



THE LIGHTHOUSE

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

September, 2014 Newsletter

www.coastalempirepoliosurvivors.org

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The President's Message...



Wishing everyone a happy fall and cooler temps! It's time for falling leaves, thumping acorns, and honking geese.

The summer brought great sadness with the death of our beloved Janet DiClaudio on July 17 at the East Georgia Regional Medical Center in Statesboro. Most of you know that she was a resident at a rehabilitation center/nursing home there since January 2013 due to pulmonary problems.

I have many fond memories of Janet in earlier, happier times. I remember her beautiful smile the day she received her CEPSA appreciation plaque from Lorraine and me at Eagle Rehab. She also was a bit teary as we were. A separate article in this newsletter pays tribute to our dear friend and past CEPSA president.

We thank Adrienne Stallworth for her excellent presentation at our June meeting on how to become more organized and decide which paperwork is critical and which can be shredded out of our lives. I needed that program and once again have vowed to "clean out my life." At the June meeting we met another daughter of Ms. Della Simmons. Members welcomed Coralyn Collins to CEPSA. She will accompany her mother to meetings this fall while Esther Grace continues her studies in Atlanta.

Our summer luncheon August 2 at Johnny Harris Restaurant was attended by 11 members and friends. It was good to meet informally and talk about our summer activities. We honored Ms. Archie Ivey, our eldest member, who celebrated her 90th birthday August 11. Wishing her many more happy days. Everyone attending had a wonderful time.

Polio Health International has designated October 12-18 for the "We're Still Here" campaign. CEPSA gives us a voice in our community to let others know that we're still here. Individually we share our stories with friends, doctors and other medical professionals, and sometimes during chance meetings with strangers. Please write your polio story if you have not. Call Cheryl if you want to be interviewed and have her type your story. Time is slipping away for us document our place in history.

A CEPSA goal is being reached this month. We have a newsletter sponsor! Please see the article on the back page about Port City Logistics, the sponsor for this September issue of *The Lighthouse*. We sincerely thank Mr. Robert Mingledorff and his company. The money we usually spend on printing and mailing the newsletter can be used to help polio survivors with specific needs.

Welcome back to CEPSA! Members had a break from monthly meetings, and your officers and board members had a bit of rest from their duties. We are rested and ready to work. Don't miss our September 27 general meeting at the Lewis building on the Candler campus. Our program will be presented by Dr. Judith Porter, pulmonologist with Southeast Lung Associates. This excellent physician's reputation precedes her; she is not to be missed.

Cheryl Brackin

Next Meeting
Saturday,
September 27, 2014
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 June 28, 2014

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

Call to Order/Welcomes: The meeting was called to order at 10:43am by President Cheryl Brackin. She welcomed those in attendance. Everyone welcomed Coralyn Collins, daughter of Ms. Della Simmons.

Pledge of Allegiance: Lorraine Frew led the Pledge of Allegiance.

Business Meeting:

Approval of Minutes: Minutes from the March meeting posted in our newsletter were approved as written.

Financial Report: Treasurer Terri Dunnermann was absent due to her hospitalization. In her absence Lorraine Frew read the May financial report prepared by Terri. Esther Simmons made a motion to approve the financial report as presented, and it was seconded by Harvey Varnadoe. The financial report was approved unanimously.

Care Team Reports: Lorraine gave her report. Cheryl reported concerns about Archie Ivey who has been ill. Diane Davis had a fall in her kitchen. Terri remains in the hospital. Gigi Veccia continues to rest at home following a fall which broke her shoulder.

Old Business: June Smart Living Expo and Health Fair: Wanda and Carlos Clas and Lorraine commented on our participation at the event. They felt that we reached a lot of people and helped many to be aware of our organization. Numerous contacts were made with potential future speakers for our meetings.

New Business: Summer Luncheon: Cheryl reminded everyone about the August 2 summer luncheon to be held at Johnny Harris Restaurant at noontime. Members were encouraged to attend this Dutch treat event. Care team leaders will be calling members in late July to get a count of those attending.

Honoring Archie Ivey: Ms. Archie will be our honored guest at the August 2 luncheon in celebration of her 90th birthday, which will occur on August 11. We will have a cake for the occasion.

Publicity: Wanda and Carlos will be working on an updated version of our SOS (Survivors on Search) flyer to be posted around the community. Cheryl reported that our meeting announcement is in the Smart Living calendar printed every other month by Candler Hospital. Our announcement was printed in the Savannah Morning News this month.

Appreciation of Board Members: Cheryl expressed appreciation to the executive board for their attendance and participation at a very warm board meeting June 14 at the LIFE office, which had air conditioning problems.

Adjournment: The business meeting was adjourned at 11:28am.

Respectfully submitted by
Cheryl Brackin, Acting Secretary

Attendance: Dan Shehan, Wanda and Carlos Clas, Lorraine Frew, Adrienne Stallworth, Barry Turner, Cheryl Brackin, Joan and Alan Page, Della Simmons, Coralyn Collins (daughter of Ms. Simmons), Esther Grace Simmons, Harvey Varnadoe, Sissy Morel.

Upcoming Meeting Dates

September 27, 2014***

October 25, 2014 @ ***

November - No Meeting

December 6, 2014 @ Hilton Garden Inn

*** (General Meetings)

@ Nancy N. and J.C. Lewis Cancer &
Research Pavilion, Room 203

Our September Program

Dr. Judith Porter, pulmonologist with Southeast Lung Associates, will be the speaker at our September 27 meeting. She received her undergraduate degree from Miami University in Oxford, Ohio, and her medical degree from the University of Ohio in Cincinnati, Ohio. She completed her residency and a fellowship at Emory University Affiliated Hospitals in Atlanta. We have attempted to schedule Dr. Porter previously. Her patients give her glowing reviews, and tell us she is worth the wait. Don't miss this informative presentation.

Voluntary Dues of \$20.00
may be paid to:

CEPSA

P.O. Box 14252

Savannah, GA 31416

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

Thank you.



In Memoriam
Janet DiClaudio



June 17, 1940 - July 17, 2014



Janet DiClaudio, a charter member of the Coastal Empire Polio Survivors Association, Inc., died July 17. Many of you followed her during her lengthy illness which began in December 2012. When Janet was discharged from Candler Hospital, she was transferred to Eagle Health and Rehabilitation Center in Statesboro, Georgia. A bright light was gone from CEPSA. Members stayed in touch with Janet through cards and visits. We shared our newsletter with her as long as she was well enough to read it.

We always will miss Janet's beautiful smile, strong intellect, and sharp wit. This bright woman first served as president of CEPSA in 2004 and 2005 and again in 2012. She was responsible for our attaining nonprofit status in 2005. Janet served on various committees and filled the positions of recording secretary, member-at-large on the board, and hospitality chair. Janet shared her ideas and talents at board meetings and general meetings. Many will recall the excellent program she presented on Medicare policies and procedures. She planned a very successful fundraiser with a dinner and demonstration of CEPSA's iron lung at River's Edge on Waters Avenue.

Janet had a BS in biology, an MA in Health Sciences Education and Evaluation, and a certificate in Medical Record Library Science. Janet's professional career included an administrative position at a university and Director of Medical Records at Buffalo General Hospital in Buffalo, New York, and at Candler Hospital here in Savannah. This amazing woman revamped the medical records department at Buffalo General and then at Candler, getting physicians to sign a backlog of 300 records so the hospital could collect millions of dollars owed to it. A newsletter *Insights into Innovation*, published in Winter 2000 in Williamsville, New York, highlighted Janet's creative approach to motivating physicians and solving problems. Who knew that Tootsie pops (Buffalo) and animal crackers (Candler) could motivate doctors? Our clever Janet did. She retired from Candler in 1998 to care for her mother.

Several years later Janet moved to River's Edge, an independent living community. She taught a writing class there, always coming up with interesting topics for the class members to write about. She made many friends and enjoyed participating in the varied activities planned for the residents. Janet joined the Red Hat Society and had more fun. She often won the game of Scrabble in Marty Foxx's Korny Scrabble Club. Her CEPSA friends were so pleased to see her relaxed and happy.

Janet contracted polio in 1951. Her late effects of polio began in the late 1970's. She often said that joining CEPSA was one of the best things she ever did for herself. We were the blessed ones to have this woman with the beautiful spirit in our lives. CEPSA is planning a memorial celebration of Janet's life for the near future. Come and share your memories of our beloved friend.

Submitted by Cheryl Brackin



Our Appreciation to Janet DiClaudio
 June 17, 2014

CEPSA honored Janet on her birthday with an appreciation plaque for her many contributions to our organization. Lorraine Frew and Cheryl Brackin presented the plaque to her at the Eagle Health and Rehabilitation Center in Statesboro. They visited and read Janet's many cards to her.



Celebrating Ms. Archie Ivey

Our eldest CEP SA member Archie Ivey had her 90th birthday August 11.



She was feted at our summer luncheon on August 2. Members and wait staff sang a rousing "Happy Birthday" to her. A beautiful cake was served following lunch. A restaurant patron even came over to extend birthday wishes to Ms. Archie. We treasure this very faithful member and special lady.



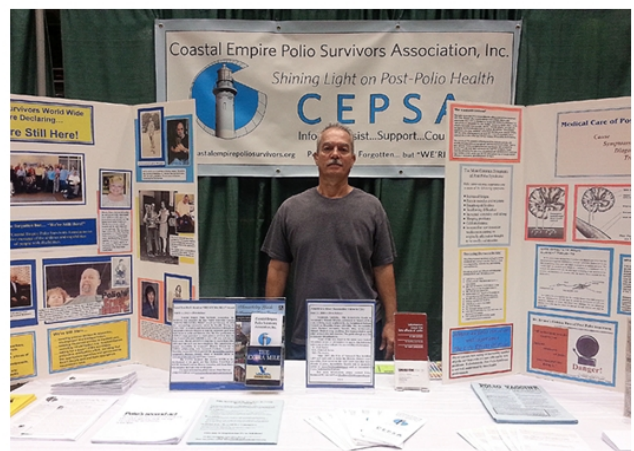
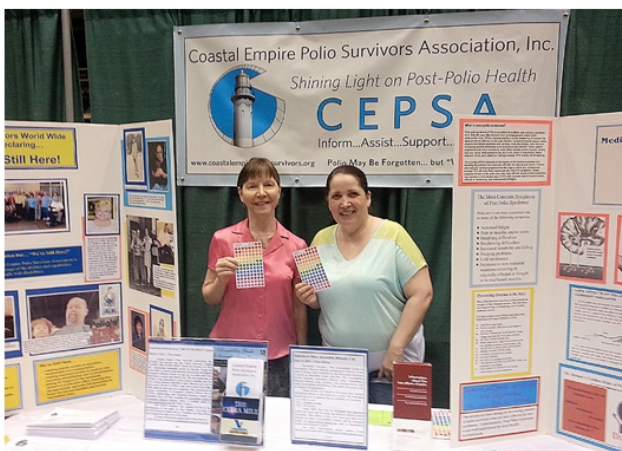
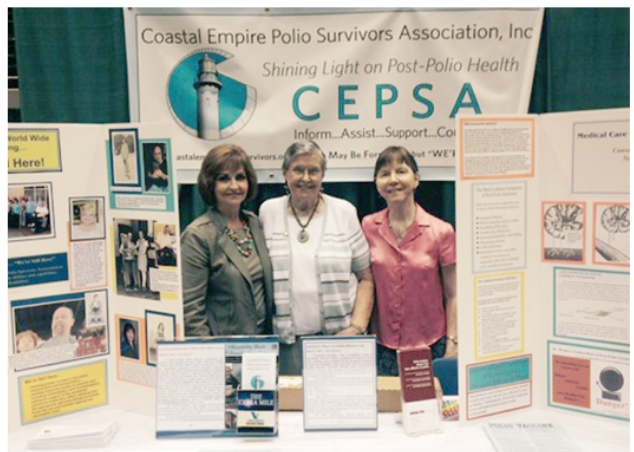
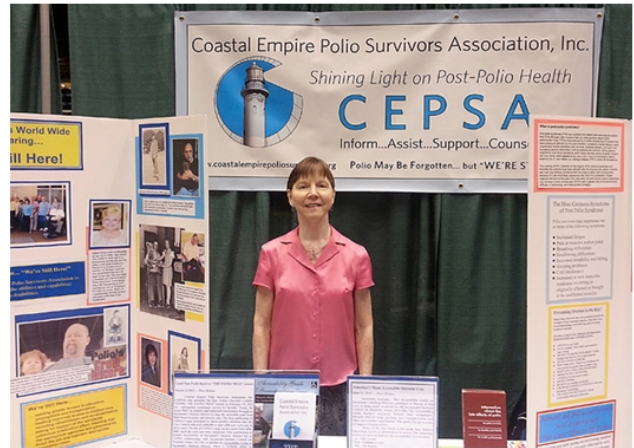
Happy 90th Birthday!!!



Photos are courtesy of Michael Dunnermann.

CEPSA at June Expo and Health Fair

Our group participated for the first time in the Smart Living Expo and Health Fair sponsored by the St. Joseph's/Candler Smart Senior program, Savannah Morning News, WTOC 11, 98.7 the River, City of Savannah, and HostSouth on June 20 at the Savannah Civic Center. Vendors and nonprofits each had a table for showing their products and sharing information. Wanda and Carlos Clas, Lavonne Calandra, Lorraine Frew, and Cheryl Brackin staffed the table and met attendees. We talked to several people about polio and our group and answered numerous questions. People stopped by to pick up brochures and articles about post-polio syndrome. Lavonne, our vice-president who is in charge of programs, and the Clases circulated around the arena and met several vendors who would like to speak to our group. Lavonne and the board will review these possibilities for 2015 programs. Great thanks to the Fantastic Four who assisted Cheryl with the booth!



Photos are courtesy of Lavonne Calandra & Carlos Clas.

CEPSA's Iron Lung Refurbished

Our iron lung needed some TLC, and Graham Metzger, grandson of Richard Graham, made that happen this summer. He refurbished the iron lung and relocated it and our other equipment to another storage unit.

Thank you, Graham!

Supplies for the project were donated by the owners of Lovett's Hardware and Supply Company in Rincon.

Thank you, Kathy and Wendell!



Photos are courtesy of Richard Graham.



October

September

Ana White - 1
 Cheryl Brackin - 6
 Robbie White - 6
 Danny Jenkins - 10
 Ed Luck - 11
 Paul Pineo - 13
 Marge Lampke - 15
 Patrina Johnson - 19

Carlos Clas - 1
 Eunice Newcomer - 4
 Mildred Roberts - 4
 Eileen Boyle - 5
 Dan Shehan - 6
 Hattie Evensen - 7
 Ann Chance - 11
 Rev. Edward Ellis - 11
 Skeet Varnadoe - 15
 Michael Dunnermann - 16
 Linda Munn Graham - 19
 Betty Johnson - 23
 Adrienne Stallworth - 31

Member Concerns

Diane & Fred Davis, Terri Dunnermann, Lorraine Frew, Patrina Johnson, Myrna Jordan (sister of Marty Foxx), Marge Lampke, Marie McManus, Dale & Harriett Merritt and Gigi & Jim Veccia.

Please keep these members in your prayers.

Condolences



Death of Polio Nurse/CEPSA Member

CEPSA extends sincere sympathy to the family of Cornelia Johnson Rollins, RN and former member, who died June 20 in Savannah. She was an active member in our early years, often accompanied by her daughter Pam. Cornelia was a young nurse just beginning her career at Warren Candler Hospital during the polio epidemic years in the 1950's. She was a nurse for CEPSA member Sandra Bath and also Ricky Tuten, brother of Diane Davis. Ricky lived only three years after he and Diane contracted polio in 1952. Sandra and Ricky both had bulbar polio and became good friends while they were in quarantine together, using iron lungs to help them breathe. Cornelia was Ricky's favorite nurse, who also volunteered to fly with him and his mother, Mary, when he was transferred to Vanderbilt University Hospital.

During her 50-year career as a nurse, Cornelia cared for polio patients through two polio epidemics in this area. A memorial service held June 25 at The Evangelical Lutheran Church of the Ascension was attended by CEPSA members Lorraine Frew, Sandra Bath, and Cheryl Brackin and CEPSA friend Dorinda Duggan.

CEPSA offers sincere condolences to Linda and Richard

Graham and their family on the death of Linda's uncle, James M. Bradley, Jr, a resident of Harlem, Georgia, on June 25.

CEPSA offers sincere condolences to Dale and Harriett Merritt on the death of their son Doug Merritt, who lived in Texas. He passed away unexpectedly September 3 at his home.

Bob Habas, Independent Living Co-ordinator at LIFE, Inc. and long-time disability rights activist, died September 8 at St. Joseph's Hospital. We offer sincere condolences to sisters Judy and Janet, other family members, and his LIFE family and friends.

Annual Wheelchair Cleaning at LIFE

A free wheelchair cleaning event will be held Saturday, September 20, 9:30am-12:30pm at the LIFE office at Executive Court Complex, 5105 Paulsen Street, Suite 143-B. Those who use manual or power chairs and scooters are welcome to have them cleaned at no charge. Please bring a towel with you. Refreshments will be served while you wait for your chair. Call 912-920-2414 for further information.

June Program Summary

Adrienne Stallworth, long-time member, presented "What Documents Should We Keep? Cleaning Out Our File Cabinets" at our June 28 meeting. Her program covered everything we need to know to organize our lives--from what to do with our monthly billing statements to making end-of-life plans. She shared an excellent article on protecting ourselves from identity theft. Completing her comprehensive "I Love You Letter" would give us peace of mind and provide all the information needed by our families when we die. Adrienne's packet included information on places we can receive free shredding services. She reminded us to take a copy of a recent utility bill if we have to evacuate. The address must match the address on your driver's license in order to get back to your home.

Adrienne entitled her handout packet "A Simple Guide to Help You Determine Which Papers to Keep and Which to Shred." We will have copies of her excellent handouts at the September meeting for those who missed the June meeting. Adrienne asked that we use the information for personal use only. She might be copyrighting her materials in the near future. Thank you, Adrienne, for sharing your outstanding program with us.

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



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Shining Light on Post-Polio Health

Next Meeting
Saturday,
September 27, 2014
10:30 AM
at Nancy N. and J.C. Lewis
Cancer & Research Pavilion
Room 203
225 Candler Drive
Savannah, GA

Our September Newsletter Sponsor ★

The Coastal Empire Polio Survivors Association would like to thank **Port City Logistics** of Savannah, Georgia 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, Port City Logistics, 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.