

ONE DAY AT A TIME

## ASSISTANCE

ASSISTANCE CAN BE FOUND IN THE STRANGEST PLACES, IN YOUR CHURCH, COMMUNITY SUPPORT GROUPS, AND A WHOLE VARIETY OF ORGANIZATIONS THAT ARE MORE THAN WILLING 2 PROVIDE ASSISTANCE WHERE ASSISTANCE IS NEEDED. THE PROBLEM MOST OF US POLIO SURVIVORS HAVE IS OUR PRIDE. WE ARE TOO PROUD TO ASK FOR THE NEEDED HELP; WE HAVE BEEN TOLD ALL OF OUR LIFE THAT WE CAN DO ANYTHING THAT WE WANT 2 DO, ALL WE HAVE TO DO IS WORK TWICE AS HARD AND TWICE AS LONG AS ANYONE ELSE AND WE CAN ACHIEVE ANYTHING WE WANT. IT SEEMS I HAVE BEEN THAT WAY ALL MY LIFE—BUT THINGS CHANGE AND LIFE GOES ON AND I HAVE NEWS FOR YOU, YOU CAN NO LONGER DO WHAT YOU WANT TO DO AND YOU NEED TO ASK FOR HELP. HELP OR ASSISTANCE IS NOT GOING 2 COME MARCHING INTO YOUR FRONT DOOR, **YOU MUST SEARCH FOR ANY AND ALL HELP THAT YOU WILL NEED.**

SEARCHING FOR ASSISTANCE IS AND CAN BE A VERY LENGTHY & DIFFICULT PROCESS, TO MAKE LIFE EASIER.

**DO NOT GO WHERE THE PATH MAY LEAD; GO WHERE THERE IS NO PATH AND LEAVE A TRAIL. OPPORTUNITIES NEVER COME TO THOSE WHO WAIT...THEY R CAPTURED BY THOSE WHO DARE TO ATTACK.**