



The Lighthouse

Coastal Empire Polio Survivors Association, Inc.
Newsletter, January, 2010
Vol. XIII, No. 1

Shining light on post-polio health
www.coastalempirepoliosurvivors.org

The President's Message...

January 2010

I hope you and your family all enjoyed a very special Christmas and have now decided that this is the year you are going to seriously analyze your post-polio problems and take productive remedies. Too many of us just seem to accept what comes our way and figure that this is a normal progression. All the speakers that we have had these past few years have told us that we do not have to accept our loss of strength and fatigue. Usually apathy sets in and we just sit and fall further behind. This year I have made a resolution that I will go to a pool for water exercise and workout three times a week. I had started to do this many times, but it seems I have always found some excuse to avoid keeping up this schedule. Since water always worked well for me, this is the venue I chose. Find out what you are comfortable with, or has worked in the past, and decide that this year will be different and you will stick with your choice. Remember, our motto, conserve to preserve, so don't overdo, but also don't just vegetate away.

Charlotte Richter has stepped up and decided to take on the challenge of producing our monthly Newsletter. This is a huge commitment (I know) and she is going to need your help. Any article you read that you think is worth sharing with the rest of us, please either copy it and give it to her, or e-mail to her directly. It is difficult to fill the pages each month with new articles. Also, last year I started a section in the newsletter where polio survivors can share personal interest stories and events that is happening with you and your families called, "On a Personal Note." Please give Charlotte your articles. This will help personalize our newsletter. I encourage you to also write your polio story. It is a way to both promote healing and to help us to deal with post-polio syndrome today by putting the polio memories of the past behind us, however at the same time using them to make us stronger for tomorrow. I would like to publish more of our polio stories in the newsletter this year. Your story would also be in the historic archives of CEPASA's Memory Book, which would be the unedited version. The newsletter editor may need to reduce the story for space in the newsletter.

I feel the other eleven members of our Board are both competent and dedicated but they also would appreciate some help on their committees. Why not give joining one of our many committees a chance. I guarantee it will be a rewarding experience. It has for me.

Since this will be my first year at the helm, I will be looking to all of you to help me along the way. Constructive criticism is always welcome, but along with the criticism try to have a better solution. I will be available everyday to answer a question or maybe help solve a problem you might be having, from ten in the morning until ten at night. Please do not hesitate to call. I'm looking forward to a strong year for CEPASA and all its members.

Jim Veccia, President

2010 Executive Board

Founders

Lorraine Frew
Cheryl Brackin

Officers

President: Jim Veccia
Vice-President: Diane Davis
Treasurer/Secretary: Marty Foxx

Committee Chairs

Member-at-Large: Janet DiClaudio
Website/ By-Laws Chair: Jim Veccia
Accessibility /New Member Chair: Harvey Varnadoe

Fund-Raising Chair: Richard Graham
Publicity Chair: Cheryl Brackin
Polio Awareness/ History Chair: Diane Davis
Hospitality Co-Chairs:
 Adrienne Stallworth
 Terri Dunnermann
Newsletter Editor: Charlottee Richter
Sends Cards: Janet DiClaudio
Directory: Adrienne Stallworth
Care Team Co-Chairs:
 Lavonne Calandra
 Betty Goff

Care Team Leaders

Cheryl Brackin
Diane Davis
Janet DiClaudio
Lorraine Frew
Richard Graham
Ruth Parham

This was received by Dan Shehan and is a tribute to the excellent job he and his committee accomplished.

January 4, 2010

To Whom It May Concern:

As a professional concierge at the Marriott Riverfront Hotel, in the heart of Savannah, Georgia's historic district, I wish to express my heartfelt thanks to the Coastal Empire Polio Survivor's Association for producing such a comprehensive map for use by visitors who rely upon scooters and wheelchairs for transportation!

I frequently encounter guests who must rely upon scooters and/or wheelchairs as they navigate the beautiful city of Savannah. Because of its old, historic buildings, accessing restaurants, antebellum mansions, shops, parks (squares), and museums can be challenging, to say the least.

My guests are always grateful for the excellent map highlighting suggested accessible locations and routes. This enables them to follow along; avoid hitting "dead ends"; and wasting precious time as they tour this lovely city.

Many of my associates, both here at the Marriott Riverfront Hotel, and in other city locations, also rely upon this excellent map to provide optimum service to locals and visitors in Savannah. Hopefully, this map will continue to be made available for use in the massive tourism industry in this historic city.

Sincerely Yours,
Karen A. Jacobs, Concierge
Marriott Riverfront Hotel, Savannah, GA

Happy birthday

January

- Gigi Veccia – 5
Gloria Sullivan – 8
Lorraine Frew – 10
Penny Smith – 10
Harriet Merritt – 14
Jim O'Kelley – 23

February

- Sharon Underwood – 4

Sandra Bath – 16

Charles Johnson – 22

Chet Kirby - 23

Thought for the Month

"I am going on a diet"...that's all our thoughts after enjoying all the Holiday goodies....We need to get back on track and make better choices...exercises are not an option for some of us...Get all the goodies out of your reach.

Some suggestions are watching the Dr. Oz show on NBC, he has been having some really good health updates and I purchased a book, EAT THIS NOT THAT! By David Zinczenko. It is helpful when eating out....

MEMBER CONCERN

Lorraine Frew

Ruth Parham

Richard Graham

Please pray for healing and blessings for their concerns and for others who are also in need.

Inspiration for January

People who take a positive attitude and say,"I can do it. I am going to do it right now. It is no problem. Everything will work out just fine," are wonderful to be around and to work with because they tackle things and get them done.

If you put off something you should have done already, it will start to threaten you with fear. Don't let something get out of proportion in your mind. Keep your mind set on what you have intended to do today. If you get interrupted, make yourself come back to the task and finish it up. Nothing is so hard that you can't handle it, if you will just keep a positive outlook you will probably surprise your friends and loved ones. Remember that God's grace is sufficient to meet all your needs. Just do things one at a time, and keep your mind on God's ability, not your own.

Charlotte Richter

Voluntary Dues of \$15.00 may be paid to Marty Foxx; her mailing address is: 21 East 61st Street, Savannah, GA 31405. Please try and make your payment this month either at our January meeting or else by mail. Thank you

CEPSA's Annual Holiday Banquet, December 5, 2009





CEPSA 2009 Banquet

We had another wonderful holiday celebration Saturday, December 5. Cheryl Brackin, president, welcomed sixty-four members and guests gathered at the Hilton Garden Inn for lunch. Adrienne Stallworth, secretary, gave a beautiful Christmas inspiration. We dined on fried chicken, fish, and vegetarian lasagna.

Our program included three speakers, who told about their polio experiences. Dick Warden related his contracting polio as a 27-year-old naval pilot and how that changed his life. He had a successful engineering career and was able to fly again. Sally Luck described her experiences with non-paralytic polio. She became an educator, raised two daughters with her husband Ed, and is a disability activist. Initially she worked with the Atlanta Post-Polio Association and then joined us upon moving to Sun City in South Carolina. Ed Stallworth told about caring for his beloved mother-in-law, Adrienne's mother, who also had polio. Annie Lee Clark contracted all three kinds of polio and delivered her third daughter in an iron lung. She used a wheelchair thereafter and lived her life to the fullest with the help of Ed and others.

Lorraine Frew, vice-president, presented our "In Memoriam" on the program. Members we lost during 2009 were Dr. Peter Beeton, George Frick, Frank Kohel, Shirley Johns, Tammy Hewitt, Jack Lightfoot, and Alma Stanley. Polio survivor, but non-member, and community activist Ashley Dearing, Jr., also died.

Terri Dunnermann, member-at-large, and her husband Michael did an excellent job with the door prize drawings. The two grand prizes were from the Mansion on Forsyth Park and the Hyatt Regency on River Street. Other businesses, individuals, and CEPSA members donating were Kroger, Love's Seafood, Skyler's Restaurant, Longhorn's Steakhouse, Auto Shine Car Wash, Imagine Salon & Boutique, Pam Boyce, Cheryl Brackin, Linda Graham, Harriet Merritt, Joann Rahn, and Adrienne Stallworth.

Lorraine installed the 2010 slate of officers—Jim Veccia, president; Diane Davis—Vice-President; and Marty Foxx—Secretary/Treasurer. Janet DiClaudio will serve as Member-at-Large and correspondence secretary. Charlotte Richter will be our newsletter editor. Adrienne Stallworth will maintain and publish our directory of members. Committee Chairs and Care Team Leaders for 2010 were announced.

Cheryl thanked the officers, committee chairs, and care team leaders who served so well during the year. She listed some of the group's major accomplishments. Jim Veccia, president-elect for 2010, was honored with a plaque for his outstanding work on the Heel-to-Toe for Polio project on Hilton Head in October. The program ended with Jim's remarks about some of his plans and goals for the coming year. He encouraged all members to become more involved in CEPSA.

Submitted by Cheryl Brackin

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.