



# The Lighthouse

Coastal Empire Polio Survivors Association, Inc.  
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*Shining light on post-polio health*

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

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

Last month we had a wonderful turnout for our thirteenth birthday. Forty-six members and guests helped us celebrate the event. After a brief business meeting, three members told their polio stories. Archie Ivey, our eldest member, related that when she contracted polio, the doctors failed to diagnose her symptoms and didn't treat her for polio until years later (see her spotlighted story on page 4). Next, Raye Rozek spoke about how at a very young age she contracted polio, and after much treatment and rehabilitation, she led a "normal" life until PPS started to kick-in. She is now battling this problem. Then we all settled back as Harvey Varnadoe told his story. He told of how at a very young age he was separated from his family for nearly five years. Once home his parents worked with him everyday to help him get his strength back in his legs. His arm never really responded to treatment. Even with this disability he became an excellent baseball player through high school and college. Harvey was drafted by a minor league professional club. He decided against it and worked many jobs before becoming a nurse. His story was very moving as were those of the other two speakers. See more on their stories in the minutes.

Then we all enjoyed a fabulous lunch provided by our hospitality committee. The food was delicious, and there was plenty for seconds! I cannot thank the committee enough. The Chairs, Terri Dunnermann and Adrienne Stallworth, along with Lavonne Calandra, Betty Goff, and Raye Rozek deserve a huge thank you. The committee made sure nothing was forgotten and that their set-up was outstanding. I must also give kudos to Michael Dunnermann who seemed to be everywhere, Ed Stallworth, and Gene Goff for their help and anyone else I missed. If you didn't make the meeting, you missed a great time. If you go to our web site under scrapbook, you will see all the photos that I have posted of the party. We are a great looking group!!!!

I will be away for this month's meeting. Diane will preside at the meeting. Since we have no speaker scheduled, she decided on SOS – Sharing Our Strengths. She thought the topic of PPS-- what issues we are encountering, and how we have solved some of these problems. Others may be having very similar problems as yours, so by sharing you may help another with their problems.

Jim Veccia, *President*

## **CEPSA Minutes for April 24th Meeting**

President Jim Veccia called the meeting to order by welcoming everyone, especially our

newlyweds, Dick and Barbara Warden. Richard Graham brought new members, Allen and Joan Page; Joan is a polio survivor. Nancy and Steve Hess joined us again from Statesboro. Also, Jim's two sisters, Frances Hodgkins and Nance Sherland, were visiting with us. Sandra Bath's friend, Pam Bredouw, came from Seattle. Lorraine Frew led us in the Pledge to the Flag. Raye Rozek gave the inspirational lessons to be learned from our dogs: "If a dog were your teacher." Certainly, the best advice was "take lots of naps."

The business meeting started with corrections to last month's minutes: Harvey Varnadoe had announced the opportunity to purchase CEPSA logo polo type shirts by order for \$25.00. All sizes are available. Contact Harvey at 912-748-4315 if you are interested in ordering one. The minutes were approved with that addition. Marty Foxx gave the treasurer's report which included a special donation of a power chair by Billy Brown. Also, Richard Graham has secured for us a storage unit at Quick Lock Center Mini Storage in Garden City for a reduced fee; we are grateful to **Ron Stephens**, owner, for his outstanding generosity with that lease. Also, **Sapp's Wrecker Service** provided transportation and assistance with moving the motorized equipment to the storage unit free of charge; again, thanks to Richard Graham for that generous arrangement. The State of Georgia annual corporation registration renewal has been paid for CEPSA for 2010. The treasurer's report was accepted as presented.

The Care Team leaders made their reports, bringing news about our inactive as well as active members. Several are showing big improvements, some have new great-grandchildren, and one has lost weight and has a new prosthesis. Those who continue to struggle with pain and problems do so with courage and spirit.

Under new business, Janet DiClaudio reminded us about the River's Edge Supper fundraiser coming up on May 11 at 7:00. Reservations should be made by May 6. The flyer was part of last month's newsletter. All checks should be made out to CEPSA. The business meeting was closed, and our program of "**Survivors' Stories**" began. Three members shared their personal stories of surviving polio: **Archie Ivey, Raye Rozek, and Harvey Varnadoe.**

Archie is our oldest member at 86 years old. She had polio as an infant with paralytic effects on the right side and back. She was hospitalized in Augusta from age 12 to 21 and spent years in a body cast. Today she lives at Williams Court Apartments and enjoys all the activities they offer to residents. She is their Bingo caller every Friday night. She stays active and involved in whatever is offered, and she thinks that keeps her going strong.

Raye Rozek joined our group in December. She had polio at age two and a half in California where she was hospitalized for five years. She spent some time in an iron lung and had over twenty surgeries. She was a poster child for the March of Dimes. Raye is grateful to her parents for not accepting the doctor's predictions of limitations for her. Their efforts gave her many opportunities to develop beyond those expectations. She has learned that exercise can be harmful and tries to **conserve to preserve** now as much as possible.

Harvey got polio in 1948 at thirteen months old in South Georgia. He spent four years in Emory Hospital before being transferred to Warm Springs along with his doctor, William Bennett, who treated many of us there. After five years, he went home with braces and an exercise schedule. His mother followed the exercise plan religiously, and Harvey grew strong enough to enjoy an athletic career. His adult work experience included concrete work, insurance sales, and running his own business before he found his love: nursing. In July of 2007 new weakness began in his legs; the progression of post-polio syndrome was rapid with cycles of losing strength and recovering

somewhat, and then losing it again. He is enjoying retirement now; a new state-of-the-art leg brace helps him walk more easily.

Jim thanked all our speakers for sharing their polio histories with us. The group enjoyed a delicious lunch and cake to celebrate our Thirteenth Anniversary as the Coastal Empire Polio Survivors Association.

Respectfully submitted, Marty Foxx, secretary/treasurer

**Attendees:**

Jim & Gigi Veccia, Frances Hodgkins, Nance Sherland, Pam Bredouw, Joan & Allen Page, Dan Shehan, Sissy Morel, Sandra Bath, Penny Smith, Delores McIntyre, Harvey Varnadoe, Adrienne & Ed Stallworth, Tom Schendorff, Ann Chance, Charlotte Richter, Ruth Parham, Richard & Linda Graham, Betty Goff, Lavonne Calandra, Marty Foxx, Lorraine Frew, Tom & Eunice Newcomer, Tony Tedona, Janet DiClaudio, Cheryl Brackin, Archie Ivey, Raye & Jack Rozek, Michael & Terri Dunnermann, Diane Davis, Dick & Barbara Warden, Nancy & Steve Hess

HAPPY BIRTHDAY  
MAY

Lucille Robinson – 13

Vivian O’Kelley – 14

Allen Igou – 17

Wayne Steadman – 17

Dale Merritt – 26

Richard Graham – 31

JUNE

Delores McIntyre – 10

Ed Stallworth – 12

Ruth Parham – 14

Janet DiClaudio – 17

Harvey Varnadoe – 22

Joey Carroll – 29

CONGRADULATIONS

Tom and Eunice Newcomer are proud grandparents to 3 new great-grandchildren!

Tom Schendorf welcomes a new grandchild.

Jim and Gigi Veccia are off to New York for a First Communion for their grandson.

Delores McIntyre is getting ready for her granddaughter's wedding July 24th.

### MEMBERS CONCERNS

Danny Jenkins      Ann Finley  
Velma Underwood

Hattie Eversen fell and broke her leg in two places. She is back home now with a cast on her leg. Please pray for a speedy recovery.

We are all sending condolences to Tony and Lavonne Calandra. Tony's mother, Mary Rose Calandra of Savannah passed away after an extended illness.

### THOUGHTS FOR THE MONTH OF MAY

-  
Hope you all had a wonderful Mother's Day!

Memorial Day is a day set aside for remembrance of our loved ones and for the brave men and women that have served our country.

### SPOTLIGHT ON...ARCHIE CARTER IVEY



Archie Carter Ivey is the senior member of the Coastal Empire Polio Survivors Association. At 86 years of age this fascinating woman has lived an interesting and full life. Archie recently was honored at our 13th anniversary meeting in April and spoke briefly about her polio history and her life.

Archie was born in Savannah, Georgia in 1924 and was one of three children. She had an older brother Robert, now deceased, and an older sister Hattie, who lives here in Savannah. Archie also had two half-brothers and a half-sister from her father's first marriage. She said she was named after her grandfather Archie, who lived in Washington, Georgia. Archie fondly remembers trips there to visit her grandparents. Her father was a minister who spoke at churches in several Georgia towns.

Archie is uncertain about her age when she contracted polio, but said she was very young. She had severe curvature of her spine and vision problems. A doctor prescribed eye drops and cold compresses. Her father administered these treatments every morning for perhaps a year. Finally her vision improved. Archie also had bladder incontinence. When she entered first grade at Florance Street School, she had a teacher who would not let her go to the bathroom. She had embarrassing accidents in the classroom. Archie's mother sent a note to the teacher, who would not budge. Mrs. Carter visited the principal, who took care of the situation. Later the bladder problem cleared. Blessedly Archie was able to ride a bicycle as a teenager, when her family lived on 37th Street. She attended Alfred E. Beach High School and graduated there.

Archie was treated in Savannah by doctors who fitted her with corsets to straighten her back. She also had a lift on her right shoe. A nurse saw Archie's condition and said she should be eligible for financial assistance. She referred her to Dr. Julian Quattlebaum, Sr., who sent her to the Crippled Children's Clinic in Augusta, Georgia. Archie and her mother rode a train to the first appointment. There she was treated by a German physician Dr. McShell. He described her back as being twisted like a broken tree limb. She recalled being pulled up by a rope and swinging in the air for a cast to be fit on her back. Archie said it was a painful procedure, but she did not cry. She made periodic train trips to Augusta, traveling alone, to be checked in the outpatient clinic. Each year a new cast was fitted for a total of nine years until she was 21 years of age. Dr. McShell told her he might have been able to help her more had she gotten to their clinic sooner. He cautioned her never to let doctors operate on her back.

Archie continued to live with her parents. She worked as a nurse's aide at Charity Hospital and periodically filled in at the Georgia Infirmary, the nation's oldest black hospital. This determined woman attended two years of college at Georgia College, now Savannah State University. She rode a streetcar to campus, where her friends stood on either side and assisted her in walking to class. Archie had to leave college because her friends always were not available to help her get to class. She married at 25 years of age and divorced two years later. Archie later married her second husband who was from the north and in the army. Mr. Ivey passed away in 1979.

Archie joined the Second African Baptist Church when she was 12 years old; she still attends there. This talented woman learned to play the piano from her beloved grandmother and also took piano lessons. Her grandmother, mother, and aunt all played piano. Archie played for the Sunday School at her church for a brief time.

Archie moved to the Williams Court Apartments on Lincoln Street eight years ago. She lives independently in her apartment. Her days are filled with activities, such as calling bingo on Fridays and shopping once weekly for bingo prizes. She participates in a bible study group on Wednesdays and attends the monthly residents' meeting. This busy lady folds the monthly newsletter for residents and delivers them to the 2nd and 3rd floors. Archie sometimes participates in arts and crafts classes downstairs. There always is a place at the table for her when they have Thanksgiving and Christmas luncheons. She also enjoys doing embroidery and making lap quilts, which she gives away. Archie reads novels, the newspaper, and her bible daily. She works crossword puzzles and watches t.v. news and movies. Archie enjoys music including big band, classical, jazz, and gospel.

Archie did not participate in the civil rights movement in Savannah, but kept informed about what was happening. She remembers segregation and having to sit in the back of the bus. After segregation ended she sat wherever she wanted. She ate lunch at the Kress 5 & 10 store when businesses no longer were allowed to discriminate.

Archie joined CEPSA after she heard about the group from Dr. Ryan Boland, her ophthalmologist. She called this writer who provided information about the group and invited her to join us. From her description Archie has had episodes typical of post-polio syndrome. Her legs become weak and "feel like iron." She cannot walk at these times. One episode resulted in her going to Candler Hospital, where they thought she was having a stroke. A stroke was ruled out; she went to physical therapy and took medication, recovering in 2-3 months.

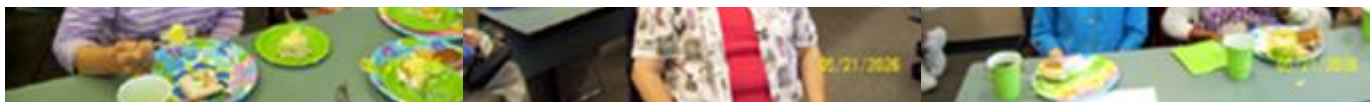
Archie does not complain about her health problems. Her strong faith and optimistic outlook keep her looking forward to each day.

Archie Carter Ivey is a true survivor in many ways. We are honored to have her in this organization.

Submitted by Cheryl Brackin

### CEPSA's Anniversary Party – April 24, 2010





**Go to web site for additional photos (scrapbook)**

## **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.***