

Guillain-Barre Syndrome Foundation International
Denver Chapter Newsletter

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Looking Back:

On October 1, our speaker, Robin Lopez, Ph.D. talked about living with chronic pain. Her low key approach and willingness to answer questions especially appealed to those attending a support group meeting for the first time.

Looking Ahead:

Our annual December Holiday Pot Luck is set for **Saturday, December 3, at 1:00pm at the Lakewood Library, 10200 20th Avenue**. If you have not yet had a chance to join us for this traditional event, this is an excellent chance to meet others who have survived GBS.

As always with our December event, there will be no speaker or structured format. We will set aside some time after eating to separate into two groups: patients and caregivers—a return to a pattern many people have found useful at past support group meetings.

The opportunity to meet with others who have endured the frustrations and enjoyed the benefits of a specific role in the GBS experience give people a chance to voice concerns they may not otherwise feel comfortable sharing. The two groups will assemble in two different areas of the room and you can pick up an extra helping of dessert on your way to your group.

Many of you have expressed a desire to meet more often than three times a year. As one person pointed out, missing a meeting or two leaves little chance to build the bonds so important to create a supportive environment. So, we will begin scheduling meetings every other month, perhaps the first

Saturday of the month—sometimes with a speaker, other times with a panel of fellow GBS survivors, other times with group discussion. This is your support group, we are here for you, and we need to know what you want and need from the meetings, and how you want them to look.

Please, we need/want your feedback on this!

So, bring your ideas, your potluck dish, your appetite and your desire to meet and greet on Saturday December 3.

Someone will call a week or two in advance to remind you.

Thoughts for the Day:

"Reflect upon your present blessings, of which every man has many--not on your past misfortunes, of which all men have some."

-- Charles Dickens

---"weave the threads of loss into a blessing --- loss can give you a chance to rediscover new interests, explore new passions, and meet different people."

---Taken from "Sometimes A Loss Can Be A Gain" Daily OM: Nurturing Mind, Body & Spirit.

And, as Robin told us in October, "Remember to look up and smile".

Be well; we look forward to seeing you December 3rd.

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