******THE LIGHTHOUSE**

Coastal Empire Polio Survivors Association, Inc.

 January- 2021 Newsletter www.coastalempirepoliosurvivors.org Vol. 24, No.1

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

**The President’s Message January 8, 2021**

My routine visit to our post office box recently gave me just the thing I needed to jump-start the New Year with CEPSA. Letters of support and financial gifts mean a great deal, especially when they arrive together in the same letter. **Casi Rainwater Fisher** of Warner Robins greets us all with gratitude for the Fall newsletter. She loved the message: "A deadly virus is not new to us." Casi affirms *WE ARE STILL HERE!* May we stay safe and healthy as we move forward into 2021. Thank you, Casi, for reminding me that the **Coastal Empire Polio Survivors Association** matters to its members far and near. Certainly, the pandemic remains the top health concern for all of us, but there is still room to project beyond that. Someone is receiving the vaccine at this very moment. Safe health practices will be needed for the long term. So continue to wear your mask, wash your hands often, and social distance yourself when out and about.

 **So here we are: survivors yet again.**

Let's make the most of it! Focus some attention on healthy eating and physical activity every day. Find healthy ways to manage stress like meditation, listening to music, and talking with friends and relatives. Families are being strengthened more than ever: one of the positive effects of the virus. I enjoy being creative with my journaling; writing can be great therapy. Nurture your creative side wherever that takes you. Look for progress, not perfection.

**Good balance** is not only needed as we move about physically, but also as we plan our day's activities. Fight to make each day different from the one before. Resist the comfort of routines and disconnect from devices and media if they seem to fill up all your time. Finding a new balance in your day can be liberating.

CEPSA needs some volunteers to make phone calls to our members. If you would like to help, call me or send me an email: 912-508-3470 mfoxx4@comcast.net

If you could receive our newsletters through email, please send me your email address. It would save us a lot of money, and you would receive it earlier in brilliant color.

**We hope to invite everyone to a ZOOM meeting at 11:00 on January 23, 2021. Be sure we have your email address for that and mark your calendar. If you need assistance in joining the meeting, call Marty Fox or Sandra Bath.**

**Please share your comments with me. I love hearing from you.**

**Marty Foxx, President**



**THE BAD NEWS!** Yes, as polio survivors and senior citizens, we are at an increased risk for severe illness from the Covid-19 virus.

**THE GOOD NEWS!** Yes, vaccinations to protect us from the Covid-19 virus are underway.

**REALITY!** Unfortunately, even after we are vaccinated against the virus, we are still at risk because our reaction to a vaccine may depend a lot on the strength of our immune system.

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To learn exactly what the Covid-19 virus is, how it is spread, whether or not it is safe go online to the CDC website: [Understanding How Vaccines Work (cdc.gov)](https://www.cdc.gov/vaccines/hcp/conversations/downloads/vacsafe-understand-color-office.pdf)

* **Some quick facts about the Covid-19 vaccines:**
* They cannot give someone COVID-19.
* The vaccines do not use the live virus that causes COVID-19.
* They do not affect or interact with our DNA in any way.

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**The Polio Eradication Data as of 30 December 2020**

Summary of new WPV and cVDPV viruses this week (AFP cases and ES positives):

* Afghanistan: one WPV1 positive environmental sample and 26 cVDPV2 cases
	+ - Pakistan: five WPV1 positive environmental samples
		- Nigeria: one cVDPV2 case and two cVDPV2 positive environmental samples
		- Guinea: seven cVDPV2 cases
		- Liberia: two cVDPV2 positive environmental samples
		- Sierra Leone: three cVDPV2 cases

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 **Contributions**, such as dues, to CEPSA have never been required for our polio survivor members. We have no paid staff. Our business is conducted by dedicated volunteers. Our organization benefited from several fundraising efforts over the years by members who gave more than they could afford physically and financially. Sacrifices were made to build the funds we are now using to send out newsletters, promote our mission, and help our members. Our present circumstances make the work of raising funds beyond our reach. **Thank you to the generous members and their families who faithfully support CEPSA with their gifts.** Please consider making a contribution in any amount as a member of your CEPSA Family. No amount is too small.

**Sunny Roller’s Blog: Upward and Onward: Let’s Live Well and Live It Up!**

The focus of this blog is on LIFESTYLE and the art of living well as we grow into our later life years.

Polio survivors learned early how to adapt to physical changes. They have life-tested wisdom to share with everyone here. It’s all about growing older with grace and skill. AND…it’s all about having fun together along the way.

You are never alone. Let me pour you a virtual cup of coffee or tea. Then let us share ideas and experiences about how to feel good and make life work – right here, right now. I’m listening.

Ever hear of the “wise elders”? They are a group of 15 polio survivors over the age of 65 who are viewed by their fellow post-polio support group members as role models for late life success. They are happy and still making a contribution to their communities. When I traveled across America and asked these “wise elders” about their secrets for living well and feeling good in late life with polio, they told me their happiness directly related to embracing self-acceptance, making adaptations, tapping into the right resources and being surrounded by loved ones.

They went on to recommend that we all must:

* Enjoy life
* Stay optimistic
* Remain connected to our family and friends
* Assertively seek and tap into available resources that will help us stay healthy and happy

**But exactly HOW do we do that?**

**How do YOU do that?**

**What has worked for YOU?**

**Let’s talk! Let’s exchange information, ideas, experiences.**

**I hope to hear from you soon!**

To read more from Sunny Roller, go to: [living with polio | aging with a disability (sunnyrollerblog.com)](https://www.sunnyrollerblog.com/)

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I love fresh starts, new beginnings; I even wrote a poem several years ago that expresses my thoughts about a year gone by and a year just beginning.

I hope you like it

**A New Year’s Poem**

By Sandra Bath

I raise my glass and give a cheer to all I love and hold so dear.

The new year dawns; the past is dead; the future calls to us instead.

Let’s face the dawn of this new year and pray for peace, both far and near.

Pray that joy, hope, and kindness, too, fill every heart!

Let’s start anew!

May God go with you as you tread the unknown road that lies ahead,

And may the journey lead you to the riches God has planned for you!

 Coastal Empire Polio Survivors Assoc., Inc.

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***CONTRIBUTIONS***

The Coastal Empire Polio Survivors Association is a non-profit corporation, which is tax exempt under IRS code 501c(3). We have no paid employees, only volunteers dedicated to helping all polio survivors. Your financial support is appreciated at any level suggested below:

**\*** CEPSA Member - $20.00 annual voluntary donation
**\*** CEPSA Supporter/Sponsor - $25.00 $50.00 $100.00 $300.00 Other
**\*** CEPSA Memorial or Honorary Gift - any amount \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your contributions are tax deductible and will be acknowledged appropriately. Please complete this form and mail it along with your check to: CEPSA, P.O. Box 14252, Savannah, GA 31416

Your name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Thank you for your support & encouragement.***