



THE LIGHTHOUSE

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

March, 2014 Newsletter

www.coastalempirepoliosurvivors.org

Vol. XVII, No. 3

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The President's Message...



Happy St. Patrick's Day! Happy Spring! Isn't it wonderful to have more daylight in the evening? This is a beautiful time in Savannah with warmer temps and flowers bursting into bloom. Let's get out and enjoy the weather before the hot days of summer.

Our February program was one of our best. Peter Brodhead of Brighter Day Natural Foods Market enlightened us about nutrition and supplements that can have a positive impact on our wellness and improve our quality of life. He answered our many questions and gave us ideas about strengthening our neurons, improving our energy level, and reducing inflammation. See the articles in this newsletter provided by our speaker.

We had improved attendance at our February meeting. It was good to see many of you who missed the January meeting. Welcome to Betty Gibbs, who plans to become an active member.


Do you have all your critical paperwork in order? If so, good for you. If not, our March program is for you. Robert W. Bush, Senior Staff Attorney at the regional office of Georgia Legal Services, will be our speaker. Mr. Bush will discuss advance directives, power of attorney, wills, and other important paperwork we all need to take care of. This is for our peace of mind and also for our family members and caregivers. Please mark your calendars for March 22, and join us for this informative program.

A very special day for CEPSA is coming soon. We will celebrate our 17th anniversary on April 26 at the Marsh Auditorium of Candler Hospital. People are amazed to learn this support group has been in existence that many years. Please make plans now to attend as three of our members share their polio stories. We have laughed and cried during previous presentations. We have learned surprising things about our presenting members. It is a wonderful time for celebrating together.

I look forward to seeing many of you for our upcoming meeting March 22 at the Lewis building on the Candler campus.

Cheryl Brackin

Next Meeting
Saturday,
March 22, 2014
10:30 AM
at Nancy N. and J.C.
Lewis Cancer and
Research Pavilion
Room 203

 225 Candler Drive, Savannah, GA 31405

Coastal Empire Polio Survivors Association, Inc.

General Meeting Minutes February 22, 2014

Location: Nancy N. & J.C. Lewis Cancer &
Research Pavilion, 2nd Floor, Room 203

Call to Order/Welcome: President Cheryl Brackin called the meeting to order at 10:35am and welcomed everyone with recognition of new member Betty Gibbs. She then gave an orientation to the new meeting room.

Pledge of Allegiance: Lorraine Frew led the Pledge of Allegiance.

Inspiration: Penny Smith gave the inspiration with the opening comment that February is the month of love. Her story told of how a group of "challenged" young boys grew up to be very successful men, which they attributed to a teacher who loved them.

Program: Cheryl introduced our guest speaker Peter Brodhead, CN and owner of Brighter Day Natural Foods Market. He has reviewed some of the issues that polio survivors have to deal with. He discussed a number of foods that he believes can improve our health. We learned that the healthiest diet to follow is the Mediterranean diet, which includes colorful fruits and vegetables and wild caught fish. There are many new supplements that also can have a positive impact on our health. You should contact your physician or pharmacist prior to taking any supplements as some may not be suitable with prescription drugs. We had a good round of questions, and Peter left handouts for those who want to read more. He also can be reached via e-mail at www.Brighterdayfoods.com or at the store.

Business Meeting:

Approval of Minutes: Minutes from the January meeting posted in our newsletter were approved as written.

Financial Report: The treasurer's report was given by Terri Dunnermann and approved as presented.

Care Team Reports: The care team leaders reported concerns about Marie McManus, Barry Turner, Patrina's husband Bobby, Diane Davis, Charlotte Richter, Janet DiClaudio, and Tammie Hooks, niece of Lyn Meeks. We learned that Lorraine's sister-in-law, Eunice Newcomer's brother, and Reverend Tim Daniel died.

Old Business: Newsletter: Cheryl thanked the Clases for their continued assistance in the time of transition

to her new duties as editor. Three mailed newsletters were returned. One was for Reverend Daniel, who died in an accident after moving away from Savannah. We will search for new addresses for the other two individuals.

New Business: Lavonne reported that our March speaker will be Robert Bush, Senior Staff Attorney with the regional office of Georgia Legal Services. He will share his knowledge on advance directives, wills, trusts, and other family-related issues we all need to have in order. Lavonne asked us to suggest any topics or speakers for future meetings.

Harvey reported that CEPSEA was contacted by a professor at Georgia Tech. They now have a degree in bracing and prosthetics and have asked him to speak to students in the program. The students also want to attend one of our meetings and learn more about post-polio syndrome. Harvey will keep us informed about future developments on this.

Announcements: A Post-Polio Health International conference will be held in St. Louis, Missouri May 31-June 3. Sandra and Marty will attend and have been asked to share any information they learn at a future meeting.

James Aberson, Chatham County ADA Co-ordinator, sent a note to CEPSEA requesting a volunteer for a committee which will focus on paratransit service in Chatham. If anyone who uses this services is willing to help, Cheryl can be contacted for more information.

The meeting was adjourned at 12:50 pm.

Respectfully submitted,
Michael Dunnermann, Secretary

Attendance: Cheryl Brackin, Wanda & Carlos Clas, Michael & Terri Dunnermann, Lavonne Calandra, Sissy Morel, Penny & Ross Smith, Harvey Varnadoe, Betty Goff, Richard Graham, Lorraine Frew, Jim & Gigi Veccia, Dan Shehan, Betty Gibbs, Tom Schendorf, Richard Warden, Ann Chance, Marty Foxx, Joan & Alan Page.

**Voluntary Dues of \$20.00
may be paid to:**

CEPSA
P.O. Box 14252
Savannah, GA 31416

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

Thank you.

Our March Speaker



Robert W. Bush
Senior Staff Attorney

Robert W. Bush, Senior Staff Attorney with the Georgia Legal Services Program, will present our March program. His topic is "Managing Expectations: Important Legal Documents." Mr. Bush will discuss critical paperwork that all of us need to have, including information about advance health directives and wills. He manages the statewide Elder Action Team, in addition to actively representing clients. Mr. Bush has served as a committee chair on the Governor's Board of Health Information Technology and Transparency. He currently serves on the Executive Committee of the Chatham County Safety Net Planning Council.

Upcoming Meeting Dates

March 22, 2014 @ ***

April 26, 2014 @ Marsh Auditorium

May 17, 2014 @ ***

June 28, 2014 @ ***

July & August - No Meetings

August 2, 2014 - Summer Luncheon
noontime, Dutch treat

September 27, 2014 @ ***

October 25, 2014 @ ***

November - No Meeting

December 6, 2014 @ Hilton Garden Inn

***** (General Meetings)**

**@ Nancy N. and J.C. Lewis Cancer &
Research Pavilion, Room 203**

Kudos to Our Webmaster

A big CEPESA thank-you to Jim Veccia, our webmaster! He helps us communicate and remain informed by sending along important messages. Jim pays for our internet access each year- a very generous gift to our group. Don't forget that our web address is www.coastalempirepoliosurvivors.org. If you have a computer, go online and check out our website. Jim adds pictures of our special events and updates our meeting calendar with program titles and names of presenters. He

also checks our e-mail frequently and shares any messages. Be sure to share our web address with your family, friends, and doctors. Let's get the word out about our very active, successful group. Thanks, Jim. A job well done!

FEBRUARY PROGRAM SUMMARY

Peter Brodhead, CN and co-owner of Brighter Day Natural Foods Market, presented "Post Polio: Nutritional Support Ideas" at our February 22 meeting. Some CEPESA members already are regular customers of the store. After Peter's excellent presentation more members will find their way to this special business that borders Forsyth Park.

Peter stated that the Mediterranean diet is the best to follow. The diet includes colorful vegetables and fruits, fish, and olive oil. Who knew that Georgia is becoming an olive-producing state? Right now the olive oil generated is expensive, but prices should decrease when supply increases.

Fish oil benefits sound very promising for polio survivors. Our brains and neurons need all the help they can get. Some of our members already take fish oil. Who knew that high doses of fish oil are being used to treat concussions?

Peter cautioned us against eating blue fin tuna due to the radioactivity in it (remember nuclear plant meltdown in Fukushima, Japan). He does recommend eating salmon, including canned if fresh is not available.

Herbs, supplements, and foods we might want to add or increase in our diets include rosemary, "purple foods" such as purple sweet potatoes (from Peru) and purple eggplant, fermented foods such as kefir, yogurt, and sauerkraut, probiotics, soy, dark chocolate and cacao powder, cinnamon (caution: don't overdo), herbal tonics (help in handling stress), and milk thistle extract and stinging nettle seed (for kidney health).

The Lighthouse editor will do some research on the work of Dr. Jacob Tietelbaum, who reports good results with ribose for his patients with fibromyalgia and chronic fatigue syndrome. Several of us in CEPESA have been diagnosed with fibromyalgia as well as PPS.

Peter encouraged us to be proactive in asking our doctors to order lab tests to check levels of Vitamin D and our omega-3 index. We should talk to our physicians to be certain any supplements we are considering are safe to take with our current medications.

The talk ended with a comment from a member that we can get most important nutrients through our diet. Peter agreed that our diets are critical for wellness along with some supplemental support.

Editor's note: If there are any errors in this summary, they are mine, not the presenter's.

Post Polio - Nutritional Support Ideas

Peter Brodhead CN - Brighter Day Natural Foods Market

Corner of Park and Bull - 236-4703

www.Brighterdayfoods.com

Mon - Sat 9 - 7, Sun 12 - 5:30

2/22/14

Fish Oils - especially DHA - DHA supports the brain and nervous system and is incorporated into the myelin of the nerve cells. It is the primary fatty acid found in the gray matter of the brain and it possesses nerve growth properties as well as nerve protection properties. A lack of DHA is associated with impaired connections between brain cells, atrophy of neurons, and a reduction in gray matter mass. It protects against inflammation in the CNS. A lack of DHA results in accelerated nervous system aging. 1 to 3 grams daily for support. Liquid fish oils are some of the most economical ways to take high doses of fish oils. New technology in processing the oils removes any fishy taste - they usually add lemon. 1 teaspoon to 1 tablespoon a day

Acetyl - L - Carnitine - Acetyl-L-carnitine (ALC) is a well-known nerve, mood, memory, and fat-burning nutrient. In an animal experiment, ALC was found to actually regenerate nerve fibers and re-establish connections between nerves and organs. Nerves are the most difficult tissue to heal because nerve cells do not split and divide. Acetyl L-Carnitine crosses the blood brain barrier and supports the energy production in the brain and so doing supports memory and brain health. It also supports the health of the myelin sheathing on the nerve.

500mg capsules taken several times a day between meals.

CoQ10 - regular form and Ubiquinol form - acts to enhance the function of mitochondria in the cells. The mitochondria are like the spark plugs of the cells and are critical to the energy production on the cellular level. Muscle cells need optimal levels of mitochondria to function well. CoQ10 comes in 2 forms Ubiquinone the oxidized form is the original form. It is less expensive than the Ubiquinol nonoxidized form. Ubiquinol may work better for some persons especially the elderly. My favorite product is the BioSA CoQ10 - which is the oxidized form but its high absorption levels end up matching Ubiquinol. To achieve the highest levels of CoQ10 - repeated dosing works best - it also absorbs better with foods containing fat. 100mg - 2 - 3x a day for highest blood levels.

PQQ - coenzyme pyrroloquinoline quinone is a new vitamin that helps the body's production of new mitochondria. PQQ has been shown to optimize health and function of the entire central nervous system. It reverses cognitive impairment caused by chronic oxidative stress in pre-clinical models, improving performance on memory tests. It has also been shown to safeguard the "Parkinson's disease gene," DJ-1, from self-oxidation- an early step in the onset of disease. The richest food source of PQQ is dark chocolate !! It is also available as a supplement.

Creatine - is a combination of 3 different amino acids (glycine, arginine and methionine) and is a major energy component of muscle tissue. Originally it was a very popular supplement with weight lifters as it increased ATP in the muscle and allowed for greater reps at a greater weight for promoting muscle growth. In the last number of years it now is recognized as a neuromuscular nutrient and has been used in muscular dystrophy, MS, ALS, Parkinson's and Heart Disease (CHF - Congestive Heart Failure). Normal dose 1 rounded teaspoon a day in juice.

D-Ribose - is sometimes known as muscle sugar is a carbohydrate used by the muscle tissue. It is involved in ATP production, the body's main energy source. The more active the muscle the more ATP it uses. Jacob Tietelbaum MD uses it as a mainstay in his clinical practice with persons with fibromyalgia and chronic fatigue. In his experience using an initial loading dose of 1 teaspoon - 3x a day for 10 days followed by maintenance dose of 1 teaspoon - 1 or 2x a day - he notices a 40% increase in energy with his patients. This is

a very popular supplement with athletes.

Magnesium - is involved with over 200+ enzyme systems in the body. It is important for the production of energy at the cellular level. It is the most important mineral for the muscles and helping them to relax. Very important at preventing spasms of any kind. Supportive to the heart and promoting normal heart rhythm. The first nutritional thing to use for people with chronic headaches. Magnesium comes in different forms. Epsom salts are magnesium sulphate - use as a bath soak 2 cups per tub - this can be very supportive in relaxing the muscles all over the body. New forms are available in gel and oil that can be specifically applied to specific muscles to support their relaxation. Also it can be taken in powdered form such as Calm magnesium or tablets.

Vitamin D - is turning out to be the master signaler for the body. It really isn't a vitamin but it is a regulatory hormone. It is supportive for muscular strength in general and also in preventing autoimmune problems. There isn't hardly a single health condition that vitamin D doesn't have an effect on. Get your bloodwork to find what you need to take and if you need it at all - almost everyone does. Ask for a 25OH vitamin D test. The optimal blood level cited by most nutritionally oriented physicians is between 50 - 75 ng/dl.

Vitamin B-12 - supports both the nerve myelin and energy production in the body. It also is involved with methylation - a liver detoxification pathway. The best form orally is the sublingual methylcobalamin form. 1,000mcgs used daily initially then a couple of times a week.

Whey Protein - is the easiest and best tasting protein supplement - it has the highest biological value of any protein. This is the best protein for muscles and because it is high in the sulfur amino acids it supports liver detoxification pathways. It is very easy to mix - even into water. If a person is lactose intolerant they can use the higher potency whey protein isolate in which 99% of the lactose is removed. 1 scoop contains between 17 and 20 grams of protein and the isolates contain between 24 - 26 grams of protein per scoop.

Calcium AEP - is a unique form of calcium known as colamine phosphate that nourishes the myelin sheathing of nerves and supports healthy cell membrane structure. It strengthens nerve cell integrity and supports the energy needed for normal electrical nerve conduction. It can be very supportive with persons who have chronic nerve pain also. Byron Richards is one of my favorite nutritionists uses it frequently in his practice. His website is highly informative www.wellnessresources.com

Botanical Adaptagens - "Herbal Adaptagens" - these are combinations of the classic tonic herbs such as ginseng, rhodiola, eleuthro, ashwaganda, ect. Much of the original research on these botanicals were done by Russian researchers in the 1970's and early 80's for helping athletic performance in Olympic athletes, elite military, and the cosmonauts in space. They found that these herbs helped stamina, endurance, immunity, mental focus and stress protection. All the plants had to show long term safety in that they could be taken daily over a lifetime with no ill effects. I have found these to be incredibly helpful for helping fatigue and focus as well as supporting immunity. Natura Vital Adapt and Power Adapt or the combination of the 2 offer great support. 1 to 2 eyedropperfuls in the morning and mid afternoon.

St John's Wort extract - St John's Wort has been often labeled as the "depression herb" but it is far more than that. One of its best benefits is use as a nerve healer and nerve anti-inflammatory. An example of this is an oil that is made from the flower bud's that is used to heal the inflamed nerves of shingles. It is also excellent for supporting liver detoxification pathways which is why it has to be used carefully with prescription drugs - it can get the body to detoxify them too rapidly out of the body before they get their job done. Herb Pharm makes my favorite one - liquid extract

Peter Brodhead's - customer service hours (on the floor answering questions) at Brighter Day - Mon 5 -7
Tues 2:30 - 7, Thurs, Fri, Sat 2:30 - 7

Maximize Your Energy

APPA's May 2012 Meeting

Featuring Dr. David Jockers of Exodus Health

On Saturday, May 5, 2012, Dr. David Jockers of Exodus Healthcare presented a program on "Maximize Your Energy." Five essentials for maximized living are: a maximized mind, a maximized nerve supply, maximized quality nutrition, maximized oxygen and lean muscle and, minimized toxins. Health is not by chance but by choices. Our bodies were created to be self-healing from the inside out. We have to seek and follow the rules of life to reach our potential. We are either moving towards health or towards sickness and disease. The nervous system, which is the foundation for health, operates in 2 parts: the brain, controlling over 75 trillion cells for function, healing and energy, and the spinal cord and nerves which act as the information super highway for the brain-body connection. Food is like gas for a car. It comes in the form of good energy or dirty energy. The role of food is to provide substrate for our body so the innate intelligence within can produce robust, healthy cells, and tissue. Food created by man can be full of toxins and often slow in its transit time. It is acidic and inflammatory, energy robbing and fat promoting. Conversely, food found in nature is natural, organic, non-processed, energy producing, and full of nutrients, living enzymes, and probiotics. This is evident when looking at blood under the microscope. Natural food causes the platelets to be smooth, rounded and even in color. The plasma is clear and clean. Processed food causes the platelets to be irregular with color variations with plasma discoloration. In making food choices, there are basic rules to live by: reduce your sugar and grain intake, eat good fats while eliminating bad fats, and change the meat you eat. Sugar is the most addictive substance on the planet. It upsets the mineral relationships in your body by causing chromium and copper deficiencies and interferes with the absorption of calcium and magnesium. It feeds cancer cells, bacteria, viruses, fungus & other parasites, and it is responsible for the imbalance in the triad of high triglycerides & LDL cholesterol with low HDL levels. High energy food can be found in good carbohydrates. Examples are fruits consisting of 20% of daily carbs, vegetables (the greener the better) - 50-70%, sprouted grains 0-20%, and sweet potatoes and yams 10%. When carbs (particularly high-glycemic carbs) are so prevalent as a food source, they become stored fat which leads to disease and obesity. The simple truth is that fat does not make you fat. However, limiting fat intake helps in maintaining an ideal weight. High sugar and non gluten-free grain consumption creates inflammation which leads to weight gain. Good fats help the body burn fat. Hormones are the cellular messengers that dictate your metabolism and fat burning abilities. Cortisol and Insulin production encourages fat storage and Growth Hormone and Leptin encourage fat burning. Elevated insulin leads to diseases such as heart

disease, obesity, stroke, and peripheral vascular disease. Leptin helps in regulating food intake and energy expenditure. When one becomes insulin resistant they are caught in the cycle of feeling tired and hungry so they eat the foods which causes their body to make too much insulin. The cells then resist the excess insulin and store the sugar as fat. This results in feeling tired and hungry leading them to eat..... Do you see the vicious circle? There are 4 types of fat: Saturated as in animal fat (milk, meat, eggs, butter, and cheese), Monounsaturated as in olive oil, Poly-unsaturated as in vegetable oil for Omega 6 and fish oils for Omega 3, and Trans fat as in margarine and the products containing it. The fats that tend to encourage weight gain are hydrogenated fats, margarine, canola oil, and substitute butters. Conversely, the good fats - fats that heal - include avocado, coconut oil, hemp, and flax, unheated olive oil, fish oil, nuts, and seeds. Coconut oil is a saturated fat that is metabolized quickly. It protects us against microorganisms in the digestive tract such as viruses, yeast, and pathogenic bacteria. Examples of high energy proteins are fish (wild caught), organic, free-range eggs, nuts, seeds, and free-range meat. Grain fed meat has added hormones, includes antibiotics, is lower in Omega 3 and higher in Omega 6, lower in beta carotene, vitamin E and vitamin A, and the fat content is high and saturated. On the other hand, free range meat has no added hormones or antibiotics, is higher in Omega 3 and lower in Omega 6, higher in beta carotene, vitamin E and vitamin A, and contains a nearer perfect balance of fats. For a healing diet, you must go from a sugar burner (craver) to a lean, mean fat burning machine. This is done by eliminating non gluten-free grains, minimizing fruits (berries are ok), moderating protein intake (15-25g/meal), eating small meals throughout the day, loading up on high fiber vegetables and good fat sources, utilizing good salts and, hydrate, hydrate, hydrate. Dehydration is the #1 cause of daytime fatigue. An appropriate formula for water intake is half your body weight in ounces. Example: 120 lbs / 2 = 60 means 60 oz of water. The final question is: are we building health or disease? You are moving in one direction or the other. Which choice are you making?

Exodus Health Center <<http://www.exodushc.com/>>.

Statement of Policy -APPA and APPA News do not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them. Articles reflect the opinions of their authors and do not necessarily reflect the official policy of the Atlanta Post-Polio Association.

The information provided herein represents what the authors believe they heard during presentations at APPA. The authors are neither legally or medically trained and for these reasons may not have recorded an accurate accounting or understanding of the important details discussed. Neither they nor APPA assume any responsibility for the accuracy of the information provided. It is, therefore, highly recommended that all and any information provided be confirmed with an appropriate lawyer or physician before applying any of these legal instruments or medical treatments on your own. It is hoped that this summary serves to apprise the reader of available means to help them be prepared for the future.

Reprinted from "APPA NEWS", The Atlanta Post-Polio Association, Atlanta, GA; Vol25 Issue2 2012. <<http://www.atlantapostpolio.com/APPA%20News-2012-2nd-Qtr.pdf>>.

Famous Polio Survivors

Baby boomer-polio survivors might not know that some of the singers/performers we enjoyed were polio survivors. These include Ray Peterson ("Corina, Corina" and "Tell Laura, I Love Her"), Judy Collins, Joni Mitchell, Neil Young, and Gene Simmons of Kiss.

Many historical figures had polio. Archbishop Desmond Tutu, civil rights activist and cleric of South Africa, contracted polio as a child. Emmett Till, the black teenager murdered in Mississippi and catalyst for the civil rights movement in America, had polio at age five years.

Did you know that Jack Nicklaus, golfer extraordinaire called the Golden Bear, had polio? Reportedly he had a "mild" case when he was 13 years of age and actually went on to play in an exhibition game. Many of us remember reading stories about the famous Wilma Rudolph, Olympic track and field champion, who competed in the 1956 and 1960 games. She contracted polio at age four years and wore a brace until she was 12 years of age. Winning three gold medals at the 1960 Olympics, she was the first woman to achieve that feat.

Famous actors who had polio include Alan Alda, Donald Sutherland, and Mia Farrow.

Ms. Farrow is active in the campaign to educate about post-polio syndrome and to eradicate polio from the planet.

This is not an exhaustive list of survivors. There have been many individuals whose lives were deeply affected by polio, including yours and mine. We're still here.



March

Barry Turner - 2
Thelma Tillotson- 4
Lavonne Calandra - 7
Della Simmons - 14
Terri Dunnermann - 18
Robert Stinnett - 18
BJ Vance- 22
Roy Tillotson - 24
Betty Hope - 26

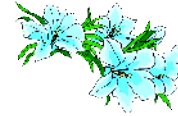
April

Fred Davis - 2
Jim Lampke- 3
Sissy Morel - 6
Tom Newcomer - 6
Marty Foxx - 8

Member Concerns

Janet DiClaudio, Diane Davis,
Bobby Johnson (spouse of Patrina),
Marie Mcmanus, Adrienne Stallworth & Barry Turner.
Please keep these members in your prayers.

Condolences



We offer sincere condolences to Lorraine Frew on the death of her sister-in-law Ramona Frew on February 16 in Massachusetts. Ramona and Lorraine attended nursing school together and remained life-long friends.

Our sincere condolences go to Eunice and Tom Newcomer on the death of her brother Steve Harrison on February 3.

Prayers for Tammie

Tammie Hooks, niece of CEPESA member Lyn Meeks, needs our positive thoughts and prayers. She is awaiting a liver transplant and is being followed at Emory University Hospital in Atlanta. Tammie is only 54 years of age.

Recent Hospitalization

Adrienne Stallworth recently was hospitalized at Memorial University Medical Center for several days. The latest report indicated that she is home and improving. Cards from members would lift Adrienne's spirits. Her address is 505 Winskie Road, Pooler, GA 31322.

Update on Janet DiClaudio

Sandra Bath and her sister visited Janet on February 14. Lorraine and Cheryl visited her February 20. Janet has been moved to Room B32. Please brighten her day with a card. The address is Eagle Health and Rehab. Center, 405 South College Street, Statesboro, GA 30458.

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



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 www.coastalempirepoliosurvivors.org

Shining Light on Post-Polio Health

Next Meeting
 Saturday,
March 22, 2014
 10:30 AM
 at Nancy N. and J.C. Lewis
Cancer & Research Pavilion ←
 Room 203
 225 Candler Drive
 Savannah, GA

CONTRIBUTIONS

The Coastal Empire Polio Survivors Association is a non-profit corporation, which is tax exempt under IRS code 501c(3). We have no paid employees, only volunteers dedicated to helping all polio survivors. Your financial support is appreciated at any level suggested below:

- * CEPSA Member - \$20.00 annual voluntary donation
- * CEPSA Supporter - \$25.00 \$50.00 \$100.00 \$300.00 Other
- * CEPSA Memorial or Honor Gift - any amount
- * CEPSA Sponsor - any amount

Your contributions are tax deductible and will be acknowledged appropriately.

Please complete this form and mail it along with your check to: **CEPSA**
 P.O. Box 14252, Savannah, GA 31416.

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.