  THE LIGHTHOUSE

 Coastal Empire Polio Survivors Association, Inc.

 ***Shining Light on Post-Polio Health***

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**The President's Message**

The New Year is off to a great start! Our January newsletter generated a lot of interest. Though we had no annual holiday banquet in 2020 due to the pandemic, many members are donating as they usually did. I will share some of their greetings with you all in this issue. Our first ZOOM meeting on January 23rd at 11:00 went very well. Those attending enjoyed seeing and hearing each other as we shared news about our families and adjustments to Life during the Covid-19 virus pandemic. I conducted a brief **business meeting** dealing with an annual financial report. We also voted to continue the terms of the **officers for 2020 through 2021**. Thank you to **Jo Anne Hardyman** [vice-president], **Sidd Foster** [secretary], and **Sandra Bath** [treasurer & newsletter editor] for agreeing to serve CEPSA in 2021. As your president, I look forward to leading **CEPSA** through the present virus crisis into more normal times as the CDC guidelines allow. Sandra and I have had our two vaccine shots at the Public Health Department, and we hope you will be able to do the same as soon as possible. Of course, we realize we will need to continue to wear masks, wash our hands, and social distance for months to come as vaccinations continue throughout the population. No vaccine offers 100% protection.

Please mark your calendar for our next ZOOM meeting online on February 27th at 11:00. We will finish by 12:00. If I do not have your email address, please send it to me through my email address: mfoxx4@comcast.net or call me 912-508-3470. An agenda will be sent before the meeting.

Marty Foxx, President

**Mailbox Greetings:**

**Casi Rainwater Fisher** from Warner Robins wrote to thank me for featuring her in the last newsletter. It made her day! She found out about our group from the Post-Polio Health International newsletter out of St. Louis, Mo. She quickly joined CEPSA even though she lives two and a half hours away. She needed the connection to kindred spirits and found the newsletter very enjoyable. She appreciates the time and effort in putting it together. She loves to write and finds it therapeutic in these challenging times. Watch for her polio story in a future Newsletter. Welcome to CEPSA, Casi!

**Patrina Johnson** from Ellenwood, GA, sent us a copy of her recently published book and wrote that *The Life and Times of a Savannah Girl* is about growing up with a disability as a polio survivor. Patrina acknowledges CEPSA because it has played a vital role in her life. It can be purchased from Amazon, ISBN 9798670599436. I read her complimentary copy and passed it on to Sandra Bath. Patrina hopes to hear from us after we read it at patrinajohnson90@yahoo.com.

**Judy Frick Pebley** from Little Mountain, SC, sent a generous gift in memory of her husband. **George Frick** served CEPSA as its first treasurer in 1997-98. Many of our oldest members will remember Judy and George as faithful, capable, and joyful members who always brightened up the room. *“I think of this group of friends with great admiration! You are all winners! I pray for the best and healthiest New Year that each of you can have.”* Judy shared in her letter that her “second precious husband, Bill,” had passed away in 2010 after six and a half years of marriage. *“I always read your entire newsletter and enjoy it every time! I’m sad to see names of my friends and names of members I haven’t met on the “puny” list. Take care and get well soon! God bless you all.”*

**Mrs. Lillian W. Ellis** sent adonation in memory of her husband, the **Rev. Edward L. Ellis, Jr.** who passed away last June 4, 2020. He contracted polio while running track in college in 1955, just before the polio vaccine was available. *“CEPSA was very kind to us through the years! The newsletters and telephone calls were greatly appreciated. My prayers go out to you and your families as we traverse this very difficult time in our lives.”*

**KEEP THOSE CARDS AND LETTERS COMING!**

**What to Know about a Stroke**

Dr. Frederick Boltz of South Florida Neurology Associates in Boca Raton, Florida gave a presentation about strokes to the Boca Area Post-Polio Group stating that polio survivors/neuromuscular disorders does not make one more prone to strokes. Strokes are a very common malady & the third highest mortality in the United States.

Dr. Boltz stated, in the case of a stroke, that time is brain tissue, so the quicker treatment is started, the more brain tissue can be salvaged. He graciously gave permission to share his presentation with this link: <https://youtu.be/6YECsIGWYVU>

**WARNING SIGNS OF A STROKE**

Sudden loss of strength and/or sudden numbness in face, arm, or leg – even if temporary

A severe or unusual headache

A sudden loss of balance

Sudden and unusual vision problem

Trouble speaking, confusion, and/or ability to understand

If you experience any of the warning signs of a stroke,

**DO NOT WAIT!! DO NOT DRIVE YOURSELF TO A HOSPITAL!!**

**CALL 911 ACTING FAST IS CRUCIAL!**

*Two (2) million nerve cells can be lost for every minute without medical treatment during a stroke, so getting to a hospital early really can be a lifesaver. Nerve cells are the core components of the brain, spinal cord and central nervous system and the more that are lost, the greater the chance of slurred speech, paralysis and permanent disability.* [Why acting FAST when it comes to a stroke is so important - Public health matters (blog.gov.uk)](https://publichealthmatters.blog.gov.uk/2015/10/29/why-acting-fast-when-it-comes-to-a-stroke-is-so-important/)

Thank you to Maureen Sinkule, Co-Founder of the **Boca Area Post-Polio Group (BAPPG),** for alerting us to the need for speed if you experience the signs of a stroke and for sharing information with CEPSA. You can find out about this very active group at [www.postpolio.wordpress.com](http://www.postpolio.wordpress.com)



**Thank you to Sidd Foster for letting us know about Dr. Bruno’s Post-Polio Coffee House on Facebook! It is a private group and has 2.5K members.**

**Check it out!**

**ASK MARILYN By Marilyn vos Savant**

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***To mask or not to mask; that is the question!***

Q. We repeatedly hear how masks prevent the wearer from transmitting COVID-19 to others but do not protect the wearer. Can you explain?

*John Smith, Lake Wales, FL A.*

This is a rampant misunderstanding. Masks (except those with exhalation valves) do work both ways. Yet masks worn by sick people are far more effective at preventing the spread of disease.

Why? Say we have 100 people, one of whom is sick, and one mask is available. Who should wear the mask? Obviously, the sick person. In short, a mask worn by a sick person benefits many, but a mask worn by a healthy person benefits only one.

It’s also obvious that the more people wear masks, the better for all.

Again, why? We don’t know who may be sick.

*Reprinted from Parade Magazine, Sun-Sentinel, 11/29/20. Contributed by* *Jane McMillen, member of Boca Area Post Polio Group.*



The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. *–*[*Helen Keller*](https://www.biography.com/people/helen-keller-9361967)

Love consists of this: two solitudes that meet, protect and greet each other. *Rainer Maria Rilke*

Love does not dominate; it cultivates. *–Johann Wolfgang von Goethe*

Love makes your soul crawl out from its hiding place.*–*[*Zora Neale Hurston*](https://www.biography.com/people/zora-neale-hurston-9347659)

Love is like quicksilver in the hand. Leave the fingers open and it stays. Clutch it, and it darts away.  [*Dorothy Parker*](https://www.biography.com/people/dorothy-parker-9433450)

There is no remedy for love but to love more. — [*Henry David Thoreau*](https://www.biography.com/people/henry-david-thoreau-9506784)

**We're all a little weird, and life's a little weird. And when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love.**

**—**[***Dr. Seuss***](https://www.history.com/this-day-in-history/dr-seuss-born)

**A new polio vaccine joins the fight to vanquish the disease | Science News**

*By Aimee Cunningham 01/08/2021 AT 8:00 AM*

 After decades of work and mass vaccination campaigns that have spared millions of children from paralysis, the world is close to wiping out polio. But a small number of outbreaks that have simmered in areas of low vaccination remain.

To stamp out vaccine-derived polio outbreaks, the World Health Organization has granted emergency use for a new polio vaccine. The oral vaccine got the go-ahead on November 13.

Along with continuing the crucial work of improving vaccination coverage in places where it is low, the new vaccine will “hopefully take us to the finishing line of polio eradication.”

Eight years after the WHO’s 1980 declaration that the world was free of smallpox, the Global Polio Eradication Initiative launched to tackle polio. The disease was a promising candidate for eradication. An effective, easily administered and cheap vaccine was available. And poliovirus, which naturally infects only humans, doesn’t hang around in other animals in between outbreaks.

Although not a routine threat in the United States since the early 1950s (SN: 9/12/19), polio has continued to harm people, especially children, around the world.

In the late 1980s, wild poliovirus paralyzed more than 1,000 children each day, according to the Global Polio Eradication Initiative. Since then, thanks to widespread vaccination campaigns, cases have plummeted by more than 99 percent, and two of the three types of wild poliovirus have been eradicated. The last cases from type 2 and type 3 were reported in 1999 and 2012, respectively. Only wild poliovirus type 1 remains, and only in two countries: As of December 30, 56 cases were reported in Afghanistan and 83 in Pakistan caused by type 1, in 2020.