



SECOND TIME AROUND

A Publication of the Boca Area Post Polio Group

October 2011

"Sharing and Caring Together"

Volume 14 Issue 10

Fall



WEDNESDAY
October 12, 2011

Ten Minutes With . . . Marion Rosenstein

Guest Speaker . . . Gloria Galloway



Topic . . . *Public Transportation Options*

Let's Do Dinner . . .

Tuesday, October 18 @ 5:00 PM
Fifth Avenue Grill Restaurant
4650 N. Federal Highway, Lighthouse Point
954-782-7354 for directions
(East side of Federal Highway,
between 10th Street & Sample Rd.)



Next Meeting

Date: November 9, 2011

Dining Around: November 15, 2011

SEPTEMBER `11 MINUTES

You were missed!! Only 13 members came to "share & catch up". It was good seeing Ann Davis, Renee Hoffman, Eileen Kenney & Marion Rosenstein.

Member Updates: We sang "Happy Birthday" to Barbara Chedekel & George Matthews who celebrated milestone birthdays. Jo Hayden has moved to WPB, settled & enjoys living closer to her daughter & son-in-law.

Cruise 2012: 38 people are packed! 1 Ocean View/3 Insides subject to availability.

Braceman: Wayne Rosen, CO, 954-447-7779. He/Assoc. will make house calls in extenuating circumstances. Must speak directly with Wayne & **mention BAPPG.**

January 2012 Meeting: Day may change. Will keep you all informed.

Danny Kasper, born in Lithuania just before WWII, contracted Polio 2-3 yrs. of age. Due to Danny & younger sister's illnesses, they were spared deportation to Siberia in 1941 with parents, as Lithuania was now occupied by Soviet Russia, never to see her parents again.

The sisters were placed in the guardianship of an uncle and aunt making their escape into Germany by horse & buggy.

Next 8 years were a blur – How they made it to southern Germany? Various hospitalizations for? & Displaced Persons (DP) camps? – until final adoption by relatives & arrival in America to Brockton, MA on April 1, 1949.

On May 3, she was admitted to Lakeville State Sanatorium, and over the next 3 years, underwent 7 operations (enabling her to walk), schooled, joined Girl Scouts & learned to type.

After HS graduation in 1957, due to the efforts of her surgeon, entered a program at

Massachusetts General Hospital, where she was hired and for the next 35+ years worked as a medical transcriptionist, retiring in 1995.

Danny, with sister & brother-in-law, moved to FL in 2004, where she found BAPPG, through a member's mother. Danny has been Blessed in joining the group, making friends, cruising 5 times, & thru the efforts of Maureen & Dianne [Sachs], acquired a scooter & doesn't know, "how I ever got along without it."

Many of our members shared what they have been up to this summer:

Barbara Chedekel spent her "milestone" birthday in San Diego, CA with her children, Burt Bacharach & visiting Legoland.

Marion Rosenstein updated us on Norman's health & her "Red Hat" activities.

Eileen Kenney is getting around better while taking care of her heart.

Ann Davis had an uneventful year while waiting arrival of her 4th great-grandchild.

Renee Hoffman thanked & appreciates being here as info is valuable to her health.

Nancy Saylor will share Russia/Romania trip in November; has grandson living with her.

Geri Gerber is blessed "being" here despite the horrible, rainy, hot FL weather.

Jane McMillen enjoying grandchildren & looks forward to belated London trip in 2012.

Maureen Sinkule announced the very recent engagement of their son, Matthew & having enjoyed family & granddaughters in GA.



Thanks Rhoda for volunteering to take the minutes.

About our Speaker: Gloria Galloway, Outreach Manager for Palm Tran Connection, has been employed with Palm Tran for the past 13 years. She has over 17 years administrative, supervisory and experience in the social service field. Ms. Galloway is a graduate of Florida Atlantic University with a Bachelor's Degree in Health Services Administration and received her MBA in Business Administration from Kaiser University. One of her passions is to be of service to individuals who are elderly and disabled via community outreach efforts and promoting transportation service to those in need. Ms. Galloway can be reached at 561-649-9848 x3632.

BAPPG appreciates the generosity of the following people who enable the printing of this newsletter:

WITH MANY THANKS

We wish to thank the many benefactors* who have given so generously to the Boca Area Post Polio Group.

Thomas Cannon

Anonymous

Louis & Minnie Nefsky

William & Jane McMillen

In memory of Elio & Julia Cori

David & Arlene Rubin

Theresa Jarosz

Hansa May

Alexander Patterson

Eddie & Harriet Rice

Elio Cori & Josephine Hayden

In memory of Julia Cori

Mr. & Mrs. Daniel Yates

Dr. Leo & Maureen Quinn

Steve Cirker

Bruce & Dianne Sachs

Philomena C. Nardoizzi

In memory of "Aunt Frances"

Jeanne Sussieck

David & Margaret Boland

Allen & Leta Baumgarten

Sarasota Post Polio Support Group

Paul J. Ritter, Jr.

Aben & Joan Johnson

Danny Kasper

In appreciation of "Mr." Joel & Maureen

Wildrose Polio Support Society

*Names remain for 1 year.

POLIO STRAIN SPREADS TO CHINA FROM PAKISTAN

Polio has been found in China for the first time since 1999 after spreading from Pakistan, the World Health Organization (WHO) has confirmed.

Polio has been found in China for the first time since 1999 after spreading from Pakistan, the World Health Organization (WHO) has confirmed.

It said a strain of polio (WPV1) found in China was genetically linked with the type now circulating in Pakistan.

At least seven cases have now been confirmed in China's western Xinjiang province, which borders Pakistan.



Polio is highly infectious and affects the nervous system, sometimes resulting in paralysis

The WHO warned there was a high risk of the crippling virus spreading further during Muslim pilgrimages to Mecca.

Polio (also called poliomyelitis) is highly infectious and affects the nervous system, sometimes resulting in paralysis.

It is transmitted through contaminated food, drinking water and faeces (sp).

'Right things done'

On Tuesday, the WHO said the polio cases in Xinjiang had been detected in the past two months.

The Chinese authorities are now investigating the cases, and a mass vaccination campaign has been launched in the region.

"So far all the right things are being done," WHO spokesman Oliver Rosenbauer told Reuters news agency.

Polio was last brought into China from India in 1999. China's last indigenous case was in 1994.

Pakistan is one of a handful of countries where polio remains endemic.

WHO officials had been warning for some time that the virus was spreading within the country to previously uninfected areas.

The UN's children fund, Unicef, has said that eradicating polio from Pakistan depends on delivering oral vaccines to each and every child, including the most vulnerable and the hardest to reach.

Polio was virtually eliminated from the Western hemisphere in the 20th Century.

Source: <http://www.bbc.co.uk/go/em/fr/-/news/world-asia-pacific-14997307>
20 September 2011 Last updated at 17:30 ET

Contributed by Barb Mayberry, President, Naples PPSG, 9/22/11.

MEDITATION: TAKE A STRESS-REDUCTION BREAK WHEREVER YOU ARE

Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most.

By Mayo Clinic staff

If stress has you anxious, tense and worried, consider trying meditation. Spending even just a few minutes in meditation can restore calm and inner peace.

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. Anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment. And you can practice meditation wherever you are – whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

Understanding meditation

Meditation, considered a type of mind-body complementary medicine, produces a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process results in enhanced physical and emotional well-being.

Benefits of meditation

Meditation can give you a sense of calm, peace and balance that benefits both

your emotional well-being and your overall health. And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and improve certain medical conditions.

Meditation & emotional well-being

When you meditate, you clear away the information overload that builds up every day and contributes to your stress.

The emotional benefits of meditation include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increased self-awareness
- Focusing on the present
- Reducing negative emotions

Meditation and illness

Many healthy people use meditation as a way to relax the body and reduce stress. But meditation also might be useful if you have a medical condition, especially one that may be worsened by stress.

A growing body of scientific research is supporting the health benefits of meditation. But many of the studies aren't of high quality, and some researchers believe it's not yet possible to draw conclusions about the possible benefits of meditation.

With that in mind, some research suggests that meditation may help such conditions as:

- *Allergies
- *Fatigue
- *Anxiety disorders

- *Heart disease
- *Asthma
- *High blood pressure
- *Binge eating
- *Pain
- *Cancer
- *Sleep problems
- *Depression
- *Substance abuse

Be sure to talk to your health care provider about the pros and cons of using meditation if you have any of these or other medical conditions. Meditation isn't a replacement for traditional medical treatment. But it can be useful in addition to your other treatment.

Types of meditation

There are many types of meditation and relaxation techniques with meditation components. But all share the same goal of inner peace.

Ways to meditate can include:

***Guided meditation.** Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing. You try to use as many senses as possible, such as smells, sights, sounds and textures. You may be led through this process by a guide or teacher.

***Mantra meditation.** In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts. Transcendental meditation is a type of mantra meditation in which you achieve a deep state of relaxation to achieve pure awareness.

***Mindfulness meditation.** This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions but let them pass without judgment.

***Qi gong.** This practice generally combines meditation, relaxation, physical movement and breathing exercises to restore and maintain balance. Qi gong (chee-kung) is part of traditional Chinese medicine.

***Tai chi.** This is a form of gentle Chinese martial arts. In tai chi (Tie-chee), you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.

***Yoga.** You perform a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. As you move through poses that require balance and concentration, you're encouraged to focus less on your busy day and more on the moment.

Elements of meditation

Different types of meditation may include different features to help you meditate. These may vary depending on whose guidance you follow or who's teaching a class. Some of the most common features in meditation include:

***Focusing your attention.** Focusing your attention is generally one of the most important elements of meditation. Focusing your attention is what helps free your mind from the many distractions that cause stress

and worry. You can focus your attention on such things as a specific object, an image, a mantra, or even your breathing. Don't fret when your mind wanders. Just return to your focus of attention.

***Relaxed breathing.** This technique involves deep, even-paced breathing using the diaphragm muscle to expand your lungs. The purpose is to slow your breathing, take in more oxygen, and reduce the use of shoulder, neck and upper chest muscles while breathing so that you breathe more efficiently.

***A quiet location.** If you're a beginner, practicing meditation may be easier if you're in a quiet spot with few distractions – no television, radios or cell phones. As you get more skilled at meditation, you may be able to do it anywhere, especially in high-stress situations where you benefit the most from meditation, such as a traffic jam, a stressful work meeting or a long line at the grocery store.

***A comfortable position.** You can practice meditation whether you're sitting, lying down, walking or in other positions or activities. Just try to be comfortable so that you can get the most out of your meditation.

Everyday ways to practice meditation

Don't let the thought of meditating the “right” way add to your stress. Sure, you can attend special meditation centers or group classes led by trained instructors. But you also can practice meditation easily on your own.

And you can make meditation as formal or informal as you like – whatever suits your lifestyle and situation. Some

people build meditation into their daily routine. For example, they may start and end each day with an hour of meditation. But all you really need is a few minutes of quality time for meditation.

Tips to practice meditation on your own

Here are some ways you can practice meditation on your own, whenever you choose. Take a few minutes or as much time as you like to practice one or more of these meditation methods:

***Breathe deeply.** This technique is good for beginners because breathing is a natural function. Focus all attention on your breathing. Concentrate on feeling and listening as you inhale and exhale through your nostrils. Breathe deeply and slowly. When your attention wanders, gently return your focus to your breathing.

***Scan your body.** When using this technique, focus attention on different parts of your body. Become aware of your body's various sensations, whether that's pain, tension, warmth or relaxation. Combine body scanning with breathing exercises and imagine breathing heat or relaxation into and out of different parts of your body.

***Repeat a mantra.** You can create your own mantra, whether it's religious or secular. Examples of religious mantras include the Jesus Prayer in the Christian tradition, the holy name of God in Judaism, or the om mantra of Hinduism, Buddhism and other Eastern religions.

***Walking meditation.** Combining a walk with meditation is an efficient and healthy way to relax. You can use this

technique anywhere you're walking – in a tranquil forest, on a city sidewalk or at the mall. When you use this method, slow down the pace of walking so that you can focus on each movement of your legs or feet. Don't focus on a particular destination. Concentrate on your legs and feet, repeating action words in your mind such as lifting, moving and placing as you lift each foot, move your leg forward and place your foot on the ground.

***Engage in prayer.** Prayer is the best known and most widely practiced example of meditation. Spoken and written prayers are found in most faith traditions. You can pray using your own words or read prayers written by others. Check the self-help or 12-step-recovery section of your local bookstore for examples. Talk with your rabbi, priest, pastor or other spiritual leader about resources. **Editor's note:** *The Bible*

***Read or listen and take time to reflect.** Many people report that they benefit from reading poems or sacred texts silently or aloud, and taking a few moments to quietly reflect on the meaning that the words bring to mind. You can listen to sacred music, spoken words or any music you find relaxing or inspiring. You may want to write your reflections in a journal or discuss them with a friend or spiritual leader.

***Focus your love and gratitude.** In this type of meditation, you focus your attention on a sacred object or being, weaving feelings of love and gratitude into your thoughts. You can also close your eyes and use your imagination or gaze at representations of the object.

Building your meditation skills

Don't judge your meditation skills, which may only increase your stress. Meditation takes practice. Keep in mind, for instance, that it's common for your mind to wander during meditation, no matter how long you've been practicing meditation. If you're meditating to calm your mind and your attention wanders, slowly return to the object, sensation or movement you're focusing on.

Experiment, and you'll likely find out what types of meditation work best for you and what you enjoy doing. Adapt meditation to your needs at the moment. Remember, there's no right way or wrong way to meditate. What matters is that meditation helps you with stress reduction and feeling better overall.

Source: <http://www.mayoclinic.com/health>

Reprinted from *The Sunshine Special*, FL, Nov/Dec 2009.



THE AMAZING CUCUMBER

Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon, put down the caffeinated soda, and pick up a cucumber.

Cucumbers are a good source of B and Carbohydrates that provide that quick pick-me-up that can last for hours.

Cucumbers are Vitamins can me-up

Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and

reducing the visibility of cellulite. Works great on wrinkles too!!!

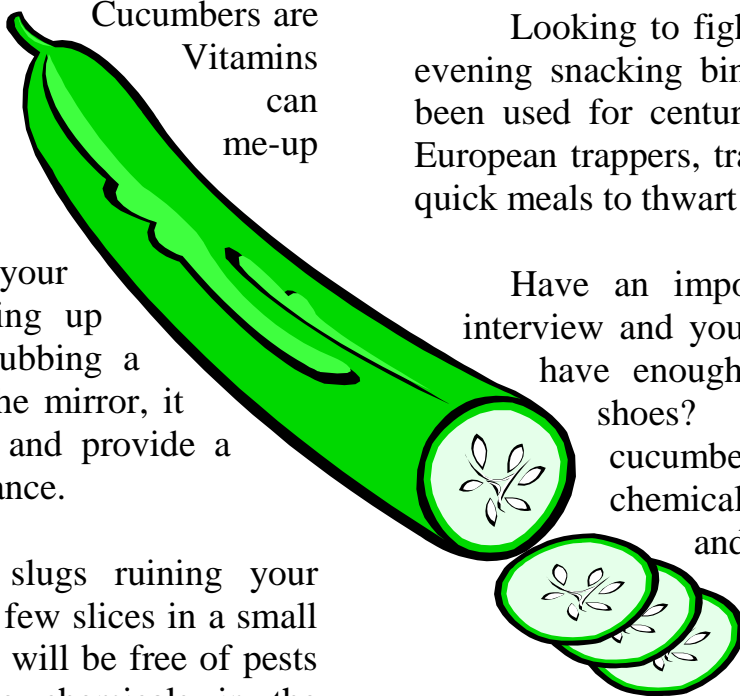
Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything into equilibrium, avoiding both a hangover and headache!!!!

Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water. The chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.



Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

Looking for a “green” way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

Using a pen, made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. It also works great on crayons and markers that the kids have used to decorate the walls!!

Now you know what to do with all the cucumbers from the garden.

Source: Beverly Schroll, member of FECPPSG.

Reprinted from *FECPPSG, FL, Jan/Feb 2010.*



Contributed by Phyllis Varacalli, FL, 5/27/08.



CALMNESS IN OUR LIVES

I am passing this on to you because it definitely works and we could all use a little more calmness in our lives. By following simple advice heard on the Oprah show, you too can find inner peace.

Dr. Oz proclaimed, “The way to achieve inner peace is to finish all the things you have started and have never finished.”

So, I looked around my house to see all the things I started and hadn't finished, and before leaving the house this morning, I finished off a bottle of White Zinfandel, a Bottle of Tequila, a package of Oreos, the remainder of my old Prozac prescription, the rest of the cheesecake, some Doritos, and a box of chocolates. You have no idea how good I feel right now!

Pass this on if you know anyone you think might be in need of inner peace.

Reprinted from *FECPPSG, FL, Jan/Feb 2010.*

Lost & stolen cards – what to do!

AN ATTORNEY'S ADVICE IS IMPORTANT!

Even if you dislike attorneys . . . you will love them for these tips.

Read this and make a copy for your files in case you need to refer to it someday. Maybe we should all take some of his advice! A corporate attorney sent the following out to the employees in his company:

1. Do not sign the back of your credit cards. Instead, put 'PHOTO ID REQUIRED.'

2. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the 'For' line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.

3. Put your work phone # on your checks instead of your home phone. If you have a PO BOX use that instead of your home address. If you do not have a PO Box, use your work address. **Never** have your SS# printed on your checks. (DUH!) You can add it if it is necessary. But if you have it printed, anyone can get it.

4. Place the contents of your wallet on a photocopy machine. Do both sides of

each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and to cancel. Keep the photocopy in a safe place.

I also carry a photocopy of my passport when I travel, either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, and credit cards.

Unfortunately, I, an attorney, have firsthand knowledge because my wallet was stolen last month. Within a week, the thieves ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more.

But here's some critical information to limit the damage in case this happens to you or someone you know:

5. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.

6. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there



ever is one). But here's what is perhaps most important of all: (I never even thought to do this.)

7. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and also call the Social Security fraud line number.

I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name.

The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert, since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, if it has been stolen:

Equifax: 1-800-525-6285
Experian (formerly TRW): 1-888-397-3742
Trans Union: 1-800-680-7289
Social Security Administration (fraud line): 1-800-269-0271

Patrice A. Williams, CBP Officer
U.S. Customs and Border Protection
Oakland Seaport-Advance Targeting Unit
(510) 273-4069 Fax

Source: rklevickas@comcast.ent; November, 2009 and Sandy White

Reprinted from *The Sunshine Special*, FL, Nov/Dec 2009.

FIND YOUR BALANCE

Getting to the source of your unsteadiness

Occasionally feeling a little dizzy or unsteady happens to anyone. But balance problems are more common as we get older. Plus they can lead to falls and injuries, which pose greater risks to older bodies. So if you often feel lightheaded, dizzy or off-balance, speak to your doctor.

Balance disorders can have a number of causes – including health conditions such as multiple sclerosis, stroke or an ear infection.

One of the most common reasons is inner ear problems, which can be brought on by upper respiratory infections, stress, allergies or smoking. Issues with your brain, heart or blood circulation can cause balance problems, too, as can certain medications, like those that lower blood pressure.

Treating the cause of a balance issue, such as an ear infection, can resolve the problem. There are also balance retraining exercises you can learn from a specialist. In some cases, lifestyle changes such as eating less salt or avoiding alcohol can help.

When you visit your doctor, be sure to bring a list of medications you're taking and describe your symptoms in detail, including when you feel them. This will help your doctor figure out why you're feeling unsteady and recommend the right treatment.

Ready, Steady, Go

Here are two easy balance exercises you can do just about anywhere, as long as you have something sturdy to grab on to in case you feel unstable:

- Stand on one foot. Then switch to the other foot.
- Sit down and stand up without using your hands.

Reprinted from *Good Times*, FL, Spring 2010.

A BLACK OASIS: TUSKEGEE INSTITUTE'S FIGHT AGAINST INFANTILE PARALYSIS 1941-1965

*Edith Powell, Ed.D, MPA, MT (ASCP)SBB,
Tuskegee University, Tuskegee, Alabama*

Note: This presentation is based on original research funded by a Basic Research Grant #1-1046 with the same title, co-authored with John F. Hume M.D.

Purpose: To share the knowledge about the Infantile Paralysis Centre at Tuskegee Institute, it's mission, work and relationship to the National Foundation for Infantile Paralysis.

Introduction

At a time in our history when the country was in a great depression, in the rural South there was much ignorance, poverty and desolation. The land was not productive anymore, having been used up by many years of growing cotton. Segregation still required separate water fountains, eating places and entrances to health care facilities. Blacks had no money, clothes and little food. They were living in dilapidated houses with no electricity, outdoor toilets, appalling morbidity, & high mortality.

Yet, in the midst of this rural Alabama bleakness of the 1930's lay a beautiful little town known as Tuskegee. It occupied the site of the Indian village known as Tuskigi, and on its outskirts was the most noted institution in the United States for the education of blacks – Tuskegee Institute. Within the tree-lined, immaculately groomed grounds of this famous educational facility, were streams of happy, laughing black students whose education was carefully tended by many of the outstanding black educators of this decade – truly a black oasis – where the thirst for learning, described

by Dr. Washington in 1881, was satisfied by those who carried on the philosophy of excellence and quality of the education put forth by the Institute's founder, the same Booker T. Washington.

Because of the commitment and dedication of the people who made up the Institute and due to their mission to teach, to guide, to encourage and to serve the blacks of the rural South, a program began at Tuskegee which became one of the most outstanding health care services available for blacks anywhere in the country – the Tuskegee Infantile Paralysis Centre.

(A Black Oasis: Tuskegee Institute's Fight Against Infantile Paralysis, 1941-1975, pp.xiv-xv.)

This Center was made possible by the first grant from the National Foundation for Infantile Paralysis (1938) newly established by President Franklin D. Roosevelt; and, was announced at Commencement Exercises at Tuskegee Institute by Foundation President, Basil O'Connor in May, 1939.

In Tuskegee, there were two hospitals: one for whites and one for blacks. Macon County Hospital, a small 30-bed, ill-equipped facility admitted only whites. The John A. Andrew Memorial Hospital, located on the campus of Tuskegee Institute and provided quality health care for Negroes plus all the other amenities that insured a wholesome and pleasant environment for the sick. While John A. Andrew Memorial Hospital was an excellent health care facility for blacks, a poliomyelitis epidemic which swept through the South in 1936, crippling black children and adults, was beyond its scope. Those institutions capable of treating poliomyelitis effectively were either too far away to permit travel for poor rural blacks or were open to whites only. Therefore,

blacks really had nowhere to turn for the critically needed specialized care.

Also, at Tuskegee Institute, there was a nurses' training program begun in 1921, graduates were working all over the country as public health nurses, private practice, and at smaller institutions. This expanded to include an additional 4-month intensive course in midwifery. This further expanded in 1941 to a graduate nurse training course in midwifery culminating in a certificate.

Additionally, at Tuskegee Institute, there was the world-famous scientist, Dr. George Washington Carver, who had training as a mass-use for the Ames, Iowa football team. He continued his "research" using his peanut oil, in conjunction with rubbing sore muscles, on people who came to him daily, seeking relief. Although not a medical doctor, he did report positive results. In 1933, an article published by an AP writer was carried by papers all over the country, describing the tremendous improvement of two polio patients. This generated much publicity, letters, and future patients. Dr. Carver, personally, never claimed a cure: that was the spin put by the reporter in the press release. Dr. Carver later sent a sample of his peanut oil and directions for use to President Roosevelt, saying that it might offer him some relief. The President responded with a letter of thanks.

In 1936, Dr. John Watson Chenault, a young black man who was a junior attending orthopedic surgeon from Provident Hospital in Chicago, attended the 25th Annual John A. Andrew Clinic. He presented a paper on "The Crippled Child." While making rounds during the Clinic in the crippled children's wing, he noted that many of the little patients had infantile paralysis, an observation which was directly contradictory to the generally

accepted statistics showing that Negro children did not contract this disease. Further, they required a much different type of medical care than those children routinely admitted to the pediatric ward. To this end, Dr. Chenault began a crusade for specialized treatment facilities for all children suffering from polio, and especially those at Tuskegee. Dr. Chenault returned to Tuskegee in 1937 as Director of Orthopedic Surgery at the John A. Andrew Memorial Hospital.

There was also a shoe and brace making curriculum at Tuskegee Institute whereby a student could study orthopedic shoe and brace making, either as a two-year vocational diploma or a 4-year B.S. Degree. Interns of Dr. Chenault, and later, Dr. John F. Hume, could also rotate through this program.

This then describes the environment of health care that met the criteria for the establishment of the Infantile Paralysis Center at Tuskegee Institute in 1941.

The National Foundation for Infantile Paralysis was founded in 1938, as you know, by President Franklin D. Roosevelt to raise money for finding a cure and treatment of polio. One of the fund raisers was the Presidential Ball held all over the country in January on the President's birthday. Separate balls were held for blacks and whites, with each of the groups' contributions added to the total. The Warm Springs Foundation had already been established, however, blacks were not admitted, and their care was confined to inadequately equipped and staffed facilities in various local hospitals. The onus to "do something for blacks" thus fell upon the National Foundation and its President, Mr. Basil O'Connor.

Reprinted from *Post-Polio Health International Conference*, April 23, 2009.

UNIVERSITY OF UTAH COLLECTING POLIO SURVIVORS' STORIES

By Lisa Rosetta – *The Salt Lake Tribune*

The American West Center at the University of Utah is developing an oral history of polio for its archives. Dale Lambert, a trial lawyer with Christensen and Jensen, PC, is a polio survivor participating in the program. He was 3 when he got the disease. Even today, Mike Collins can't be in the same room with a tank respirator, better known as the iron lung. A cardiothoracic surgeon at Intermountain Medical Center, his heart rate skyrockets just at the sight of one.

Stricken with polio at age 5, Collins' breathing muscles were paralyzed, forcing him to spend hours in one of the metal devices in a San Francisco General Hospital ward alongside other sick children. Nurses terrorized him with the life-saving machine: Soil your diaper again, they'd tell him, and we'll put you back in it. Collins' twice-daily "Sister Kenny" treatments – searing hot compresses placed over his body to temper muscle spasms – weren't much better. Unable to move them off if they burned, Collins' only recourse was to cry. He remembers a volunteer in a gown and mask whose job was to push a big cauldron of hot chocolate and serve it to the children. "I always wondered why, when he gave hot chocolate to the little kids, he would cry," Collins said. "It just didn't make sense to me." It's stories like these that the American West Center at the University of Utah wants to hear – and save. The center is developing an oral history record of polio survivors, as well as the clinicians who treated them. The

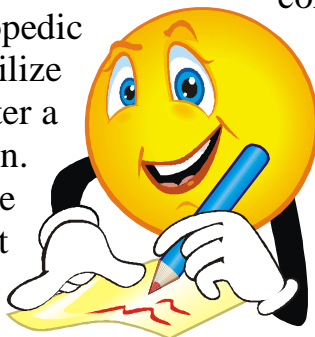
project, once completed, will be made available to researchers and the public through the Special Collections Department at the U.'s Marriott Library. Becky Lloyd, the researcher heading up the project, said her aunt's own experiences as a polio survivor inspired the effort. "It was a real terrifying disease at the time," she said. They didn't know what caused it; they didn't know how to treat it." Lloyd said the purpose of the project is to capture the social, cultural and medical history of polio – in particular the course, treatment and outcome of victims – a disease with which a dwindling number of people have any experience. During the first half of the 20th century, between 13,000 and 20,000 Americans were infected with polio each year. Utah was hit especially hard. In 1951, the worst polio year in the state's history, 600 cases occurred, according to stories in *The Salt Lake Tribune's* archives. That incidence rate was the highest in the nation, with more than 80 cases per 100,000 people, the National Foundation for Infantile Paralysis reported in January 1952. Dale Lambert, a trial attorney and former Salt Lake City council member, contracted it when he was 3. Doctors told his family he had one of the two worst cases in San Diego County in 1949. Both of his legs were paralyzed, and he experienced weakness in his stomach and back. During the nine months he spent in a hospital, Lambert's family faced strict visitation rules: Once a week for one hour.

Lambert, who has an identical twin, was a March of Dimes poster boy encouraging vaccination against the disease. "They thought it was kind of an interesting selling point because we looked exactly

alike, except I had crutches and braces,” he said. Like Collins, Lambert doesn't have happy memories of the hospital ward. Rowdy children got visits from the bogeyman, nurses told him; one night they locked him in a room by himself. “I was scared all night,” he said.

Lambert underwent six orthopedic surgeries to correct deformities, stabilize joints and improve function – even after a rigorous physical therapy regimen. Marlin Shields, who retired as the director of rehabilitation services at Intermountain Healthcare in 2000, helped treat polio victims. A physical therapist, Shields taught “frog” breathing to partially paralyzed patients dependent on an iron lung. The technique, developed at Los Angeles' Rancho Los Amigos Hospital, involved gulping down air. Patients sucked in a small amount, then forced it through their voice boxes and into their lungs with the push of their tongue.

One patient followed Shields from California back to Salt Lake City, the place they were both originally from. At the U. hospital, they continued the therapy. “[The patient] was able to get out of the iron lung over a real long period of time,” Shields said. “It took a real effort overcoming tremendous fears.” The patient was able not only to breathe but also to cough, allowing him to relieve throat irritation common among those who are paralyzed. “Physical therapists in this day and age don't know anything about [frog breathing],” said Shields, who graduated from physical therapy school after the vaccine was developed. “Soon after that, there was no more polio.”



The American West Center's Lloyd, who had intended to interview about 50 people, said she has received an overwhelming response to her ads for survivors – about 10 e-mails an hour. “Coast to coast, now I've heard from people all around the country,” said Lloyd, who is conducting the interviews in person and over the phone. She'll send a transcript back to the survivors for review; they can make corrections or changes if they wish. The research is funded with a \$9,000 grant from the Utah Medical Association Foundation – founded in the 1950's in response to the polio outbreak. It's timely: many survivors, including Collins, are now struggling with post-polio syndrome, characterized by muscle weakness, fatigue and, in some cases, muscle atrophy. It affects survivors years after recovery; an estimated 440,000 people in the U.S. may be at risk, according to the National Center for Health Statistics. “You live with the muscle pain and the cramping and you just learn how to deal with it,” said Collins, who has one foot two sizes bigger than the other as a result of the disease.

Polio was declared eradicated from the U.S. in 1994, but the virus still circulates in other parts of the world. An outbreak in Nigeria – the only place where all three serotypes of the virus exist – is now spreading to West African countries, the World Health Organization reports. Southern Afghanistan and northern India have also seen cases.

“That's really a shame,” said Lambert, who still wears a leg brace and uses crutches.

Reprinted from *Polio Epic, Inc.* AZ, Feb/Mar 2010.

THE SIX MISTAKES OF MAN

By Marcus Cicero 106 BC – 43 BC a great Roman Orator

- The illusion that personal gain is made up of crushing others
- The tendency to worry about things that cannot be changed or corrected
- The insisting that a thing is impossible because we cannot accomplish it
- Refusing to set aside trivial preferences
- Neglecting development and refinement of the mind, and not acquiring the habit of reading and study
- Attempting to compel others to believe and live as we do.



A GOOD MOTTO

“No one knows enough to be a pessimist”
from Wayne Dyer's Book *Wisdom of the Ages*

Reprinted from WPSS, AB, 2nd Quarter 2009.

Graphic: <http://www.notablebiographies.com/Ch-Co/Cicero-Marcus-Tullius.html>



YEP! WE ARE GOING, AGAIN!!!

Join BAPPG on our ninth trip – an amazing 7-night cruise to the Eastern Caribbean. Celebrity's *Solstice* will depart on **Saturday,**

January 29, 2012 from Port Everglades [Ft. Lauderdale, FL] visiting Puerto Rico, St. Thomas & St. Maarten.



One (1) Ocean View and three (3) Inside accessible staterooms are left and are now based on availability. Ship is accessible as seen by my eyes!

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Thirty-eight cruisers have booked already!!

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Suzy Cohen
Ask the Pharmacist

PACK MEDS IN CASE OF A NATURAL DISASTER

DEAR READERS: Depending on where we live, we might face earthquakes, tornadoes, power outages, flash floods, fires or hurricanes. Climate-related disasters give us little or no time to think about our medications, because we are focused on protecting our family and property and staying safe.

The following tips should help with your emergency preparedness:

Have a written list of all your medications and include dosage, directions, your local pharmacy and physician as well as their phone numbers. Include both the generic and brand names.

Store a 10-day supply of medications in a toiletry or makeup bag today. You want to be able to grab your medications and dietary supplements, and go! Make sure your name is in it. Only take important medicine, such as those used for epilepsy, blood pressure, pain, heartbeat rhythm, asthma, migraines, diabetes, and so forth. Keep the drugs in their original pharmacy container. Rescuers and relief team members may dispense your medications to you, so it must be correctly labeled. Also include a water bottle, so you can take your medicine when needed, a flashlight and a spare set of eyeglasses. A little first aid kit also would be wise.

If you take refrigerated medications like insulin, you have two options. 1) Buy a little ice pack and keep it frozen, preferably in a sealed baggie. That way, if the power goes, grab the ice pack from your freezer, drop it in that toiletry or tote bag and go. 2) Purchase a ready-made cooling case, usually sold in the

diabetes section of your pharmacy, and online. This stores insulin, and some might fit antibiotic suspensions, suppositories, growth hormone or epoetin (Procrit, Epogen). Two popular cooling cases are made by Frio and Medicool.

If you live in a region where fires are common, keep a 10- day supply of medications in a fire-safe box. It's not a bad idea for anyone to do this. I found two companies online, Sentry and First Alert, that sell fire-safe and waterproof boxes. Or get a little plastic waterproof container. Try looking in the boating section of a sporting goods store.

If your area is prone to floods, or you live in a hurricane zone, get water purification tablets. They use chlorine dioxide to destroy microorganisms within 15 minutes. One popular brand: Katadyn Micropur. These tablets are usually available at places like REI sporting good stores and online.

Source: Reprinted from *Sun Sentinel*, September 4, 2011.

Contributed by Jane McMillen, member.



Contributed by Jane McMillen, member, 9/12/11.



COMMENTS

Jan Moench, Venice, FL: I really enjoyed reading all the comments from people who have PPS. I also have it & it has helped me to know there are several out there who have the same problems I have. I just started an exercise program with a physical therapist & hope that helps me. Keep up the good work.

Theresa Jarosz, Albuquerque, NM: Please add my e-mail to the list that receives the newsletter digitally. Also, once again, the newsletter is great. It always has something that reassures me that I am not the only one having some crazy symptom that comes with PPS.

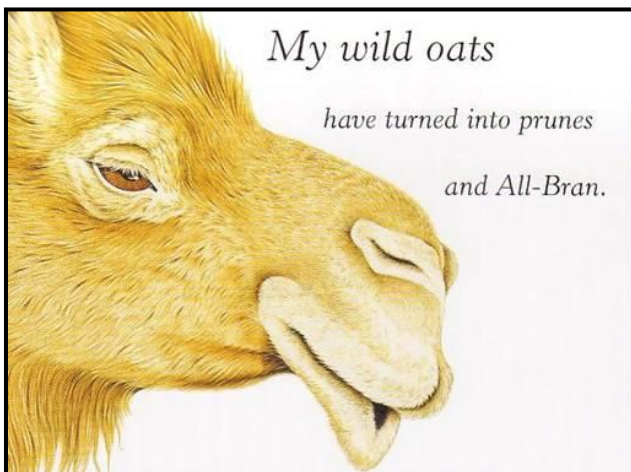


MARK YOUR CALENDAR!

Central VA Post-Polio Support Group will host its 11th Annual Fall Retreat, Friday, October 14-16, 2011, Holiday Inn Express Hotel & Suites, Ashland, VA. Contact Linda ChatNLinda@aol.com 804-778-7891.

Abilities Expo: November 18-20, San Jose Convention Center; February 17-19, 2012, GA World Congress Center and March 30-April 1, LA Convention Center. 310-450-8831 x130 or www.abilitiesexpo.com

Boca Area Post Polio Group Christmas/Holiday Luncheon, Wednesday, December 14, 2011 at the Embassy Suites Hotel. Details next month.



MISSION STATEMENT

- To help polio survivors become aware that they are not alone and forgotten.
- To share our thoughts and feelings with others like ourselves.
- To network with other support groups.
- To share information and encourage each other to carry on.
- To educate the medical profession in diagnosing and treating Post Polio Syndrome.
- To always maintain a positive attitude.

Boca Area Post Polio Group collects no dues and relies on your donations. If you would like to make a contribution please make your check payable to **BAPPG**.

Thank you for your support!

Maureen Sinkule
11660 Timbers Way
Boca Raton, FL 33428
561-488-4473

Carolyn DeMasi
15720 SE 27 Avenue
Summerfield, FL 34491
352-245-8129

Jane McMillen, Sunshine Lady - 561-391-6850

Flattery will get you everywhere!
Just give us credit:
Second Time Around, Date
Boca Area Post Polio Group, FL



SPREAD THE WORD. We would love to hear from you. If you know of someone who would like to receive our newsletter, send us the information below and we will gladly add them to our growing mailing list.

Name _____

Address _____

City _____ ST _____ Zip _____

Phone _____ (Days) _____ (Eves)

Comments _____

BOCA AREA POST POLIO GROUP
11660 Timbers Way
Boca Raton, FL 33428

**FREE MATTER FOR THE
BLIND OR HANDICAPPED**

RETURN SERVICE REQUESTED

MONTHLY MEETING

11:30 – 1:30 PM

Second Wednesday of each month
Spanish River Church

2400 NW 51 Street, Boca Raton
(corner of Yamato Rd. & St. Andrews Blvd.)

Sunset Room of Worship Center
Entrance and parking on west side

BOCA AREA POST POLIO GROUP

A Ministry of Spanish River Church

FOUNDERS

Carolyn DeMasi Maureen Sinkule

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