



THE LIGHTHOUSE

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

September, 2012 Newsletter

www.coastalempirepoliosurvivors.org

Vol. XV, No. 7

The President's Message...



I hope that all of you had a great summer. Mine was both quiet and exciting. I lived through two power outages and the tornado siren blaring. They were all handled very well.

One of our goals is to fill our Memory Book with your "polio stories." Is yours in the book? If not, why not do it now? You can write your own story or tell it to someone else who can write it for you. If you have a friend or family member who is or was a polio survivor, you could write their story also. Please see my story about David R. Troy as told to me by his son.

Why write your story? It could help with your emotions, help you and others see that you are not alone, help your family see what you experienced and how it affected their lives and encourage them to get their children immunized to prevent them from contracting this disease.

How do I start? Make a list of facts such as your age and where you lived when you contracted polio. Were you in the hospital? Were you in an iron lung? Did you wear braces? Were you treated with hot packs? Did you live in a rehabilitation facility such as Warm Springs?

How did the disease affect your life? Did you miss school? Were you tutored at home? Did you have physical limitations such as walking the stairs in school? How did it affect your decisions such as your career and having a family? What were your accomplishments such as education, career, awards, etc?

The Memory Book may be borrowed from our library by contacting Diane Davis at davi1192@bellsouth.net who will bring it to a General Meeting for you.

I am really looking forward to reading all of your stories. The ones that I have read are similar, but also different. You will enjoy reading them.

Hope to see all of you at our meeting on Saturday, September 22, 2012 at 10:30 am.

Janet DiClaudio, President



"Memory is the diary that we all carry about with us."
~ Oscar Wilde

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Next Meeting

Saturday,

September 22, 2012,

10:30 AM



Our September Meeting Sharing Our Strengths or S.O.S.

Our September meeting will focus on Sharing Our Strengths or S.O.S. We will meet on Saturday, September 22, 2012, at Barnes Restaurant, located at 5320 Waters Ave., Savannah, GA 31419.

We will discuss topics in small groups led by a moderator. This sharing of information can answer questions members may have, and it can also help our members get to know each other better.

We WILL NOT be staying for lunch at Barnes after the meeting. Those members who would like to get together for a lunch bunch after the meeting, can decide where they might like to eat.

General Meeting Minutes June 23, 2012

President Janet DiClaudio called the meeting to order at 10:48 am and then welcomed everyone to our new meeting location at Barnes Restaurant.

Cheryl Brackin led the Pledge of Allegiance.

The inspiration was given by Dick Warden, who read the poem "If" by Richard Kipling, a poem of inspiration he has carried with him his entire life.

Minutes from the April meeting posted in our newsletter were approved as written.

The Treasurer's report was given by Marty Foxx, and she highlighted the past three months of operations. The report was approved as submitted.

Janet read a card of thanks from Wanda and Carlos Clas. Lavonne thanked everyone for her well wishes during her recovery. Dick Warden wanted to give thanks to CEPESA and Richard Graham for the assistance in getting knowledge for vehicle and scooter capabilities.

Committee Reports:

Janet and the group thanked the Hospitality Team for doing an excellent job on the set up and presentation for the 15th Anniversary Celebration held in April.

The Rotary Committee report from Harvey Varnadoe was that everyone helped and made the function at the Rotary District 6920 Conference held at the Desoto Hilton Hotel very successful and will benefit the group in the future.

Old Business:

Janet thanked Harvey and Tom for all they did to make our participation at the Rotary Conference a success. She will be

sending out thank you letters to Gordon Matthews, Steve Acuff and Tom McGoldrick.

Gordon Matthews is the District Governor of Rotary District 6920. Steve Acuff, an Assistant Governor, provided the TV and DVD player for the continuous loop of the iron lung demonstration by Dan Shehan. Tom McGoldrick arranged cleaning and delivery of the iron lung for display. Marjorie Young will also receive a thank you and a history document from Diane on the history of CEPESA.

Rotary:

Harvey and Tom reported that they are planning a project with the Skidaway Rotary to sponsor home modifications to assist polio survivors to remain in their homes and still be able to live with limited assistance. Jim recommended we suggest a project within the next few weeks while it is fresh after the function. Tom reported that the International Rotary Conference is scheduled for 2017 in Atlanta, and we may want to keep that on the calendar.

Mobility Storage:

Jim reported that we are down to one storage unit now and it is full. All members have been contacted and are supported at this time. There are several scooters that need more than ordinary service. There's a possibility that this equipment could be donated to the VA. This decision will be brought up at the next board meeting. Jim will advise the Rotary that if we donate any equipment to the veterans, the chairs will not be from the ones they provided with the grant.

New Business:

Esther Simmons, daughter of Della Simmons, showed the video of the TV broadcast of Janet and Tom on Mid-Morning Live that was on June 14th. It was a good presentation that alerted viewers that polio is still a threat worldwide and about the importance of the polio vaccination for all children.

Diane's article about the iron lung and CEPESA will be sent to Marjorie Young for submission to The Rotarian, the Rotary magazine, for possible publication.

There will be no formal meeting for the months of July and August. However, there will be a lunch bunch that we can attend on July 28th and August 25th at noon at Johnny Harris Restaurant on Victory Drive in Savannah. Everyone is invited to a social time to catch up.

The meeting was adjourned at 12:18 pm.

Respectfully submitted,
Michael Dunnermann, Vice-President/Secretary.

Attendance:

Cheryl Brackin, Carlos Clas, Wanda Clas, Della Simmons, Esther Simmons, Janet DiClaudio, Terri Dunnermann, Michael Dunnermann, Diane Davis, Lavonne Calandra, Charlotte Richter, Larry Richter, Harvey Varnadoe, Delores McCall, J.E. McCall, Tom Schendorf, Jim Veccia, Gigi Veccia, Tom Newcomer, Eunice Newcomer, Marty Foxx, Dick Warden.

The Projected Image: A History of Disability in Film in October



Turner Classic Movies will dedicate the month of October to exploring the ways people with disabilities have been portrayed in film. On behalf of Inclusion in the Arts, Lawrence Carter-Long will join TCM host Robert Osborne for *The Projected Image: A History of Disability in Film*. The special month-long exploration will air Tuesdays in October, beginning Oct. 2 at 8 p.m. (ET).

TCM makes today's announcement to coincide with the 22nd anniversary of the signing of the Americans with Disability Act (ADA) on July 26. And in a first for TCM, all films will be presented with both closed captioning and audio description (via secondary audio) for audience members with auditory and visual disabilities.

The *Projected Image: A History of Disability in Film* features more than 20 films ranging from the 1920s to the 1980s. Each night's collection will explore particular aspects, themes, or types of disability, such as blindness, deafness and psychiatric or intellectual disabilities. In addition, one evening of programming will focus on newly disabled veterans returning from war.

TCM's exploration of disability in cinema includes many Oscar-winning and nominated films, such as *An Affair to Remember* (1957), in which Deborah Kerr's romantic rendezvous with Cary Grant is nearly derailed by a paralyzing accident; *A Patch of Blue* (1965), with Elizabeth Hartman as a blind white girl who falls in love with a black man, played by Sidney Poitier; *Butterflies Are Free* (1972), starring Edward Albert as a blind man attempting to break free from his over-protective mother; and *Gaby: A True Story* (1987), the powerful tale of a girl with cerebral palsy trying to gain independence as an artist; *Johnny Belinda* (1948), starring Jane Wyman as a "deaf-mute" forced to defy expectations; *The Miracle Worker* (1962), starring Anne Bancroft as Annie Sullivan and Patty Duke as Helen Keller; *One Flew Over the Cuckoo's Nest* (1975), with Jack Nicholson as a patient in a mental institution and Louise Fletcher as the infamous Nurse Ratched; *The Best Years of Our Lives* (1946), the post-War drama starring Fredric March, Myrna Loy and real-life disabled veteran Harold Russell; and *Charly* (1968), with Cliff Robertson as an intellectually disabled man who questions the limits of science after being turned into a genius.

The *Projected Image: A History of Disability in Film* also features several lesser-known classics ripe for rediscovery, including the atmospheric Val Lewton chiller *Bedlam* (1946), the intriguing blind-detective mystery

Eyes in the Night (1942); *A Child is Waiting* (1963), with Burt Lancaster and Judy Garland; the British family drama *Mandy* (1953); and a bravura performance by wheelchair user Susan Peters in *Sign of the Ram* (1948).

Each year since 2006, TCM has dedicated one month toward examining how different cultural and ethnic groups have been portrayed in the movies. Several of the programming events have centered on *Race and Hollywood*, with explorations on how the movies have portrayed African-Americans in 2005, Asians in 2008, Latinos in 2009, Native Americans in 2010 and Arabs in 2011. TCM looked at Hollywood's depiction of gay and lesbian characters, issues and themes in 2007.

"The *Projected Image: A History of Disability in Film* is a valuable opportunity to take a deeper look at the movies we all know and love, to see them from a different perspective and to learn what they have to say about us as a society," said Osborne. "We are very proud to be working with Inclusion in the Arts on this important exploration. And we are especially glad to have Lawrence Carter-Long of the National Council on Disability with us to provide fascinating, historical background and thought-provoking insight on how cinematic portrayals of disability have evolved over time."

"From returning veterans learning to renegotiate both the assumptions and environments once taken for granted to the rise of independent living, Hollywood depictions of disability have alternately echoed and influenced life outside the movie theater," said Carter-Long, who curated the series. "Twenty-two years after the passage of the ADA and over a century since Thomas Edison filmed 'The Fake Beggar,' TCM and Inclusion in the Arts provide an unprecedented overview of how cinematic projections of isolation and inspiration have played out on the silver screen – and in our lives. When screened together, everything from *The Miracle Worker* to *One Flew Over the Cuckoo's Nest* reveals another layer where what you think you know is only the beginning."

To read this press release in its entirety, please visit:
<http://www.tcm.com/this-month/movie-news.html?id=501352&name=The-Projected-Image-A-History-of-Disability-in-Film-in-October>

Reprinted from an e-mail forwarded from CEPISA member Cheryl Brackin. 12 Aug. 2012



Easy to Make Protein Packed Snacks



This makes for a great protein packed snack to eat while watching your favorite movie. Top ½ low fat plain Greek yogurt with ½ cup berries (any favorite fruit will do) and 1 tablespoon of sliced almonds. You can substitute a drizzle of honey and 2 tablespoons of toasted oats for the almonds. The almonds or oats make this a satisfyingly crunchy snack.

If you prefer to "drink" your snack, try blending a medium banana into 1 cup of low fat milk or low fat chocolate milk and 1 tablespoon of peanut butter. Low fat milk and 2-3 strawberries with ½ a medium banana is a tasty alternative.

Protein bars, protein shakes or a handful of walnuts, almonds or peanuts are always good too. Enjoy the movie!

Dan's Polio Story

by Diane Davis



Take a step back in time, over 50 years ago during the polio epidemic years in America, when thousands of children required the use of an iron lung to breathe. Many lives were saved by this machine, including Dan Shehan, who was 10 years old when he contracted polio in Panama City, Florida in 1953.

Dan awoke that morning with a stiff neck and terrific pain in his head. By the next evening, he was having difficulty breathing and could not move. His parents rushed him to the hospital in Pensacola, where a spinal tap was performed to diagnose his illness. The doctor told Dan's parents that he had Bulbar Polio and would be dead within 24 hours. Dan described his first few days in the hospital, *"While lying there with some sort of mechanism strapped to my chest, I wondered what was wrong with me. I was very thirsty and semi-conscious, but the nurse would only put a drop of water on my tongue at a time. A couple of nurses and I were the only ones in the dimly lit room. I had not seen my parents since arriving at the emergency room. I thought whatever was wrong with me must be so bad that I was being put to death! When I awoke the next morning, I found myself enclosed in a tank-like contraption with my head sticking out of one end. I learned later it was an iron lung. Finally I was able to breathe and felt much better, although I was unable to move my arms or legs. As I shifted my eyes to the left to the high window, I saw it was raining outside, and to the right I saw my parents looking at me from another room through a window. I could not speak to them or hear them. I wondered what was going on and how I came to be in the iron lung."* Dan's mother would not accept the doctor's prognosis and called her brother-in-law, Dr. Robert Vickery, who flew to Pensacola during the night, accompanied by a university professor. Upon arrival, they asked the doctor if there was an iron lung in the hospital. The reply was 'yes,' but no one knew how to use it! The uncle and the professor put Dan in the iron lung, thus, saving his life. A few weeks later Dan and the iron lung were transported in a large Navy plane to a Crippled Children's Hospital, where he spent six months. Eventually Dan was weaned from the iron lung and regained the use of his arms and legs. He attended school wearing a back brace with a neck support that extended up to his chin until high school graduation. He attended Bob Jones University in Greenville, South Carolina, and started his teaching career after graduating with a Bachelor of Science Degree in Secondary Education.

In 1976, Dan began having problems with extreme fatigue and breathing difficulty, which were his first signs of post-polio syndrome. After a trip to the emergency room and a hospital stay using oxygen, the doctor said Dan needed to sleep in an iron lung. His mother finally found one at a March of Dimes center in Augusta, Georgia, and the machine was shipped directly to their home. Dan experienced a frightening problem one day when his mother locked him in

the iron lung for his usual afternoon nap. She had not returned from a visit with a friend when he awoke. He began tearing the flexible collar around his neck until he could work one arm out to unlatch the locks and get out. At that time Dan had his iron lung modified, so it could be unlocked from the inside. He slept in the iron lung for over 21 years until his doctor changed him to a Bi-PAP machine instead. Dan said, *"I was finally free from the iron lung!"* His iron lung is now owned and used by the polio group for their comprehensive polio awareness exhibit. An active member of the Coastal Empire Polio Survivors Association, Dan also is a talented organist, playing for various churches for over 45 years.



Dan Shehan
with the Iron Lung

Polio's Cruel Return

by Diane Davis

Physicians are seeing an increasing number of polio survivors, who are experiencing new problems related to polio contracted forty to fifty years ago. The poliovirus damaged or destroyed motor neurons that send the message from the brain to the muscles to move. The damaged motor neurons sent out new connections to compensate for the destroyed neurons, which allowed most survivors to go on with their lives, believing they had seen the last of polio. However, as polio survivors age, they lose these connecting neurons along with the natural neuron loss we all have during the normal aging process. For polio survivors the aging process is combined with years of overusing the already over-worked neurons, therefore increasing the neuron loss to a greater rate than normal, which is the cause of **The Late Effects of Polio or Post-Polio Syndrome (PPS)**.

Coastal Empire Polio Survivors Association, Inc. (CEPSA) is a 501(c)3 non-profit organization that has been helping polio survivors face the unexpected and often disabling symptoms of PPS since 1997. The most common Post-Polio Syndrome symptoms are chronic fatigue, new muscle weakness and joint pain, breathing and swallowing difficulties, and a heightened sensitivity to anesthesia. There are at least 500,000 Americans still alive today, who had polio during the epidemic years of the 1940's, 50's and early 60's. Some polio survivors are not aware that PPS exists. Therefore, many are at risk of being misdiagnosed or prescribed medications and treatments that increase PPS symptoms. CEPSA's main purpose is to offer support, assistance and vital PPS information through educational monthly meetings and newsletters. The members are dedicated to locating polio survivors in Savannah and

surrounding areas in Georgia and South Carolina. The need for the organization continues to grow, as more polio survivors find themselves confronting PPS and requiring specialized health care, bracing and equipment. Through grants and fund raising, CEPESA has provided members in need with used scooters or motorized wheelchairs, vehicle scooter lifts and braces. As health deteriorates, the polio survivor's needs are increasing to more extensive requirements, such as home modifications including wheelchair accessible or walk-in showers, bathroom grab bars, enlarged doorways for wheelchair access, ramps, etc.

Although CEPESA members are experiencing PPS, they strive to make a difference in the lives of polio survivors, their families and the community. CEPESA was awarded the **Dan Vaden Chevrolet Cadillac "GOING THE EXTRA MILE"** award on February 15, 2012 for outstanding community service by literally "going the extra mile" in scooters and motorized wheelchairs throughout Savannah's Historic District to map the accessible path from Bull Street to parks and historic sites. The first publication of CEPESA's map generated so much positive attention that the City Council allocated \$400,000 to add 1,500 new curb cuts. The life of the accessibility map ran its course from 2006-2009, until all the curb cuts were completed. This contribution to greater accessibility in Savannah led to CEPESA's collaboration with **Savannah-Chatham Council on Disability Issues (SCCDI)** to publish the [Accessibility Guide to Savannah's Historic District](#), which is available online at www.savannahvisit.com and Visitor Centers.

CEPESA also collaborated with five Rotary Clubs in South Carolina in District 7770 for the 2009-2011 **"Heel-to-Toe for Polio"** walk in the **"END POLIO NOW"** worldwide polio eradication effort. Each year CEPESA members helped raise funds and participated in the walk, using their scooters and motorized wheelchairs. It is the deep desire of CEPESA members that not one more child suffer polio, when it easily can be prevented by the vaccine. In 2011, CEPESA received a grant from the Sunset Rotary Club in South Carolina. Through the Club's efforts, sixteen CEPESA members received used scooters or motorized wheelchairs and two scooter lifts. In addition, countless others received batteries and repairs.

Polio May Be Forgotten... But We're Still Here!



Diane Davis was a 21-month-old toddler when she contracted Paralytic Polio in 1952, less than two weeks after her brother who had Bulbar Polio at age 5. Ricky required an iron lung to help him breathe; however, his lungs were so severely affected that he lived only 3 years. Diane has walked with crutches and full-length leg braces all her life and is experiencing Post-Polio Syndrome.

This article including Dan Shehan's Polio Story was submitted by Diane Davis, Polio Awareness Chair of Coastal Empire Polio Survivors Association to Marjorie Young, Media Contact at Carriage Trade Public Relations, Inc., for possible publication in The Rotarian Magazine, the official magazine of Rotary International.

David R. Troy: A Polio Story

by Janet DiClaudio

"My dad was a polio survivor and I'm really proud of him. I really am" said David Troy, Floating Manager with Holiday Retirement Corporation, with a big smile on his face.

His dad, David R. Troy, lived in Natick, Massachusetts, when he contracted polio in 1950 at age 21. He spent the next year in the hospital, part of it in an iron lung. His physicians told him that he would never walk again. He was able to walk with a cane when he was discharged. He went on to graduate from Boston University with a degree in Education and get married.

He had a full-leg brace with calipers that were attached to a shoe that was modified to enable it to be attached to the brace. He used crutches at times but not very often.

He spent the next 35 years walking up and down three flights of stairs to teach sixth grade. Other roles that he filled during this time were being a sports reporter for the local newspaper, filling in at an oil company doing accounts payable and receivable at night, being a dispatcher and teaching Sunday School.

He and his wife raised and educated four boys and one girl. They would go to movies, baseball games and on vacations with his grandparents. His dad enjoyed basketball and throwing baseballs and footballs to the kids.

David remembers his dad taking him to baseball games in Boston. His mother would take them to the nearest bus stop where they would get the bus and ride to the subway station. There they would take the train to Longwood station. They would walk 3/4 of a mile going around Sears and over the railroad tracks to Fenway Park. He remembers having to slow down so that he could walk beside him. Then they would climb the steps in the park to the bleachers to watch the game. When the game was over, he was concerned about his dad going down the steps because of the crowd. They would then go home.

One of David's favorite memories with his father was going to see the Boston Celtics and the Houston Rockets in the 1986 Championship Game. He was thrilled to see Larry Byrd play in person. They were able to go because one of his dad's co-workers gave him the tickets.

After his retirement he was diagnosed with post-polio syndrome. He had swallowing problems and had part of his esophagus removed. He also survived a long harrowing surgery to remove an aneurysm. He had breathing problems after the surgery. He died at age 71 in 2000.

He was a courageous family man who never used his handicap as an excuse to become a successful person.

Thank You Mr. David Troy for your inspirational Polio Story of your father, David R. Troy.

Post Polio Depression

by Linda Van Aken



As I begin this piece, let me state that I am simply a fellow member of the Central Virginia Post-Polio Support Group. I am not a professional; nor do I have any real data to verify my speculations on this topic. However, through peer counseling sessions and conversations with local members, as well as internet contacts, I have made a few observations. It seems many of us have occasionally experienced what I will refer to as “polio depression”. This is not like the true clinical condition that a professional might diagnose as depression. Instead, it tends to be a combination of frustration, anger and the inability to cope with the changes that Post Polio forces on our lives. Reactive or situational depression is often the result of anger turned inward. Moreover, as we struggle to cope with the physical decline caused by Post Polio Syndrome, there is no one to blame, no one place to vent anger. So often, we feel betrayed by our own bodies. Thus we turn the anger inward, even if briefly and may suffer short bouts of polio depression.

I find it interesting that the several of those who seem to experience this malady are often those who were “Passers” or at least ones that had a remarkable recovery and managed to live life fully. Passers are polio victims who recovered to the point of appearing to be abled bodied and often lead their lives without others knowing they had suffered from polio. Passers and those who were quite mobile are now confronting their disabilities for the first time in their lives. For years, the ravages of polio were merely a minor obstacle to overcome. Though that seems to be the attitude of most stricken by polio, it is especially true for anyone who had very few limitations placed on their lives because of the polio experience. For all of us, who rebounded from the initial bout with polio, facing the challenges of PPS seems like a cruel and unusual punishment. We beat this thing once and now it has come back to challenge us again in our golden years. That can be disheartening and could be a major contributor to the polio depression that I have noticed.

What tends to be a factor in polio depression? Debilitating fatigue or unrelenting pain causes such dramatic change in our ability to remain independent that we lose faith in our ability to recover to any level of stability. When hope for a positive future seeps away, many of us sink into that borderline state of a mini depression. We pace, we sleep, we rest and yet many times even minor activity triggers that overwhelming fatigue or pain. It is then that our coping skills may fail us and we become mildly depressed.

Exercise and positive activities are prescribed for the usual treatment of mild depression. As you well know, people

with Post Polio Syndrome often struggle to maintain their daily lives, so the idea of exercise is a daunting task. It is not a matter of “I’ll do something else”; it is a matter of “can I even transfer to my bed or the chair?” The idea of finding fascinating alternatives to keep us interested and enthralled with life is almost an alien thought. How much can you do to feel good about life when you are so limited physically? Financial limitations in life may also trigger frustrations. It is difficult to keep a decent family budget on most average incomes. When early retirement is forced upon us it dramatically changes our goals for the future. Funds once earmarked for fun often go towards adaptive equipment. All of these factors play a major role in the creation of polio depression.

One positive is that the polio depression I describe is usually a temporary situation. It is natural to grieve for the loss we suffer when Post Polio begins or we lose another level of ability. Each new level that we progress to takes adjustment and a change in our mental outlook to adapt to the new set of circumstances. By acknowledging the loss and accepting the needed changes in lifestyle, we are better able to cope and less likely to fall into that period of polio depression. However, I suspect that each of us has dealt with some degree of this malady at one time or another due to the changes we must make in dealing with our medical condition.

Even the wonderful help we receive from family, loved ones or caregivers can affect our self-esteem and play a role in how we deal with life. If loved ones push us to give up a beloved activity or act as our conscience in reminding us we can no longer do something, it’s a reminder that we are losing control of our own destiny. It is easy to resent loved ones for denying us our favored past times even if they do have our best interests at heart. The key is to stop, take time and decide for ourselves that we must adhere to a new set of rules. When we take back the decision making process, then it is less likely we will fall victim to the occasionally debilitating sad times.

When can Polio Depression occur? This is not necessarily triggered by normal stresses in life such as a move, death of a loved one or other dramatic life events. Polio depression can hit us following simple pleasures like vacations, outings that drain our minimal energy reserves or even the need to constantly monitor a daily use of energy. How often I hear the word “crash” from polio survivors who have temporarily set aside their normal pacing routine. If we are house bound or even confined to a bed during a recovery period, this is when the polio depression hits. When you feel crummy, it is hard to be upbeat and enthusiastic about life in general. If it takes weeks to recover from a particular event, it makes it that much more difficult to cope with this new plateau and maintain a positive perspective about life.

Knowing that, it is not unusual to feel a mild form of depression periodically may help you get through these

doldrums. Recognizing that a recovery period is necessary can allow you to realize that you are controlling the situation simply by providing time for your body to recharge. It's a matter of getting through the down days and looking forward to the long term goal of feeling better by heeding your body's need to rest and rest and rest some more.

Acceptance of the fact that some activities or events are worth the consequences of a week long fatigue hangover may also prevent the onset of a mild depression. You know beforehand that it will require time to recover and you must allow that time once you have over used what strength your body still has. Of course, ideally we learn to pace or use assistive devices to prevent undo strain on our weakened bodies. At the same time, we need to find entertaining projects that provide distractions. It is a challenge to find the balance between satisfying our emotional and mental needs and taking care of our physical needs.

Other factors can play into the polio depression. Anxiety, isolation, fear of the future and uncooperative family can all create an overwhelming frustration with our condition. It is not easy to "fix" any or all of these problems, but simply by recognizing the culprits may help eliminate the worst of the depression symptoms.

It takes a tremendous amount of positive coping skills just to make it through life on a daily basis. We must pace and rest to maintain a physical harmony. That means we can be at risk in satisfying our emotional and mental needs. These combined forces can easily lead to a short bout of polio depression. When this occurs it is important to both recognize the condition and then take steps to work through the situation. Talking to others with PPS is often a tremendous help. Seeking counseling with a professional counselor or psychologist knowledgeable about PPS can aid you in discovering new coping skills that will prevent future occurrences. Finding inner peace by examining your own spirituality may be a key to stopping a bout of polio depression. Nevertheless, do not let it go too long without seeking professional help.

As I end this piece, let me again remind you I am not a professional. This is simply an observation as a member of the polio community. I have heard it said so often that many polio victims who now have Post Polio Syndrome tend to experience a bout with minor depression at times, that I decided to address the topic. We welcome other comments and observations from our members.



Reprinted with permission from Polio Deja View, Central Virginia Post-Polio Support Group, <http://www.cvppsg.org/library/poliodpression.pdf>.

"Change is not about External Events"

1. Change creates fear (but the fear can be overcome).

That's true. It's the nature of the beast - of us, human beings. It's the way the good Lord designed us. Fear is a normal human reaction when our security is threatened. The greater the change, the greater the fear - but the fear doesn't have to be paralyzing.

2. Change is hard (but it's doable).

A lot of change is about giving up or losing something or somebody you like (or love). Accepting loss is difficult. Making a change is difficult. Life is hard, but whatever the challenge, it's not the end of the world. In fact, change leads to a new beginning and something wonderful will come of it.

3. Expect change (and enjoy it).

Life is packed with joy - it's also full of disappointment. We often don't get what we want. Events overtake plans; so plan the action, don't plan the results. Change makes life exciting and fun.

4. The only person you can change is you (and nobody else).

Keep trying if you want to, but people will prove to you over and over again that they will do exactly what they think is best for them. No offense, but change is not about fixing them, it's about changing you.

5. Courage is action (in the face of fear).

No fear, no courage. Action and fear must coexist to qualify. Courage is moving forward despite the fear - and you can do it.

6. Change is really exchange (so go for it).

Only with hindsight do we come to realize that what we gain through change is usually much better than what we lost or gave up.

7. Change is possible (even if it doesn't feel like it).

Life isn't fair and change often hurts like hell; but people have handled the loss of a loved one, being fired, tragic illness - even quitting cigarettes. Others have survived, even benefited from these changes. You can too.

8. Don't attempt major change alone - do it with an ally.

If you're going to change, the first step is to get the support of someone you trust. It's probably going to be three steps forward and two backward; so get the help you need to get through major transitions.

9. The answer may be acceptance (and not action).

You may have to bite the bullet and accept some things exactly as they are - unchangeable. If that's the case, take a deep breath, yell, and start changing your attitude.

10. Change is a process (not an event).

Change is about the getting, the moving from here to there. Change is even the turmoil, the upsetness, the middle part. The goal is not even the big payoff; it's what you experience and learn getting to it.

"Going to college isn't about history and chemistry facts and figures - it's about learning systems, discipline, responsibility, self-starting, discovering who you are, living with others, building character, and choosing a career.

In a similar way, change isn't about external events, it's about the internal making and maturing of a human being. Change is about self discovery and spiritual growth."

Excerpts from Unity Magazine, March/April 2003

Reprinted from Echo News - April/May/June 2003

Reprinted from Florida East Coast Post-Polio Support Group Newsletter, Jan-Feb. 2004 issue.

Happy Birthday



September

James F. Smith - 3
Cheryl Brackin - 6
Danny Jenkins - 10
Ed Luck - 11
Marge Lampke - 15
Betty Johnson - 16
Patrina Johnson - 19
Richard Hall - 24
Dot Parkhurst - 27
Hugh Munn - 29

October

Carlos Clas - 1
Billy Ray Washington - 3
Mildred Roberts - 4
Eileen Boyle - 5
Dan Shehan - 6
Penny Smith - 6
Hattie Evensen - 7
Skeet Varnadoe - 15
Michael Dunnermann - 16
Linda Munn - 19
Adrienne Stallworth - 31

Quote of the Month



"Youth is like spring, an over praised season more remarkable for biting winds than genial breezes. Autumn is the mellower season, and what we lose in flowers we more than gain in fruits." -Samuel Butler

Thank You's

A "Thank You" card received from Sally and Ed Luck. It Reads: *I received such a nice surprise in the mail when I received the good bye card from the members of CEPASA. What a nice thing to do. I will save it to remind me of all the good years and support I had from all of you. I am leaving two very important support groups when I leave here(your group and my Physically Challenged Active Adults group in Sun City) and as far as I can find, there is no group for post polios in Chattanooga. There is a very active one in Nashville, Polio Heroes of TN led by Nicki Lancaster and my old group, APPA in Atlanta. Unfortunately both of those cities are a 2 hour drive from our home and since Ed and I are having to cut back on driving I don't know if I will ever get to visit either group. I have enjoyed being a part of CEPASA and I will miss you all. Thank you for the nice card. We are looking forward to being near all of our family and we do need their help. We leave the beautiful low country on July 18 and I know I will not be able to hold back the tears. We came here 12 years ago planning to spend the rest of our lives here but it didn't work out that way. We cherish the time we did get to spend in this wonderful place and will always have great memories. Thank you,*
Sally and Ed Luck

Member Concerns

Ed Dowaschinski, Ann Finley, George Finley, Lorraine Frew, Betty Hope, Hugh Munn, Dot Parkhurst, Penny Smith, Alice Stinnett & Harvey Varnadoe

Please keep these members in your prayers.



A "Thank You" card received from Carlos and Wanda Clas. It reads: *Thank you so much for the generous gifts. First you helped with the brace which has made all the difference in the world. Now you have made it possible for Carlos to have a hitch, lift and the whole assembly put on his SUV for his scooter. Your gifts are a Godsend. We will be forever grateful. We feel blessed, inspired and awed by all of you. Carlos and Wanda Clas*

"We should certainly count our blessings, but we should make our blessings count."
-Neal A. Maxwell

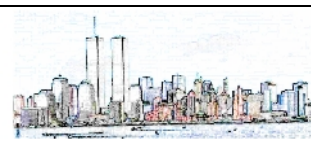
Condolences



Our Condolences to Richard Hall on the recent death of his brother, Donald. Richard and his family will be in our thoughts and prayers.

CEPSA would like to offer condolences to Delores and JE McCall and their family on the death of JE's brother. Please keep them in your thoughts and prayers.

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



In Memory
September 11, 2001-2012

Voluntary Dues of \$15.00 may be paid to:

Marty Foxx
23 East 61st Street
Savannah, GA 31405

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

Thank you.



Does your wheelchair need a tune-up?
Join Living Independence for Everyone (L.I.F.E.),
for their **Annual Wheelchair Cleaning Event**

Saturday, September 22
10am-1pm
5105 Paulsen Street,
Suite 143-B
Executive Court

Enjoy entertainment, snacks, free blood pressure checks
and great information while they clean and perform
a **free** basic inspection on your wheelchair or scooter!

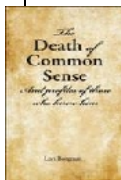
Call 912-920-2414 for more info or to RSVP

*Teleride will provide free transportation
to individuals who are registered with them.

Manual wheelchairs may remain a bit damp after cleaning.
Please bring a towel.



In the May, 2012 issue of this newsletter, we featured the
article "Some Mothers Get Babies With Something More"
by Lori Borgman. This wonderfully talented author
inspired us with her story of what strength and character
truly is when you are gifted with a "baby with something
more."



Miss Borgman has just published a new book,
"The Death of Common Sense & Profiles of
Those Who Knew Him." It includes the original
obituary, "The Death of Common Sense," and
new humorous essays on the survivors of
Common Sense: his wife, Discretion, their
children Responsibility and Reason, and his two step-
brothers Half-Wit and Dim-Wit.

With the holidays approaching, this is a fantastic way of
shopping online for a reasonably priced gift while not
having to fight the crowds in the stores and conserving all
the energy it takes to find a gift for each individual on your
list. No extra energy wasted! It is a fun read and a great
gift for all your family and friends. One book, one price,
one click...you're done. CONSERVE TO PRESERVE!

Please visit the author's website at
www.loriborgman.com/books.



Cut along the dashed line. Keep this handy list, front and
back, of **Senior Discounts** in your purse or wallet. Copy
and share with your family and friends.

Reprinted from an e-mail forwarded from CEPSPA member Betty Goff, 6 Aug, 2012.

SENIOR DISCOUNTS



RESTAURANTS

- APPLEBEE'S:** 15% off with Golden Apple Card (60+)
- ARBY'S:** 10% off (55+)
- BEN & JERRY'S:** 10% off (60+)
- BENNIGAN'S:** discount varies by location
- BOB'S BIG BOY:** discount varies by location (60+)
- BOSTON MARKET:** 10% off (65+)
- BURGER KING:** 10% off (60+)
- CAPTAIN D'S SEAFOOD:** discount varies on location (62+)
- CHICK-FIL-A:** 10% off or free small drink or coffee (55+)
- CHILI'S:** 10% off (55+)
- CICI'S PIZZA:** 10% off (60+)
- CULVER'S:** 10% off (60+)
- DENNY'S:** 10% off, 20% off for AARP members (55+)
- DUNKIN' DONUTS:** 10% off or free coffee (55+)
- EINSTEIN'S BAGELS:** 10% off baker's dozen of bagels (60+)
- FUDDRUCKER'S:** 10% off any senior platter (55+)
- GATTI'S PIZZA:** 10% off (60+)
- GOLDEN CORRAL:** 10% off (60+)
- HARDEE'S:** \$0.33 beverages everyday (65+)
- IHOP:** 10% off (55+)
- JACK IN THE BOX:** up to 20% off (55+)
- KFC:** free small drink with any meal (55+)
- KRISPY KREME:** 10% off (50+)
- LONG JOHN SILVER'S:** various discounts at participating locations (55+)
- MCDONALD'S:** discounts on coffee everyday (55+)
- MRS. FIELDS:** 10% off at participating locations (60+)
- SHONEY'S:** 10% off
- SONIC:** 10% off or free beverage (60+)
- STEAK 'N SHAKE:** 10% off every Monday & Tuesday (50+)
- SUBWAY:** 10% off (60+)
- SWEET TOMATOES:** 10% off (62+)
- TACO BELL:** 5% off; free beverages for seniors (65+)
- TCBY:** 10% off (55+)
- TEA ROOM CAFE:** 10% off (50+)
- VILLAGE INN:** 10% off (60+)
- WAFFLE HOUSE:** 10% off every Monday (60+)
- WENDY'S:** 10% off (55+)

WHITE CASTLE: 10% off (62+)

RETAIL AND APPAREL

- BANANA REPUBLIC:** 10% off (50+)
- BEALLS:** 20% off first Tuesday of each month (50+)
- BELK'S:** 15% off first Tuesday of every month (55+)
- BIG LOTS:** 10% off
- BON-TON DEPARTMENT STORES:** 15% off on senior discount days (55+)
- C.J. BANKS:** 10% off every Wednesday (60+)
- CLARKS:** 10% off (62+)
- DRESS BARN:** 10% off (55+)
- GOODWILL:** 10% off one day a week (date varies by location)
- HALLMARK:** 10% off one day a week (date varies by location)
- KOHL'S:** 15% off (60+)
- MODELL'S SPORTING GOODS:** 10% off
- RITE AID:** 10% off on Tuesdays & 10% off prescriptions
- ROSS STORES:** 10% off every Tuesday (55+)
- THE SALVATION ARMY THRIFT STORES:** up to 50% off (55+)
- STEIN MART:** 20% off red dot/clearance items first Monday of every month (55+)

GROCERY

- ALBERTSON'S:** 10% off first Wednesday of each month (55+)
- AMERICAN DISCOUNT STORES:** 10% off every Monday (50+)
- COMPARE FOODS SUPERMARKET:** 10% off every Wednesday (60+)
- DECICCO FAMILY MARKETS:** 5% off every Wednesday (60+)
- FOOD LION:** 6% off every Monday (60+)
- FRY'S SUPERMARKET:** free Fry's VIP Club Membership & 10% off every Monday (55+)
- GREAT VALU FOOD STORE:** 5% off every Tuesday (60+)
- GRISTEDES SUPERMARKET:** 10% off every Tuesday (60+)
- HARRIS TEETER:** 5% off every Tuesday (60+)
- HY-VEE:** 5% off one day a week (date varies by location)
- KROGER:** 10% off (date varies by location)
- MORTON WILLIAMS SUPERMARKET:** 5% off every Tuesday (60+)
- THE PLANT SHED:** 10% off every Tuesday (50+)
- PUBLIX:** 5% off every Wednesday (55+)
- ROGERS MARKETPLACE:** 5% off every Thursday (60+)

UNCLE GUISEPPE'S MARKETPLACE: 5% off (62+)

TRAVEL

ALASKA AIRLINES: 10% off (65+)
ALAMO: up to 25% off for AARP members
AMERICAN AIRLINES: various discounts for 65 and up (call before booking for discount)
AMTRAK: 15% off (62+)
AVIS: up to 25% off for AARP members
BEST WESTERN: 10% off (55+)
BUDGET RENTAL CARS: 10% off; up to 20% off for AARP members (50+)
CAMBRIA SUITES: 20%-30% off (60+)
CLARION: 20%-30% off (60+)
COMFORT INN: 20%-30% off (60+)
COMFORT SUITES: 20%-30% off (60+)
CONTINENTAL AIRLINES: no initiation fee for Continental Presidents Club & special fares for select destinations
DOLLAR RENT-A-CAR: 10% off (50+)
ECONO LODGE: 20%-30% off (60+)
ENTERPRISE RENT-A-CAR: 5% off for AARP members
GREYHOUND: 5% off (62+)
HAMPTON INNS & SUITES: 10% off when booked 72 hours in advance
HERTZ: up to 25% off for AARP members
HOLIDAY INN: 10%-30% off depending on location (62+)
HYATT HOTELS: 25%-50% off (62+)
INTERCONTINENTAL HOTELS GROUP: various discounts at all hotels (65+)
MAINSTAY SUITES: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)
MARRIOTT HOTELS: 15% off (62+)
MOTEL 6: 10% off (60+)
MYRTLE BEACH RESORT: 10% off (55+)
NATIONAL RENT-A-CAR: up to 30% off for AARP members
QUALITY INN: 20%-30% off (60+)
RODEWAY INN: 20%-30% off (60+)
SLEEP INN: 20%-30% off (60+)
SOUTHWEST AIRLINES: various discounts for ages 65 and up (call before booking for discount)
TRAILWAYS TRANSPORTATION SYSTEM: various discounts for ages 50 and up

UNITED AIRLINES: various discounts for ages 65 and up (call before booking for discount)
U.S. AIRWAYS: various discounts for ages 65 and up (call before booking for discount)

ACTIVITIES & ENTERTAINMENT

AMC THEATERS: up to 30% off (55+)
BALLY TOTAL FITNESS: up to \$100 off memberships (62+)
BUSCH GARDENS TAMPA: \$3 off one-day tickets (50+)
CARMIKE CINEMAS: 35% off (65+)
CINEMARK/CENTURY THEATERS: up to 35% off
U.S. NATIONAL PARKS: \$10 lifetime pass; 50% off additional services including camping (62+)
REGAL CINEMAS: 30% off
RIPLEY'S BELIEVE IT OR NOT: @ off one-day ticket (55+)
SEAWORLD ORLANDO: \$3 off one-day tickets (50+)

CELL PHONE DISCOUNTS

CELLPHONE PLANS: If you use a cellphone, check around for the best plan for senior citizens. You will frequently find phone companies have special plans for seniors, with better prices than offered to younger generations. With Verizon, AT&T, and T-Mobile free phones available on the market, there are many options for seniors to pick from. And if you use a cell phone, cancel your long distance plan on your landline, or have your landline turned off completely.
AT&T: Special Senior Nation 200 Plan \$29.99/month (65+)
JITTERBUG: \$10/month cell phone service (50+)
VERIZON WIRELESS: Verizon Nationwide 65 Plus Plan \$29.99/month (65+)

MISCELLANEOUS

GREAT CLIPS: \$3 off hair cuts (60+)
SUPER CUTS: \$2 off haircuts (60+)
K-MART: 20% off prescription program (50+); enrollment in GoldK program is required.

Since many senior discounts are not advertised to the public, our advice to seniors over 55 is to ALWAYS ask a sales associate if that store provides a **senior discount**. That way, you can be sure to get the most bang for your buck.

Get a Hobby!

by Wanda Clas



Many of us have had to give up careers, social activities and hobbies that we loved because of our health problems. Our limited mobility, pain and other symptoms make it difficult to even think of having an extracurricular activity. Add to that the fact that we are aging with a disability, and the thought of a fun activity almost disappears.

Just because we may be limited by our physical problems doesn't mean that we can't have fun. If you have to sit or "roll" to have fun, then sit or "roll." Our brains are the only things holding us back from doing something that brings us joy. Every single one of us has the ability to do SOMETHING. Eliminate the phrases that we so often use. Ban the "cant's" and the "not able to's" and **Get a Hobby!**

Here are a few hobbies that you might consider doing. You can pick something you are good at, something you like or love to do or something that is totally new to you. Be adventurous...try them all!

Swimming is a great exercise for those with limited mobility. Water exercise is a low impact activity that is easy on ailing muscles and joints.

Take a music or art class. Taking a class for the sheer fun of it frees you from thinking that you have to be great at it. We are not in school anymore and there are no worries of failing! Who cares if you hit the wrong note or paint the sky purple as long as you are enjoying what you are doing.

Ceramics is a great hobby. You can sit while you work and it helps keep your hands limber. The clay is soothing to aching joints too. There is always a teacher at most ceramic studios that can help you do those things you may not be able to do. They can help you place your art in the kilns, carry items that might be too heavy or open jars of paint. Ask.

Scrapbooking has become extremely popular lately. There are so many items to add to a scrapbook it can make you dizzy just thinking of it. You can sit while you work at your own pace and create something meaningful that can become a family heirloom.

Teach. If you are good at something, why not teach someone else. There are so many people that need help doing what might come easily to you. If you have a passion for a topic, pass it on.

Take a cooking class. Many of us are afraid to use the stove or can't lift heavy pots and pans, but that is not an excuse not to try a cooking class. You can enjoy the fellowship aspect of this activity and you can get tips that you may not have known. Some classes pair you with a partner that can be your helper. Some classes are geared towards recipes for specific diet restrictions, like diabetes or high cholesterol.

Technology is everywhere and many of us feel that we have been left behind. Not so! Take a computer class. Even a basic class can get you started on the internet. The internet is a great source for those of us that are housebound. You can shop, learn new topics, read the news, blog, write letters and stories, play games and do puzzles that keep the mind sharp. You can even learn a new language online.

A trip to the craft store can be a great outing for those that need a little inspiration. Use your scooter or wheelchair or call ahead to see if the store has available scooters or wheelchairs. Take your time and enjoy every aisle. Something might inspire you along the way. You might be tempted to try beading, knitting, quilting, or one of dozens of crafts. Some stores hold classes that have comfortable chairs and large tables. Most classes are small and are for all levels of abilities.

Some other hobbies you might try include: genealogy, chess, photography, model building, card playing, gardening and stamp collecting. You might even try your hand at mentoring a little league sports team or scout troop or why not join a Wii game playing group?

Whatever hobby or hobbies you choose, just remember to go slow, pace yourself, have fun and enjoy the moment.

Intimacy and Post-Polio

Dealing with the symptoms of post-polio syndrome may seem overwhelming to most. With many different issues that polio survivors face, sexuality and intimacy with your partner may not seem like the first item to tackle. However, polio survivors and their partners have sexual needs just like everyone else that are important to address.



Sexual intimacy can:

- strengthen self-esteem
- create intimacy with your partner, while acting as an important source of pleasure, and relaxation.
- has been shown to boost the immune system
- relieve stress
- burn calories
- even reduce pain in some circumstances.

Straight Talk About Post-Polio and Sex

Symptoms of post polio syndrome do not directly cause impotency or sexual dysfunction. However, post polio syndrome does affect energy levels - energy plays an important part of sexual acts.

As with any other physical activity, polio survivors must approach sexual acts with a sense of balancing energy expenditure and pacing their lifestyle to match their sexual priorities. To put this idea into context, the amount of physical effort required for a person to achieve an orgasm is equivalent to climbing a set of stairs. Just as balancing how often a polio survivor decides to walk up stairs, so too must they create a sense of equilibrium with acts of intimacy throughout their daily lives.



Readjustment and Planning for Success



Couples can benefit from having open discussions about their desires and how to achieve them. Along with open communication with your partner, here are some guidelines to consider:

- Remember that it takes time to rediscover what works best for you as a couple
- Expect a certain amount of frustration and, as much as possible, maintain good humor and don't take setbacks too seriously
- Break away from typical stereotypes - just because someone is aging, doesn't mean that they don't enjoy sex.
- Look after their personal hygiene and appearance.
- Different degrees of muscle weakness may require adjustments in seeking a comfortable position for sex. It may be further complicated by muscle stiffness, bowel or bladder incontinence, fatigue, vision problems, and lack of balance.
- Keep an open mind - there are many ways to enjoy sex besides intercourse! The tenderness and warmth conveyed in cuddling and touching can be a continuing source of physical satisfaction and fulfillment.
- Your doctor can help by providing information, clearly discussing sexual function, arranging for sexual counseling if necessary, or by prescribing medications.

To learn more about this topic, check out these great resources:

The Ultimate Guide to Sex and Disability: for All of Us Who Live with Disabilities, Chronic Pain and Illness. Miriam Kaufman, Cory Silverberg and Fran Odette. Enabling Romance: a Guide to Love, Sex and Relationships for the Disabled. Ken Kroll & Erica Levy Klein 'Post Polio: A Guide for polio survivors and their families. Ch.25, Dr. Julie Silver, M.D.

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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 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, 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? _____
Name of member

Thank you for your support and encouragement.



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GA (912) 355-1221 • SC (843) 837-1230
E-mail: CEPSA05@msn.com
www.coastalempirepoliosurvivors.org

Shining Light on Post-Polio Health

CEPSA's next meeting is on
Saturday,
September 22, 2012,
10:30 AM
at Barnes Restaurant,
5320 Waters Avenue
Savannah, GA 31406

