



Rancho Los Amigos

Post-Polio

Support Group

Newsletter - December 2015

It has been a very good year for the Rancho Los Amigos Post-Polio Support Group. We have had a greater attendance and greater participation. In this season of Thanksgiving, that is something for which we can give thanks.

In a post-polio support group you will find people with problems similar to yours. Members of a support group usually share their personal experiences and offer one another emotional support, as well as practical advice and tips to help you cope with your changing situation.

We encourage you to invite your family and friends. The late effects of polio affects you, of course, but it also has an impact on those you care about. The late effects of polio can be stressful, both physically and emotionally. Your family and friends can be your allies as you face these new challenges.

The Rancho Los Amigos Post-Polio Support Group can also add some fun and humor to your life. We try to include time for refreshments, social interaction, and a look at the lighter side of life's frustrations. Join us. We can help you, and you can help us.

Mark Your Calendar!

Saturday, December 5, 2015 - 2 p.m.

Joint Meeting at Rancho Los Amigos
with the Post-Polio Support Group of Orange County

This will be a time to celebrate the Holidays together, share some Holiday treats, and enjoy the company of really wonderful, extraordinary people ... including you. If you have a special Holiday treat that you like to share, please bring it with you. For neatness and convenience, finger food is preferred.

Meeting Notices

Rancho Los Amigos Post-Polio Support Group

Saturday, December 5, 2014 - 2 p.m. to 4 p.m. Holiday Party / Pot-Luck

NO Meeting in November

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

Post-Polio Support Group of Orange County

Saturday, January 9, 2015 - 2 p.m. to 4 p.m. Indoor Finger Food Picnic

Bring your favorite munchies to share, be it fresh veggies and dip, chicken wings or the like. This is a time to meet and enjoy the members of our Orange County Support Group and our family members.

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

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If you have attended a meeting at Rancho Los Amigos lately, you have noticed the construction underway. Rancho is undergoing a \$418 million renovation and campus beautification project to construct a new Wellness & Aquatic Therapy Center, new outpatient facilities, and a new inpatient expansion to improve seismic safety. The project is called Rancho Rising. For an animated tour of what is coming, watch a YouTube video at: [RanchoRising](#) or type:

<http://tinyurl.com/praqdpr> into your web browser.

Map to Rancho meetings

Map to Orange County meetings

