



# THE LIGHTHOUSE

Coastal Empire Polio Survivors Association, Inc.  
*Shining Light on Post-Polio Health*

January, 2015 Newsletter

[www.coastalempirepoliosurvivors.org](http://www.coastalempirepoliosurvivors.org)

Vol. XVIII, No. 1

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

**W**ow! Just wow! David Puckett, LPO, CPO, gave an excellent and inspiring presentation at our annual Christmas banquet. Adjectives I heard to describe him and his talk were “amazing, exceptional, wonderful.” Through his Pipo Missions, Inc. David has helped many individuals. We in our group have been fortunate to live in a country where we received rehabilitation and devices to make our lives better. Many in poorer countries do not have those advantages. David has made all the difference for the individuals he has fitted with braces or prostheses.

CEPSA had another wonderful holiday banquet. More than fifty attendees enjoyed the day. We offer great thanks to our very organized, efficient hospitality team—Terri and Michael Dunnermann, Betty Goff, Adrienne and Ed Stallworth, Lavonne Calandra, and Lorraine Frew. Wanda and Carlos Clas created our beautiful banquet program and gave each of us a fun jingle bell. As always Ed gave a meaningful invocation.

The beginning of a new year is a good time to rethink our goals and the direction of our support group. Members attending our January meeting will be asked to complete a brief one-page questionnaire. Where do we go from here after 17-and-a-half years? We have dedicated officers and committee chairs, but our energy is finite. How can we improve to meet your needs? Our attendance decreased over the last year; there were 12 in attendance at our October 2014 meeting. Should we have fewer meetings? Which topics do you want to learn more about? Do you want more discussion/sharing time rather than speakers at meetings?

Late in 2014 we once again received a grant from the Knox Foundation founded by Mr. Boone Knox, a now-deceased polio survivor. His family has continued the work of the foundation. The grant money allows us to carry on the work of CEPSA, and we are very appreciative. We also received a donation from the estate of our beloved member Janet DiClaudio. Her love for this group and her CEPSA friends lives on.

Happy New Year, Everyone! Wishing you good things in the year to come. Please join us January 24 at the Lewis Building on the Candler campus.

Cheryl Brackin

### **Our JANUARY Program**

It's time for SOS—Sharing Our Strengths/Sharing Our Solutions! Join us as we discuss topics of interest. Discussion topics will include “pain” and “future directions of CEPSA.” A one-page questionnaire will be dispensed to get your input about our group and how it can better meet your needs. Let us know what you want to discuss and learn more about. We have learned so much from each other through the years. Come and add your polio concerns and solutions to the discussion.

### **NEXT MEETING**

Saturday,  
**January 24, 2015**

10:30 AM

at Nancy N. and J.C. Lewis  
**Cancer and Research Pavilion**

Room 203

**225 Candler Dr., Savannah, GA**

## Annual Holiday Banquet



**December 6, 2014**

Hilton Garden Inn Midtown

Members, family, and friends entered the banquet room in festive spirits on December 6. Terri Dunnermann, Lorraine Frew, and Betty Goff warmly welcomed attendees. Hugs and greetings were exchanged before and after the banquet. Lavonne Calandra and Adrienne Stallworth received and arranged the door prize items. Michael Dunnermann and Carlos Clas were busily taking pictures. Cheryl Brackin welcomed everyone, Ed Stallworth gave the benediction, and lunch was served. The Hilton Garden Inn wait staff served us graciously and was very attentive.

David Puckett, LPO, CPO, president and owner of Positive Image in Savannah, was the guest speaker. This incredible man founded Pipo Missions, Inc. in 1997 and began providing no-charge braces and prosthetics in Mexico, later branching into Columbia. David's work was recognized, and he was honored with a CNN Heroes Award in 2008 and the Ellis Island Award in 2009. He received the key to the city of Savannah from then Mayor Otis Johnson in 2009. David's presentation was entitled "Life's Obstacles and Barriers...Overpowering Them and Living." He shared stories about the people and places he has been. His mission work has changed many lives. It was apparent that David's work has affected his life deeply. Rarely do we hear someone speak so passionately and sincerely about their life's work.

Lorraine installed the 2015 officers, and Michael announced the committee chairs and care team leaders. Cheryl thanked Adrienne, who no longer will serve as a hospitality chair, for her many years of service. The door prize drawing was conducted by Lavonne, Adrienne, Michael, and Ed. The lucky winners won some great prizes. The door prizes were solicited by or donated by Cheryl, Lavonne, Diane, Terri and Michael, Lorraine, Betty, Richard Graham, and Adrienne.

Cheryl wished happy holidays for everyone and announced that our next meeting will be on Saturday, January 24.

## Great Thanks to Our Generous 2014 Supporters

(in alphabetical order)

Alphagraphics Printing  
Batteries Plus  
Candler Hospital Lewis Cancer Pavilion  
Candler Hospital Marsh Auditorium  
Hilton Garden Inn Midtown  
The Knox Foundation  
Living Independence for Everyone  
Lovett Hardware  
Port City Logistics  
Rotary Club of Hilton Head  
Rotary Club of Okatie  
Ron Stephens at Quick Lock Storage

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## Sincere Appreciation for 2014 Memorial Gifts, Honorary Gifts & Donations

(in alphabetical order)

Hattie Allen	Dean Jacoby (and friends of Carl DiClaudio)
Larry Benjamin	Judy Melroy (late 2013 donation)
Cheryl Brackin	Shirley Newman
Ayesha Brown	Sharon & Scott Pearce
Lavonne & Tony Calandra	Dennis Price
Becky Cheatham	Charlotte & Larry Richter
Pamela Coffield	Gordon Sherland
Diane Davis	Adrienne Stallworth
Carl DiClaudio	Brenda Stephens & The Scattered Hatters
Janet DiClaudio Estate	Kenneth Tornvall
Terri & Michael Dunnermann	Harvey Varnadoe
Lorraine Frew	Jim Veccia
Betty & Gene Goff	Pixi Winters
Richard & Linda Graham & Family	
Frances Hodgkins	

***Thank You Very Much!***

Sunday, June 1, 10:45 am –12:00 pm  
Assessment: Our Home  
Cyndi Jones

## Basic Home Access, Visit-Able Communities

© Concrete Change 2011

### What Is Basic Home Access? (Also known as “Visitability” or “Inclusive Home Design”)

Visitability is a policy campaign to make key access features standard practice in virtually ALL new houses. Most homes have steps at every entrance, and bathroom doors narrower than other doors. Basic Home Access involves a fundamental change in construction practices to include the three key features essential for visitability:

- One entrance with zero steps.
- 32 inches of clear passage through all interior doors, including bathrooms.
- At least a half bathroom on the main floor, preferably a full bath, and preferably with designated maneuvering space.

Visible homes have *at least* these three features. A few additional, low-cost Universal Design features may be incorporated-- but to apply to virtually ALL new houses, the list must be short; include the essentials; and be cost-effective. When space allows, including a full bath and bedroom space on the main floor makes a home not only visitable but livable for people with mobility impairments.

### What Are The Benefits?

- Basic access has **major health benefits**: Fewer falls because people (especially older people) don't have to try to manage a step and an entry door at the same time. Less stress on caregivers, whose disabled family members can enter and exit their own homes without being carried and fit through their own bathroom doors. Less depression because people with disabilities can visit the homes of their friends and extended family.
- If disability occurs, the disabled person and their family are more **able to remain in their existing home and community** --- rather than facing expensive renovations, or being forced to move to a different house or a nursing home.
- **All residents find it more convenient** to bring in baby strollers, grocery carts, bicycles,

furniture and other items that don't move easily through narrow doors or up steps.

- Residents can **welcome guests** who use wheelchairs or walkers or have other mobility impairments. When basic access is in place, **mobility-limited people are included, not barred by architecture** from visiting others.
- Visitability features **enhance sale and re-sale** in an era where the older demographic is growing rapidly. 88 million U.S. residents will be over 65 by 2050, more than 20% of the population (Census Bureau 2008).
- Visitability is a **“green” issue**. Tearing out existing doors to install wider doors and remodeling existing entrances wastes money, energy and materials. Experienced remodelers state that 75% to 90% of all disability-related remodeling costs would be saved if a zero-step entrance and adequate bathroom door widths were already in place.
- Zero-step entrances on new homes are nearly always **easy to construct**, on flat or hilly terrain. The entrance can be at the front, side, back, or through the garage--- wherever is most feasible for the topography--- and nearly always can be achieved without a “ramp,” by grading so that the sidewalk meets a porch. For the 40% of houses built on a concrete slab, constructing the zero-step entrance is usually extremely easy. For houses with basements or crawl spaces, several solutions provide low-cost, attractive zero-step entrances.

What about **townhouses** (attached single-family)? There are also Visitability “best practices” for townhouses. See the townhouse text and photos at [www.concretechange.org](http://www.concretechange.org) in the “Construction” section.

- **The basic features cost little on new construction**---typically **zero to \$100** for a home built on a concrete slab, or about **\$600 dollars** for a home built with a basement or crawl space. In contrast, a typical cost of widening just one narrow interior door is \$700, and a typical cost of retrofitting for a step-free entrance is \$4,000 (often much higher).
- Visitability **makes fiscal sense** for society as a whole. **25%-60% of all houses built now will have, over the lifetime of the house, a resident with a severe, long-term**

ARTICLE CONTINUED ON PAGE 6.



# Annual Holiday Banquet

December 6, 2014

Hilton Garden Inn



Photos Courtesy of Carlos Clas, Michael Dunnermann & Lavonne Calandra

Annual Holiday Banquet December 6, 2014 Hilton Garden Inn 



**mobility impairment.**<sup>1</sup> As of 2005, the average cost for one year of nursing home care exceeded \$64,000 per person per year<sup>2</sup>—64% of which is paid with public dollars.<sup>3</sup> And, nearly 60% of all nursing homes residents enter directly from a hospital.<sup>4</sup> Architectural barriers are a force keeping many people from coming home from the hospital to their own homes.

### More on Doors and Bathrooms

All interior passage doors—including bathroom doors--need to provide at least 32" of clear passage space when the door is open at 90 degrees. A 2'8" door does not suffice. 2'10" doors are readily available from the wholesale companies where professional builders buy supplies. Standard 3'0" doors are also excellent where space permits. Pocket (sliding) doors are another way to obtain 32-inch clearance.

Adding square footage is *not* necessary to accommodate a usable bathroom. Usually the existing plan already offers enough wall space for a wide door. If additional inches are needed, they can be shaved from an adjoining room.

It's not essential (although it can be helpful) to have a large turning diameter inside a residential bathroom. Even a small half-bath can accommodate the recommended 48" by 30" rectangles of open floor space beside commodes, sinks and tubs. In a small bathroom, the door can be hinged to swing out to give a person using a mobility aid enough room to shut the door when inside the room.

### Is Visitability Already Happening?

To some extent, yes. Federal law requires that every unit of new multi-family residences must have basic access if the building has an elevator, and every ground-floor unit in buildings without elevators. What about single-family houses? Whole neighborhoods of Visitable houses built for the open market already exist in Georgia, Texas, Arizona, Illinois, Ohio and elsewhere. These 50,000+ houses to date have resulted through policy decisions and legislative action. But the great majority of new single-family houses still are built with steps at all entrances and narrow doors. The change comes about through people being proactive to make it happen.

<sup>1</sup> "Aging and Disability: Implications for the Housing Industry and Housing Policy in the United States," *Journal of the American Planning Association*, Summer 2008.

<sup>2</sup> *Met Life*, 2005

<sup>3</sup> U.S. Department of Health and Human Services, 2007

<sup>4</sup> Centers for Medicare and Medicaid Services (CMS) minimum data sets [www.concretechange.org](http://www.concretechange.org) 404-378-7455 Eleanor Smith, Director © 2011, Concrete Change

Monday, June 2, 1:15 —2:30 pm  
**Why Worry? Stop Coping and Start Living**  
Kathryn Tristan,  
Washington University School of Medicine

## Ten Instant Stressbusters

1. **BREATHE, BREATHE, BREATHE.** The amazing power of feeling more relaxed begins with taking three deep breaths and slowly exhaling. Stop stressed-out shallow breathing.
2. **MOVE, WIGGLE, STRETCH.** To dissipate anxious feelings loosen up taut muscles and move around.
3. **FOCUS ON NOW.** Although you have to plan for the future and take care of responsibilities, don't forget to enjoy the present moment.
4. **SAY A CALMING PHRASE.** Develop a phrase that helps you such as "All is well," or "This, too, shall pass." Keep repeating it.
5. **FOCUS ON POSITIVE POSSIBILITIES.** Stop terrorizing and assuming the worst may happen. Visualize things going the way you want and feeling happy about it...POSSIBILIZE!
6. **EMBARGO JUNK FOOD.** What you eat affects your mood. Reduce sugary, caffeinated, or non-nutritious food. Try eating a banana, some turkey or drink chamomile tea. All contain natural relaxants.
7. **TAKE A HIKE.** Get out or connect with Mother Nature in some way. Touch your feet to the ground to literally 'get grounded.'
8. **DO SOMETHING ENJOYABLE.** Whether it's gardening, organizing, or engaging in a special hobby, etc., build in some fun time.
9. **SMILE.** Studies show whether you mean it or not, smiling releases mood-enhancing endorphins.
10. **TAKE A MENTAL HEALTH DAY.** Sometimes you just need a break to rebalance. You deserve it.

For more free tips, tools and strategies see  
[www.whyworrybook.com](http://www.whyworrybook.com).

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## THE FIVE MINUTE MENTAL MARINADE

To quickly reset and rebalance both psychologically and physiologically, do the following exercise. It should take about 5 minutes or longer if you wish. It's a great "bad-biochemistry" buster and

## something especially to do before bedtime!

- **CROSS** your hands over your heart.
- **CLOSE** your eyes and take 5 deep, slow breaths.
- **RECALL** 5 positive things about your life.
- **FOCUS** on a beautiful scene, someone you love, or something you love to do.
- **TAKE** 5 deep, slow breaths.
- **RELAX** and marinate in the feeling!

For more free tips, tools and strategies see [www.whyworrybook.com](http://www.whyworrybook.com).


THE ARTICLES LISTED BELOW WERE:

"Prepared for Post-Polio Health International's 11th Conference: Promoting Healthy Ideas, May 31- June 3, 2014."

1) Basic Home Access, Visit-Able Communities © Concrete Change 2011, Pages 3 & 6

2) Ten Instant Stressbusters, Page 6

3) THE FIVE MINUTE MENTAL MARINADE, Page 6-7



**January**

Gigi Veccia—5  
Fran Todd —9  
Lorraine Frew—10  
Penny Smith —10  
Delorise Manor —14  
Harriett Merritt —14  
Linda Graham —15

**February**

Sharon Underwood—4  
Eddie Porter —7  
Larry Richter—7  
Steve Todd —7  
Sandra Bath —16

### Member Concerns

Marie McManus, Harriett Merritt, Tom Schendorf,  
Barry Turner, Gigi Veccia & Jim Veccia.

***Please keep these members in your prayers.***

### Note of Appreciation 12/9/14

Coastal Empire Polio Survivors Association, Inc.:

It is with great pleasure that I write you this thank you note for allowing me to be your guest speaker at the

Annual Holiday Banquet. We anticipate that a new light was radiated amongst you all just as it was within me. It was inspiring to be surrounded with so many enduring survivors and we hope in return to have spread the inspiration to those who may have been facing a difficult time this time of year. We hope you all have a wonderful holiday season and May God bless you.

### Phillipians 4:13

*I can do all things through him who strengthens me.*

David M. Puckett LPO/CPO

Licensed/Certified Prosthetist/Orthotist

President and Founder

### Equipment Needed

A CEPISA member needs a used wheelchair in good condition. He needs one designed for a smaller individual, not a large-sized person. Also a member needs a used scooter. Please contact Cheryl at 912-927-8332 if you see either item for sale at a thrift store or in an ad.

### Penny Smith in the News

Penny was featured in the *The Brunswick News* January 1, 2015. The article entitled "Woman Volunteers at Health System ER" highlighted her volunteer activities in her community. Besides volunteering time at the ER, Penny serves on the board of Manna House, a charitable organization dedicated to feeding the poor, and also serves meals there one Friday a month. She and husband Ross assist at the Medical Assistance Program headquarters by boxing medicines and other supplies that are shipped worldwide. This busy woman also volunteers with CEPISA by serving as a care team leader and calling several active and inactive members each month. Congratulations on the article, Penny, and thank you for helping others.

### Prayers for Gigi Veccia

Our dear Gigi has been experiencing serious health issues for several months. She will be having open heart surgery in Charleston, SC in late January. Please pray for Gigi and Jim in the coming weeks and months.

The articles, seminars, thoughts, ideas and suggestions mentioned in this newsletter are provided as a public service and do not express or imply endorsement by CEPISA, CEPISA's THE LIGHTHOUSE or its editors. They are for your information only. Consult with your doctor or health care provider before beginning any new medication, product or program. CEPISA, CEPISA's THE LIGHTHOUSE and its editors do not assume any responsibility for an individual's actions.



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*Shining Light on Post-Polio Health*

**Next Meeting**  
 Saturday,  
**January 24, 2015**  
 10:30 AM  
 at Nancy N. and J.C. Lewis  
 Cancer & Research Pavilion  
 Room 203  
 225 Candler Drive  
 Savannah, GA

**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 - \$25.00 \$50.00 \$100.00 \$300.00 Other
- \* 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**  
 P.O. Box 14252, Savannah, GA 31416.

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

Are you a relative or friend of a CEPSA member? \_\_\_\_\_

Name of member

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