



# The Lighthouse

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

Vol. XIII, No. 2

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



## *The President's Message...*

February, 2010

A few weeks ago I held my first general meeting. We had a good turnout, and although our speaker canceled out on us, the meeting was both informative and hopefully inspired some members to join up with our many committees. After the meeting 16 of us went out to lunch together. More quality time together! I think that attending the meetings and possibly going to lunch afterwards gives us a sense of belonging and a very comforting feeling. After all, seeing each other only once a month is not enough time for us to share our feelings with each other.

We are still marred in a very cold winter. Many of us have trouble staying warm, and the cold seems to go right to our bones. We are well aware how the cold affects polio survivors, and that is why we must do everything in our power to stay warm. Layers of clothes, blankets and throws while watching TV often helps. Better yet, use an electric throw. Many places sell them and the cost is fairly reasonable, since it may allow you to lower your thermostat and still keep toasty warm. Coming down here from up north, I would not be without my electric blanket at night. Although more expensive than a throw, it might be a way to stay comfortable without piling on a ton of blankets. Many stores have them for well under one hundred dollars.

We are now involved with the Legends of Golf tournament in Savannah. It is a very effective way for us to raise funds. Those who attended our meeting heard Harvey give a detailed report. I have sent out by e-mail all the particulars that you need for recruiting anyone interested in attending the event. Please encourage golfers or others you know who plan to attend to purchase their tickets using CEPESA's code. Charlotte is including a copy of the e-mail sent on page 4 in this newsletter. Remember, the entire fundraising does not fall on Richard's shoulders; we are all responsible to do our best in assisting him. Keep in mind one of our purposes is to provide financial aid for polio survivors for necessary equipment and medical care that is not covered by insurance.

Also, at the meeting I handed out flyers for the 'Heel to Toe' event in October. These flyers are aimed to try to get businesses in the area to sponsor us. If you have any contact with a business that you feel can help us, and have not received a flyer (also e-mailed), please contact me and I will mail one to you immediately. We need to get Savannah more involved in this project.

Stay warm,  
Jim Veccia, President

## **Minutes of the January 23rd, 2010, General Meeting of CEPESA Candler Heart/Lung Building**

The meeting was called to order by President Jim Veccia who introduced our newest member, Raye Rozek. A former polio poster child from California, Raye shared her personal polio story and current problems with post-polio syndrome. She is scheduled for an evaluation at Warm Springs next week. Cheryl Brackin led us in the pledge to the flag. Terri Dunnerman inspired us all to experience the benefits from change. Her thoughtful words were quoted from John C. Maxwell: "We live forever through what we give." She also invited the members to sign up to bring inspirations to our future meetings.

The minutes from our last meeting were approved without any changes. The treasurer's report was approved as presented by Marty Foxx, treasurer. Jim recognized each Care Team Leader who reported news from their members. Diane Davis announced a new member has joined us: Richard Bacon. Some members contacted were recovering from kidney stones, shoulder replacement therapy, and severe pain and fatigue which keep them homebound. Others are having back surgery, eye surgery, and post-polio evaluations in the near future. BJ and Dave Vance who moved away to North Carolina last year sent a note of greetings to

everyone and an update on Dave's condition. [Their address is in your directory if you want to respond.]

Under old business, Jim reported on the outstanding success of our participation in the Heel To Toe fundraising project in Hilton Head last October. He is already actively involved in the campaign for 2010 which is set for October 2. Jim gave out flyers to be used by us all as we gather supporting sponsors. Rotary has encouraged us to obtain more Savannah business sponsors from the community in addition to our friends and family. The businesses which give over \$200.00 will receive advertising on the event posters. Jim will make flyers available by email and on our website.

Under new business, Harvey Varnadoe presented information on the Legends of Golf fundraising project. Tickets to the April 19-25 event at the Westin Resort in Savannah may be purchased on-line under Legends of Golf, Ticketmaster, or PGA Tour. At the time of purchase, the golfer will enter a charity code; the designated charity will receive \$30.00 of every \$40.00 ticket sold. Our code is LMEPVR. Jim will add this link to our website.

Also under new business, the official address for CEPASA was changed at the January Executive Council Meeting. The old address was 112 Van Nuys Blvd, Savannah, GA 31419; the new address is 23 East 61st Street, Savannah, GA 31405.

Sally Luck described a loan service offered in Bluffton for wheelchairs, walkers, and other assistive devices for short term use by anyone. Contact Sally to donate something or use the service. They do not offer any power equipment.

Dick Warden and Sally Luck are planning to encourage businesses in Beaufort, Sun City, Bluffton, and Hilton Head to provide handicap accessibility to their patrons. Our accessibility letters and checklists developed by Diane Davis will be given out as needed.

After a brief recess, the meeting continued with a program centered on our committees and their functions. The chairs of all committees gave an overview of their role in carrying out the mission of CEPASA. All encouraged greater participation by the membership in supporting our various activities. Marty Foxx asked for assistance with auditing our financial records. Jim stressed the need for better communication about the concerns and needs of our members. Care Team Leaders will call their active and inactive members the first week of the month to allow the newsletter to reflect more timely concerns. Please report issues needing our support to your Care Team Leader who will report to the board members and newsletter editor. Then Jim will send an email reminding all members about our general meeting the fourth week of each month. Please help us maintain close connections for the good of us all.

Marty Foxx conducted a short four question survey to collect ideas about issues and interests for program planning this year.

Respectfully submitted,  
Marty Foxx, secretary/treasurer

#### Attendance (27)

Hattie Evensen	Tony Tedona
Sandra Bath	Harvey Varnadoe
Dick Warden	Diane Davis
Barbara Godwin	Charlotte Richter
Ann Chance	Sally Luck
Dan Shehan	Ed Luck
Jim Veccia	Sissy Morel
Gigi Veccia	Marty Foxx
Archie Ivey	Penny Smith
Janet DiClaudio	Cheryl Brackin
Tom Schendorf	Lavonne Calandra
Delorse McIntyre	Jack Rozek
Terri Dunnermann	Raye Rozek
Michael Dunnermann	

#### HAPPY BIRTHDAY!

##### February

Sharon Underwood – 4

Sandra Bath – 16

Charles Johnson – 22

Chet Kirby – 23

##### March

Barry Turner – 2

Thelma Tillotson – 4

Tony Tedona – 5

Lavonne Calandra – 7

Glenda Walker – 14

Terri Dunnermann – 18  
Roy Tillotson – 24

### Welcome new members

We welcome Raye and Jack Rozek and Richard Bacon, to our group.

### **Member Concerns**

Lorraine Frew	Ruth Parham
Richard Graham	Sally Luck
Stu Robinson	Gloria Sullivan
Danny Jenkins	Betty Johnson
Eunice Newcomer	Betty Goff
Velma Underwood	Betty Hope
Archie Ivey	Harriett Merritt
Adrienne Stallworth	

Lift up Terri Dunnermann and family due to the loss of her father Cheryl Brackin's sister, Sheila, lost her home in a fire.  
Sandra Bath's sister, Diane Youmans, is with a medical team in Haiti.  
Please pray for healing and special needs for their families.

### THOUGHT FOR THE MONTH HAPPY VALENTINE'S DAY!

Give someone a big hug and smile Surprise a stranger and pay for their meal, even if you are in line at a fast food restaurant.

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Coastal Empire Polio Survivors Association, Inc.  
are proud to partner with the Liberty Mutual Legends of Golf  
through TICKETS Fore CHARITY.

This program will help 501(c)3 charities in their fundraising efforts.  
The program sells tickets to the Liberty Mutual Legends of Golf tournament at a cost of \$40.00 for the seven day event. The whole cost of the ticket will be donated to charities. The Coastal Empire Polio Survivors Association will receive \$30.00 for each ticket purchased in our name. Purchasing tickets is very easy. Just click on either link below and enter Coastal Empire Polio Survivors Association's Code LMEPVR in the TICKETS for CHARITY code here box.

[PGATOUR.com - Liberty Mutual Legends of Golf. Charity Information](http://PGATOUR.com - Liberty Mutual Legends of Golf. Charity Information)

[TICKETS Fore CHARITY tickets Westin Savannah Harbor Golf Resort and Spa Savannah](#)

**Search for Tickets** 

TICKETS Fore CHARITY - Weekly Ticket 

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Please e-mail this flyer to all your friends and relatives and ask them to pass it on to their friends. If you plan to attend this great Pro Tour event, please purchase your tickets using the above method and click Coastal Empire Polio Association's Charity Code LMEPVR. Thank you for your help.

## WINTER WOES FOR PPSers

*By Richard Bruno, PhD*

*Q. Why are my feet and lower legs always ice cold and purple, especially in winter? ,My doctor checked my blood flow and says it sounds "clear. " I've tried heavy socks and leg warmers. What's going on? What can I do to stay warm?*

You have "polio feet," feet and legs that are always cold and purplish. Your blood flow sounds "clear" because your arteries are open. It's your veins that are the problem because they are too "open."

Polio survivors have trouble with cold because the neurons in the brain and spinal cord that cause the veins to contract were killed by the poliovirus. You are unable to stop warm blood from pooling in the veins near the surface of the skin, causing the feet to look purple or even blue. As the outside temperature drops, pooling allows the loss of heat from warm blood near the surface of the skin and causes your tissues to cool.

Motor nerves and muscles-lying just below the surface of the skin cool. Cold motor nerves conduct more slowly and may be less able to make cold muscles contract quickly and forcefully. Tendons and ligaments also get cold and become less elastic – like putting a rubber band in the freezer –making movement of weak muscles more difficult. Cold causes muscle weakness in 62 percent of polio survivors, muscle pain in 60 percent, and fatigue in 39 percent. It takes hours under an electric blanket or a long, hot bath to warm cold legs and regain strength. We found in our very first study of PPS that polio survivors lose 75 percent of their strength when the temperature drops from 85 to about 65 degrees. We also found that polio survivors' motor nerves function as if it's 20 degrees colder than the actual temperature. So, polio survivors should dress as if it's 20 degrees colder than it actually is. The trick is to stay warm from the get-go. You should dress right after showering when your skin is warm and reddish. Try heat-retaining sock liners or even long Johns made of the woven, breathable plastic fiber polypropylene. Then put on warm socks or try battery-powered socks or ski-boot insoles. Also, keep your feet elevated as much as possible during the day.

Remember that changes in season are also difficult, since your body can't figure out whether it's warm or cool. Polio survivors report more muscle pain, especially headaches, during seasonal changes. Regardless of the season, whether you're being chilled by a northeast wind in November or by excessive air conditioning in August, dress in layers to control your body temperature, because your body can't.

Our February Speaker will be Mr. Phillip Schaengold. Mr. Schaengold is President and CEO of Memorial University Medical Center. He has a BS degree in Pharmacy, Masters in Business Administration and a Law Degree from Northern Kentucky University. He will speak on Health Care Reform and where is it now? A very important topic since many of us worries about how our coverage might be affected.

## **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.***