



The Lighthouse

Coastal Empire Polio Survivors Association, Inc.
Newsletter May, 2011
Vol. XIV, No. 5

Shining Light on Post-Polio Health
www.coastalempirepoliosurvivors.org



The President's Message...

I am writing this message the day after our birthday party so everything is fresh in my mind. The Marsh Auditorium where we held it worked out so perfectly that we are booking it for next year. Everyone had so much space and a table in front of them for eating. I cannot tell you what a wonderful job our Hospitality Committee did. Chairs Adrienne and Terri and members Betty and Lavonne outdid themselves. When I arrived Ed had just about set up the whole place with tables and chairs in position. Gene, Betty and Lavonne picked up the food while Adrienne prepared the area for the food and planned how it was to be served. I can't give enough kudos or credit for all the work they did. They are one of the reasons that CEPSPA is the organization it is today.

After a wonderful inspirational story by Lorraine, and a silent prayer for Marty's brother and wife who lost everything they owned to a tornado in Alabama, we started our program. Ann Chance, Janet DiClaudio and Marge Lampke all told wonderful stories about how they dealt with growing up with the residual effects of polio. How all three pursued college degrees and have led productive lives. Now in their later years PPS has taken its toll on them, but they are not letting it get the best of them. Everyone had a wonderful time!!! – By the way, if you need a singer for an event you are planning, Ann is available!!!!

Our May General Meeting will **not** be the fourth Saturday of the month since that is Memorial Day weekend. We will meet on **MAY 21st** in our regular room in the Candler Heart & Lung Building, 2nd floor - Conference Room 2 at 10:30 am. The program is “S.O.S. - **Sharing Our Strengths**” **Post-Polio Questions and Answers**. I will be out of town, and Diane Davis will be handling the meeting. If you have any Post-Polio questions, she asked that you E-mail them to her at davi1192@bellsouth.net as soon as possible, or call her if you don't have an E-mail at 912-355-1221. **Attention CEPSPA's New Members:** We are going to put special emphasis on our new members' questions, so please all new members E-mail Diane your questions. This way Diane and several other board members can research the questions and have the answers for you at the meeting. Time permitting, she will take questions and input from the floor at the meeting. I feel certain all will be enlightened.

Once again, since I failed to recognize the great job the Hospitality Committee did yesterday, I want to apologize to them and thank them again.

Jim Veccia, *President*

General Meeting Minutes **April 30, 2011**

President Jim Veccia welcomed everyone to the meeting. He introduced three new members and asked them to state how old they were and where they lived when they had polio.

Hugh Munn lived outside Columbia, SC and was 3 years old in 1945.

Carlos Clas was 3 years old and lived in Puerto Rico.

Della Simmons was 3 years old and lived in Savannah.

He then recognized guests and people who we have not seen for a long time. One of the guests was Chris Sheffield who had polio when he lived in Chattanooga, TN at age 3. He was born in 1954 and had it in 1957. He was told that he got polio from the shot.

Jim then congratulated Delores McIntyre and J. E. McCall on their recent marriage.

Dale and Harriet Merritt were recognized.

Terri Dunnermann was welcomed back after a lengthy hospitalization and continuing recuperation. She thanked everyone for the cards, prayers and calls. She said that all of them have really helped.

Lorraine Frew read a poem “Time of Life” for the inspiration.

All members were asked to say a silent prayer for Marty Foxx's brother and his family who lost their home in a tornado in Alabama. No one was hurt, but the home was totally destroyed.

Business Meeting:

Jim Veccia called the meeting to order at 11:00 am.

The Minutes of the February meeting were approved as printed.

Marty Foxx gave the Treasurer's Report which was accepted as presented.

Member Concerns - Cheryl Brackin was unable to attend the meeting due to illness.

New Business:

Janet DiClaudio announced that a Health Fair is being held at River's Edge Retirement Community on Friday and Saturday, May 6 and 7, 2011 from 2:00 until 4:00 pm both days. Members are welcome.

Jim reported that the Rotary Clubs in Hilton Head are working on possibly sponsoring another walkathon. They are not sure.

Adrienne Stallworth asked everyone to sign the sign-in sheet. New members were asked to include their address.

Marty Foxx stated that she had new member forms and if anyone would like one to see her.

Three members then told their "polio stories."

Ann Chance lived in Pembroke, NC and was between 2 and 3 years old. She had 2 surgeries, one at age 14 and the other in her early twenties. She wore an ugly orthopedic with a high heel on her left foot, took vitamins, did exercises and slept without a pillow. Ann rebelled when she went to college and quit the vitamins and slept with a pillow. She was not allowed to participate in Physical Exercise classes after she was hit in the stomach by a softball and passed out. She had no polio related problems until a year ago when her knee started bothering her. She has been a member of CEPSSA for 5 or 6 years.

Janet DiClaudio contracted polio in 1951, eight days prior to her eleventh birthday, in Pittsburgh, PA. She remembered the lumbar puncture, having a crush on her Physical Therapist, looking at the ceiling, being on a rocking bed, getting out of bed and falling, hot packs and physical therapy. She was followed by Dr. Jesse Wright, a female physician who dressed like a man and scared her to death. Janet wore a Thomas lordotic brace which had two iron bars that were rough at the top. Her mother threw the brace away. Her father made equipment for her to use for exercising. She was included in a survey of polio survivors and non-polio patients. One of the things they found was that the polio survivors had a higher education level. Janet fell many times over the years and never connected it to her polio until a doctor explained it to her. She has been a member of CEPSSA for 12 years and appreciates all of the great people she has met.

Marge Lampke lived in upstate New York when she was diagnosed with polio by an Orthopedic Surgeon in August 1950 at age 4. She remembers waking up in the middle of the night wanting a drink of water. She got out of bed and fell. She crawled to her parents' room and pulled on her mother's arm. She told her that she wanted a drink of water. Her mother told her to go to the bathroom. Marge told her that she couldn't. Her mother got up and saw that she could not walk. She took her to the doctor who diagnosed her. She was a patient at both St. Luke's and St. Vincent's hospitals in New York City to have surgery. The physician who followed her after her hospitalization told her to do everything like everyone else. She roller and ice skated, played sports like softball, and participated in other physical activities. She doesn't know how she did all of it. Marge got married and had two children and went to school. She has two graduate degrees and worked as a teacher for many years. Marge raised her two children alone after her divorce. She met her current husband and moved to Rhode Island. They moved to Florida to care for her parents until they passed away then they moved to Hilton Head two years ago. Her post-polio problems began about a year ago when she had pain in her knee. She went to see Dr. Holly Wise who has helped her a lot. She joined CEPSSA almost a year ago and is very glad to belong to the group.

HAPPY BIRTHDAY**MAY**

Vivian O'Kelley -14
Allen Igou -17
Wayne Steadman -17
Dale Merritt -26
Richard Graham -31

JUNE

Delores McCall - 10
Ed Stallworth -12
Ruth Parham -14
Janet DiClaudio -17
Harvey Varnadoe -22



Memorial Day originated in 1868, when Union General [John A. Logan](#) designated a day in which the graves of [Civil War](#) soldiers would be decorated.

Known as Decoration Day, the holiday was changed to Memorial Day within twenty years, becoming a holiday dedicated to the memory of all war dead. It became a federal holiday in 1971, and is now observed on the last Monday in May.

Read more: [Memorial Day — Infoplease.com](#) <http://www.infoplease.com/spot/memorialday1.html#ixzz1LPkpdFLB>



Let us all remember the sacrifices that the Armed Forces and their families have and are enduring in their service to our country.

MEMBERS CONCERNS

Beverly Jarvis

Terri Dunnermann

Marty Foxx (Marty's brother lost everything in the Alabama tornados)

His family was ok.....

Velma Underwood

Ann and George Finley

Cheryl Brackin

Pray and uplift those that are listed...

THOUGHTS FROM OUR BIRTHDAY PARTY

WOW! It was great to have to use a bigger room and to know that we are growing and new polio survivors are finding us. We are there to help each other on our journey. As I listened to the testimonies of three survivors, tears came in my eyes and I knew that it took courage to get through the sharing.

A BIG THANKS TO JIM VECCIA AND THE HOSPITALITY TEAM..... Char Richter

Remember May Meeting is third Saturday, May 21st

Thoughts for Polio Survivors

There are long-term physical consequences to having had poliomyelitis. New symptoms recognized by the medical community that may relate to prior polio include:

- o unaccustomed fatigue – either rapid muscle tiring or feeling of total body exhaustion;
- o new weakness in muscles, both those originally affected and those seemingly unaffected;
- o pain in muscles and/or joints;
- o sleeping problems; breathing or swallowing problems; and/or decreased ability to tolerate cold temperatures.

Any combination of the symptoms may affect your ability to conduct customary daily activities such as climbing stairs, walking, lifting, etc.

Recommended Actions:

Obtain a complete general medical evaluation from your primary care physician. Any medical problems found in the evaluation should be treated and monitored.

If your symptoms persist, seek a neuromuscular examination from a specialist in post-polio problems, typically a physical medicine and rehabilitation specialist (physiatrist) or a neurologist. The purpose of this examination is to determine what the problem is and to establish a baseline from which to judge future changes, to evaluate and update your mobility aids and/or your ventilatory equipment, and to develop an individualized management plan.

Do not attempt to diagnose yourself. Post-polio syndrome is a diagnosis of exclusion and it is important to rule out (or treat) conditions with

similar symptoms that may be causing distress.

Although research has not yet identified a medication that stops or delays the weakening of muscles, the symptoms can be managed.

Seek medical advice and use recommended mobility aids and ventilatory equipment.

Listen to your body and follow common sense guidelines that include avoiding activities that cause pain and/or fatigue that lasts more than ten minutes.

Pace yourself in your daily activities, routinely stopping to rest for 15 to 30 minutes several times a day.

Consider joining a support group that espouses self-help and encourages group participation and positive action, or consider seeking individual and/or family counseling to assist in making needed lifestyle changes.

Maintaining health is essential for those with a compromised neuromuscular system. Heed general advice about eating well, getting the proper amount of sleep, avoiding unhealthy habits such as smoking and overeating, and exercising appropriately. Many symptoms result from the overuse and misuse of muscles and joints. Carefully consider which muscles to exercise and how often.

CONGRATULATIONS!!

-
Kudos to our own Sally Luck and her group "Physically Challenged Active Adults" for recently winning the Leadership Team Award at Sun City, Bluffton. The 2010 Annual Volunteer Award was in the Community Group Category. Sally served as group president in 2010.

Sadly, polio survivors recently lost one of our biggest supporters. Dana Remick, orthotist and prosthetist with Hanger, Inc., died unexpectedly at his home in Guyton April 10, 2011. He gave an excellent presentation to CEPSPA several years ago on bracing options for polio survivors. Several of us wear braces made by Dana or revised by him. He had many years of experience working with polio survivors. Cheryl attended a memorial service held April 13. Dana is survived by two daughters and his Hanger family.

This year has been one of our best years for locating new members. Since January of this year we have 10 new members.

Welcome New Members

Brenda Mills, Savannah
Faye Clark, Savannah
Della Simmons, Savannah
Carlos* and Wanda Clas, Savannah
Rita DeVaulet, Shellman's Bluff, GA
Fran Todd (LIFE, Friend), Guyton, GA
Marie McManus, Ridgeland, SC
Susan Pineo, Beaufort, SC
Hugh* and Linda Munn, Columbia, SC
Cheryl Todd, Charleston, SC

* denotes polio survivor

I feel that our name is getting out into both Georgia and South Carolina more than ever. Keep spreading the word.

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:

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