMENTS
- 01:55** TREASURER'S REPORT
- 02:00** POLIO HEALTH INSTITUTE REPORT
- 02:15** PROGRAM/DISCUSSION TOPIC
- 03:25** CLOSING

2010 Meeting Schedule

January 16	At Casa Colina
February 20	At Casa Colina
March 20	No Host Lunch
April 17	At Casa Colina
May 15	At Casa Colina
June 19	No Host Lunch
July 17	At Casa Colina
August	No meeting
September 18	At Casa Colina
October 16	At Casa Colina
November 20	No Host Holiday Lunch
December	No Meeting



Join us as we share in the support of each other.

From the Editor – December Highlights

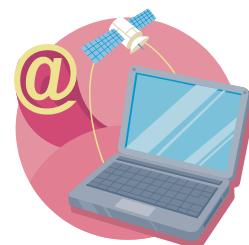
There was no December meeting.

January Program:

Member Mary Ellen Stan will present an online “tour” of these web sites:

- * Our very own support group – www.post-poliopartners.org,
- * Polio Health International – www.post-polio.org
- * Polio Today – www.poliotoday.org, and
- * New Mobility Magazine – www.info@newmobility.com

The purpose of the meeting will be to familiarize the group with the type and variety of information available to us on the Internet. To have knowledge is to have power over our well-being – **this** is what computers and fancy phones are good for. If you don't have access to the Internet, this presentation may encourage you to get access, or, at the very least, you will be able to ask one of your fellow group members who does have access to research and give the information you want to you.



Polio Survivors Ask...

**Nancy Baldwin Carter, BA, M Ed Psych,
Omaha, Nebraska, (n.carter@cox.net)**

Q: My wife, who had polio, and I are in our late 70s and have been married for 52 years. We had our interactions down pat until we both started having medical problems. Do you have any ideas on how to keep the problems from overwhelming our relationship?

A: Sometimes it's difficult, I know. My husband is 81 and I'm 73. Amid a never-ending parade of ailments, he's had a major heart attack and two cancer surgeries; my vigorous PPS has been peppered by a colorful variety of other health issues. We've been around since the polar ice caps froze over, and we've been through it all. For what it's worth, I can tell you what *we* do.

Each of us understands we have no control over the other's physical condition—nor indeed very much over our own. But as long as life goes on, we deal with it. We focus on what we *can* do. On wanting "what we have" rather than insisting on having the elusive "what we want." Acceptance. Serenity.

Start with this: He's always here when I need him—and I am here for him. He takes me to the doctor and holds my hand and opens the ketchup bottle for me when the cap won't come loose. I write a poem for him and fold his socks.

It helps that we truly like each other. I love everything he does—well, almost. Who wouldn't smile at a shelf of canned veggies arranged alphabetically by her librarian hubby? Or clothes closets in which he's made the color of each hanger match the color of the garment it holds? It's these little things that count.

We're a great team. We think a lot alike. Once I chose some dining room wallpaper that the decorator hated. "Your husband will never go for that," she declared. "Let's see," I said as I slammed shut the heavy book of samples and called him up from the basement. With no coaching whatsoever, he looked until he found

the wall covering he preferred. Yes. Exactly the one I chose. He knows what books to get me; I can pick a movie he'll enjoy.

He makes me laugh. We don't just play a game, we banter our way through it. Last week he got me a terrific spelling game for my birthday. After I beat him two to one, he said, "I'm at a real disadvantage here." It *is* hard to play on this bed. The game board won't lie flat, so his playing pieces keep slipping off; he can't reach the cards from where he must sit. I thought maybe we could change something. "What disadvantage?" I asked. "I can't spell," he said.

We talk a lot. Sometimes about life or philosophy or simply some little nothing we want to discuss. Recently a friend loaned us a DVD that suggested this question: "If Heaven is a memory, what one memory would you choose?" It's long been a favorite theme of mine—that one pivotal moment that made all the difference. The two of us don't live in the past, but sometimes it's fun looking back.

We're not the two we used to be. Time and circumstances have seen to that. But what's inside draws us closer every day. We take advantage of it. "I love you," he tells me. And I, catching the secret meaning of the phrase, respond in kind. We're who we are today. And that's enough.

We take today seriously. It's all we have, in fact. Right now. We try our best to make the most of it.

Nancy Baldwin Carter, B.A., M.Ed.Psych, from Omaha, Nebraska, is a polio survivor, a writer, and is founder and former director of Nebraska Polio Survivors Association.

Source: Post-Polio Health International
(www.post-polio.org) Communiqué No. 39



Announcements

Meeting Dates:

Mark your calendars:

- **January:** 01/16/10
- **February:** 02/20/10

Meeting Donations:

At each meeting a “hat” is passed to give members an opportunity to contribute whatever amount they wish to help cover the Newsletter costs and our PHI Association Membership. *But Note!* There is no obligation to contribute at any meeting.

Newsletter Submissions:

The Deadline for submitting information for next month’s Newsletter is February 6, 2010. Contact Mary Ellen Stan (via phone or email).

Previous Newsletter Issues:

You can view all newsletter issues, on our web site www.post-poliopartners.org, in the “Chapter Information” section.

Equipment Needs:

If you have problems with your assistive equipment, or need help in getting such equipment, you can contact our group member Raul Esparza (refer to our Roster for his telephone number).

January Birthdays



Dick – 01/14



Cynthia – 01/17



Education

This Month’s Web Link:

We will be exploring this online magazine’s web site during the meeting. www.info@newmobility.com

Mission Statement

New Mobility encourages the integration of active-lifestyle wheelchair users into mainstream society, while simultaneously reflecting the vibrant world of disability-related arts, media, advocacy and philosophy

This Month’s Book Review:

Managing Post-Polio: A Guide to Living and Aging Well With Post-Polio Syndrome by Lauro S. Halstead (October, 2006) From BarnesandNoble.com:

“The editor is director of the Post-Polio Program at the National Rehabilitation Hospital in Washington, DC. Having done extensive research on the diagnosis and management of post-polio syndrome (PPS), a neurologic disorder that affects polio survivors, he has compiled a guide that summarizes in lay terms relevant medical findings from the last 15 years and illustrates how to apply those findings to daily life. Among the contributors are physicians, counselors, and psychologists, most of whom are polio survivors. Collectively, they provide authoritative yet practical information resulting from a combination of professional knowledge and personal experience. A comprehensive array of topics are addressed: the diagnostic process, finding expert medical care, energy conservation, psychosocial aspects of disability, support groups, vocational strategies, managed care concerns, Social Security benefits, and Internet resources. The text is supplemented by a concise list of additional reading and resources as well as contact information for national associations.”