

GUILLAIN-BARRE  
DENVER AREA SUPPORT GROUP NEWSLETTER

*Issue Number 7, Winter, 2005*

Our annual December potluck provided an enjoyable opportunity for socializing with old friends and new. As someone once said: *"Only nice people get Guillain-Barre"*.

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Looking Ahead:

It's not too early to begin thinking about our annual spring state-wide meeting. Mark your calendars for Saturday, May 7, 2005, 1:00. Feel free to come late or leave early, BUT PLAN TO COME! This year we will be trying something a bit different. Instead of having a speaker, we will have a panel of long-term "survivors" ~ similar to the very popular meeting of last September. Panelists in September were: Joe Lima - 1977, Linda Bridges - 1962, Elaine Sparrow - 1966, and Paul Fiorino - 1993. They provided valuable information for our "new" people as well as us "oldies". For the state meeting we plan to expand on that idea and use a moderator and a slightly bigger panel.

**That said, WE NEED VOLUNTEERS TO HELP SET UP AND IMPLEMENT THE STATE-WIDE MEETING! We're inviting Wyoming and Western Nebraska this year and want this to be better than ever!**

**If you are interested/willing to be on the panel or be the moderator please call Elaine Sparrow at 303-567-2927 by March 1. No preparation is necessary for this task.**

**Also call Elaine by March 1, if you're willing to help out in any of these other areas: make up the flyer/mailer; mailing;**

ordering the cake and getting it to the Marriott (you will be reimbursed for this by the Foundation); 3 people are needed at the registration table to greet and register folks as they come in; 2 people are needed to take care of the sale table (proceeds go to the Foundation); Public Relations tasks ~ putting posters up, contacting radio and TV stations and newspapers ( we haven't had much luck in this area, anyone have an "in" ?).

Also at this meeting will be a brief synopsis of information presented at the November, 2004, International Symposium in Atlanta. Researchers are learning about more and more variances of this puzzling syndrome.

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**Communication:**

First, if you do not receive *The Communicator*, the quarterly newsletter sent by the GBS Foundation in Wynnewood, PA and wish to be on their mailing list, call 610-667-0131. The newsletter is free, but donations are always welcome.

Second, there have been a number of people who report not receiving our Denver area newsletter. We're trying to trace down the cause of this snafu, but meanwhile, to be sure we don't lose anyone, we'll rely on snail-mail.

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**Channel 9 Health Fair:**

We have asked for, and received permission, to have a display representing the Guillain-Barre Foundation International at several locations of the 9 News Health Fair this spring. So far

we have coverage in Broomfield, Arvada, and two mountain locations. If you are interested in participating in this project ~ helping at any of these four locations or taking charge of a separate spot, call Ann Brandt 303-438-1428. **We especially need coverage in the south portion of the Denver area.**

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### Tips for Living Well with GBS:

This column is a new idea for the newsletter suggested by Maureen Williams.

"If GBS or CIDP has left you with lessened strength in your hands and arms, and you need to work in the kitchen, try stacking dishes you use the most on the lowest shelves and keep them in smaller stacks." Maureen

"Use Corelle dishware to further reduce weight" George

"If your feet are hurting get yourself some '*SMART-WOOL*' brand socks. (The company is from Steamboat.) They're soft against your skin, support your feet, and protect against rubbing from braces and shoes. *Your feet will thank you and feel cuddled, loved, and comfy!* Allergic to wool? Don't like that wool scratchy feeling? They have other fibers, but their wool is special=not scratchy at all." Elaine

(Note: Send your ideas for this new column to Ann Brandt—303-438-1428 or [AnnGeoB@msn.com](mailto:AnnGeoB@msn.com).)

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Watch your snail mail for the brochure/flyer with details for the May 7th, State Meeting. Thank you in advance to those of you willing, to help. Be well everyone, ~ See you soon!