



Rancho Los Amigos

Post-Polio

Support Group

Newsletter - October 2014

This October newsletter is unavoidably brief. Our computer was down for repairs and your editors felt we couldn't assemble a quality newsletter within our self-imposed time constraints.

On a positive note, the last three months of the Rancho Los Amigos Post-Polio Support Group has seen a growth of new people in attendance. We have also had several "old timers" return to our meetings. This is gratifying and appreciated.

Probably the biggest advantage of a support group is helping others realize that he or she is not alone -- that there are other people who have the same problems. This is often a revelation and a huge relief to the new person. In addition, the members of the group who have the same problems can support each other, and may suggest new ways of dealing with a particular problem.

When visiting a support group, you may be uncomfortable at first when it comes time to discuss problems in front of strangers. However, the fact that others are facing the same type of situation may help you become less uncomfortable. We are encouraged to discuss our fears or uncertainties.

We can read volumes about post-polio, but most people learn more by talking with others. At a support group we share resources, coping mechanisms, and helpful ideas. We have fun too! Attend a support group in your area. You will benefit, and others will benefit from your presence.

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The information presented at our meetings and/or contained in this newsletter is solely for information. It is not an endorsement of any product, medication, or individual.

Meeting Notices

~ Rancho Los Amigos Post-Polio Support Group ~

Saturday, October 25, 2014 - 2 p.m. to 4 p.m.

In addition to our regular introductions, and sharing of concerns, we will watch a compilation of polio related news clips. Some of these are very old and others are less old. Do you remember the newsman Drew Pearson? Did you know he was once in an iron lung? Did you know that the first major news story about the late effects of polio occurred in 1983? Come and watch with us.

Saturday, December 6, 2014 - 2 p.m. to 4 p.m.

Joint meeting with the Post-Polio Support Group of Orange County. Speaker and topic to be announced.

For information contact Diane at (562) 861-8128 or RanchoPPSG@hotmail.com

~ Post-Polio Support Group of Orange County ~

Saturday, November 8, 2014 - 2 p.m. to 4 p.m.

The Health Insurance Counseling and Advocacy Program (HICAP) provides community education and outreach events for Medicare beneficiaries. HICAP is the primary local source for accurate and objective information and assistance with Medicare benefits, prescription drug plans and health plans.

Saturday, January 10, 2015 - 2 p.m. to 4 p.m.

Indoor Finger Food Potluck combined with a presentation by The Mobility Center of Safety Devices for chairs to make them more noticeable, especially in parking lots.

For information Contact Marilyn at (714) 839-3121 or prisofoc@aol.com

Both groups encourage you to bring your family and friends.