



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. 10 Date: October 8, 2010

Next Meeting – Saturday, October 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

From the Editor – Meeting Highlights

At our last meeting, Group Members Phyllis Phelps and Kathie Blackett presented Arlyne Zirges, and instructor at the Brulte Senior Center in Rancho Cucamonga.



Arlyne led the group through several sitting down movements that can be beneficial to breathing, memory, maintaining flexibility, range of motion, and strength. She was creative and informative, too ☺

She emphasized that we don't just exercise to stay in shape, but rather, to "Enjoy Life!" And possibly the best demonstration was learning how to guide your body through a relaxation process.

Lastly, Lillian had a ring get away from her on the floor, and Vern, on bended knee, returned

it to her. Your Editor believes that Lillian just wanted to see Vern crawl under the tables one more time (having retrieved that green ball a couple of times – where's the camera when you really need it?).

October Program:

Group Member Patti Jebbia will present a Program on "Home Remedies for Life's Little Ailments."



Mary Ellen Stan will report on her "We're Still Here" speech at the 10-06-2010 Chino Rotary Club meeting.

Mary Ellen & "George" (i.e., crutch) pose for the Rotary Club Newsletter.



What was interesting was that no one with post-polio syndrome had addressed this Rotary Club before. They were very interested in and appreciative of Mary Ellen's personal story. Following the meeting, an offer was made by the former Rotary District Governor, Gene Hernandez, to come to one of our meetings to explain what Rotary Foundation Matching Grants resources may be available to us.

Announcements



Meeting Dates:

Mark your calendars:

- **October:** 10/16/10
- **November:** 11/20/10 – No Host Lunch
- **December:** NO MEETING
- **January:** 01/15/2011

2010 Program Presenters Schedule

October 16 - Patti Jebbia & Joyce Rowland

November – No Host Lunch

December – No Meeting

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 11/12/2010. Contact Mary Ellen Stan (by 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, need help in getting such equipment, or have donations of equipment, you can contact our group member Raul Esparza at (626) 355-1851.

Post-Polio Thoughts:

Since no Post-Polio Health International Newsletter was received by the time our Newsletter “goes to press,” you will receive the monthly article either via email (when it comes) or you will receive a print copy at Saturday's meeting.

October Birthdays



Jenny Duboucheron - 10/15

Hilda Estrada – 10/24

Karen Meddings – 10/30



Education

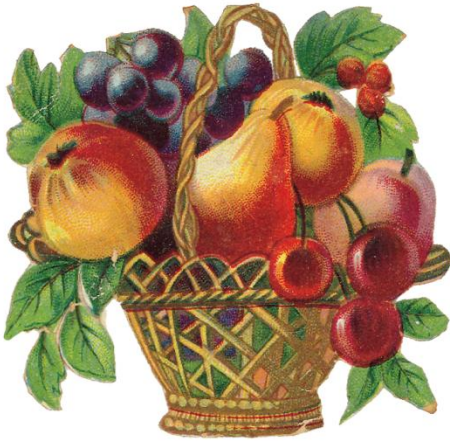
Web Link of the Month:

In recognition of the “We're Still Here” campaign, this month's Web Link is the article “Polio's Second Act” that appeared in Rotary International's *The Rotarian* (September 2010).

<http://www.rotary.org/en/MediaAndNews/TheRotarian/Pages/postpolio1009.aspx>

It can truly be stated that the Rotary organization has become a polio patient and polio survivor's “BF!” (i.e., Best Friend)





Alive and Well in Spirit . . . by marie oden

Greetings to all of my dear Polio Support Group, my fellow sufferers in this often unpredictable life! How I pray this finds you feeling cheered, encouraged and feisty, ever ready to proceed forward in the sweetest tasks you love, strengthened to flourish in all of your various responsibilities and enjoy the dearest relationships you possess; enabled to cherish the gifts you've been given, and experience peace.

It isn't easy to cope with the interminable, seemingly endless symptoms of PPS; and here, I'm wanting to impart strong encouragement because I have no doubt that your life struggle has forged within you a depth of compassion and bountiful inner resources that make you a person of great capacity to impart requisite wisdom and insights in your

particular set of circumstances – and don't we all desperately need wise and sagacious people in our lives.

The spiritual, political, emotional and moral climate of our present day society is getting rather shaky. As we approach Election Day, as politicians hurl insults and vie for votes and popularity, we feel the fragility of humanity and the dire need for effectual help and honest, faithful leaders, because we so acutely FEEL the aches, pains, agony and fragility of life! We suffer and it makes us especially aware of the tragedies, oppression and dire circumstances of fellow Americans!

Yet, it occurs to me as never before that even as I expect and yearn for our National leaders to practice and cherish integrity, all that much more within my own set of private circumstances I must embrace the finest and most noble attitudes and not cave in, not lose heart, not fail the ones who are counting on me. Not fail myself! I want to end this life well!

Because we have suffered and continue to suffer, because daily we FEEL our fragility, because it has demanded inner resources and emotional strength, others within our realm of influence look to us for wisdom and counsel. The strong and able look to the frail and afflicted. It has always been the case. Our world is hungry for answers: how do you cope? How do you maintain equilibrium? How do you keep going? What is your secret?

For one thing, we've long understood the limits of our physical bodies. Speaking for myself, I have come to loathe unnecessary pain. I despise useless, fruitless suffering. This has made me over time highly super-sensitive to what either increases or decreases my pain level. And I have come to adore all admonitions such as, "Seek peace, eagerly pursue peace!" Peace in my heart, peace in my relationships, peace in my home, peace in my circumstances – how much peace decreases my level of pain cannot be measured. So, as I am relied upon at various times of the day and night to bestow wise counsel, I always revert to this most crucial admonition: "Seek peace." And of course, in most situations the very idea of embracing *peace* seems as foreign and impossible as finding *peace* in North Korea or Afghanistan! So, what if it isn't easily acquired? It is certainly something worth striving for, something worthy of our focus and aspirations! Peace, ah, peace! Medicine to my soul, remedy to my spirit; and always, kindness, empathy, a listening ear and a heart for what is noble and restorative fosters this priceless elixir, this wondrous comfort!