



THE LIGHTHOUSE

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

November/December, 2014 Newsletter

www.coastalempirepoliosurvivors.org

Vol. XVII, No. 9

CEPSA

2015

Executive Board

Co-Founders

Lorraine Frew - Care Team Leader
Cheryl Brackin - Care Team Leader

Officers

Cheryl Brackin - President
Lavonne Calandra - Vice-President
Michael Dunnermann - Secretary
Terri Dunnermann - Treasurer

Committee Chairs

Cheryl Brackin - Publicity Chair & Newsletter Editor
Lavonne Calandra - Care Team Co-Chair
Diane Davis - Polio Awareness & History Chair
Terri Dunnermann - Hospitality Co-Chair, Correspondence & Care Team Leader
Betty Goff - Care Team Co-Chair & Hospitality Co-Chair
Richard Graham - Mobility Project Co-Chair & Care Team Leader
Penny Smith - Care Team Leader
Adrienne Stallworth - Directory
Harvey Varnadoe - New Member & Accessibility Awareness
Jim Veccia - Website, Bylaws, Mobility Project Co-Chair & Care Team Leader

The President's Message...

Our October program on swallowing disorders and vocal weakness in polio survivors was very informative and well-received. Kathi Waters, Speech-Language Pathologist, did an excellent job explaining a normal swallow and how it can become disordered in anyone, but particularly in some polio survivors.

I want to thank our 2014 executive board, committee chairs, care team leaders, and members for their commitment this year. Your ideas and energy have made this another good year in CEPSA. We enjoyed our new meeting location in the Lewis Cancer Building on the Candler campus. Several excellent speakers provided important information. The April celebration of our 17th year was a very special day. CEPSA participated in the Smart Senior Health Fair and Expo in June, affording us greater publicity in the community. For the first time we successfully solicited donations to help in producing and mailing our newsletter. There were sad days with the deaths of four of our members, Beverley Polin, Cornelia Rollins, Janet DiClaudio, and Tony Tedona. We will remember them in better, happier days.

CEPSA published nine newsletters with PPS information, independent living suggestions, happy news, concerns, condolences, photos, announcements, and kudos. Once again I express my sincere thanks and a huge debt of gratitude from CEPSA to Wanda and Carlos Clas. Although I volunteered to do the newsletter this year, it never would have happened without the Clases's major assistance. Forget "underground editors." They indeed have been co-editors. Thank you, my friends!

Where did 2014 go? Once again the time for our Christmas banquet approaches. This is our major event with the greatest attendance each year. Our guest speaker David Puckett has an amazing story to share about his humanitarian work. Please respond when you get a call from your care team leader, say you will be with us, and tell your menu choice. Feel free to call me at 912-927-8332 if you do not get a call or with any questions. Join us on December 6 for a joyous beginning to the holiday season.

Cheryl Brackin

Coming in
January newsletter:
Lectures from the
2014 Polio Health
International Conference
"Promoting Healthy Ideas"
held in St. Louis.

Holiday Banquet
Saturday,
December 6, 2014
12:00 Noon
at Hilton Garden Inn

Next Meeting
Saturday,
January 24, 2015
10:30 AM
at Nancy N. and J.C. Lewis Cancer
and Research Pavilion, Room 203



Coastal Empire Polio Survivors Association, Inc.

General Meeting Minutes October 25, 2014

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

President Cheryl Brackin called the meeting to order at 10:40am. She thanked those in attendance and welcomed back Tom Schendorff, Penny Smith, and Wanda and Carlos Clas who have been away for a while.

Lorraine Frew, founder, led the Pledge of Allegiance.

Terri Dunnermann gave the inspiration, a story entitled "The Folded Napkin," a truck stop reading. This was a heartwarming story about a young boy who needed an operation and was helped by the customers of a truck stop.

Program: "Dysphagia (Swallowing Problems) and Vocal Disorders in Polio Survivors" was presented by Kathleen Waters, MCD, CCC-SLP, Speech-Language Pathologist, Memorial University Medical Center. (See program summary on page 3.)

Business Meeting:

Approval of Minutes: Minutes from the September 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: Member concerns were reported for Archie Ivey, Jim Veccia, and Diane Davis. Fred Davis is still going through a healing process.

Old Business: A. The Janet DiClaudio Memorial service on October 11 went well. We recognized Dan Shehan for playing the organ and the speakers Dr. Gifford Lorenz, Marty Foxx, Sandra Bath, Liz Colson, and Cheryl Brackin. The service was held at the chapel of Candler Hospital and attended by many members and friends of Janet.

B. The banquet room at the Hilton Garden Inn on Abercorn has been reserved by Terri. This year the luncheon co-pay is \$15. Adrienne will be making nametags for new members. Care team leaders will call their members to mark their calendars and express a menu choice. The guest speaker will be David Puckett.

We will again have door prizes.

New Business: Election of 2015 Officers and Committee Chairs: In the absence of Jim Veccia, the nominating committee chair, two members of the committee read the nominations. Betty Goff nominated the following slate of officers: President- Cheryl Brackin; Vice-President- Lavonne Calandra; Secretary- Michael Dunnermann; Treasurer- Terri Dunnermann. Lavonne Calandra read the list of nominees to be chairs of our committees. All 2014 chairs accepted the nomination for their same positions, with the exception of Adrienne Stallworth, who is going off as Hospitality Co-Chair. Betty Goff agreed to be nominated for that position. There were no nominations from the floor.

A vote was taken and all officers and chairs were elected unanimously.

The business meeting was adjourned at 12:48 p.m.

Respectfully submitted by

Michael Dunnermann, Secretary

Attendance: Cheryl Brackin, Lorraine Frew, Michael & Terri Dunnermann, Lavonne Calandra, Sissy Morel, Betty Goff, Carlos & Wanda Clas, Tom Schendorff, Penny Smith and Dick Warden .



December

Dianne Falgiani- 2
Susan Pineo - 11
Alan Page- 17
Betty Goff - 22
Diane Davis - 27
Roy Winters - 28

November

Deno Caloudas- 1
Cathy Zomer - 2
Charlotte Richter- 4
Pixi Winters - 12
Sally Luck - 21
Idella White - 21
Judy Frick - 21
Hilda Fields - 25
Velma Underwood - 26

January

Gigi Veccia- 5
Fran Todd - 9
Lorraine Frew- 10
Penny Smith - 10
Delorise Manor - 14
Harriett Merritt - 14
Linda Graham - 15

Member Concerns

Myrna Jordan (sister of Marty Foxx),
Dot Parkhurst, Ross Smith & Gigi Veccia.

Please keep these members in your prayers.

Condolences



Tony Tedona, a former active CEPSPA member, died October 21, 2014 at age 71 years. He was a resident of Riverview Health and Rehabilitation Center and under the care of Gentiva Hospice. The funeral service was private. Tony was a native of Hackensack, New Jersey. He was a graduate of the RCA Institute of Technology and Fairleigh Dickinson University with a BS in electrical engineering. We offer sincere condolences to Tony's family.

Roy Louis Bennett, Sr., 98, father of Skeet Varnadoe/father-in-law of Harvey Varnadoe, died Monday, November 3 at Hospice Savannah. Funeral services were held November 8 in Savannah. CEPSPA offers sincere condolences to Skeet and Harvey and family. Remembrances may be sent to Hospice Savannah.

October Program Summary

Kathleen H. Waters, MCD, CCC-SLP, Speech-Language Pathologist at Memorial University Medical Center, discussed dysphagia (swallowing disorder) and vocal weakness in polio survivors. With an anatomical drawing she described all the body parts and the process involved in a normal swallow, which occurs within less than a second and is very complex. She discussed how it can deviate in individuals for various reasons. Ms. Waters explained the evaluation of patients with suspected swallowing disorders. For swallowing difficulty she advised taking smaller bites of food, chewing thoroughly, using a head turn or chin tuck during a swallow, and increasing texture of liquids if needed. When taking pills, it is advisable to take a drink of water first. If taking multiple pills, group them by size and then swallow. Do not tip your head back, but keep your chin down. Swallowing a canned peach slice along with the meds assists some people. Eat food and swallow pills in an upright position. If in the hospital, insist on this position even if the staff does not.
from notes of M. Dunnermann



Happy Thanksgiving, Everyone!

As we pause to count our blessings, CEPSA members are thankful for our enduring support group.

Our Holiday Banquet Speaker

David Puckett,

Orthotist, Prosthetist, Humanitarian



David is the president and owner of Positive Image Prosthetics and Orthotics in Savannah, Georgia. He founded PIPO Missions, Inc./Medical Outreach in 1999 and has made over 100 mission trips to Mexico and Columbia, providing no-charge artificial limb and orthopedic brace care clinics. David was in the news internationally in 2008 and 2009. He received a 2008 CNN Heroes Award in recognition of his philanthropic work in Mexico and Columbia, along with nine other recipients from a field of 7000 nominees. David was awarded the Ellis Island NECO Award in 2009 for his international philanthropic work, one of 98 recipients in the world. Locally he is an active member of Savannah Rotary East, which supports his mission efforts. David and his wife have three children.

Mark Your Calendar

Holiday Banquet

December 6, 2014

12:00 Noon

Hilton Garden Inn

5711 Abercorn St., Savannah, GA 31405



Member and guest co-pay for lunch is \$15 this year.

Those who register and do not attend will be asked to pay the full cost of the meal.

Remember that your \$20 dues for 2015 can be paid at the banquet.

Below is the menu for our Annual Holiday Banquet. You will be receiving a call from your Care Team Leader, asking if you will be attending the banquet on December 6, 2014, for total number attending, and your preference for your entrée. It is important that they receive an answer. If they leave a message please return their call. We need to have this information so the Hilton Garden Inn can order the correct amount of each entrée and know the number attending. There will be no assigned seating, so if you are coming with several people and are planning to sit together, seating will be open to choice. Those wishing to sit together with family or friends should arrive early.

UPDATED

Banquet Menu Selection

House Salad

Served with 2 dressings and cheese bisquits.

Herb Roasted Chicken

Served with roasted potatoes and seasonal vegetables.

Baked Tilapia

Baked Tilapia in creamy lemon sauce with rice pilaf and seasonal vegetables.

Cheese Tortellini

Served with roasted vegetables and pesto sauce.

Dessert

Chef's Choice of Assorted Pies



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HOLIDAY BANQUET
Saturday,
December 6, 2014
12:00 Noon
Hilton Garden Inn
5711 Abercorn Street
Savannah, GA 31405

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Saturday,
January 24, 2015
10:30 AM
at Nancy N. and J.C. Lewis Cancer
& Research Pavilion, Room 203
225 Candler Drive
Savannah, GA

Our November/December Newsletter Sponsor ★

The Coastal Empire Polio Survivors Association would like to thank the **Rotary Club of Hilton Head** for their generous sponsorship of this issue of *THE LIGHTHOUSE*. Their gift will enable continued access to information about Post-Polio Syndrome and our support group to members, family, friends, and medical professionals.

Thank you, Rotary Club of Hilton Head,
for your commitment to making a difference in our community.



If you would like to be
Our Next NEWSLETTER SPONSOR,
or if you would like to *make a donation*,
please contact us at:



CEPSA
P.O. Box 14252, Savannah, GA 31416.

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 contributions are tax deductible and will be acknowledged appropriately.

Thank you for your support and encouragement.