



# THE LIGHTHOUSE

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

June, 2013 Newsletter

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

Vol. XVI, No. 6



## The President's Message...

**H**appy Summertime! It must be summer in Savannah with ninety-degree temps, swimsuits in stores since January, the Tybee Beach Bum Parade, oleanders bursting into bloom, and intense sunshine. I hope you have an enjoyable summer, whatever you do.

With sadness I read the last newsletter from the Florida East Coast Post-Polio Support Group on May 14. Barbara Goldstein, polio survivor extraordinaire, ran the group for 20 years and produced their excellent newsletter. I had the pleasure of meeting her at a regional polio meeting in Atlanta in 1998. Folks like Barbara often are unsung heroes in the effort to help polio survivors. I salute this remarkable woman for the gifts she gave and wish her happy, healthy days to come.

CEPSA offers congratulations to Dr. Paul Peach, Physiatrist and Director of the Palmyra Polio Clinic in Albany, Georgia, who is retiring soon. Several members have been evaluated and followed by Dr. Peach. We thank him for his care and wish him well in his retirement.

Many members are participating in placing our new brochures/holders around the area in medical offices, brace shops, etc. Wanda and Carlos Clas designed our updated brochure and the holder, giving CEPSA a fresh, new look. Kudos to them for one more gift to us! We know there are many survivors out there who could benefit from CEPSA. A female survivor just joined my pool aerobics class at Candler. My pool instructor Sarah told me about a survivor who was accompanying his wife to a cardiac rehabilitation class. I gave a brochure and PPS article to both people. Thank you all for sharing our message and helping locate polio survivors.

## Happy Father's Day



Happy Father's Day to all you CEPSA dads!! Let us remember our polio fathers and the sacrifices they made. My dad could not make all 34 outpatient trips to Warm Springs with us because he was working. My parents received only \$50 from the March of Dimes after I was diagnosed. My father paid the remaining costs

of my hospitalization and outpatient treatments. I never have forgotten.

Please join us for our June program. Leigh White, Physical Therapist at Candler Hospital, has been recommended highly by our own Diane Davis and Lavonne Calandra, who have been treated by her. We look forward to seeing you on June 22 for our last meeting before our summer hiatus.

Cheryl Brackin, President

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### REMEMBER

DAD



**Next Meeting**  
Saturday,  
**June 22, 2013**  
10:30 AM

Coastal Empire Polio Survivors Association, Inc.

## General Meeting Minutes

May 18, 2013

Location: Exchange Restaurant

**Call to Order/Welcome:** President Cheryl Brackin called the meeting to order at 10:36am. She welcomed the members present.

**Pledge of Allegiance:** Barry Turner led the Pledge of Allegiance.

**Inspiration:** Wanda Clas presented the inspiration. She read a humorous, meaningful piece called "Attitude."

**Meeting Minutes:** The minutes from the April anniversary meeting were unanimously approved with no discussion or corrections.

**Financial Report:** Jim Veccia gave the financial report in the absence of Treasurer Marty Foxx. The report was approved unanimously with no discussion or corrections.

**Care Team Reports:** Betty Goff was welcomed back after her recent illness. She thanked the members for their cards and prayers. Sandra Bath fell May 16 at her home, injuring her left arm. Delores McIntyre related details from a note she received from Janet DiClaudio, who continues to improve at Eagle Health and Rehab. We continue to be concerned about Penny Smith. Jim said that Dianne Falgiani seems to be doing well. Bobby Johnson, husband of Patrina, fell from his wheelchair Easter weekend, injuring a leg. Wesley Graham, brother of Richard, recently had surgery at Memorial Health and was in ICU.

### OLD BUSINESS:

**Request for Free Mailing of Newsletter:** Cheryl reported that our request for free postage for our newsletter has been denied. We can appeal and agreed that we should. Lavonne Calandra agreed to carry a letter to the office of Congressman Jack Kingston to request his assistance to CEPISA in this effort. She and Cheryl will collaborate on a letter. Cheryl will call and send a letter to the office of Senator Saxby Chambliss, requesting his assistance as well.

**Brochure Kits:** Wanda and Carlos Clas collated our new brochure kits and brought them to the meeting. Several members took kits to deliver to various doctors' offices, clinics, etc.

### NEW BUSINESS:

**Summer Luncheon:** We were reminded about our summer break for the months July and August. The members agreed to meet Saturday, August 3, noontime at Johnny Harris Restaurant on Victory Drive for our summer luncheon (Dutch treat). Care team callers will be contacting members in mid-July to get a total count of those attending. We must have this number for the restaurant.

**Possible Change of Meeting Schedule/Printing of Newsletter:** Tom Schendorf brought up the possibility of revising our meetings and the printing of the newsletter to a quarterly schedule. Discussion followed; this idea has been mentioned in the past. We agreed to continue our present schedule of eight meetings and a holiday luncheon yearly. If attendance or our number of volunteer leaders decreases, we will revisit making this change at a future time.

**Announcements:** Richard reported that Dr. Paul Peach, physiatrist and director of the Palmyra Polio Clinic in Albany, Georgia, will retire June 28. He plans to move to Knoxville, Tennessee. Cheryl will send him a letter of congratulations from CEPISA.

The Clases met a man at Wal-Mart whose father is a polio survivor. They obtained the e-mail address of the survivor and sent him information about the late effects of polio and CEPISA.

Richard recently met and invited two Effingham County polio survivors to attend our meetings.

**Adjournment:** The meeting was adjourned at 11:43am. An SOS program followed.

**Program--Sharing Our Strengths/Sharing Our Secrets:** The group participated in an exercise in which they listed and told five things about themselves or their life experiences. The members then tried to decide which of the five things was not true about that person. We shared some laughs and learned some new things about each other.

Respectfully submitted, Cheryl Brackin, Acting Secretary (in the absence of Michael Dunnermann)

**Attendance:** Cheryl Brackin, Lavonne Calandra, Ann Chance, Carlos Clas, Wanda Clas, Betty Goff, Richard Graham, Patrina Johnson, Delores McIntyre, Sissy Morel, Tom Schendorf, Barry Turner, Jim Veccia.

## Upcoming Meeting Dates

### GENERAL MEETING

June 22, 2013 @ Exchange Restaurant

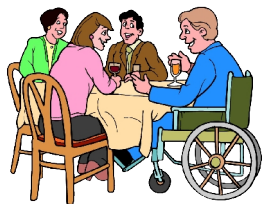
**NO Meetings in July or August**

September 28, 2013 @ Exchange Restaurant

## SUMMER LUNCHEON

August 3, 2013 @ Johnny Harris Restaurant  
12:00 Noon

Please join us on August 3, 2013 for our **one and only summer luncheon** "get together" this year. We will meet for lunch only once this summer to catch up with each other, so be sure to join us. Of course, it will be "Dutch Treat" and it will be fun! Johnny



Harris Restaurant is located at 1651 E. Victory Drive, in Savannah. You can call (912) 354-7810 or go to [www.johnnyharris.com](http://www.johnnyharris.com), if you need directions.

## Our June Speaker

### Leigh White, Physical Therapist

Candler Outpatient Rehabilitation

### Benefits of Physical Therapy Combined with Nutrition

Leigh White moved to Savannah in 2004 to attend Armstrong Atlantic State University and graduated December 2006 with a Master's of Physical Therapy. She has been practicing at Candler Hospital Outpatient Rehabilitation for over 6 years. Leigh has had a great deal of continuing education regarding treating and decreasing pain in the spine. Over 50% of her patients have had less pain. She has experience in all aspects of therapy, including understanding the post-polio patient's needs. Leigh and her husband, Steve have been married 6 years and attend Community Bible Church. They are in the process of adopting a little girl from India, hopefully by the end of the year. They have completed multiple triathlons of varying distances, and Steve also puts on triathlons and mud runs with Fellowship of Christian Athletes Endurance to create a fun atmosphere to share the love of Christ. Leigh is passionate about helping others reach their nutritional goals and recognizes the importance of God's natural powerful foods, i.e., fruits and vegetables. She has learned much about nutrition through her own health challenges, and was propelled by her mother-in-law who fought and passed away from colon cancer. Much of her training has been from a course from Hallelujah Acres and under the research of doctors' published work. These doctors are helping patients reverse chronic diseases through lifestyle dietary patterns.

Leigh will share information on the importance of movement and posture to help keep the body healthy and decrease pain. She will also educate and empower on subjects you might not know about physical therapy. These include the source of where that pain is really coming from, how to get rid of those cramps or swelling, and the importance of nutrition and protein on healing. She will discuss how your doctor can help you maintain a better quality of life.

## Polio Vaccination Campaign Suspended in Pakistan After Polio Worker is Killed

Two polio workers were attacked and one of them killed in Pakistan at the end of this past May. They were part of the effort to eradicate polio in this violence-torn country.

The four-day U.N. backed campaign was stopped for security reasons and also out of respect for the slain and injured polio workers. These types of attacks make it difficult for Pakistan to become polio-free like other countries in the region.

The World Health Organization and Dr. Nima Saeed, the acting WHO country head for Pakistan, are in agreement that the safety of the polio workers is paramount. Dr. Saeed hoped that the government would provide the health workers with security so that they could continue with their efforts.

This attack follows previous attacks in different parts of Pakistan. Nine polio workers were killed in December. Several more workers and police who were protecting them, have also been killed since then.

According to the U.N. 240,000 children were not vaccinated since July in parts of Pakistan's tribal belt because of security reasons.

Original article suggested by Jim Vecchia, 29, May, 2013 can be read at:  
<http://www.islandpacket.com/2013/05/28/2519786/gunmen-kill-female-polio-worker.html>.

### Voluntary Dues of \$15.00 may be paid to:

Marty Foxx

23 East 61<sup>st</sup> Street

Savannah, GA 31405

Please try to make your payment this month,  
either at our next meeting or else by mail.

***Thank you.***

# Second <sup>2</sup> Chance

by Diane Davis

I am excited that Leigh White, my Physical Therapist, will be speaking to us at CEPESA's June meeting. She is also Lavonne Calandra's PT. Leigh helped me recover from a shoulder injury I had in December 2011. Freddie and I were completely caught off guard when I injured my left shoulder, because my entire left side was paralyzed without the use of my left arm. I couldn't do anything for myself. This was extremely hard for me. I always had strong arms and upper body strength, which enabled me to live a normal, full life. I have been walking with crutches and full-length leg braces on both legs since I was 2 years old. I have zero muscle strength in my left leg and weakness in my left hip, right leg and lower back due to the polio. This injury was a horrible reality of how it would be for me if something happened that caused permanent damage to my left shoulder or arm. Freddie and my daughter, Leslie had to do everything for me. They had a difficult time dressing me to go to the doctor and putting on my braces because they were so afraid they might hurt my legs. When my doctor told me that I needed physical therapy, I called, Leslie at work from the doctor's office. I knew she would advise me who I should see because she was a physical therapist at Candler in the inpatient rehab department. Leslie immediately contacted the outpatient department, and Leigh White said she would see me as soon as I could get there. Freddie took me to Candler from the doctor's office. I was very thankful Leigh saw me so quickly; she has been a blessing from God to me. Before the injury, I tried to exercise my arms but they would get even more exhausted. So I did what they tell polio survivors, "If something you are doing causes pain or fatigue, STOP." Leigh told me that the muscles in my arms and shoulders that I use all the time to walk with crutches and get in and out of the scooter, etc. were strong, but other muscles in my arms had become weak. I guess this was from the inactivity using the scooter around

the house to alleviate the overwhelming post-polio fatigue that I had been having for years and the muscle pain and exhaustion in my arms. I was also experiencing extreme brain fatigue, pain in my neck with a shooting pain up the back of my head, increased pain in my arms at night with a stinging painful feeling like my arms were asleep which caused me not to sleep well. All these symptoms were getting progressively worse. According to Leigh, the stronger muscles in my arms were overcompensating for the weak muscles, which caused muscle exhaustion in my arms and put me at greater risk for injury. She also confirmed for me that I can safely strengthen my arms because they were not affected by polio, but the exercises must be the right type of exercise and done properly, like the therapy Leigh taught me. I had never used stretch bands before because I can't stand and balance enough to pull on the bands with my arms; I would pull myself into the wall. Leigh taught me therapy that was centered around sitting in my scooter and sitting on the arm bike exercise machine. I also found that I needed a folded towel under my left hip for support, so I could sit straighter while doing therapy. Later I made a cushion that I use all the time now in my scooter, home office chair, sofa, at church or any time I will be sitting for long periods. Over the past few years when I had dental work or medical procedures, I would ask for a pillow or folded towel to put under my left hip because it was painful to my back to sit or lie in one position for any length of time. However, I didn't think about using a cushion all the time to help me to sit straighter until therapy. After two months of therapy, Leigh wanted me to continue my exercises at the gym to maintain strength and to control the pain. At my last session, she asked me to go in the gym at Candler to try out some of the machines to do my therapy. To our surprise, I couldn't get on any of the machines because of my braces. So Freddie installed a mini gym in our garage. Now I can do all my therapy at home in my scooter. I have the arm exercise bike, pulleys installed in the ceiling and the stretch band equipment on the wall and more. It is amazing... the stronger my arms get... the less fatigue and pain I have. Leigh told me, as I get stronger to walk more

and use the scooter less. The therapy that Leigh taught me strengthens the weak muscles in my arms and shoulders and maintains the strong muscles without overextending the muscles I use all the time to function. Thank the Lord, the pain in my arms, shoulders, back, neck and head is gone as long as I continue my neck therapy a few times everyday and my arm therapy at least four times a week. In addition, every morning before I get out of bed I carefully do light exercises with my hips and legs, but only to maintain the strength I have, because my legs were so severely affected by polio. If the exercise I am doing causes any discomfort at all, I change positions or try something different.

I have had a few setbacks when my doctor prescribed medications that increased my post-polio symptoms but other than that I have had great success. It takes a lot of self-discipline to do my therapy as often as it is needed. It looks like this is something that I will always need to do to manage the pain and fatigue from now on. Sometimes I just don't feel like doing it. Then I think about my parents giving me therapy every day, twice a day from age 21 months old, at the onset of polio, until I was 16. My back stretching therapy required two people, so Mama would get me up early every morning and put me in a warm bath to get my muscles ready for therapy. Then my parents would do my back therapy before Daddy left for work, and Mama would continue therapy on my hips, legs and feet. When Daddy came home after work at night, my therapy started all over again. My parents inspire me to tap into the polio survivor-fighting spirit that we polio people seem to possess, and I get myself out in the garage to do my therapy. One of my favorite scriptures is Romans 8:28, "God causes all things to work together for good for those who love God, for those who are called according to His purpose." If I had not experienced this painful time, I wouldn't have known the good that God would bring to help me maintain the strength in my arms and decrease pain by doing physical therapy in my scooter. I am so thankful that God gave me a second chance with my arms, and there was no permanent damage from the shoulder injury. Matthew 19:26, "With God all things are possible."

## Attitude



There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.



"Well", she said,  
"I think I'll braid my hair today."

So she did and she had a wonderful day.



The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.



"H-M-M," she said, "I think I'll part my hair down the middle today."

So she did and she had a grand day.



The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.



"Well," she said, "today I'm going to wear my hair in a pony tail."

So she did and she had a fun, fun day.



The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

"YEA!" she exclaimed,  
"I don't have to fix my hair today!"

**Attitude is everything.**

-Author Unknown



# Chatham Emergency Management Agency



The Chatham Emergency Management Agency or CEMA website has an incredible array of valuable information. On the website you can find emergency contact numbers, evacuation maps, preparedness checklists and even pet information to keep your pets safe too in an emergency.

The Mission of the Chatham Emergency Management Agency is to protect lives and property from the threat of all types of major emergencies and disasters, both natural and man-made. This shall be accomplished by providing community-wide leadership, guidance, support and coordination in the areas of mitigation, preparedness, response and recovery.

You can read more at:

<http://www.chathamemergency.org/>

## Functional and Medical Needs Clients Urged to Register with the Health Department

Register NOW by calling:  
(912) 356-2441



The Coastal Empire has been lucky when it comes to hurricanes; however, most experts agree that it's only a matter of time before the Georgia coast gets hit by a major storm.

The Chatham County Health Department maintains a Functional and Medical Needs Registry which consists of residents who may require medical assistance during emergency situations. Those on the Registry may need specially trained health care providers, special facilities equipped to meet their needs, and specialized vehicles and equipment for transport.

The Registry is provided to the Chatham Emergency Management Agency (CEMA). The Registry is truly a last

resort, but if a hurricane is threatening our area, it is important CEMA and Health Department officials know where the most vulnerable residents are located so that evacuation assistance can be provided to them.

### Here's how to register:

- Call the Functional and Medical Needs Coordinator at the Chatham County Health Department, (912) 356-2441.
- The coordinator will request your mailing information and send you a special needs enrollment form to complete and return to the Health Department.

The application can also be downloaded from the [Coastal Health District website](#).

When the form has been completed, it can be mailed to:

Chatham County Health Department  
Attn: Functional and Medical Needs Coordinator  
1395 Eisenhower Drive  
Savannah, GA 31406

It is important to note that people living in nursing homes, assisted living facilities, and personal care homes aren't eligible for the Functional and Medical Needs Registry and must follow their facility's emergency plan.

### How the Registry Works

Functional and medical needs persons are categorized into five levels. If you meet the criteria for levels one or two, you are not eligible for the Registry. If you meet the criteria for levels three, four, or five, your name will be entered into the Registry.

### Functional and Medical Needs Definitions

*Levels ONE and TWO: Not eligible for the registry*

Level one and level two clients are not eligible for the Registry. The definition for level one and level two clients is: "Persons who are independent and capable of self-care requiring only minimal support for minor illnesses and injuries, and persons with conditions requiring observation or minor supportive assistance in activities of daily living (i.e. independent with some family/caretaker support).

If a county mandatory evacuation is ordered, level one and two clients who do not have personal transportation will be advised to go by any CAT bus to the Savannah Civic Center for evacuation to a public shelter.

*Levels THREE, FOUR and FIVE: Eligible for the registry*

Level three, four, and five clients are eligible for the Registry.

The definition of level three residents is: "Persons with conditions requiring some level of privacy or separation but do not require skilled or continuous health care support from facility staff."

Some examples of level three residents include those with moderate Alzheimer's or dementia; those requiring assistance from a family member or caretaker for activities of daily living; those with portable oxygen; and dialysis patients.

The definition of level four residents is: "Persons requiring frequent or continuous surveillance for potentially life-threatening conditions or require bedding or bathroom facilities not available in the (public) shelter."

Some examples of level four residents include those requiring assistance with toileting; those with limited mobility who cannot sleep on a cot or transfer; brittle diabetics or epileptics; oxygen dependent persons; and those with severe dementia or psychiatric conditions.

The definition of level five residents is: "Those requiring skilled care, continuous observation, or special equipment and services usually found in a hospital."

Some examples of level five residents include those needing IV feeding or medication; those completely bed-fast requiring total care; those with uncontrolled chronic or acute physical or mental conditions; women in active labor; and those with significant injuries, difficulty breathing, or prolonged pain.

If you are not accepted into the Functional and Medical Needs Program, you will be immediately called by the Health Department and advised to make other arrangements for evacuation and sheltering.

If you are accepted into the Program and a mandatory evacuation order is about to happen, you will be advised by the United Way 2-1-1 staff to prepare. As the evacuation begins, you will be called a second time by the United Way staff and told the specific time you will be picked-up by Teleride or an ambulance.

Level three and four clients will be taken to a Functional and Medical Needs Center for evaluation and transportation to a special needs shelter.

If the evaluation results in a designation of level one or two, you will be taken home where you may take a CAT bus to the Civic Center for transportation to shelter. If the evaluation process results in your being designated at level five, you will be taken to a local hospital or inland shelter.

Clients accepted at level five will be called by the United Way 2-1-1 staff and told the time of pick-up. When you receive the call, you will be told to be prepared to evacuate immediately and will be given a list of things that you must take to the hospital.

During an evacuation or unexpected emergency, when there is not enough time for normal registration:

- All requests to be placed on the Functional and Medical Needs Registry will be recorded by the Coordinator.

- The Coordinator will refer you to public health nursing for telephone screening.

- When the screening is complete, if you are evaluated at level one or two, you will be told to take a CAT bus to the Civic Center for transportation to shelter.

- If accepted into the Registry at level three, four, or five, you will be told by the Coordinator and asked to await instructions from United Way 2-1-1.

Persons registered in the database will be contacted twice a year to verify their medical condition and update their information. When a storm is about three days (72 hours) from Chatham County, you will be called by United Way 2-1-1 and told:

- That an evacuation is possible.
- To prepare your essential items' kit that includes medications and important documents.
- To be prepared to evacuate within one hour of the next call.

You will be picked up by Teleride or by ambulance and taken to a Functional and Medical Needs Center or local hospital where you will be given a document pouch for use during transportation to your destination. Your registration form, medical history, allergies record and medications list will be placed in the document pouch.

Your name will be placed on a tracking form and you will be given an identification number. This number, along with your name and destination, will be placed on a bracelet that you will wear to your destination during the evacuation.

Pets will only be allowed at the Center if they are in a carrier and you have your pet's current immunization records; or if they are service animals assisting disabled persons (these animals must remain with their owner at all times). Animal Control will provide staff and equipment to temporarily care for animals that are brought to the Center.

When reentry is authorized, the evacuation process will be reversed and you will be returned to your home.

All may be quiet in the Atlantic Basin and Gulf of Mexico now, but that could change quickly. So if you qualify for the Functional and Medical Needs Registry, don't wait to register. Being prepared is the best way to ensure your safety during a disaster.

**Please visit the CEMA website at:**  
<http://www.chathamemergency.org/>

**CEPSA would like to thank Clayton Scott, the Director of the Chatham Emergency Management Agency. Mr. Scott has generously allowed us to use the information from the CEMA website as needed for our newsletter.**

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Reprinted with permission via telephone from Clayton Scott, 03 June, 2013.

# Hurricane Preparedness Checklist ✓

Below is a checklist for hurricane and tropical storm preparedness. It may be helpful to those with special needs and especially to our members suffering with Post-Polio Syndrome with limited mobility. This list gives you the opportunity to prepare ahead and at a slower pace that may be necessary for some. FYI...hurricane season runs from June 1<sup>st</sup> to November 1<sup>st</sup>.

Please check with your local county emergency services and your local chapter of the American Red Cross for more information on how to prepare and if necessary, how to evacuate.

Every individual should have an emergency evacuation plan, especially those with special needs that may need assistance evacuating.

## CHECKLIST:

- 1. Important Papers (in a waterproof container)
  - a. \_\_\_ Driver's license
  - b. \_\_\_ Medical records and special medical Information such as list of style and serial numbers of medical devices such as braces, pacemakers and oxygen
  - c. \_\_\_ Medical insurance and Medicare cards
  - d. \_\_\_ Insurance policies and insurance agent contact number
  - e. \_\_\_ Family and physician contact numbers
  - f. \_\_\_ List of style and serial numbers of medical devices, i.e. pacemaker, oxygen tank, brace, and other assistive devices
  - g. \_\_\_ Map(s) of the area with local shelters and evacuation routes clearly marked. Register ahead of time with your local shelters if you have special needs.
- 2. Water
  - a. \_\_\_ 2-week supply if you are staying at home, 1 gallon per person, per day
  - b. \_\_\_ 3-day supply if you are evacuating, 1 gallon per person, per day
- 3. Food
  - a. \_\_\_ 2-week supply of nonperishable food if you are staying at home
  - b. \_\_\_ 3-day supply of nonperishable food if you are evacuating
- 4. Non-electric can-opener
- 5. Battery powered radio (hand crank is great, but may be too difficult to operate for those with limited mobility)
- 6. Flashlights
- 7. Extra batteries
- 8. Two-week supply of prescription medication & list including dosages and allergies
- 9. Cell phone and chargers
- 10. Mosquito repellent and sunscreen
- 11. First Aid Kit
- 12. Water purification kit (tablets, plain chlorine and iodine)
- 13. Pre-moistened towelettes and personal hygiene items
- 14. Antibacterial wipes and/or hand sanitizer
- 15. Walker, wheelchair, and other medical equipment. It is a good idea to talk to your medical equipment company prior to determine needs for battery or electric powered devices, register with the power company if electricity required for oxygen or special needs.

## IF YOU EVACUATE,

take items on the checklist and also take:

- 16. Bedding and extra blankets
- 17. Extra clothing and shoes (rain gear can come in very handy)
- 18. Eyeglasses
- 19. Folding chair or cot
- 20. Extra hearing aid batteries
- 21. Extra set of house and car keys
- 22. A book or puzzle book and pen for passing away the time if you are in a shelter

## PRECIOUS COMMODITIES before and after a storm:

Cash, Ice, Charcoal, Wooden Matches, Grill, a camera to record damages to your property or possessions. Using a separate camera instead of your cell phone's camera, will conserve your cell phone battery.

## DON'T FORGET to:

- a. \_\_\_ Make arrangements to board your pets if necessary. Most shelters do not allow pets. Have enough food and water for them to last after the storm
- b. \_\_\_ Fill your car's gas tank
- c. \_\_\_ Get help if you are boarding-up your windows and doors. Don't attempt to do this alone. Do not jeopardize your safety to protect replaceable items.
- d. \_\_\_ **STAY SAFE!**

Read more: <http://www.agingwisely.com/successful-disaster-preparedness/#ixzz2UzmayGpg> or [http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4340160\\_Hurricane.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340160_Hurricane.pdf)



# SmartSenior



**SmartSenior** is the most comprehensive senior membership program in Southeast Georgia and the South Carolina Low Country for persons ages 55 years and older. With over 4,000 members, the SmartSenior Program has something for everyone.

For a nominal annual membership fee of only \$15, members enjoy a variety of benefits, including:

- **Health screenings**

Blood pressure checks and memory, hearing, stroke and skin cancer screenings.

- **Educational health seminars**

Monthly Lunch and Learn and Breakfast Bunch seminars where members enjoy a complimentary meal and a presentation by health professionals and community leaders on topics of interest.

- **Computer training classes**

This six-week class teaches basic terminology, file organization, how to type letters and send e-mail and more. Classes meet once a week.

- **Line-dancing classes**

SmartSenior offers beginner and intermediate line-dancing classes on a weekly basis.

- **Medicare counseling**

For assistance in understanding those daunting Medicare forms, policies and procedures, a counselor is available by appointment.

- **Merchant discount program**

You will receive an extensive merchant discount list featuring discounts to SmartSenior members at retail and restaurant establishments throughout the area, as well as discounts at the Candler and St. Joseph's Hospital cafeterias.

- **Travel club and discounts**

Discover new places and cultures while making friends at special discounted rates with SmartSenior's exclusive travel provider. Travel adventures include short day trips to nearby destinations, as well as longer excursions to destinations like New York City and abroad.

- **Office services**

Free office services including faxing, photocopying and notary services, as well as the use of computers with Internet access.

- **Hospitalization benefits**

Hospital inpatients receive complimentary newspapers, private rooms and a SmartSenior Newsletter.

- **Special events**

Popular social events such as the Bingo Bash and Picnic in Daffin Park, and the Season Celebration Dinner/Dance are offered annually to SmartSenior members.

- **YMCA**

Discount on the joiner's fee at any YMCA of Coastal Georgia. Free photocopying and fax services are also available to SmartSenior members at any YMCA in the local area.

## Frequently Asked Questions



**Q:** What are the requirements for membership in SmartSenior?

**A:** The program and its services are available to individuals who are 55 years of age and older. A short application form will need to be completed.

**Q:** Does membership include a discount on my hospital bill?

**A:** No, membership does not include discounts on hospital services.

**Q:** Where are activities held?

**A:** Some activities are held in the SmartSenior office, while others are held in community centers or at St. Joseph's and Candler Hospitals. Our SmartSenior Newsletter, sent to all members, designates what events are occurring at each location.

**Q:** How do I join?

**A:** For further information or to apply for membership in the SmartSenior Program, please drop by our office or contact us at:

**SmartSenior**  
#8 Medical Arts Center  
Savannah, GA 31405  
(912) 352-4405

<http://www.sjchs.org/smartsenior>

Article suggested by Cheryl Brackin at the CEPSSA general meeting, 18 May, 2013.

## Happy Birthday



### June

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

### July

Lois Pierce - 5  
 Ross Smith - 6  
 Joan Page - 17  
 Michelle Robertson - 21  
 Dick Warden - 30

### August

Lyn Meeks - 5  
 Tom Schendorf - 5  
 Gene Goff - 7  
 Angelo Foster - 8  
 Tony Calandra - 11  
 Lillian Ellis - 11  
 Archie Ivey - 11  
 Alice Stinnett - 14  
 Nancy Hess - 20  
 Idella White - 21  
 Ron Gay - 26  
 Jim Veccia - 27  
 Karen Bostian - 28  
 Bob Parkhurst - 29

## Member Concerns

Sandra Bath, Janet DiClaudio, Wesley Graham,  
 Bobby Johnson, Ed Luck, Sally Luck, Eunice Newcomer,  
 Dot Parkhurst, Penny Smith & Gigi Veccia  
*Please keep these members in your prayers.*

## Condolences

It is with great sadness that we say goodbye to another CEPASA member William "Bill" Pierce. Our deepest condolences to Bill's family. Our prayers are with them all.



**William Lloyd Pierce, Jr.** - SAVANNAH - William Lloyd Pierce, Jr., 86, died May 23, 2013 at St. Joseph's Hospital. Born December 30, 1926 in Brooklyn, NY he was the son of William Lloyd Pierce, Sr. and Madelaine Nollman Pierce. He attended P.S. 32 in Flushing, Long Island, NY, The Foxwood School in Kingsport, Long Island, and The New Hampton School. During the summers for ten years he attended Camp Dudley in Upper State New York which he always said was one the most pivotal points of his life. After attending Colgate University for one year he decided to serve his country and voluntarily joined the United States

Marine Corps. He served in Guam and Japan and received an Honorable Discharge. His passions were playing drums, golf, hockey, and baseball. He played golf from California to Augusta, GA, playing at the Augusta National Golf Course. During his golfing career he scored two holes in one. He married the love of his life, Lois Cunningham, on December 30, 1950, his birthday, so he would never forget his anniversary. A highly respected businessman, Bill was Vice President of Sales of Edwards Company, Sales Manager at Federal Pacific Electric Co. and also represented Tork Electric. He was an asset to any company he worked for. As a sales manager wherever he went sales went up. Many people said he was one of the greatest guys they have ever known and one of his dearest friends said he had the heart of a lion. He was devoted to making his wife Lois very happy, and one of his caregivers said he worshiped the ground she walked on. He was a wonderful story teller and had a fantastic sense of humor until the day he died. He made everyone around him happy and B never met a stranger. Two of his favorite sayings were It's the little things in life that count and The early bird gets the worm. He made a difference in the lives of everyone he touched from his family to anyone in the world. Bill survived Polio as an adult and was very tenacious in his survival. He had a wonderful spirit and a grateful attitude.

To Read Bill's entire obituary that was published in the Savannah Morning News on May 26, 2013 and to sign the guest-book, please visit:

<http://www.legacy.com/obituaries/savannah/obituary.aspx?n=william-pierce&pid=165008815&fhid=5316>

## Have a Happy and Safe 4<sup>th</sup> of July.

Variously known as the Fourth of July and Independence Day, July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution (1775-83). In June 1776, representatives of the 13 colonies then fighting in the revolutionary struggle weighed a resolution that would declare their independence from Great Britain. On July 2nd, the Continental Congress voted in favor of independence, and two days later its delegates adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 until the present day, July 4th has been celebrated as the birth of American independence, with typical festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.



"July 4th." 2013. The History Channel website. Jun 3 2013, 4:08  
<http://www.history.com/topics/july-4th>

Happy Father's Day – June 16, 2013

### Quote of the Month

*I've had a hard life, but my hardships are nothing against the hardships that my father went through in order to get me to where I started.*  
- Bartrand Hubbard

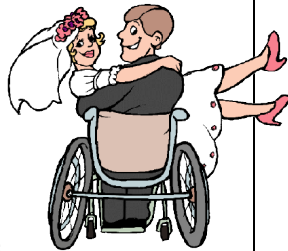


On July 19, 1910, the governor of the U.S. state of Washington proclaimed the nation's first "Father's Day." However, it was not until 1972, 58 years after President Woodrow Wilson made Mother's Day official, that the day became a nationwide holiday in the United States.

"Father's Day." 2013. The History Channel website. May 29 2013, 4:43  
<http://www.history.com/topics/fathers-day>.

### FYI

### Save The Last Dance For Me by The Drifters



This song tells the story of a couple at a dance. He tells his wife that she is free to dance and socialize with other men throughout the evening, but she should not forget that she is going home with him. Inspiration for the song came from a very personal experience.

The songwriting team of Doc Pomus and Mort Shuman wrote this song. In [\*Lonely Avenue: The Unlikely Life & Times of Doc Pomus\*](#), Alex Halberstadt explains that one night, Pomus found a wedding invitation in a hatbox, and back came his most vivid memory from his wedding: watching his brother Raoul dance with his new wife while Doc, who had polio, sat in his wheelchair. Inspired, he stayed up all night writing the words to this song on the back of the invitation. Shuman had played him a soaring Latin melody that afternoon, and he wanted the words to sound like a poem translated into English - something along the lines of Pablo Neruda. By the second verse, a hint of jealousy and vulnerability creeps in with the lyrics, "If he asks if you're all alone, can he take you home, you must tell him no." Pomus ended his night of songwriting by writing down the words that would become the title: "Save The Last Dance For Me."

Reprinted with permission from Carl Wiser, Songfacts.com.  
<http://www.songfacts.com/detail.php?id=7450>.



## When God Created Fathers by Erma Bombeck

This column was first published in June, 1974.

When the good Lord was creating fathers He started with a tall frame.

And a female angel nearby said, "What kind of father is that? If You're going to make children so close to the ground, why have You put fathers up so high? He won't be able to shoot marbles without kneeling, tuck a child in bed without bending, or even kiss a child without a lot of stooping."

And God smiled and said, "Yes, but if I make him child-size, whom would children have to look up to?"

And when God made a father's hands, they were large and sinewy.

And the angel shook her head sadly and said, "Do You know what You're doing?" Large hands are clumsy. They can't manage diaper pins, small buttons, rubber bands on ponytails or even remove splinters caused by baseball bats."

And God smiled and said, "I know, but they're large enough to hold everything a small boy empties from his pockets at the end of a day ... yet small enough to cup a child's face in his hands."

And then God molded long slim legs and broad shoulders.

And the angel nearby had a heart attack. "Boy, this is the end of the week, all right," she clucked, " Do You realize You just made a father without a lap? How is he going to pull a child close to him without the kid falling between his legs?"

And God smiled and said, "A mother needs a lap. A father needs strong shoulders to pull a sled, balance a boy on a bicycle, or hold a sleepy head on the way home from the circus."

God was in the middle of creating two of the largest feet anyone had ever seen when the angel could contain herself no longer. "That's not fair. Do You honestly think those large boats are going to dig out of bed early in the morning when the baby cries? Or walk through a small birthday party without crushing at least three of the guests?"

And God smiled and said. "They'll work. You'll see. They'll support a small child who wants to 'ride a horse to Banbury Cross,' or scare off mice at the summer cabin, or display shoes that will be a challenge to fill."

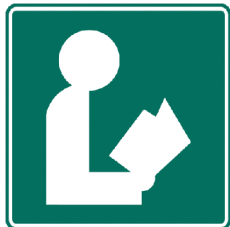
God worked throughout the night, giving the father few words, but a firm, authoritative voice; eyes that saw everything, but remained calm and tolerant.

Finally, almost as an afterthought, He added tears. Then He turned to the Angel and said, "Now are you satisfied that he can love as much as a mother?"

The angel shuteth up.

# POST-POLIO 101

## WHAT YOU NEED TO KNOW



### 1. DID YOU HAVE POLIO?

- Spinal tap?
- Unexplained fever?
- Flu like symptoms?
- Paralysis?
- Severe neck pain and/or headache?
- A disease that severely affected the nervous and muscular systems?

### 2. WHAT IS POST-POLIO SYNDROME? (PPS) (late effects of polio)

#### TRUTHS:

- A secondary condition to having had polio
- New symptoms approximately 10-40 years after recovery from polio
- Not everyone who had polio develops PPS
- Other conditions have been ruled out including normal aging

#### MYTHS:

- It doesn't exist
- The virus has returned
- You can't do anything about it
- Everyone gets the same symptoms
- PPS is life threatening
- All polio survivors have atrophied limbs

### 3. WHAT CAUSES POST-POLIO SYNDROME? (PPS)

- Decades of "overuse and abuse" of the body
- Polio damaged the nervous system, including the brain
- Motor neurons, that move muscles, weakened by polio are beginning to fail
- Triggered by a trauma (surgery, accident, immobilization, death of a loved one, etc.)

### 4. WHAT ARE SOME OF THE SYMPTOMS?

- Unaccustomed fatigue - either rapid muscle tiring or feeling of total body exhaustion
- New weakness in muscles - both those originally affected and those unaffected by the virus
- Pain/burning sensations in muscle and/or joints
- Breathing difficulties and/or sleep problems
- Swallowing problems

- Functional decline
- Depression and/or anxiety
- Weakness and muscle atrophy
- Muscle spasms, twitching and tingling
- Nerve compression problems, (carpal tunnel, tendonitis, etc.)

### 5. WHAT CAN BE DONE?

To **PREVENT** new symptoms from occurring

- Awareness of type "A" behavior
- Plan frequent rest periods
- Pace daily activities
- Limit exposure to cold
- Increase protein and decrease added sugars in diet.
- Gentle exercise program as prescribed by a professional familiar with PPS

To **PRESERVE** remaining strength

- Conserve energy, "Conserve to Preserve"
- Stop overusing and abusing
- Be active, but STOP short of fatigue and pain
- Use assistive devices (braces, canes, wheelchairs etc.)
- Use quality nutritional supplements as advised by a nutritionist
- Control your weight
- Maintain a positive attitude
- Join a post-polio support group

### 6. WHAT ABOUT BREATHING PROBLEMS?

Polio survivors may experience new breathing problems; the acute polio affected breathing muscles, such as the diaphragm and rib muscles, not the lungs.

#### SYMPTOMS:

- The need to sleep sitting up
- Insomnia
- Morning headaches
- Excessive daytime fatigue/sleepiness
- Night sweats, interrupted sleep and/or bad dreams
- Unproductive cough and increase in respiratory infections

#### APPROPRIATE ACTIONS:

- See your Healthcare provider and/or a pulmonologist for pulmonary function test.
- Be wary of oxygen therapy if your lungs are not damaged.
- A Tracheostomy may be appropriate in a limited number of cases.
- Possible need for sleep study

### 7. WHAT TO DO WHEN SURGERY IS REQUIRED.

- Talk to your healthcare provider about the planned procedure and post-polio concerns
- Set up a consultation with the anesthesiologist during the pre-admission process about concerns with post-polio and curare types of anesthesia
- Review your previous medication reactions with surgeon

- Assess with Healthcare provider your need for in-patient vs. out-patient surgery:
- Body positioning during procedure
- Cold intolerance
- Additional post-operative recovery time may be required
- Additional anesthesia and/or pain medicine may be required
- Assess level of fatigue to determine your ability to tolerate out-patient or in-patient procedures

## 8. WHAT TO DO ABOUT PAIN?

### Tips that have worked

- Use moist heat and/or ice packs to the painful area
- Get light massages
- Try warm water therapy
- Get tested for sleeping and/or breathing problems. Use assistive and adaptive aids, as necessary to reduce stress to muscles and joints
- Check into need for anti-depressant prescription drugs
- Use pain medication as prescribed by your Healthcare provider (ibuprofen, Celebrex, Vicodin, Percocet, Oxycontin, etc.)
- Try alternative type treatments (acupuncture, yoga, myofascial release, Reiki, Watsu, etc.)

## 9. WHAT ABOUT MEDICATION?

It is your responsibility to know all your prescriptions, over-the-counter (OTC) drugs, and supplements. Inform your health care provider with:

- Name
- Purpose
- Dosage
- Interaction with other medications
- Side effects and risks
- Previous medication reactions
- Change your lifestyle before turning to pain medications
- Avoid stimulants that cause increased fatigue

## 10. HOW IS PPS DIAGNOSED?

Having a Healthcare provider exclude all other possible causes for new symptoms, (normal aging, ALS, MS, MD, Guillen-Barre, etc.)

## 11. HOW TO COMMUNICATE WITH YOUR HEALTHCARE PROVIDER?

- BEFORE** you visit your Healthcare provider
- Keep a journal of progression of symptoms, making simple entries concerning:
    - Daily living
    - Physical
    - Emotional
    - Time of day most affected
    - Positive and negative changes
    - Note current symptoms, (tiredness, fatigue, exhaustion, etc.)

- From journal, make a list of questions and concerns to present to your Healthcare provider

### **DURING** the visit with your Healthcare Provider

- Describe all current symptoms and when/how they have changed over time
- Be specific about what you need
- Avoid giving "Yes" and "No" answers
- Describe HOW: (i.e. much, long, in what way). ("I can climb 3 steps in 5 minutes with assistance.")
- Clarify what you hear by asking, "Did you say...?"
- Bring written post-polio information
- Build a relationship with your Healthcare provider
- REMEMBER, some symptoms are not PPS related, (normal aging, heart disease, diabetes, etc.)

### **AFTER** your Health care provider's visit

- Request copies of all reports and test results
- Call if you have further questions

## 12. DID YOU KNOW?

- People still get polio
- There are Post-polio Clinics and support groups all over the world: many resources are available
- Rotary International goals are to:
  1. Eradicate polio worldwide
  2. Develop programs to assist polio survivors
- Polio survivors are likely to develop post-polio symptoms
- "No Pain - No Gain" DOES NOT apply to post-polio syndrome

## 13. WHERE DO YOU FIND MORE INFORMATION?

**Polio Epic, Inc.**  
P.O. Box 17556  
Tucson, AZ 85731-7556  
(520) 750-8608 (message)  
[www.polioepic.org](http://www.polioepic.org)

**Polio Echo, Inc.**  
P.O. BOX 61024  
Phoenix, AZ 85082-1024  
(480) 545-1147  
[www.polioecho.org](http://www.polioecho.org)

**Post-polio Health International (PHI)** including  
International Ventilator Users Network  
St. Louis, MO  
(314) 534-0475  
[www.post-polio.org](http://www.post-polio.org)

**TAKE CHARGE OF YOUR MEDICAL CARE.  
YOU KNOW YOUR OWN BODY BEST!**



© Polio Epic, Inc. 2007 Permission to copy with credit from Polio Epic, Inc. of Tucson, Arizona Revised June 2010. <<http://www.polioepic.org/PDF%20Files/POST-POLIO%20101%20-%20REVISED-JUNE-2010.pdf>>.



# Dr. Henry writes about the thyroid gland

by Dr. Henry Holland

There has been some discussion recently about the thyroid gland, and thus I feel inclined to share my experience with this gland. It is one of the endocrine glands meaning that it secretes a hormone, thyroxine, and there is a feedback system for maintaining therapeutic blood levels for this hormone to the brain, more specially the pituitary gland. Thyroid hormone regulates the rate of the body's metabolism. This gland is of interest to psychiatrists because an elevated or lowered thyroxine level causes emotional changes. An elevated thyroid can cause anxiety, restlessness, hyperactivity, increased heart rate, and increased appetite without weight gain. An extreme of hyperthyroidism is called thyroid storm, and if untreated, can result in congestive heart failure and death. A depressed thyroid gland or lowered thyroid hormone level can cause depression, lethargy, fatigue, unexplained weight gain, and psychomotor slowing. There are many other symptoms associated with thyroid disease that I did not mention.

For years doctors have prescribed supplemental thyroid to individuals whose blood levels of thyroid are low normal. It has even been used by some as a supplemental treatment for depression. Thus it would not be that unusual to add supplemental thyroid to the drug regimen for trying to treat the fatigue symptoms of PPS as long as the blood level of thyroid hormone did not exceed the normal range. Many of us take hormones for various conditions. Some of these familiar hormones are estrogen, progesterone, insulin, cortisone (Prednisone), epinephrine (adrenalin), growth hormone, and DHEA.

In addition to the signs and symptoms of thyroid disease, there are a number of blood tests available to assess thyroid function. In most labs these tests are linked together as a thyroid panel of tests which include T3, T4, T7, and TSH (thyroid stimulating hormone secreted by the pituitary gland). If the thyroid level in the blood is low due to an inactive gland, then the TSH is usually elevated as the pituitary gland is trying to correct the problem by secreting more TSH. If the thyroid gland is overactive, the TSH is usually lowered. This is an elementary explanation, but gives you some idea how feedback systems work in the human body. In addition to blood tests, the thyroid gland can be further evaluated by thyroid scans and X-rays. For the most part, the thyroid gland is well understood. Although, the exophthalmos (bulging eyeballs) as a result of Grave's disease (hyperthyroidism) is not well understood to my knowledge.

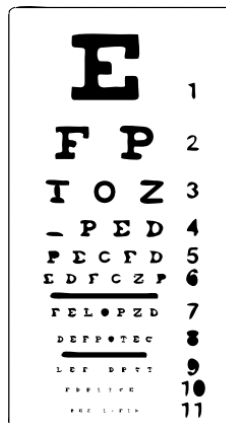
Hopefully, PPS will be better understood with time, and I hope not too much time.

Henry Holland, Richmond, Virginia, USA. [Henry4FDR@aol.com](mailto:Henry4FDR@aol.com) 6th May 1997.

Reprinted from the Lincolnshire Post-Polio Network website:  
<http://www.poliosurvivorsnetwork.org.uk/archive/lincolnshire/library/drhenry/thyroid.html>.

## Computer-Related Vision Problems *on the Rise*

Eye strain? Sore muscles? You might be spending too much time in front of the screen.



Suffering from eye strain after long hours in front of the computer? You're not alone. If you're one of the 46 percent of Americans who spend five or more hours a day on a computer or a smartphone, you probably already know that a long day staring at your screen can sometimes lead to tired eyes and headaches.

But did you know these issues could also be signs of computer vision syndrome? Besides tired eyes and

headaches, other symptoms of the syndrome include double vision, eyestrain and sometimes even neck and shoulder aches. The reason for these issues? Our eyes have a harder time focusing on characters on a computer screen. Unlike printed type, computer characters are brightest at the center and lighter on the edges. The eyes jump around as they try to focus, making them tired and affecting other areas of the upper body.

Fortunately, the effects are neither permanent nor damaging to the eye. You can help combat it by following a few simple steps:

- ✓ Get an eye exam before starting a job that requires extensive computer use.
- ✓ Use a flat-panel monitor or LCD screen that has sharper resolutions.
- ✓ Place the monitor at eye level about 20 to 26 inches away from you.
- ✓ Always use the computer in proper light.
- ✓ Blink more often to keep your eyes moist.
- ✓ Take breaks from your computer to rest your eyes.
- ✓ Visit your eye doctor annually to monitor and manage symptoms, unless otherwise recommended by your eye doctor.

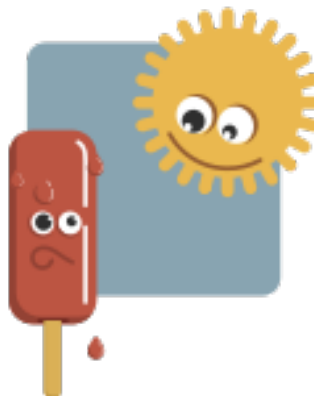
*For some people, symptoms can be relieved with computer eyewear or ultraviolet coating on their eyeglass lenses to reduce glare. Talk with your eye doctor to learn about these options. GP*

Reprinted with permission from AAA Going Places, March/April, 2013 issue.

## Q & A

by  
Dr. Richard L. Bruno

**Q:** *In The Polio Paradox and on polio survivors' web sites I read about "cold intolerance," that polio survivors are always cold. I my feet are always cold in the winter, but I have the most trouble in summer. I get exhausted in the heat, especially when it's humid. Is heat intolerance also a post-polio problem?*



**A:** You bet. In our 1985 National Post-Polio Survey cold caused muscle weakness in 62 percent of polio survivors, muscle pain in 60 percent, and fatigue in 39 percent. But that Survey also found that 39 percent of polio survivors have fatigue when it's hot.

Whether it's cold or hot, polio survivors have three strikes against them when it comes to controlling their body temperatures. First, the poliovirus damaged the hypothalamus, the part of the brain that serves as the body's thermostat. Second, the poliovirus killed neurons in the spinal cord that make the veins in your skin become smaller or larger as the temperature changes. Basically, polio survivors' veins are always too big. When it's cold outside warm blood pools in those big veins near the surface of the skin, causing heat in the blood to radiate into the air, the skin to get very cold and to look purple or even blue. When it's hot outside, or when polio survivors take a long hot bath or spend time in a steaming Jacuzzi, the skin becomes lobster red as the veins and the arteries open wide and hot blood rushes to the skin. When polio survivors stand up gravity pulls blood into the open veins in their legs and blood pressure can drop, causing fatigue, lightheadedness or even a faint. And here's the third strike: Polio survivors who have smaller leg muscles due to polio motor neuron damage causing muscle atrophy have more blood pool in the legs, since muscle contractions help to pump blood back toward the heart.

So, since your body can't regulate its own temperature, you have to do it. Our 1983 study found that polio survivors' nerves function as if it's 20 degrees colder than the temperature of their skin. In the winter polio survivors should dress as if it's 20 degrees colder than the outside temperature. You need to dress in layers so that you can regulate your body temperature by changing the amount of insulating clothing covering

your body.

But the trick is to stay warm from the get-go. You should dress right after showering when your skin is warm and red. Try wearing a heat-retaining sock liners or even long-johns made of the woven, breathable plastic fiber polypropylene. Then put on warm socks, battery-powered heated socks or ski-boot insoles, and put on the layers. (If you ever need surgery remember to remind the doctors and nurses that you get cold easily so they can provide a heated, water-filled blanket in the recovery room.)

When it's hot, stay out of the sun, move more slowly, and take more frequent rest breaks with your feet elevated to make it easier for blood to flow back to your heart so that you can prevent foot swelling and keep your blood pressure up. It's especially important to have a smaller amount of food for lunch, have cool foods and cold drinks, and to take a feet-up break after eating, since midday is when polio survivors have the most trouble with dropping blood pressure and fatigue. (see January 2002 PPS Forum). It's also a good idea to take cooler baths or showers in summer and to keep the air conditioning turned up. It's also as smart to cool down the car before getting in during the summer as it is heating the car up in winter. But be careful. Whether you're being chilled by a Northeast wind in November or by excessive air conditioning in August, always cover your upper body, especially your neck, to prevent muscle spasms and headaches caused by cold air blowing on your muscles.

Many polio survivors don't realize that they can have as many symptoms, and sometimes even more, during the change of seasons, when the thermometer goes up and down from day to night and from day to day. Fall and spring bring increases in symptoms, especially muscle pain and headaches, as polio survivors' temperature-challenged bodies can't decide if they should sweat to stay cool or shiver to stay warm. Layering of clothing is especially important when the world is as thermally confused as polio survivors, unable to decide what temperature it wants to be.

**Note:** *This column is for information purposes only and is not intended as a substitute for professional medical advice.*

Please visit Dr. Bruno's website at [www.postpolioinfo.com](http://www.postpolioinfo.com) or <http://www.newmobility.com/articleView/E.cfm?id=717>.

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## **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 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, 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? \_\_\_\_\_

Name of member

*Thank you for your support and encouragement.*



Coastal Empire Polio Survivors Assoc., Inc.  
23 East 61<sup>st</sup> Street, Savannah, GA 31405  
GA (912) 355-1221 • SC (843) 837-1230  
E-mail: CEPSA05@msn.com  
www.coastalempirepoliosurvivors.org

*Shining Light on Post-Polio Health*

CEPSA's next meeting is on  
Saturday,  
June 22, 2013  
10:30 AM  
at The Exchange on Waters  
6710 Waters Avenue  
Savannah, GA 31406

