



THE LIGHTHOUSE

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

June, 2012 Newsletter

www.coastalempirepoliosurvivors.org

Vol. XV, No.6

The President's Message...

The Rotary District 6920 Conference was held May 18-20, 2012 at the DeSoto Hilton Hotel in Savannah, GA. CEPSA was invited to participate in the Conference with our Polio Awareness Exhibit in the House of Friendship Room. It was all a wonderful experience.

First, I want to thank the CEPSA members who were involved.

Tom Schendorf was the spearhead for the planning and implementation of CEPSA's involvement in the event. Tom is also a member of the Skidaway Island Rotary Club and served as our liaison with Rotary. He gave an excellent presentation about CEPSA at the Conference held in the Madison Ballroom on Saturday.

Harvey Varnadoe was Tom's right-hand man throughout the event and manned the exhibit from 9:00 am to 6:00 pm on Friday and 9:00 am to 5:00 pm on Saturday. He represented us well. Harvey also set up the display with the help of Carlos and Wanda Clas Friday morning and took it down late Saturday afternoon.

Carlos and Wanda Clas up-dated CEPSA's brochure with CEPSA's new logo and printed copies for the event. They also made a continuous play DVD of the Iron Lung demonstration by Dan Shehan.

Diane Davis designed and created the display boards for the Polio Awareness Exhibit, manned the exhibit on Saturday, and spoke to Rotarians who came to see the exhibit.

Dan Shehan manned the exhibit, explained the operation of the iron lung and answered questions.

Others who manned the exhibit were Cheryl Brackin, Marty Foxx, Dick Warden and Michael and Terri Dunnermann.

Richard Graham worked with the Rotary to transport the iron lung for us.

The Rotarians treated us very well, to say the least. District Governor Gordon Mathews was a gracious host. Assistant Governor Steve Acuff brought his DVD player and television for us to show the DVD of Dan Shehan demonstrating the iron lung. Thomas McGoldrick, President of the Skidaway Island Rotary, made the arrangements with a local moving company to transport the iron lung for us and got us what we needed. Doug Powelson, President-Elect of the Rotary Club of Skidaway Island, offered to put together a PowerPoint presentation for CEPSA and has already contacted Diane Davis, who is working on this with him. Marjorie Young, owner of Carriage Trade Public Relations, put CEPSA's website in her "COMMUNITY HEADLINES" listing and offered to post any other information and events for CEPSA. She also arranged for us to be on WTOC's Mid-Morning Live on June 14, 2012 at 10:00 am and asked Diane Davis to write an article for the Rotarian magazine. We owe all of them heartfelt thanks for a job well done. We couldn't have done it without them.

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Next Meeting
June 23, 2012

Beverly Cosman of the DeSoto Hilton was very cooperative and answered our many questions.

Tom Schendorf, Harvey Varnadoe and I attended their lunch meeting on Friday. Five Rotarians from Turkey gave presentations about themselves, their Rotary club, and the history and culture of their homeland. They were all interesting and informative.

We attended a meeting on Saturday, at which Tom Schendorf spoke about CEPASA. The iron lung was rolled into the room and Harvey Varnadoe, Diane Davis, Cheryl Brackin, Dick Warden, Dan Shehan and I followed it. We were given a standing ovation. We were surprised and overwhelmed. It was totally unexpected.

As a result of this event, we have been invited to speak at several Rotary clubs, participate in a fundraising event, contribute to an article for the Rotarian magazine and have a PowerPoint presentation designed for our organization. It was a very rewarding experience and a great opportunity to get the polio message out there in the public eye.

Janet DiClaudio, President.

General Meeting Minutes April 28, 2012

15th Anniversary/Birthday Party held at the Candler Marsh Auditorium

President Janet DiClaudio welcomed everyone and asked that members introduce their guests. She then called the meeting to order at 10:48 am.

Cheryl Brackin led the Pledge of Allegiance.

Global Polio Update:

Janet reported that the the world count of new polio cases in 2011 year-to-date was 120 and now in 2012 year-to-date is 39. Progress continues through the good work of the Gates Foundation and support from the Rotary.

Janet read an e-mail from Fran Todd, Executive Director of LIFE. Fran congratulated CEPASA for all they do to improve the lives of people with disabilities in our community.

Handouts:

The registration table, staffed by Cheryl Brackin, had several handouts and our new Anesthesia Warning Cards. These cards also will be available at future meetings

Rotary Conference:

Everyone was reminded that, in lieu of a May meeting, members will be asked to sign up and staff the booth at the DeSoto Hilton Hotel on Saturday and Sunday, May 19th and 20th. More details will be shared when we hear more from the Rotary through Tom and Harvey.

Program- Polio Stories:

Janet introduced Marty Foxx, Carlos Clas and Hugh Mann. These members shared heartwarming, real-life statements of their polio experiences and how they have overcome each challenge.

The inspiration was given by Penny Smith.

The meeting was adjourned at 11:45 am. Our hospitality committee, composed of Adrienne, Terri, Lavonne, and Betty, was thanked for again doing a great job. Everyone then enjoyed the wonderful food and decorations put out by Adrienne, Terri, Ed, and Michael. Gene Goff also assisted by delivering the food and cake.

Respectfully submitted,
Michael Dunnermann, Vice-President/Secretary.

Attendance:

Members and guests signed in the guest book.

Medications for People in Need

Rx Outreach is a non-profit charitable organization providing affordable medications for people in need.

They focus on individuals and families who cannot afford their medications or are on a limited income. They have a list of over 400 medications.

You may apply online or by mail, and it is easy to see if you qualify. Qualifying household incomes are below.

All States and Washington D.C., except Alaska and Hawaii
Information for Alaska and Hawaii can be found on www.rxoutreach.org

You qualify for Rx Outreach as long as your annual household income is:

- Less Than \$33,510 a year for a single person.
- Less Than \$45,390 a year for a family of two.
- Less Than \$57,270 a year for a family of three.
- Less Than \$69,150 a year for a family of four.

Add \$11,880 for each additional person in your family.

They have 90-day or 180-day supply of most medications available and the application can even be faxed directly from your doctor's office with the prescription. Medication prices vary, but as an example, one VERY expensive medication, ARICEPT 10 mg., only costs \$25 for a 90-DAY SUPPLY! That is a blessing for those of us on a fixed income.

Apply at: www.rxoutreach.org
or call 1-800-769-3880 for an application.

CEPSA on Mid-Morning Live



CEPSA President Janet DiClaudio and member Tom Schendorf will be interviewed on WTOC's Mid-Morning Live at 10:00 am on June 14, 2012. We hope to have a DVD copy of the interview to show at a future meeting.

Our June , September & October General Meetings

Our **June, September** and **October** 2012 general meetings will take place at **Barnes Restaurant**, located at 5320 Waters Avenue, Savannah, GA 31406. Please call the restaurant at (912)354-8745 if you need directions. We will meet at our regular meeting time of 10:30 am. There are no general meetings held in July or August.



Everyone enjoyed our summer luncheons last year, so we will continue them this July and August.

The dates to join us will be July 28th and August 25th. We will meet at Johnny Harris Restaurant, 1651 E. Victory Drive, Savannah, 31404. You can call (912) 354-7810 or go to www.johnnyharris.com, if you need directions. Of course, it will be "Dutch Treat." This gives us the chance to catch up with each other during the summer months. Have a fun, relaxing summer, but remember to meet us for lunch on the dates above!



Traveling? Need to borrow a Go-Go Scooter?

If you are traveling and need to borrow a light-weight, portable scooter, CEPSA has one available for you. Please make arrangements ahead of time with Richard Graham at (912) 728-3393 or Jim Veccia at (843) 837-1230. This scooter comes apart into several smaller pieces that are easier to store in the trunk of a car and can easily be loaded onto a bus or plane. The battery is long-lasting and can be charged over-night. Make sure you get to see more on your vacation by using a scooter. Don't sit and wait for everyone else to enjoy the sights. Borrow a scooter and join the fun! Don't wait till the last minute to make arrangements, please. Thank you.

Five Things My Dad's Disability Has Taught Me

By Mary Schlegel



1. You Can Never Be Too Grateful.

Everyone takes things for granted. The most mundane and rudimentary things are often the most pivotal and fundamental. Too often I forget how blessed I am to be able to run, dance, sing, etc. My father's handicap is always a lighthouse to shine periodically and remind me to beware of the dangerous shores of ingratitude and ignorant self-pity. Whenever I am distraught, I remember that there is always someone suffering far more horrific things that would put my "misery" to shame, so I should be thankful of everything, let me repeat that— **everything**.

2. Be Accepting and Understanding; Nobody Deserves Anything Less.

The second worst feeling I have is when I see others judging people in general, but specifically over things that are uncontrollable. I cringe at the despicable way people look down on others from their haughty thrones. When someone has a difficulty or disease, it isn't their fault. Trust me, it's not like they want it either. And it's a small price to pay to be amicable and considerate to those suffering compared to actually carrying that burden and torment. But an even worse feeling is when I realize all the times that I hypocritically fall into the same entrapment. The times when even my subtle or minor withdrawals speak volumes about my lurking pride and repugnance. Honestly, no one has a right to judge and no one deserves to suffer but by judging we make others suffer twice— from their initial hardship and from the knowledge that someone is belittling or humiliating them. Even just being aware of this gives me a second perspective, which tames my hubris and has helped awaken my slumbering sense of understanding and acceptance.

3. They Are Both Detriment and Blessing.

Undoubtedly, a disability or disease is devastating and I cannot even begin to fathom the excruciating pain it generates. But I also believe that it is a blessing because it brings people together. My parents, for example, met because the girl my mother was babysitting climbed into my father's wheelchair and wanted a ride. Had my father not been handicapped, the girl would have paid no attention to him and avoided him. In this circumstance, his handicap was an attraction. Collaborating with my family to figure out how to help my father has certainly made us close-knit and more loving than anything.

4. It's All About Attitude.


The difference between viewing adversity as a formidable boundary and a remarkable gift is the attitude and mindset in which one approaches it. When my dad's pain consumes him and he gets frustrated, (which incredibly happens so much less than would be expected from that kind of torture) the handicap becomes a challenge we all loathe. However, once we recognize the opportunities it offers us for improvement and realize the relationships and love it has fostered, the challenges are mollified.

5. Selfishness Only Hurts Oneself.


The more I try to accomplish what I want instead of what is best for my family, the more I suffer. When I give of myself is when I truly enjoy myself the most. Once my father was praying and a thought occurred to him. He felt like God was telling him "I gave you this handicap, she [my mother] chose it." Every time he reiterates that message I gather little by little a part of the profound selflessness my mother exudes. The concept continues to astound me because I can't imagine what it must have been like to make the decision she made. She knew that his condition was time-consuming and frustrating and required devotion and attention, and she surrendered her other plans completely out of love and selflessness. And when I look at her, she's always smiling and giggling over some joke the rest of our family can't quite understand but laughs along to. She's content; she loves life because she isn't concerned with what she wants but what she can do to help others enjoy it as much as her.

Reprinted with permission from the author, Mary Schlegel.

Read other work by this author by visiting: <http://novicemuse.hubpages.com>

CEPSA
 was invited to participate at the
 Rotary District 6920 Conference,
 showcasing
 our Polio Awareness Exhibit
 in the House of Friendship Room,
 featuring CEPSA's Iron Lung.
 May 18-20,
 2012

Reach Within to Embrace Humanity

2012
 55th Annual
 Rotary District 6920 Conference
 DESOTO HILTON HOTEL, SAVANNAH, GEORGIA
 MAY 18 - 20, 2012
 GORDON K. MATTHEWS
 DISTRICT GOVERNOR
www.Rotary6920.org





Thank You



**Rotary Club
of
Hilton Head Island-
Sunset**



DISTRICT 7770
EASTERN SOUTH CAROLINA

**Members
and
Ed Dowaschinski
for making sure that
"We Are Not Forgotten!"**

**Your tireless efforts in helping CEP
SA and your generous grant are truly appreciated and will go a long way in changing the lives of many of our members.**

Thanks to your commitment to our organization, we have been able to see many members become more independent and mobile.

Thank you
for educating the public about polio survivors and reminding them that "We're Still Here."

You truly are a shining example of what a Rotary Group can do.

Helping Polio Survivors

by Ed Dowaschinski

Most people in the United States have little or no knowledge about polio because we received a vaccine as a child that prevented us from contracting the infection. In fact, when you mention many still suffer from its effects they are even more surprised. But, in other parts of the world this was not the case.

Twenty-five years ago Rotary International promised the world's children it would work to eradicate polio. That promise is still as valid today as it was then.

Today we are on the brink of declaring polio has been eradicated. Since 1988, polio cases have decreased by 99%. Only three countries remain polio-endemic; they are Afghanistan, Nigeria and Pakistan.

Rotary's contributions to the global polio eradication effort are expected to exceed \$1.2 billion by the time the world is certified polio free. Such contributions will account for about 66% of the private sector contributions and about 14% of all contributions.

But, still today there are estimated to be at least 500,000 polio survivors here in the United States who might be affected by Post-polio syndrome (PPS) years after recovery from an initial acute attack of the poliomyelitis virus. Symptoms include progressive muscle weakness, fatigue, and a gradual decrease in the size of muscles. PPS is rarely considered life-threatening but such symptoms can significantly interfere with the individual's ability to function independently.

Throughout the United States polio survivors have organized associations to promote the well being and improve the quality of life for disabled polio survivors. In this area, the Coastal Empire Polio Survivors Association (CEPSA) is leading that

effort. Currently, CEPESA has 110 members in South Carolina and Georgia covering towns ranging from Charleston, SC to Brunswick, GA.

About three years ago, Rotarians from Area 4 of Rotary International's District 7770 joined forces with CEPESA to help raise money to match a \$355 million challenge grant received from the Bill & Melinda Gates Foundation to support immunization campaigns in developing countries where polio continues to infect and paralyze children. This partnership between CEPESA and the Area 4 clubs lead to a partnership between CEPESA and the Rotary Club of Hilton Head Island-Sunset.

Members of the Sunset club collected used motorized chairs/scooters and worked with CEPESA volunteers to refurbish the chairs, replace batteries and equip vehicles to be able for the polio survivor to transport the chair from place to place. Working with a budget of \$5,000, half coming from the Sunset club and the other half provided through a District Simplified Grant, the project has helped sixteen polio survivors and allows a survivor taking a trip to borrow a scooter when they travel.

One of the beneficiaries of the project had been confined to her home unable to get out, to shop or just enjoy having mobility. Her husband wrote this: "Well.....Terri got out today and took her new scooter...she had the most WONDERFUL time being able to go all over the place and shop, first time in almost a year...yep, she shopped and shopped and had an excellent time all without my help!" Another PPS survivor who received a mobility scooter wrote: "With an advanced case of post-polio syndrome and an inability to walk far or stand up very long it has made a huge change in my quality of life."

Jim Veccia, CEPESA's immediate past president and a polio survivor, along with Richard Graham, another polio survivor and member of CEPESA, were the two workhorses on the project. Both helped transport the chairs or scooters and provided advice and guidance throughout. In fact, Richard had his truck outfitted with a swing-a-way

unit to enable him to lift a chair or scooter onto the bed of his truck and deliver a unit directly to a beneficiary's porch or front door.

Eight members of the Sunset club contacted friends, thrift shops, assisted living homes and retirement and life care centers throughout the Hilton Head Island and Bluffton communities seeking leads on the chairs or scooters. One member arranged for an ad and story to be run in one of Hilton Head's popular monthly magazines. Twenty-seven places we thought might be able to donate or provide leads on where used chairs or scooters could be found were contacted resulting in the donation or purchase of the motorized wheelchairs and scooters benefitting the CEPESA polio survivors.

Two members of the Sunset club spoke about the project on a local radio show hosted by Monty Jett (WHHW AM 1130 FM 93.5) covering not only the project but also Rotary International's worldwide effort to End Polio Now. In the end, we believe the project showed how Rotarians and others can partner with polio survivors and their respective polio survivor associations to help victims of PPS achieve a better quality of life.

According to the National Institute of Neurological Disorders and Strokes, "Scientists are working on a variety of investigations that may one day help individuals with PPS," but presently no intervention or effective pharmaceutical treatments that can improve or reverse the effects of the syndrome are available. So, while we Rotarians are still working toward the total eradication of polio in the world we can also turn some of our attention to helping polio survivors.

For more information about Rotary International and its End Polio Now campaign you can access its website at www.rotary.org. CEPESA's website can be accessed at www.coastalempirepoliosurvivors.org. And, the Sunset Rotary Club's website can be accessed at www.HHISunsetRotary.org.

This article has been submitted by Ed DowaSchinski to his local Rotarian magazine.
District 7770 Logo on Pg. 7 from <http://www.rotary7770.org/index.html>
Sunset Rotary Logo on Pg. 7 from <http://rotaryclubofhhisunset.camp9.org/>

Medical Philanthropy

Three private organizations figured prominently in the history of poliomyelitis in the United States and worldwide: the Rockefeller Institute, the National Foundation for Infantile Paralysis (March of Dimes), and Rotary International.



Rockefeller Institute for Medical Research in the 1930s, with view of the Queensboro Bridge *Courtesy of Rockefeller Institute Archives*

Rockefeller University

Industrialist John D. Rockefeller founded the Rockefeller Institute for Medical Research in New York in 1901. Karl Landsteiner, who identified polio as a virus in 1908, joined the institute's faculty in 1922, and studied human blood groups (for which he won a Nobel Prize in 1930).

Much of modern virology derives from the work of Rockefeller Institute investigators, including Simon Flexner, Thomas Rivers, and Peter Olitsky. Albert Sabin arrived in 1935 and joined them in poliomyelitis research. The institute became "Rockefeller University" in 1965 and continues to be a leading research center for the molecular biology of human diseases.



FDR and foundation director Basil O'Connor counting dimes, around 1938
Courtesy of March of Dimes

The March of Dimes

President Franklin Roosevelt established the National Foundation for Infantile Paralysis in 1938. Its hugely successful fund-raising campaigns collected enough

money to fund John Enders's laboratory, where poliovirus was first grown in nonneural tissue; both Jonas Salk's and Albert Sabin's vaccine development; the 1954–55 field trial of Salk vaccine; and the supply of free vaccine to thousands of children afterward.

In 1958, the foundation changed its focus to premature birth and the prevention of birth defects. In 1979, the organization officially changed its name to the March of Dimes. Its work continues today, under the slogan "Saving babies, together."



March of Dimes Bank with "Prevent Birth Defects" slogan

Rotary International

Chicago lawyer Paul Harris called together a group of civic-minded professionals in February 1905 to found the first "Rotary" Club—taking its name from rotating meetings in members' homes and offices. By 1922, Rotary Clubs existed around the world, prompting the name change to Rotary International.

Rotarians were well-represented at the United Nations Charter Conference and have maintained their UN ties ever since. In 1985, Rotary International committed itself to immunizing all children against poliomyelitis. This organization, with 1.2 million members in 166 countries, has been the largest private-sector contributor to the polio eradication campaign worldwide.



Left: Rotary International members in Kano, Nigeria
Courtesy of Jean-Marc Giboux, photographer
Right: Rotary "iron lung" truck, 1944 *Courtesy of Marc Shell*



All information and photos on this page courtesy of:
<http://americanhistory.si.edu/polio/virusvaccine/medphil.htm>
Visit www.americanhistory.si.edu for more information.

Web link provided by CEPISA Polio Awareness & History Chair Diane Davis.

Travel Without Barriers

Plan For Success!

The word "travel" has almost as many meanings as the word "mobility." What does it mean to you? A train trip through the Atlantic Provinces? Visiting the Taj Mahal in India? Maybe just a week spent in a cozy cabin on Qualicum Beach? Whatever your idea of travel, you will have your own set of unique mobility concerns that come along with it. The key for the traveler with a disability is the same as for any traveler: plan ahead. Good planning can reveal options for accessible traveling that you may not even consider. In this age we live in, the traveler with a disability is no rarity and a variety of equipment and services are out there for you.

Planes, Trains, (Boats), and Automobiles?

Whatever your mode of transportation you will no doubt need to consider transporting your personal mobility device. Walkers, Rollators, scooters, and wheelchairs come in many shapes and sizes. You may consider obtaining a second mobility device that is designed to be light-weight or take-apart just for travel purposes. The AMS Shoprider Axis UL8W or Pride Go Go Travel Scooter are two popular travel mobility devices that can disassemble to fit in a suitcase. If you are going in your own vehicle consider a stowage lift like the Bruno Curbsider to do all the work of lifting your scooter into your vehicle. Lifts exist to fit thousands of combinations of vehicles and personal mobility devices.

Don't Take It With You

If you are flying you may consider renting a full sized scooter or power chair at your destination. Airline transfer chairs are readily available to help you along the way. Cruise ships generally have scooters available if you do not want to bring your own. If you are taking a driving vacation, accessible van and RV rentals are available all over North America and in many other countries. Consult the internet or your travel agent for availability and rates.

Play By The Rules

Consult airline policies when planning a flying vacation. Some airlines allow you to take your chair or scooter for free. As well there may be rules regarding the maximum width of walkers and Rollators taken on planes. If you will be using a power mobility device at your destination consult local laws and regulations regarding standards of safe operation.

The Accessible Room. . .

...is often not all that accessible. Check with hotel staff about specific features like raised toilet seats, placement of grab bars, and accessible bathing. Are the doors in the hotel wide enough but all the floors have thick carpet? If you're a self-wheeler in a manual wheelchair you're going to need Popeye arms! Finally, your mobility equipment dealer is always prepared to explore equipment options to assist you with your decisions. Ask away!

Wherever you're going....Bon Voyage!

Source: Joe Cyr, Equipment Specialist for Shoppers Home Health Care

Reprinted from "Second Time Around", Boca Area Post Polio Group, Boca Raton, FL; Aug 2009

Travel Tips

for the Wheelchair Traveler



1. Decide where you want to go and check the internet for the lowest rates or your travel agent can give you the information.
2. Check for the best travel times for you.
3. Fly first class if possible there is more room and a lot more enjoyable. If not try to get the Bulkhead Seats as they will also provide more room.
4. Try to book a non-stop flight if possible, less problems with your wheelchair if there are no transfers. If you can't always allow atleast 45 minutes for connecting flights. Some wheelchair travelers prefer to have a change of aircraft for an hour or so it gives them time to relax.
5. Now it is so much easier booking on line. You can even print your ticket on the day of your departure. Select the airline you wish to use and go to their website and make your reservations.
6. It is good if you can travel with an attendant to help with your meals, transfers, etc...
7. Carry an emergency bag with you. It should contain your daily necessities, a change of clothing, medication, tools for your wheelchair, and any other items that are important. Just in case you baggage doesn't arrive when you do.
8. If traveling in a Power-Driven wheelchair—be sure that you have **gel-cell batteries**. Many of the airlines refuse to carry wet cell batteries-too dangerous. You will have less hassles and THEY WILL ASK.
9. When you arrive at the check-in desk, tell them you would like to be tagged at the gate.
10. Wheelchair passengers are the first to board and last to get off. You can stay in your wheelchair until you get to the gate then they will transfer you onto an "aisle chair" that is a narrow high back chair with no sides, and strap you in to get you to your seat; or if you have assistance and were able to snag the First Bulk-Head seat, they can carry you from your wheelchair to the seat.
11. Your wheelchair will be loaded in the baggage compartment. Make sure they know how to handle your wheelchair. If there are detachable parts that can be put in your carry-on bag. Please do so. Or tape a list of instruction on the chair. Always put it in manual for easier pushing and less danger to your power unit.
12. Before the aircraft leaves the ground-ask the airline attendant to please make sure your wheelchair was loaded and if you have a connecting flight also ask that they check to make sure your wheelchair made the same change.
13. Tell the airline personnel that you would like to have your wheelchair brought to the gate if you have a long time between flights. You would be more comfortable in your own wheelchair.
14. Report any damages to your wheelchair IMMEDIATELY to the airline claim department.
15. If you have trouble flying take a CD player and your favorite music. This will take your mind off the flying.
16. Also it can be cool on the aircraft. Pack a light jacket or cotton shirt for outerwear that can be removed when you get to your destination.

Information taken from booklet "New Horizons For The Air Traveler With Disability" obtain a copy. by writing to.. US Dept of Transportation/Consumer Affairs Dept., 400 7th Street-SW, Washington D.C. 20590
Reprinted from First Coast Post Polio Support Group-Newsletter, Jacksonville, FL; May-Jun 2006.

Happy Birthday



June

Delores McCall —10
Brenda Mills —10
Ed Stallworth —12
Marie McManus —13
Ruth Parham —14
Janet DiClaudio -17
Harvey Varnadoe —22
Steve Hess —28

July

Joan Page —17
Cornelia Rollins —21
Dick Warden —30

August

Lyn Meeks —5
Gene Goff —7
Angelo Foster —8
Tony Calandra —11
Archie Ivey —11
Alice Stinnett —14
Nancy Hess —20
Idella White —21
Jim Vecca —27
Bob Parkhurst —29

Member Concerns

Janet DiClaudio, Ed Dowaschinski,
Ann Finley, George Finley,
Lorraine Frew, Delores McCall,
Lyn Meeks & Harvey Varnadoe

Please keep these members in your prayers.

Condolences



CEPSA would like to offer our condolences to Harvey and Skeet Varnadoe on the loss of Harvey's uncle. Our prayers are with the Varnadoe family.

Beat the Summer Heat

If it isn't bad enough dealing with cold intolerance, here comes the heat! Take a few precautions to stay healthy. Drink plenty of liquids and stay well-hydrated. Stay indoors, especially midday. Stay in an air-conditioned environment when possible or use room and ceiling fans. Wear a hat and loose fitting clothing. Don't forget to use sunscreen when outdoors and please, *slow down...* rest.

Congratulations



Congratulations to Adrienne and Ed Stallworth on the birth of their great grandson, Luke. Luke weighed in at 3 lbs 3 oz. He is still in the hospital, hoping to come home this week.

CEPSA would like to CONGRATULATE Adrienne Stallworth who retired on May 31, 2012. We wish you all the best and many days of rest and relaxation.



For Adrienne

Irish Retirement Blessing

May you always have work
for your hands to do.
May your pockets hold
always a coin or two.
May the sun shine bright
on your windowpane.
May the rainbow be certain
to follow each rain.
May the hand of a friend
always be near you.
And may God fill your heart
with gladness to cheer you.



IN THE NEWS

The article "There's no moaning and groaning with these active adults" by Gwyneth J. Saunders, appeared in the Bluffton Today newspaper on May 23, 2012. CEPSA member Sally Luck is the founding member of the group featured in the article, Sun City's Physically Challenged Active Adults, or PCAA.

Five years ago, the group was started with six people and has now grown to over fifty. The group members have a variety of physical challenges. They do not allow these challenges to get in the way of doing all kinds of activities and having as much fun as possible.

If you would like to read more about the inspirational PCAA group, please copy the following link to read the article as it appeared in the Bluffton Today newspaper:

<http://www.blufftontoday.com/bluffton-sun-city/2012-05-23/theres-no-moaning-and-groaning-these-active-adults#.T71XBzG9tR8>.email.

Luck, Sally. "Fw: [PCAA-SCHH] Fwd: There's no moaning and groaning with these active adults | Bluffton Today." E-mail to Cheryl Brackin. 24 May, 2012.

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 CEPSA, CEPSA'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. CEPSA, CEPSA's THE LIGHTHOUSE and its editors do not assume any responsibility for an individual's actions.

Poem of the Month

WHAT MAKES A DAD?



God took the strength of a mountain,
 The majesty of a tree,
 The warmth of a summer sun,
 The calm of a quiet sea,
 The generous soul of nature,
 The comforting arm of night,
 The wisdom of the ages,
 The power of the eagle's flight,
 The joy of a morning in spring,
 The faith of a mustard seed,
 The patience of eternity,
 The depth of a family need,
 Then God combined these qualities,
 When there was nothing more to add,
 He knew His masterpiece was complete,
 And so, He called it ... Dad
 -Author is unknown

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Father's Day Poem Submitted by CEPSPA member Jim Veccia

OPERATION GO



CEPSA members Ed and Adrienne Stallworth went on a Prayer Mission, OPERATION GO (Gospel Outreach) trip, to work with the Belen Baptist Church, in Santa Barbara, Guatemala from May 26-June 2, 2012. Ten Baptist churches helped IMB Missionaries Larry and Sarah Plyler and Pastor Benedicto Xata from Santa Barbara visit the people in Santa Adelaide. They were the team members representing the Bull Street Baptist Church. Their goal was to pray, walk, visit homes and share the love of Jesus with the people of Santa Adelaide. They visited homes and were able to share in the public school. From June 2 through June 5, Ed and Adrienne met with Apolinario Quixnay, the Pastor of Dios es Amor Baptist Church in San Andres Itzapa. They are working on establishing a partnership with Bull Street Baptist Church and the Dios es Amor mission to plant a church among the Cachkiquel indigenous group.

Have a Happy and Safe Holiday



"WE hold these Truths to be self evident that all Men are created equal, that they are endowed by their creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness."

-from the Declaration of Independence, July 4, 1776.

"You two did a fabulous job on this May newsletter, just as you do on all of them. It's beautiful to see quality work like that. This edition was so personal to us and yet I've received rave reviews from my friends and family I forwarded it to. I want to send you one from my college friend Marylisë Rhoads in Oklahoma." -Marty Foxx

Martha --- Have I told you lately that I love you?

This newsletter is so informative and uplifting! The article about kitchen organization is really helpful for anyone, especially as we grow older, and the one saluting mothers of children "with something more" moved me, because it reminded me of Jimmy, my best friend in childhood, who was born with osteogenesis imperfecta, or brittle bone disease.

Jimmy spent many months in casts from his waist down all the time we were growing up, because he broke his femur so many times. Once, it was on Mother's Day; I remember being about 10 and looking through our curtains and seeing the ambulance pull up in front of his house. Looking back, I understand now why his mom was always cautioning him, especially when the grass was wet: "Jimmy, don't run!" I knew he hated that, because he would say to me, "She watches me like a hawk!" At the time, I shared his annoyance; to me he wasn't a handicapped kid --- he was Jimmy, my best friend and next-door-neighbor. When we played during his confinements, it was board games or card games, or tape recording our made-up plays, or looking through his microscope or watching TV. His parents took me out on the family boat a couple of times, and we would sit on the front of it, our legs dangling down the hatch, as we rode along Long Island Sound. They're good memories, but cut short, when my family moved to Georgia, when we were 16, though Jimmy and I wrote each other for years. The memories are also tempered by the fact that Jimmy died, when we were about 30; it was a terrible loss...

Of course, I read the polio stories --- all three. Carlos' description of being teased and of being picked last, no matter how hard he tried at sports --- those things are hard on any kid --- that broke me, I guess because of Jimmy... And then yours --- It told me things I didn't know my mom had suffered, though she told me some. She told me of her parents doing physical therapy exercises at home when she was young --- polio struck her legs at about age 7; each night, one parent would read stories to her, while the other exercised her legs. It was during the Depression, but my grandfather would give her a dime for every week she could go without falling. When she was about 13, and again the next year, she was sent to the Evelyn Goldsmith Home for Ruptured and Crippled Children --- away from her family for months at a time. (Forever after that, she hated the word "cripple".) I have her diary from that period; she would start out optimistic and determined to be brave, and then become discouraged and homesick. [They even told her she was not to write in Danish to her mother; remember, her family had immigrated from Denmark, when she was 3.] There were times of bus trips to a New York doctor with her mother and of wearing a cast on her back as well as leg braces. As a teen, Mom had to make the decision of whether or not to have surgery on her back, which had developed double scoliosis. She elected not to have the surgery, which would have made her back rigid and possibly cause her to be unable to have children. [That reminds me of Jean Jordan at Tift; she'd had some kind of back operation like that. Wonder if it was a result of polio...] Anyhow, you may recall that Mom had a limp the rest of her life, but like you, she was very independent and determined to live a normal life.

So I thank you and your friends for a wonderful insight into your lives, and Jimmy's, and Mom's, because you all make my life richer by your example, and you make me appreciate my life --- even when you give me a kick in the rump to do so!

Again --- I love you, Martha. Thanks for being my dear friend all these years; I couldn't imagine my life without you! May Heaven grant us many more years together! And Happy Mother's Day!

Love, Marylisë

Thank You for all your kind words .

-Carlos & Wanda Clas , Co-Editors

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:

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Thank you for your support and encouragement.



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Shining Light on Post-Polio Health

**CEPSA's next meeting is on
Saturday, June 23, 2012,
10:30 AM
at Barnes Restaurant,
5320 Waters Avenue
Savannah, GA 31406**