



# The Lighthouse

Coastal Empire Polio Survivors Association, Inc.  
Newsletter, April, 2010

Vol. XIII, No. 4

Shining light on post-polio health  
[www.coastalempirepoliosurvivors.org](http://www.coastalempirepoliosurvivors.org)

## The President's Message...

# Happy Birthday CEPSA!!!

Thirteen years ago three dedicated women sat down and decided that a polio support group was necessary. Cheryl, Lorraine and Shirley (all polio survivors) had seen the need for bring polios together to help them understand their problems, help with educating them, and what can be done to alleviate their pain. I'm sure just giving them the comfort and comradery we all desire, made their lives so much better. Giving us a forum to come together and understand how after so many years our bodies were betraying us.

Through perseverance, they managed to put CEPSA together. As they look back over the years I wonder if they envisioned a CEPSA as it exists today. One hundred current members, albeit only about 35 are currently active. The so many achievements that this group has accomplished over the years. That fabulous Mall exhibit so many worked so hard on to produce. Would the founders have thought years before that something such as that could have come true with our handicapped members? Recently we were involved in a huge undertaking by teaming up with five Rotary Clubs to produce a walkathon for eradicating polio. CEPSA was represented by 45 members and friends walking (and riding on scooters) along a beach. Through our efforts \$23,000 was raised. Naturally, over the years many more fine polio survivors joined the organization and contributed their many talents to keep CESPA moving forward. There have been five presidents who each served two or more years. We have a treasurer who is now in her eleventh consecutive year. What a wonderful group of survivors. I am proud to be your president, but prouder to be your friend.

They say you should practice what you preach. I have been preaching that each of us should look into obtaining a power chair through Medicare and supplemental insurance. I contacted Margaret Cheatham Hubbard (912-656-4078) and she came to my home, after fifteen minutes of paperwork, she was back on her way to Savannah. One week after she left, I had a doctor's appointment. He filled out the balance of the paperwork and faxed the info to Margaret. So, in a total of six days I qualified for a power chair. You can too! With the new health care bill, take advantage of this opportunity now and don't wait until it gets canceled. Jim Veccia, *president*

## CEPSA Minutes for March 27, 2010

Jim Veccia, president, welcomed everyone and encouraged the group to sign up for the Lunch Bunch following the meeting. Best wishes were extended to Dick Warden and his new bride, Barbara, who were absent because of their wedding- a first for CEPSA. Marty Foxx led us in the Pledge to the Flag. Cheryl Brackin gave the inspiration on Spring as a time of waiting, expecting change, and welcoming new hope. She helped us focus on our potential and a renewed commitment through prayer and meditation.

Terri Dunnermann introduced our speaker, Sandra Baughman, an acupuncture and massage therapist from Richmond Hill. Sandy had four years of training in acupuncture, a field of specialty in Oriental medicine from China. She became interested because it had helped her so much when she tried it. The meridians of the body were displayed on charts as pathways through which one's "chi" flows. Chi is defined as the vital force believed to be inherent in all living things. The unimpeded circulation of chi and a balance of its negative and positive forms in the body are held to be essential to good health in traditional Chinese medicine. The therapist begins with a comprehensive survey of the new patient's symptoms, diet, emotional health, level of exercise, and family relations. Everything affects the wellness of a person. The tools of acupuncture include different sizes of solid needles with small electrical impulses attached to them, cupping with a glass vacuum for pain relief, and special topical oils such as white flower oil. Pain treatments which are given in three to six weekly sessions will generally have a lasting effect for about that same amount of time. Sandy suggested dietary choices for relief of muscle pain: whole foods, no red meat, no dairy products, and no table sugar [which depresses the immune system.] Dan Shehan and Michael Dunnermann volunteered for needling and cupping demonstrations. Some of our members reported good results from acupuncture and massage. Sandy responded to several questions after her presentation. For further information, Sandra Baughman can be reached at 912-667-9796 or by email: [needles@coastalnow.net](mailto:needles@coastalnow.net).

After a brief recess, Jim Veccia called the business meeting to order. The minutes of the last meeting were approved and accepted as written. Marty Foxx gave the treasurer's report and shared a thank you note from our February speaker, Phillip Schaengold. The Care Team Leaders gave reports from their phone communications with our members. Problems discussed included falls, illness of family members, medical issues of members, and the needs of some. The leaders were reminded to ask for confirmation on attendance next month for our anniversary party luncheon. Jim called for committee chair reports, and Diane Davis presented 1000 copies of her polio awareness flyer "Survivors on Search." We were encouraged to take several to distribute in our communities as an outreach effort. Harvey Varnadoe reported on the Legends of Golf; participation on ticket sales was disappointing. Jim Veccia gave us an update on the 2010 Heel to Toe planning. The Hilton Head Holiday Inn which is hosting this year's event has offered a package deal to participants. Contact Jim if you are interested. Under new business, Janet DiClaudio gave us details on the **River's Edge Supper Club** fundraising event scheduled for May 11, 2010, at 7:00pm. Dinners cost \$10.00. The yellow flyers were distributed and should be part of this newsletter. We hope everyone will come and bring some friends.

Respectfully submitted,  
Marty Foxx, secretary

## Attendance:

Jim Veccia, Diane Davis, Terri and Michael Dunnermann, Sandy Braughman, Harvey Varnadoe, Tom and Eunice Newcomer, Ann Chance, Archie Ivey, Cheryl Brackin, Richard Graham, Dan Shehan, Ruth Parham, Janet DiClaudio, Raye and Jack Rozek, Betty Goff, Hattie Evensen, Charlotte Richter, Sissy Morel, Marty Foxx, and Mr. Chance.

Happy Birthday!

## April

Fred Davis – 2  
Tom Newcomer – 2  
Sissy Morel – 6  
Marty Foxx – 8  
Stuart Robinson – 27

## May

Lucille Robinson – 13  
Vivian O'Kelley – 14  
Allen Igou – 17  
Wayne Steadman – 17  
Dale Merritt – 26  
Richard Graham – 31

Have a fun and special Day!

## THOUGHT OF THE MONTH

Romans called the month of April Aprilis, may have come from a word meaning 'to open', or it may come from Aphrodite, the Greek name for the goddess of love. Small animals come out of their burrows and birds fly back north to have their families. Spring begins and the April showers bring May flowers.

Yes, after the long cold winter we Polio Survivors are ready for spring!

## MEMBER CONCERNS

Ed Stallworth  
Danny Jenkins  
Helen Thorpe  
Barry Turner  
Sally Luck

Thinking and praying for those above and others who are in our family.

## Inspirations

No matter how tough your day may be at times, speak words that uplift those around you. Encourage others if you notice them doing a good job—not just those who work with you, but people wherever you go, such as store clerks, waiters, office clerks, and even after waiting in the Dr.'s office for 3 hours, be thankful for your nurses and your physician. Tell them that you appreciate their efforts to do a good job. It will probably give them a big shock! You can change your life by speaking positive words and it will improve your relationships with those around you. Become an encourager not a critic. It is the greater person that does the right thing.

Our condolence to Ruth and Harvey Varnadoe. Ruth's mother, Mildred Ruth Wilson Bennett passed away April 6th. You may sign Obituary guest book at [savannahnow.com/obituaries](http://savannahnow.com/obituaries).

## Assessment of and Managing fatigue in individuals with PPS

### Assessment

- I. Medical evaluation  
Very important to exclude other pathologies
- II. What is meant by fatigue?  
Is it local or general, related to activity and which activities, does it increase over the day, does it respond to rest?
- III. Are other contributing factors present?  
Consideration has to be given to sleep quality, mood disorders and coping styles.
- IV. What is the activity pattern?  
What are social and home activities? How is mobility outdoors? Are there any aids being used for mobility?
- V. What is the social system?  
Does he or she have sufficient support and understanding at home and work?
- VI. What are the own perceptions?  
How does someone value his or her complaints of fatigue and other PPS complaints?
- VII. What are the physical capacities?  
What is the physical burden of activities such as walking, transfers, stair climbing, and the individuals various activities?
- VIII. Conclusion

Finally a conclusion can be made on which factors cause or sustain fatigue.

It is well known that many polio survivors are so called 'over achievers' who are not prepared to reduce their activities. Occasionally, the reverse is also seen. That some individuals may avoid physical activity, for instance they think that this may damage their muscles, and they may very well be mainly fatigue due to the vicious circle of fatigue, inactivity, physical deconditioning and so on.

The next and crucial thing is readiness to change.

This information was taken from material given out at the Post polio Health 10th International Conference that some of our members attended last April 2009 in

Warm Springs, Ga.

Thanks to:

Daria A. Trojan, MD. Physical Medicine and Rehabilitation

Martin B. Wice, MD St. John's Rehabilitation Hospital, St. Lois, Mo.

**Our next monthly meeting will be April 24th. We will be serving lunch. If your care team leader did not call you asking whether you will be attending, and you are planning to attend, please call Lavonne (912) 354-2020. This way the committee will have a count.**

## **River's Edge Supper Club**

*Sponsoring ...*

### ***Coastal Empire Polio Survivors Association, Inc.***

23 East 61st Street ? Savannah, Georgia 31405  
Georgia (912) 355-1221 ? South Carolina (843) 837-1230 ? E-mail: [CEPSA05@msn.com](mailto:CEPSA05@msn.com)  
[www.coastalempirepoliosurvivors.org](http://www.coastalempirepoliosurvivors.org)

*Polio may be forgotten ... but "WE'RE STILL HERE!"*

*Featuring ...*

- Menu: Salad, Roasted Chicken Quarters with Garlic Mashed Potatoes, Vegetable Medley, Home Baked Bread and Chocolate Raspberry Mousse. (Vegetarian Alternative Available)
- Entertainment
- Demonstration of Iron Lung (used to assist polio survivors with breathing difficulty)
- Educational materials and display regarding Polio, Post-Polio Syndrome, and Children and Adult Immunizations

**Tuesday, May 11, 2010 at 7:00 PM**

**Cost Per Person: \$10.00**

All proceeds will go to Coastal Empire Polio Survivors Association to help survivors face the unexpected and often disabling symptoms of "The Late Effects of Polio."

**Please RSVP Before May 6, 2010 for Reservations:**

**River's Edge**

**6206 Waters Avenue**

**Savannah, GA 31406**

**Phone: (912) 354-6146**

**Parking at Jenkins Victor B Jr. Memorial Boys Club @ 6408 Waters Ave.  
(Shuttle bus available)**

### **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 - \$15.00 annual voluntary donation

\* CEPSA Supporter - \$25.00 \$50.00 \$100.00 \$300.00

\* CEPSA Memorial or Honor Gift - any amount

\* CEPSA Sponsor - 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, Marty Foxx, 23 East 61st Street, Savannah, GA 31405.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Are you a relative or friend of a CEPSA member, if so \_\_\_\_\_  
Name of member

*Thank you for your support and encouragement.*