



The Lighthouse

Coastal Empire Polio Survivors Association, Inc.

Newsletter, March, 2010

Vol. XIII, No. 3

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



The President's Message...

March, 2010

Finally it feels like spring is in the air. Along with spring comes the opportunity for each of us to evaluate how we made it through the winter. Have we lost a step or two, and are we now in need of making adjustments in our home to compensate for this loss of mobility? Is it just a matter of removing clutter, or is it more serious than that? I found that I needed the most help in the bathroom. I had a long grab bar installed in the shower. I cannot tell you the confidence that this has given me. I feel so much more secure. Naturally, a shower chair is in order if you cannot stand. A non-slip spray may be purchased and sprayed on the floor of your shower to give you extra footing. It can also be used in a bathtub. In using a tub, you might need a double seat. It allows you the freedom from climbing over the bathtub side. Next is the commode itself. The highest standard commode made available at Lowes or Home Depot is about 16 or 17 inches high. Kohler now manufactures a commode that is 31 ½ inches high. That extra foot can make it so much easier to rise. Another and cheaper solution: if you have a wall on either side or in front of the commode, place a long grab bar on the wall. This will help give you the lift you need. If any of you have found better solutions to bathroom problems, please share them with our group. I'm fortunate that I do very little in the kitchen, but I can see that is an area of concern for many. Sink too high, cabinet shelves difficult to reach, etc. Why not assess your kitchen and try to find solutions to problems you may have? I know they make an item (rather inexpensive) called a reacher or grabber. It has grippers at the top which close around a can or glass for removal from a shelf. Maybe you have someone in your family that can build a long, low pantry for storing your food items. Also, try adjusting your refrigerator shelves so that the heavy items can be placed for easy removal with the least strain on your body. Be aware when lifting heavy pots on or off the stove that they represent a definite hazard. So, just take the time to analyze your surroundings, and perhaps you can make life easier for yourself.

Those of you who attended our February meeting enjoyed a very good talk given by Mr. Schaengold, President and CEO of Memorial Health. He pretty much told things as they are. He didn't pull any punches. I'm sure that all of you will enjoy this month's speaker. She has a degree in acupuncture and will explain how it might help us. Her bio is on an inside page. See you all on the 27th!!!

Jim Veccia, President

CEPSA Minutes for February 27, 2010

The meeting was called to order by President Jim Veccia. Lorraine Frew led us in the Pledge to the Flag. Sandra Bath gave the inspiration based on her sister's recent mission trip to Haiti. The Haitian group had brought back many stories of courage and a wonderful song by John Paul Moore entitled Drinking From My Saucer. Sandra read the lyrics to the song which used this refrain: "I'm drinking from my saucer because my cup has overflowed." We were reminded to count our blessings, looking beyond our challenges. Jim recognized Sandra Bath who introduced our speaker, Phillip Schaengold, CEO of Memorial Health University. A polio survivor himself at age two, Mr. Schaengold gave us a brief history of Memorial Health and described its comprehensive array of services. In addition to its 530-bed academic medical center, Memorial also is the only Trauma 1 center in this area; there are only four in the entire State. Memorial's main purpose is the training of doctors; there are 117 resident doctors in general primary care. They have a partnership with Mercer University Medical School. Memorial's great strength is its state-of-the-art technology. It has won numerous awards for excellence and safety.

Mr. Schaengold set the stage for his comments on health care reform, his main topic for us today. The challenges to health care reform are fourfold: a lack of trust in the government to act; a lack of political will to actually address the problems; a lack of capital to do what is needed; and the fact that we are polarized politically and almost paralyzed to act. Everyone agrees that the cost of health care, the continuity and quality of care need national attention, especially for the uninsured. Dr. Schaengold divided the 45 million uninsured into four groups. About 10 million are illegal aliens. About 8-10 million have annual incomes over \$75,000. The 3-4 million children are uninsured because of parental failure to secure existing government services for them. State and federal programs cover 99% of all children. The remaining 20-25 million really cannot afford health insurance. It is this group which should be receiving the attention of this current government plan. We cannot fix our economy without correcting the spiraling cost of health care. In fact, we are already into government-based health care. Forty to forty-five percent of all Americans are covered by the government as employees, the retired, and the military. Another 13% are on Medicaid, leaving 50% covered by employer-based insurance plans. Those group plans have increased costs greatly by increasing copays, premiums, and deductibles. Mr. Schaengold described the proposed plans for covering the uninsured and improving the stability and security of the insured while not adding to the national debt. He feels that the first ten years may be affordable but is not sustainable over time. In his opinion, there will be some form of health care legislation passed this year, although parts of the plan will not be funded or implemented. He expects to see more government-sponsored pilot projects offered to the public soon. Hospital systems with a more integrated model will be used for this, and Memorial stands ready for such an opportunity. It has 110 doctors, a transport system, an insurance product, and a nurse-one call service in place. A long term care product would need to be outsourced. He reminded us that cost containment is everyone's goal, but that one person's idea of waste and inefficiency is another person's livelihood. We are at the pinnacle of change. If we don't act now, it probably will not happen in our lifetime. He shared with us the idea that the British think death is imminent, the Canadians think death is inevitable, but Americans think death is optional. Both parties need to let go of parochial interests to make health reform happen for all Americans. During the question-and-answer session that followed his speech, Dr. Schaengold dealt with the clinic care model, the need for tort reform, and the lack of physicians accepting health insurance plans. Jim thanked Phillip for his informative presentation.

The business meeting followed a brief intermission. Cheryl Brackin corrected the January minutes which stated that Sally Luck's Sun City services group equipment was offered to anyone in the area; it is only available to Sun City residents. The minutes were approved as corrected. Marty Foxx gave the treasurer's report which was approved as presented. Those giving dues or donations should receive receipts; if anyone does not receive a receipt, he or she is urged to call Marty Foxx [353-8808]. President Jim Veccia called for Care Team Leaders to report on news from our members. They reported on homebound problems, illness in families, improved bracing, care for elderly family members, and inspiring uplifting spirits. Richard Graham gave us details on new mobility donations and purchases. We are in need of storage room for our mobility equipment; call Richard Graham if you have garage space to offer or want to try a power chair. One of our out-of-town members needs a car; call Jim or Marty if you can help with that. Jim gave us updated information on the Legends of Golf project and the 2010 Heel to Toe campaign. Raye Rozek gave a report on her recent medical review appointment at Warm Springs. The meeting was adjourned at 12:30.

Attendees

Jim Veccia, Diane Davis, Marty Foxx,
Janet DiClaudio, Lavonne Calandra, Penny Smith
Charlotte Richter, Tony Tedona, Raye Rozek,
Jack Rozek, Tom Schendorf, Betty Goff,
Richard Graham, Richard Hall, Gigi Veccia,
Adrienne Stallworth, Ann Chance, Sissy Morel,
Terri & Mike Dunnermann, Cheryl Brackin,
Harvey Varnadoe, Delores McIntyre,
Lorraine Frew, Dan Shehan, Phillip Schaengold

CEPSA is grateful for the **Gifts** which have been received from the following people:

Judy Frick- honoring George Frick
Blackshear Rotary- honoring Hattie Evensen
Clara Mitchell- honoring Betty Goff
Rebecca Cheatham- honoring Frank Cheatham
Kathryn Hunter- honoring Scott Foxx

Michael Swain- honoring Marty Foxx
B.J. Vance- honoring Dave Vance
Wachovia- matching gift from Adrienne Stallworth

Thank you to our members who donated **more than dues**:

Sandra Bath
Cheryl Brackin
Tony Tedona
Lavonne Calandra
Jim Veccia [for our website]
Hattie Evensen

Voluntary dues of \$15.00 may be paid to Marty Foxx at any time:
23 East 61st Street, Savannah, GA 31405.

HAPPY BIRTHDAY

MARCH

Barry Turner – 2
Thelma Tillotson – 4
Tony Tedona – 5
Lavonne Calandra – 7
Glenda Walker – 14
Terri Dunnermann – 18
Roy Tillotson – 24

APRIL

Fred Davis – 2
Tom Newcomer – 2
Sissy Morel – 6
Marty Foxx – 8
Stuart Robinson – 27

THOUGHTS FOR THE MONTH

March 17th is St. Patrick's Day
March 20th is the first Day of Spring!

Let's celebrate the warmer weather and wear the green stuff!

Members concerns

Sally Luck Stuart Robinson
Ed Stallworth Adrienne Stallworth
Betty Goff Danny Jenkins
Cheryl Brackin's family
Ruth Parham Ann Finley
Eunice Newcomer Betty Johnson

Please pray for those listed above and others that are in your thoughts.

Inspiration time

When we go to bed at night feeling so tired and worn out that we feel helpless, thinking, that I just can't do one more thing, but somehow a good night's sleep renews us and we wake up the next morning with faith again,

thinking, I know today I will feel better and I can make it one more day.
So thank God for the morning.

As we enter the time of Christ's Resurrection, let us renew our minds; come to Him with a full heart of worship.
He will never forsake you.

Our March speaker will be, Sandy Baughman, a licensed acupuncturist and massage therapist, who works out of Scholar Rehabilitation Center in Richmond Hill, Georgia. In 2001 she received her Master of Science degree in Oriental Medicine from Southwestern Acupuncture College in Boulder, Colorado and she also graduated from Universal College in Omaha, Nebraska, with a diploma in massage therapy. She has a lot of very interesting and informative messages to share.

We have an active member of our support group that has seen some good results from several visits.

We are looking forward to hearing what Sandy Baughman has to share.

BOOKS ON POLIO

1. Post Polio Syndrome: Lauro Halstead & Gunner Grimby.
2. Polio: An American Story. David Oshinsky, Oxford University. 2005
3. Managing Post-Polio: A guide to living well with Post-Polio Syndrome. Ed: Lauro Halstead, NRH Press, Washington, D.C.
4. Post-Polio: A guide for Polio survivors and their families. Dr. Julie K. Silver, Yale University Press, New Haven and London 2001.
5. Splendid Solution: Jonas Salk and the Conquest of Polio. Jeffrey Kluger, Putnam & Sons. Pub: Penquin Group 2004
6. The Inflammation on Free Diet Plan: Monica Reinagel
("Inflammation contributes to more pain, disease and disability than any other condition. Unfortunately, many people unwittingly eat foods that greatly contribute to inflammation? This book explains how to eat to remain inflammation-free and health.")
Susan M. Lark, M.D.

Cars and Lifts

At our last meeting we briefly touched upon the need to have the correct car for a lift to carry either a scooter or a power chair. Richard stressed the fact that if you are in the market for a newer car and see yourself needing a scooter or chair, either now, or in the foreseeable future, then you had better make your choice of a car a good one. The car you choose should be able to handle a 'class 3' hitch. Mostly all your full size SUV will handle it, but they may not be the type of auto you are seeking and may be too difficult to get into. A good alternative might be a smaller SUV that is rated for a class 3 hitch, but much smaller and easier to step into. Many vans also are a good choice as they can either take a hitch or else an inside lift can be adapted to lift and swing the chair inside. This way nothing will show on the outside. Any car you might be thinking of purchasing always check with the manufacturer to be sure it will handle a class 3 hitch. You can double check the information either online, or from a mobility company. They will give you the true story. I'm sure Richard would not mind a call to him for reassurance. If you have a chair or scooter why not make yourself completely mobile by adding the lift to your car.

CHAIRS AND SCOOTERS

Power chairs have smaller basis than in the past, allowing greater maneuverability

Indoors and improved power and suspension, allowing for greater access outdoors.

Today's power tilting system tilt and /or elevate to assist the user with both positioning and mobility. Seating system today provide optimal postural support and positioning to help enhance respiration and swallowing.

Some persons with PPS may prefer a Scooter to a power chair. Smaller sizes of scooters will fold down and into smaller sections, but still each section maybe too heavy for some, the process of disassembly and reassembly can be cumbersome and a lift may still be required to raise heavier components, such as the batteries into a vehicle.

Scooters can also be more prone to tipping over.

CONTRIBUTIONS

The Coastal Empire Polio Survivors Association is a non-profit corporation which is tax exempt under IRS code 501c(3). We have no paid employees, only volunteers dedicated to helping all polio survivors.

Your financial support is appreciated at any level suggested below:

- * CEPSA Member - \$15.00 annual voluntary donation
- * CEPSA Supporter - \$25.00 \$50.00 \$100.00 \$300.00
- * CEPSA Memorial or Honor Gift - any amount
- * CEPSA Sponsor – any amount

Your contributions are tax deductible and will be acknowledged appropriately.

Please complete this form and mail it along with your check to: **CEPSA, Marty Foxx, 23 East 61st Street, Savannah, GA 31405.**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Are you a relative or friend of a CEPSA member, if so _____
Name of member

Thank you for your support and encouragement.