



San Gabriel & Pomona Valley Polio Support Group Newsletter

www.post-poliopartners.org

Editor: Mary Ellen Stan Volume No. 1 Issue No. 2 Date: March 1, 2008

Next Meeting – Saturday, March 15, 2008

Meetings are usually held once a month on the 3rd Saturday at Casa Colina Centers for Rehabilitation – 225 E Bonita Avenue, Pomona, CA 91769
Call (909) 465-0742 for Specific Monthly Meeting details

Meeting Agenda



There is no official Agenda this month. Let's just enjoy each other's company and have some St. Patty's Day fun!



From the Chair

What a great meeting we had! Although we missed having Josie Aguilera of Home Instead Senior Care with us (trust me, folks, she was really sick), having the extra meeting time gave us the opportunity to go around the room and share our personal stories (see "Highlights"). In the next few months I will transcribe your stories. Thank you so much for sharing. And our thanks go to Josie and Sandy (and her wee helpers) who very generously provided lunch for our group. We look forward to rebooking Josie for our May meeting.

And thank you, all, for your encouraging comments about the First Issue of our Newsletter. Now we can provide information to all of our members even if they are unable to attend the meetings.

Happy St. Patrick's Day!



Submitted By: Mary Ellen Stan

From the Editor – February Highlights

Christina Restchack, our student from Azusa Pacific University (pictured below with Jenny), joined us again to learn about polio. She learned more about its history and how it has affected all of us as we shared our individual stories.



Mary Ellen reported that an anonymous donor provided the Association Membership fee for Polio Health International. Their articles will appear in our future newsletters on Page Two. Dick provided the group with a list of relevant web sites. Details about these sites will also appear in our future newsletters in the Education section. Don brought before the group the issue of sending a donation to the Orange County PPSG newsletter to help with their expenses. The group approved sending \$20 of the current meeting collection. Mary Ellen presented a Newsletter to the group for its review and input. Everyone agreed that this would be a worthwhile venture.

March Program:

The meeting will be a No Host Lunch at:

Home Kitchen Restaurant
309 E. Foothill Boulevard
Pomona, CA

(Between Towne and Garey on the North side of Foothill Boulevard)

POLIO HEALTH INTERNATIONAL – MONTHLY ARTICLE

NOTE FROM EDITOR: THERE IS NO ARTICLE THIS MONTH BECAUSE WE PRINTED IT ALREADY IN THE LAST NEWSLETTER. THIS IS WHAT THE NEWSLETTER FROM PHI LOOKS LIKE.

February 26, 2008 (No. 18)

**Strengthening our partnership;
Maximizing our power**

**Thank you for renewing your
Association Memberships!**

Post-Polio Health International
*including International Ventilator Users
Network*

4207 Lindell Blvd., #110
St. Louis, MO 63108-2930
314-534-0475 phone
314-534-5070 fax

www.post-polio.org
director@post-polio.org

Something new is happening!

PHI has completed its series of *Communiqué* “Leadership” columns. Designed in a Q&A format, these columns attempted to answer polio group leaders’ questions and suggest invigorating ideas for discussions and activities relating to those questions. Our goal was to furnish leaders with ideas they could incorporate into their meetings. These columns can now be found at [Leadership Series, a resource for support groups leaders](#).

AND SO WE MOVE ON. As we sought our next project, we looked for something that would allow us to serve the groups and their membership in the best possible way. We decided to check incoming requests. Individuals contacting PHI have indicated a need for fresh sources of material for their newsletters. It’s a familiar problem. Many of us have wished for the Story Fairy to wave her magic wand over our pages, creating a reliable few inches of copy to relieve our stress as deadlines draw near. You know what we’re thinking: Why shouldn’t PHI offer to be your fairy godmother?

Here’s what we need to know: Would you like for PHI to supply the assistance you may have been looking for? With your interaction, we just might be able to produce a monthly column that answers your cries for help and satisfies your desire to provide articles of relevant substance.

Let’s say you like this idea. Your comments, suggestions, questions could guide us to a great variety of topics.

From a support group

Our group bought a case of *Managing Post-Polio; A Guide to Living and Aging Well with Post-Polio Syndrome* (Second Edition) for the cost of \$6.50 each. Members bought 1 for \$15 (retail) or 2 for \$15 IF they promised to give or sell one to their personal physician. They did! That way, we made the investment back and we got the information to the medical professionals. *Rosemary K Hendrix*, gafla@earthlink.net, Mountain Area Post-Polio Group (Georgia).

From Research!America

Visit www.yourcandidatesyourhealth.org before you vote to see where the candidates stand on health and research.

Joan L. Headley, Executive Director

Announcements



Meeting Dates:

Mark your calendars:

- **April: Saturday, April 19**

Newsletter Submissions: The Deadline for submitting information for next month's Newsletter is April 5, 2008. Contact Mary Ellen Stan (via phone or email). . **If anyone would prefer to receive their copy via email, please contact Dick.**

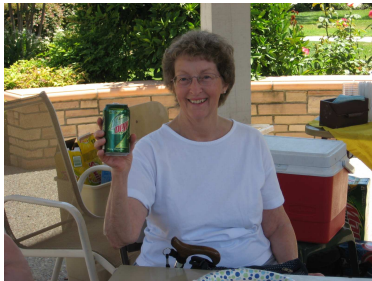


March Birthdays

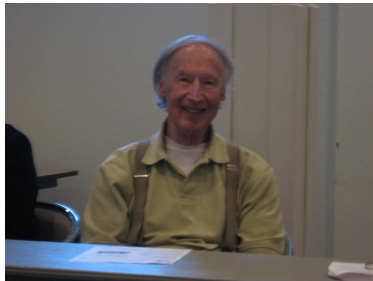
Patti Jebbia – 03/03



Elizabeth Lamar – 03/16



Dale Sederstrom – 03/21



Acknowledgements

Welcome to New Members:

A Great Big "Howdy" goes to Dale Sederstrom who joined our group in February.



Education

This Month's Web Link: To learn more about a company that provides rehabilitation products, visit the web site for **Rehability Stores** (a division of Good Shepherd Rehabilitation). Their mission is to "...inspire your rehabilitation efforts and move you beyond diagnosis and treatment and into the next stage in your life. By providing life solutions, adaptations, strategies, and education, we give you the rehabilitation options and special aids you need to live an easier life."

<http://www.rehabilitystores.com>

This Month's Book Review: To learn more about post-polio syndrome refer to "Post-Polio Syndrome – A Guide for Polio Survivors & Their Families:" by Julie K. Silver, M.D.

From the back book cover: *"This essential guide for polio survivors, their families, and their health care providers offers expert advise on all aspects of post-polio syndrome. Based on her extensive experience treating post-polio patients, Dr. Julie K. Silver discusses issues of crucial importance, including how to find the best medial care, deal with symptoms, sustain mobility, manage pain, approach insurance issues, and arrange a safe living environment."*



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