



The Lighthouse

Coastal Empire Polio Survivors Association, Inc.
Newsletter October, 2010
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Shining light on post-polio health
www.coastalempirepoliosurvivors.org

The President's Message...

It was a glorious day, bright sunshine and temperature around 75 degrees, when our Heel-to-Toe walk took place. The tide was out and the hard packed sand left a wonderful path for our scooters and chairs to roll upon. The total distance was 4.5 miles out and 4.5 miles back. I don't know of any of us who made the long trek. I went about a total of two miles. The wind and surf were perfect. I don't think anyone was stranded, except I did see Terri in her chair, sans motor, with Michael supplying the power. I'm sure Mike slept very well Saturday night! After our walk finished we all went over to an area called 'Beach Market.' There three restaurants supplied everyone with some of the best food ever. The lemon shrimp was simply to die for. There were wings in barbeque sauce with varying tastes from hot to mild, along with chicken and all kinds of fruit. It was simply wonderful. Those who attend included the following members along with some of their family members: Lavonne Calandra & Faye, Ann Chance, Janet DiClaudio, Terri & Mike Dunnermann, Linda & Pat Epperson, Dianne & Tony Falgiani, Betty & Gene Goff, Richard & Linda Graham, Marge & Jim Lampke (new member), Sally & Ed Luck, Edie & John Porter, Charlotte & Larry Richter, Penny & Ross Smith, Harvey Varnadoe, Jim & Gigi Veccia, Dick and Cookie Warden, and Pixi and Roy Winters. Thanks to all of you for representing CEPASA.

As for our fund raising I was extremely happy with our results. We were about 50% higher than last year. I was disappointed in the five Rotary Clubs we partnered with. I realize they don't have the same incentive that we have, but I also feel their effort was less than stellar. I don't have the final figures yet, but I believe the total to be around \$25,000. Those members who raised money were: Sandra Bath, Eileen Boyle, Cheryl Brackin, Lavonne Calandra, Roberta Coovert, Diane Davis, Janet DiClaudio, Terri Dunnermann, Linda Epperson, Lorraine Frew, Betty Goff, Richard Graham, Sally Luck, Ann Page, Edie Porter, Charlotte Richter, Kenneth Salter, Dan Shehan, Penny Smith, Velma Underwood, Jim Veccia, Glenda Walker, Dick Warden and Pixi Winters. Janet was our biggest fund raiser with Richard a very close second. Thank you all for your efforts.

If I left anyone off either list above, please forgive me, but let me know and I will correct any mistakes in our next newsletter.

This month our guest speaker will be Bill Byler and his brother David, owners of Integrity Medical. Dave specializes in remodeling bathrooms for handicapped people. They will be advising us on any new products on the market that will assist us in our daily routine, both in the house and outside. Also, they will try and clear up how the new healthcare bill will affect all of us now on Medicare, Medicare Advantage, Medicare Disability and those anticipating retiring soon.

Our next big event is our annual banquet. Reserve the date of December 4th on your calendar. The first week of November you will receive a call from your Care Team Leader, asking you if you will be attending the banquet and your choice of entrée. See page 4 for a sample of our menu. The cost to you is \$10.00/person. CEPASA is paying \$8.00 towards the total cost of \$18.00/person. This year we will be having a guest speaker. I will have more about that in our next Newsletter. Jim Veccia, *President*

CEPSA Minutes for September 25, 2010

President Jim Veccia called the meeting to order. After the Pledge to the Flag, Sally Luck gave the inspiration. Marty Foxx introduced our speaker, **Dr. Mark Murphy**, a gastroenterologist with the **Center for Digestive and Liver Health**. Dr. Murphy gave an overview of the history of polio before dealing with the topic: **"Digestive Health Issues for the Polio Survivor."** Of the millions of Americans who contracted the polio virus, only 0.5-1% developed paralytic polio. The three sub-categories of paralytic polio are spinal, bulbar, and bulbospinal; the polio virus travels along nerve tissues, destroying mostly motor neurons. The worst US outbreak of polio was in 1952 with 58,000 cases reported, 21,000 of those with paralysis, and over 3000 deaths. A polio vaccine was discovered in 1950; widespread public use of it began in 1955. After the World Wide Polio Eradication Project began in 1988 by the World Health Organization, the number of new cases of polio declined significantly; in 2009, there were about 1000 cases reported worldwide.

Dr. Murphy shared a partial list of famous polio survivors, including our own Judge Frank Cheatham who was one of Mark's patients. Judge Cheatham credited polio for his success in life. The late effects of polio, Post-Polio Syndrome [PPS], affect 25-50% of polio survivors; 15 to 40 years after the event of having the disease, many experience new muscle weakness, extreme fatigue, pain, and paralysis. Even those who had the polio virus but were not left with visible effects may develop PPS. Dr. Murphy stressed that PPS was NOT a reinfection by the virus; the exact cause is unknown but seems related to overuse of remaining nerve fibers which try to compensate for nearby damaged ones. The treatment centers on rest, limited physical therapy, speech therapy for swallowing problems, and assisted breathing and sleeping devices. Conserve what strength remains in order to preserve it. Overuse may cause permanent damage. The use of motorized wheelchairs can be very helpful as supportive care. Dr. Murphy described common digestive health complaints such as heartburn, acid reflux, constipation, bloating, diarrhea, slow motility, abdominal distension, etc. These are common issues for the general aging population and may be compounded by polio weakness or not.

The testing and treatments are tailored to the patient's symptoms. The most critical issue is aspiration caused by swallowing difficulties; this can be life-threatening. Speech therapy can be very helpful for that problem. Be aware that lactose intolerance often develops as we get older. Constipation is the most common complaint. Avoid stimulant laxatives such as senna, dulcolax, and aloe because they are toxins which work

by stimulating colon contractions; they damage the nerve cells in the lining of the colon. It is better to use osmotic laxatives such as Milk of Magnesia or Miralax which draw fluid into the bowel. Your doctor may suggest a colonic prokinetic medication if help is needed for colon contractions. Eat small meals frequently and add fiber to a balanced diet. Probiotics such as Activia, Pearls, or Align are helpful. Consider nutritional supplements such as Ensure or Boost which are soy-based. Colorectal cancer screening is recommended for everyone over 50. Colon cancer is the number 2 cause of death for cancer patients. [Lung cancer is number 1.] Dr. Murphy discussed several medications and their risk factors for digestive health. A lively question and answer session concluded his excellent program.

After a short recess, **the business meeting** was called to order at 11:50. The minutes for the business part of the June 26th meeting were read aloud by Marty Foxx since they had not been printed in the newsletter. The minutes as printed and read were approved. Marty Foxx gave the summer treasurer's report which was approved. **The Knox Foundation grant has been gratefully received.** The **Care Team reports** brought news of a broken foot, bronchitis, trips out of town, birthday celebrations, and new retirements.

Committee reports were given. Richard Graham learned that Margaret Cheatham's mobility company has gone out of business. The policy changes in Medicare for January will cover rentals, not purchases, of mobility equipment. Our October program will give us more information on this issue.

Diane Davis presented a **by-law amendment** to expand the scope of our mission statement. It was printed in the September newsletter. After discussion, it was passed.

The **nominating committee** was announced: Janet DiClaudio [chair], Lavonne Calandra, Adrienne Stallworth, and Harvey Varnadoe. They will have a report at our next meeting.

Jim gave important details for those attending the **Heel To Toe** event next Saturday in Hilton Head. Response from our fundraising mailout letters to all members in June has been outstanding. Thank you to all who have helped to make this project so successful. Our top fundraisers so far are Janet DiClaudio and Richard Graham. We will look forward to a full report at the October meeting. Jim adjourned the meeting at 12:30.

Respectfully submitted, Marty Foxx

Attendance:

Terri & Michael Dunnermann, Delores McIntyre, Lorraine Frew, Tony Tedona, Cheryl Brackin, Ruth Parham, Archie Ivey, Dick & Cooky Warden, Stu & Lucille Robinson, Dan Shehan, Betty Goff, Lavonne Calandra, Charlotte Richter, Janet DiClaudio, Harvey & Skeet Varnadoe, Diane Davis, Sally & Ed Luck, Adrienne Stallworth, Ann Chance, Patrina & Bobby Johnson, Sissy Morel, Jim & Gigi Veccia, Dr. Mark Murphy, and Marty Foxx

HAPPY BIRTHDAY

OCTOBER

Billy Ray Washington -3

Eileen Boyle -5

Dan Shehan -6

Hattie Evensen -7

Harvey Varnadoe -15

Beverly Jarvis -23

Adrienne Stallworth -31

NOVEMBER

Charlotte Richter -4

Ann Chance -11

Pixie Winters -12

Deloris Manor -21

Judy Frick -23

Hilda Fields -25

Beverly Polin -25

Velma Underwood -26

MEMBER CONCERNS

Cheryl Brackin, Ann Finley, Terri Dunnerman,

Harriet and Dale Merritt, Lorraine Frew,

Eunice and Tom Newcomer

Adrienne and Ed Stallworth

CEPSA sends their condolences to

Charlotte and Larry Richter on the

death of Charlotte's mother.

Our prayers are with you both and your family.

Menu for Banquet

Menu Selection

Garden Salad

Iceberg Lettuce with Cucumbers, Tomatoes and Carrots. Served with Ranch Dressing.

Plated Baked Chicken
Baked Chicken served with Rice Pilaf
and Green Beans.

Plated Roasted Tilapia
Roasted Tilapia served with Tomato Caper Relish, Rice Pilaf, and Vegetable.

Plated Vegetable Lasagna
Vegetable Lasagna served with
Sautéed Seasonal Vegetables.

Dessert
Chef's Choice of Assorted Pies

Above is the Menu for our Annual Banquet. You will be receiving a call from your Care Team Leader the first week of November. Your Leader will be asking if you will be attending the Banquet (Dec. 4th) and what your preference for your entrée will be. 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 Gardens can order the correct amount of each entrée and know the number attending. Also, there will be no assigned seating, so if you are coming with several and are planning on sitting together, seating will be open to choice. Those wishing to sit together with family or specific friends should arrive early.

Heel to Toe for Polio Walk - October 2, 2010



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.