

Guillain-Barre Syndrome Foundation International
Denver Chapter Newsletter

Issue Number 8---Summer, 2005

Looking Back:

The May 7 meeting with a survivors panel was a great success, proving once again that we all need to stay in touch with each other. A special thanks to the panel members: Pam Brocklehurst, Tarnie Coleman, Susan Bellows, David Lacey, Christopher Lynn, Maureen Williams, and Tom Ballard, and Moderator Elaine Sparrow.

Also, a big thank you to those without whose help the meeting could not have taken place. You know who you are.

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Health Fair:

Our GBS involvement in the annual 9News Health Fair in April turned out to be a great way to educate the public about our rare disease.

This year the Health Fair served over 1.6 million people in our state.

The Health Fair involved 18,000 volunteers, including over 300 working in the office.

The Health Fair gives a party for all volunteers the weekend after the last fair finishes.

That said, our group will be represented again next year. This year we had coverage in Arvada, Colorado Springs, Idaho Springs, Evergreen, Boulder, and Broomfield.

Next year we will need volunteers for the Southern and Eastern parts of the metro area also. It's not too early to begin thinking about spending a couple of hours during April, explaining GBS to folks who may never have heard of Guillain-Barre Syndrome.

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Media Coverage:

If you, or anyone you know, have connections with, or knowledge of greater media coverage for our organization, especially just prior to our annual state meetings, please let us know. We are weak in the area of PR. Please call Ann Brandt at 303-438-1428, or Elaine Sparrow at 303-567-2927, with the information.

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Practical Issues:

The GBS Foundation has given us the name of a resource for folks who are struggling with Social Security issues. If you are applying for SSI, the first thing to remember is that it is common for a claim to be rejected on the first try. The National Organization of Social Security Claimants' Representatives is "committed to providing the highest quality representation and advocacy on behalf of persons who are seeking Social Security and Supplemental Income." The telephone number is 1-800-431-2804. Web site: www.nosscr.org.

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Looking Ahead:

Our next Denver area support group meeting is set for Saturday, October 1, 1:30pm, at the Lakewood Public Library, 10200 W. 20th Avenue. The speaker: Robin Lopez, PhD. The subject: Living Well with Chronic Illness. Someone will telephone you prior to the meeting as a reminder.

We are thinking of hosting the next State-wide meeting in September, 2006, rather than May. We need feedback on this. May has been designated GBS awareness month by the Foundation, but with all that goes on in May we might get better attendance if we switch to September?

Please call or email Ann with your opinion on this important issue:

e-mail: AnnGeoB@msn.com. Put GBS in the subject line.,
or phone: 303-438-1428.

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Tips for living well with GBS:

". . . . Diet soda is not a diet product. It is a chemically altered, multiple Sodium (salt) and Aspartame containing product that actually makes you crave carbohydrates. It is far more likely to make you gain weight. If you are using Aspartame (NutraSweet, Equal, Spoonful, etc.) and you suffer from spasms, shooting, pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, unexplainable depression, anxiety attacks, slurred speech, blurred vision, memory loss, (and the list goes on), you may have Aspartame Poisoning. . . . some people have been incorrectly diagnosed with Fibromyalgia, MS, Lupus, etc. Their symptoms disappear when Aspartame is eliminated from the diet."

This was part of a 10 page report that a Dr. friend sent to me that he wanted me to be aware of in light of my history with GBS. "Nerve damage is nerve damage and you need to make sure you stay away from Aspartame. You already experience some of these symptoms. Don't complicate what you already have by using Aspartame." my friend said in his note. I share this with you since we all need to be aware of the risks of "chemical food". Elaine

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Thoughts for the Day:

"Pat yourself on the back when you notice a small success and make a mental note of it."----
--"Instead of staking your happiness on getting a promotion, buying a new car, or being the winner, stake it on your ability to conquer the ups, downs, and responsibilities inherent in living."
--Taken from "Thinking Small: Life's Little Victories"
Daily OM: Nurturing Mind, Body & Spirit.

Be well; we look forward to seeing you in October!