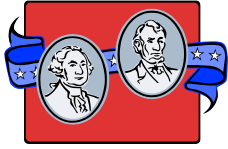




San Gabriel & Pomona Valley Polio Support Group Newsletter

Editor: Mary Ellen Stan Volume No. I Issue No. 1 Date: February 15, 2008



Next Meeting – Saturday, February 16, 2008



Meetings are held once a month (except for August and December) at
Casa Colina Centers for Rehabilitation – 225 E Bonita Avenue, Pomona, CA 91769

Meeting Agenda

- 01:30 ARRIVE
- 01:45: CALL MEETING TO ORDER - GREETINGS
- 01:50: MINUTES
- 01:55: TREASURER'S REPORT
- 02:00: PROGRAM
- 02:45: GROUP BUSINESS
- 02:55: ANNOUNCEMENTS
- 03:00: SHARING OF INFORMATION
- 03:25: CLOSING



From the Chair

Greetings! Because we have a wonderful opportunity to have access to Polio Health International (PHI) articles each month, it occurs to me that the best way to share the information with each of you is by way of a newsletter. So here is the First Draft Edition! We will discuss during this month's meeting how to tweak it to best suit our needs and to make it visually appealing and readable. And what other types of information would you like to see? Your input is vital.

To be able to receive the PHI articles we need to be an Association Member. I am pleased to report that an Anonymous Donor has provided the Membership Fee in support of our group. I extended our sincere gratitude to the donor.

Submitted By: Mary Ellen Stan

From the Editor – January Meeting Highlights

Cynthia Rastchak, a student from Azusa Pacific University joined us to learn about polio and to witness our meeting dynamics. Our own member, **Cynthia Stauffer**, CFP, presented “**Top Ten Tax Savings Strategies for Retirees.**” Thank you, Cynthia, for your dedication to our group.



Example of a Photo Insert

February Program:

Josie Aguilera from Home Instead Senior Care will describe the different kinds of products and services that her organization provides. And she is bringing REFRESHMENTS! What a gal!

POLIO HEALTH INTERNATIONAL – MONTHLY ARTICLE

Polio Survivors Ask...

Nancy Baldwin Carter

Q: As I get older and accumulate more secondary conditions, it is more difficult for me to get around. Do you have any suggestions as to how to communicate my knowledge about my post-polio health to my grown children when they really don't want to "hear it"?

A: There may be more than one hurdle lurking in this question.

We should start with US. Some of us talked with our children about our post-polio experiences from the get-go. Others played the role of the brave soldier, quietly marching on in the face of adversity, full of pluck and certain sacrifice—and never revealing the polio reality to anyone. Which has been the approach to our disability?

Some of us have spent years nurturing a fantasy of our capabilities, always telling ourselves, "No problem. I can handle it myself." And suddenly now, just thinking of making the effort fills us with dread, exhausts us beyond measure. Have we reached the point when we can say, "Sorry, gang, I simply cannot do this anymore?"

We may have a new truth to tell ourselves about our physical status, now that polio and aging have come crashing into each other.

How can we approach the subject with our children who have a hard time considering they have a parent with increasing health issues? Think about venturing into these areas:

- **ATTITUDE.** Can we be straight-forward, truthful, accepting our role in this scenario—and not play the shame game if others don't react the way we think they should? Can we empathize with our children's feelings enough to put them at ease as we spell out what we want to say?
- **EXPECTATIONS.** Do we realize we can't realistically dictate our children's sensibilities any more than they can ours? Aren't our expectations of ourselves the only ones we can truly control?
- **SUBSTANCE.** A few essential items about our conditions are enough at first. We needn't

inundate others with "homework." If our children don't seem to want more, we should thank them and move on. Truth is, while many of us may have children who can handle such details, others may not. This is a bonus—the prize in the Cracker Jack box—not a necessity.

It is important to have someone "in the know," however. Here are some things we can do:

- Find a relative or friend who agrees to serve as Durable Power of Attorney for Health Care. This person can legally speak for us if we should become incapable of speaking for ourselves (doctors determine that patients are incapable, not relatives or others) when serious health care decisions are needed. Discussing specifics extensively will give us a better chance of having our wishes carried out.
- Make a Living Will, which allows us to tell doctors and others, in writing, what we want done regarding certain life-or-death situations. Give copies to our doctors, hospitals, family members, and friends--and hope someone insists this be followed.
- Show our doctors reliable articles and participate in our own health care decisions. Ventilator users will be particularly interested in PHI's new doctor/patient worksheets "Take Charge, Not Chances."
- Choose a buddy, maybe someone in the polio support group, with whom we feel free to talk, shed a tear, have a laugh about our current polio selves. We can do the same for them. Stuffing is not a good idea.

Mainly, our health care is up to us. Getting our children involved may be helpful, but it isn't a requirement. They observe the struggle and they love us in a very special way. Sometimes that has to be enough.

Source: Post-Polio Health International,
www.post-polio.org

[Announcements](#)



Meeting Dates:

Mark your calendars:

- **March: Saturday, March 15, 1:30 PM – a No Host Lunch at _____.**

Newsletter Submissions: The Deadline for submitting information for next month's Newsletter is March 7, 2008. Contact Mary Ellen Stan (via phone or email).

Member Update: One of our members, Ann Webster, has been seriously ill. Her daughter-in-law emailed an update to Dick Stoney. In return we sent a return message of support for her to pass on to Ann on our behalf. Let's all hold her in our thoughts.

February Birthdays



Lois Cameron – 2/15



Acknowledgements

Welcome to New Members: None



Education

This Month's Web Link: To learn more about a company that provides "All Your Mobility Needs Under One Roof," visit the Mobile Help Inc website:

<http://www.mobilehelpinc.com>

This Month's Book Review: To read about the history of polio and to learn more about post-polio syndrome refer to "The Polio Paradox," by Richard L. Bruno, H.D., Ph.D



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