



APPA NEWS



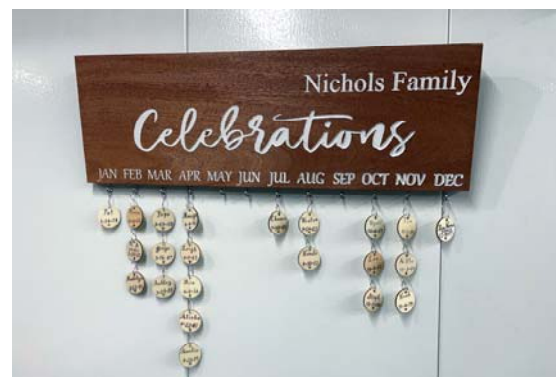
The Atlanta Post-Polio Association

Volume 39, Issue 2

Summer 2024



**WORLD
POLIO DAY**
24 OCTOBER



APPA Quiz

Which Picture
on the cover is
not to be found
in this issue?



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Annual contributions help to educate the public and health care community concerning polio. We respond to the needs of individuals who suffer from post-polio syndrome through group meetings, educational programming, newsletters, and advocacy. APPA is a 501(c)(3) nonprofit corporation. All contributions are tax deductible.

To contribute and join APPA, see back page.

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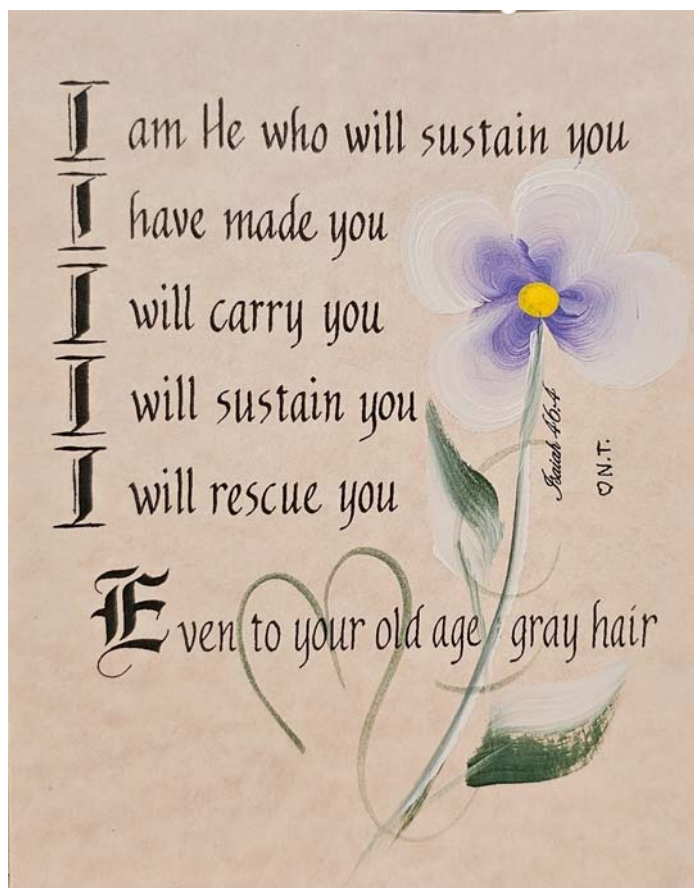
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Hello everyone. I was hoping this card would be an encouragement. I just wanted to remind us we are safe in God's hands even to the end of age. Praying God's richest blessings on each of you in all seasons of life.

Nancy Truluck

**WORLD
POLIO DAY**
24 OCTOBER



Message about polio
epidemics, recent outbreaks
and vaccinations
by Prof. Michael Kossove.
See page 26.

UPCOMING MEETINGS — AND USEFUL INFORMATION

Wednesday, September 18 there will be a social gathering at the Shepherd Center.

October 5 Shirley Thomas will present information about Medicare updates.

“WE’RE STILL HERE!” WEEK ... OCTOBER 13–19, 2024

To enter their contest describing access & mobility go to www.post-polio.org

October 23 World Polio Day.

Warm Springs will be celebrating the centennial of Franklin D, Roosevelt’s first visit to the West Central Georgia town over three days, October 3 - 4 - 5, 2024. A full three days of tours, events, lectures, reenactor presentations, shopping and a movie presentation are planned. See page 23.

The Boca Area Polio Group.

<http://www.postpolio.wordpress.com>

Please contact bappg@aol.com or 561-617-4450, if you are interested in learning more about the group, monthly meetings, annual cruises or would like to receive our newsletter, Second Time Around!

Cruise 2025 - 24 you just think you'd like to join us, a refundable refund will hold your stateroom. Don't miss out!

Post-Polio Health International - check out their resources, articles, videos, etc. at www.post-polio.org

Also their new "**Ask the Doctor**" service allows you to tap into the expertise/knowledge of PHI's volunteer post-polio physicians for general questions. Go to <https://post-polio.org/ask-the-doctor/> complete form and one of the physicians will be in touch with you!



Thoughts from the Editor

Plenty of thoughts this summer; but to write them into the APPA NEWS? It was too hot to do anything but **procrastinate** and think about what I could be doing. The good thing about procrastination is, usually, one can get many silly things done during that time, like cleaning out a closet or drawer; but I ended up just thinking about doing those things. Perhaps that is the reason for hot summers: maybe we're supposed to just think.

Now with a suddenly cool day, I'm ready to jump in and finish putting this issue of APPA NEWS together. **Fatigue:** It is not just post-polio. The cause could be the meds, maybe heart conditions, lack of restful sleep, arthritis, and simply overdoing it. Do any of you readers notice a delay in the catch-up day? Example might be Monday we feel pretty good, we have a full day of

activities, and somehow the energy to do them. We understand that this "overdoing-it" might catch-up to us on Tuesday, so we plan that as a rest day. The strange thing is sometimes Tuesday we feel okay, but the fatigue hits on Wednesday. And it is annoying fatigue when even holding a book is a struggle. That's how it's been going for me. Enough of that twittering!

Thanks to Alan Oberdeck and Thomas Foss for their contributions to this issue. And thanks to Rita Carlson for finding programs for the monthly Zoom meetings. I write the Highlights of these events in hopes to steer you to see the whole event via the <https://www.atlantapostpolio.com/>

** Events ** videos of past events.

Nancy Winter

... isms explained with cows. (variations have been around since the 1930's):

- Socialism: If you have two cows, the Government takes one and gives it to your neighbor.
- Communism: If you have two cows, Government takes both and then gives you some milk.
- Fascism: If you have two cows, you keep the cows and give the milk to the Government; then the government sells you some milk.
- New Dealism: If you have two cows, you shoot one and milk the other; then you pour the milk down the drain.
- Nazism: If you have two cows, the Government shoots you and keeps the cows.
- Capitalism: If you have two cows, you sell one and buy a bull.

Highlights of APPA Events April — August

April 6, 2024. Linda Priest remembers early days of APPA.

Linda admits that the early years of APPA circa 1985 are a bit fuzzy. She didn't recall exactly when she was the APPA President. APPA started with her and a few people she knew from her years at Warm Springs. Recognizing that they were experiencing post-polio symptoms and realizing others may be in the same condition. They sought out other polio survivors with a mailing list from Warm Springs and ads in the newspaper.

At that time, there were other post-polio groups sprouting up around the Country. They named our group: Atlanta Post-Polio Association (APPA) and became an official 501(c)(3) organization in 1985.

The early meetings were held around the table. Later, Dr. Leslie from Warm Springs helped obtain a regular meeting space at Emory. Though Linda didn't recall all the names of the early membership or of the officers. She remembers that everyone just pitched in. The first APPA NEWS was begun. APPA grew to a membership list of about 400. Membership declined with death or with members moving away.

Linda described her more recent harrowing experience when her mobility van was wrecked in an accident. She spent many months in the Hospital, then in re-hab. Finally she moved in to live with her son's family. Her story brought out the darker side of the care facilities available. It has also become a story of losing independence after so many years of being highly active and involved in her community. Linda has continued to be a pioneer with much to share for our benefit. Many of us are in that process of further decline in ability and finding ways to adapt. An accident or a medical emergency can require us to re-adjust and adapt all over again.

We featured Linda and APPA History in the APPA NEWS Winter 2019-2020. That issue is available via the APPA website.



Highlights Continued

April 9, 2024. Luncheon at Olive Garden.

My oh my. The food there is really good. They start you off with a huge family style salad bowl and bread. We all ordered what suited us from the menu. Besides the food, the company was terrific.

As much as I appreciate Zoom, going out to meet in-person, over lunch was really nice. Those who attended include: Joe Drogan, Leslie Schulgen, Leo Roszkowski, Bernetta Calhoun, Margarita Rovira, Rita Carlson, Calvin State,

Wayne Nichols, and me, Nancy Winter.

Sorry, no one thought to take a picture for the APPA NEWS. However I did learn a lesson about going out to lunch in a wheelchair. See page 14.

May 4, 2024. Dr. Martha Boone —

Urology? I almost missed this APPA meeting; I didn't think the topic could be very interesting, boy, was I wrong. It was very interesting. Now that I think of it, we deal with urology every day, not just once a day either. Dr.

Boone was very gracious to let us just throw questions to her. If you think it might have been embarrassing to talk about (that which we do hidden in the bathroom). Dr. Boone put that idea to rest. Her answers for both men and women were so sensibly offered.

Surprise, there is a brain-bladder connection and she has found bladder problems to be not unusual for post-polio folks. The nerve controlling the bladder also has to do with our fight-or-flight reaction. If urological symptoms arise it is important to see a doctor trained in neuro-urology.

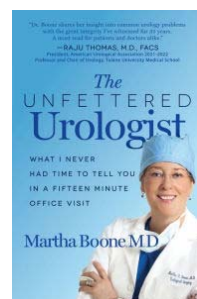
There are also structural considerations behind bladder issues. The rectum next to the vagina can block the bladder. Constipation can make it hard to empty the bladder effectively. Bladder infections are common in women; cranberry juice to prevent infection is not just an "old-wives" remedy. There are studies to support it. Drinking enough juice might be hard, so there are cranberry supplements. Stress and higher cortisol can also trigger infection.

We also discussed the use of probiotics. You can get the details in her book or our Zoom video.

Dr. Boone says replacement hormones are helpful and many of the fear-causing studies were later debunked. Synthetic hormones might cause problems, but not the bio-identical hormones. I will not try to write more from my scribbled notes because you can watch the entire Zoom meeting on our website, <https://www.atlantapostpolio.com/upcoming-events>. Click on past events.

Highlights Continued, Dr. Martha Boone

I highly recommend her books. This is important stuff and she is a wonderful writer. **“The Unfettered Urologist; What I never had time to tell you in a fifteen minute office visit.”** Dr. Boone has a knack for drawing us into all sorts of urology subjects. To give you an idea, here’s a list from her Table of Contents.. Dr. Boone also has insight into the health care systems and offers solutions.



Never Enough Time
Three Doctors in One
Doc. My urine is red
Interstitial Cystitis, Bladder Pain
and Prostatodynia
Urinary Tract infection
Urinary Incontinence
How Low is Your T?
Erectile Dysfunction is No
Laughing Matter

The Kidney Stone Always Wins!
Kidney Stone Surgery
Prostate Cancer
Bladder Cancer
Be Your Own Health Care Manager
Meditation and Mind Management
Toxins
Intuition
The Future is Bright



I just read **THE BIG FREE** twice. The second time out loud to my husband. It’s a fiction based on real things that happened during her time at Charity Hospital in New Orleans. The Hospital’s history goes back to 1736, built to treat the poor. It kept that mission but was destroyed, and not yet re-built, by Hurricane Katrina.

After one completes medical school, the next step for physicians is the internship. From Dr. Boone’s tales of the working hours of interns and residents, what our physicians have to endure to become doctors deserves our utmost admiration. I only say that if you are squeamish about health care needs of prisoners in Angola Prison, skip Chapter 4, but then you won’t appreciate Sister Marion.

Her third book is **“Mother Charity.”** It is her newest release.



Highlights Continued

Statewide Independent Living Council of Georgia. a non-profit organization, with the vision of, "equal participation of people with disabilities in their communities"

<https://www.silcga.org/>
315 West Ponce de Leon Ave Suite #660
Decatur, GA 30030

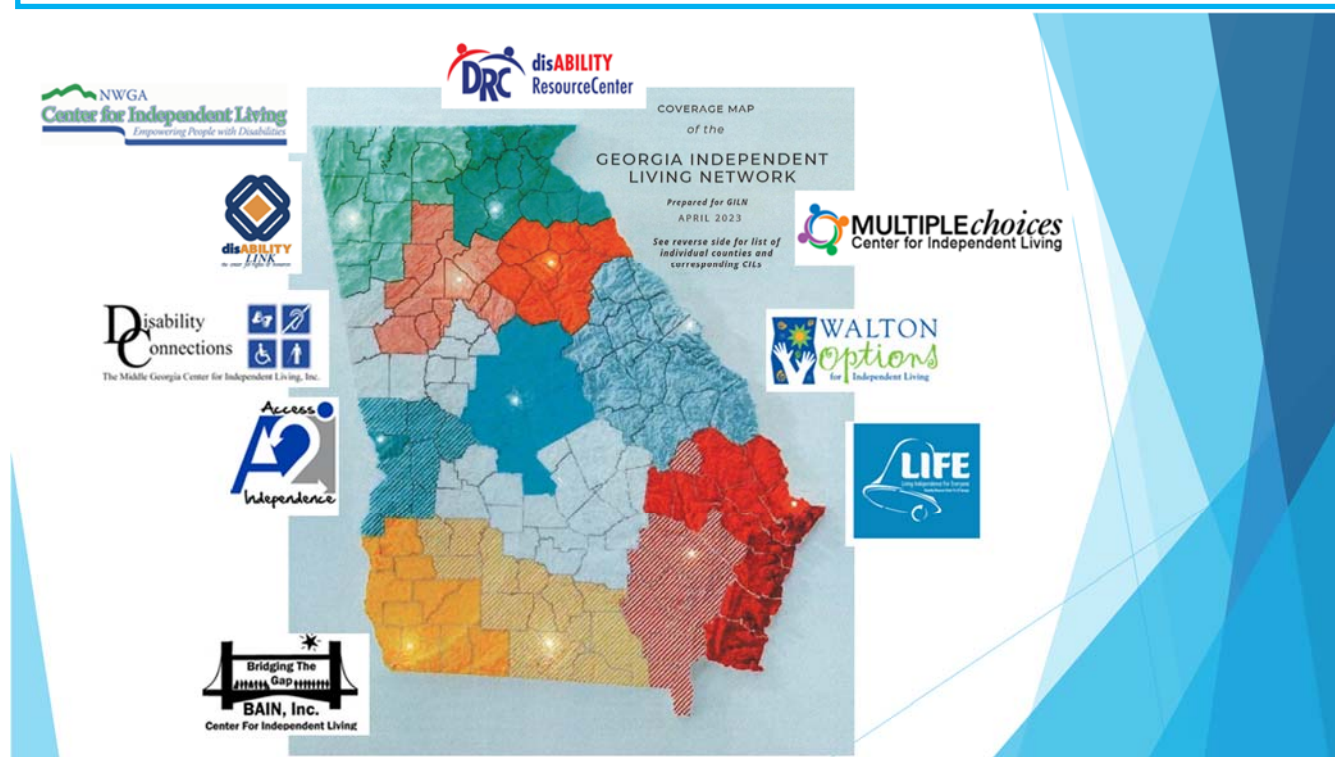
June 1, 2024 Shelly Simmons , the Executive Director. Has been part of SILCGA.org for 25 years. Her entire presentation is on our APPA website or our YouTube page:
<https://www.youtube.com/watch?v=QVPOBofleGY>. Shelly gave me her slides from the presentation. The SILCGA.org website also has lots of information. The services they provide are based on the grants and funding they are awarded.

Centers for Independent Living (CILs) are led by and mainly staffed by people with disabilities.

They provide five core services – Information & Referral, Peer Support, Personal & Systems Advocacy, Independent Living Skills Training and Transition Services.

All services provided are to assist individuals with disabilities to live independently within their chosen communities.

This map shows the regions covered through the 9 Centers. Currently they have over 700 clients being served. The counties in grey have no regional coverage.



Highlights Continued. June 1, 2024

SILCGA.org . Via YouTube, you can watch her entire presentation and the APPA Q&A and discussion around it. If you scroll under the video to the description there is a feature to read the entire transcript. Our Zoom calls are always interesting and fun. If any of you readers need tech help to join these monthly APPA gatherings, let us know. We have some techies among us to help. You can just call in or you can show your face and see all our smiling faces.

Some of the issues raised by APPA Members during this meeting:

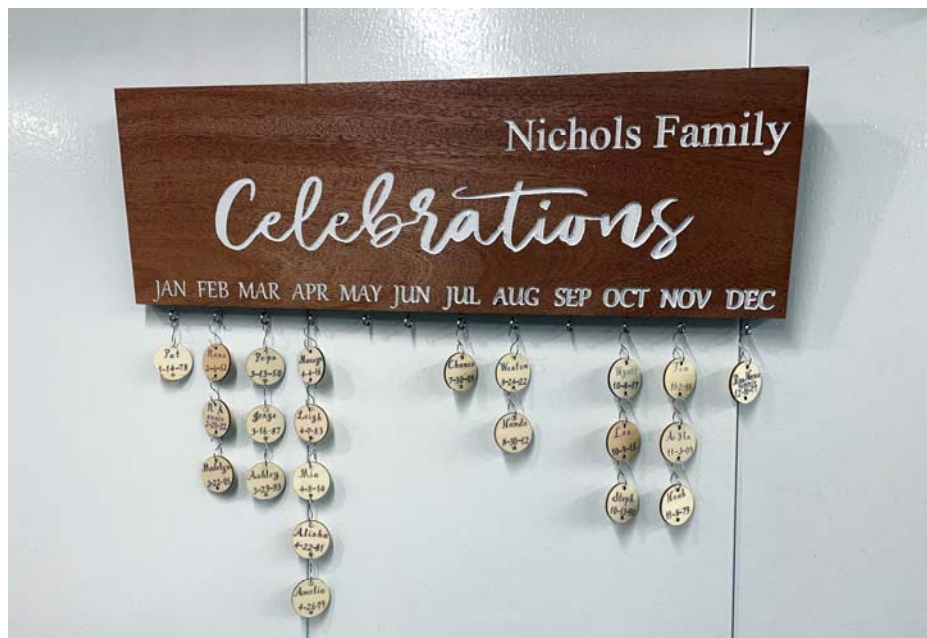
- If you have a wheelchair and a mobility van but too frail to go places independently, is there a source to help find a driver?
- If a building used to have an easy & short access to a pool for physical therapy, closed that access for “security reasons,” is there a process to restore that access?
- Many stores and restaurants show restrooms for wheelchair users but then the door to the room are heavy and close automatically. More on this issue on page 14.
- Some of the precincts don’t provide easy access to vote in person.
- Wheelchair accessible ride-share vehicles.
- Getting up to a doctor’s table or a dentist chair.
- The use of handicap parking spaces being abused by (likely able-bodied) people without the symbol.



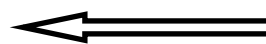
All of these “small” issues only get solutions if we work together. We talked about having TV stations construct a video of all the challenges faced by wheelchair-bound citizens. The ADA gave us a start, but there is always more work to be done. So we appreciate agencies whose mission is to help. APPA Member Yasin works for “Disability Links” another resource to help. Disability Links and Yasin were featured in previous APPA meetings and the APPA NEWS.

Highlights Continued

August 3, 2024. Wayne Nichols gave us a video tour of his most extraordinary and productive basement-workshop (not your ordinary man-cave) . To get the full tour, watch it online. Pictured here and on the next page are a few of his ingenious creations.



The coolest way for growing families to keep track of birthdays



Highlights Continued



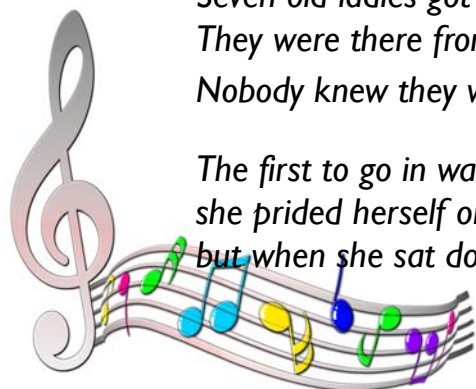
Wayne says this replica of the Whitehouse is about 40" and if you happen to drive into his long driveway you can see it among the trees. He made it some years ago.

Highlights Continued

August 8, 2024. APPA , Olive Garden, 3565 Mall Blvd Duluth—“Eat off the Menu” lunch and conversation. Pictured here: Rita Carlson, Joe Drogan, Wayne Nichols , Mary Ann Cassopulis and guest, Leslie Schulgen, Brenda Taylor and Dave. If you couldn't make it to this gathering—GOOD NEWS— we are considering having the gathering on a regular basis, maybe every two months.

The Olive Garden restaurants have parking, easy access for scooters and chairs, a good variety of tasty food, and the fun company of our wonderful membership. Watch for announcements about where and when to bring yourself and a guest if you like. Also, if you need us to find a place to gather on the other side of the metro, let us know. It can happen.





Oh, dear, what can the matter be
Seven old ladies got locked in the lavat'ry
They were there from Sunday 'till Saturday
Nobody knew they were there

The first to go in was old Mrs. Flynn,
she prided herself on being so thin,
but when she sat down, she fell right in,
and nobody knew she was there.

**Heavy
Bathroom
Doors,**

Bah!

Most of you might remember this song parody from way back. We giggled over it in elementary school and made up extra verses. It's on YouTube in case you have forgotten. HOWEVER

Now this song terrifies me.

So here is my verse
(based on a true story):

*One fine lady was driving her wheelchair
Someone opened the door but then left her in there.
When she tried to get out the door was too heavy
Nobody knew she was there.*

Now with my transportable wheel chair, I'm more able to go into museums, restaurants and stores. Everything is fine until I face the heavy bathroom doors. Pushing the door to get in, tricky but not impossible. Getting out, a different matter. How do we pull on the door, back up the chair to exit, then try to wheel or power ourselves out through the heavy door while it is automatically closing and squeezing us?

Any suggestions from you more experienced wheelchair folks? Does anyone know why public bathroom doors are heavy, probably expensive, and with hydraulic closures.

To ADA and building-code-rule-makers: Do you know that some of us might still be stuck in the lav'try?

Upcoming Events

September 7 APPA general meeting from 1-3 pm will be presented by Dr. Michael Kossove. His presentation will be about polio and FDR. This issue will be at the printers, but Highlights, hopefully, will be in the Fall 2024 issue.

Wednesday, September 18 there will be an APPA gathering at the Shepherd Center. By now you should have seen the invitation—make sure you RSVP if you want to eat there.

October 5 Shirley Thomas will present information about Medicare updates.

This year's GA gives on Giving Tuesday will take place on Tuesday, December 3rd.

December 4th. TBA. Christmas lunch will be December 4, possibly at Olive Garden maybe at the perimeter since the location is closer to people who live in the Marietta area. Watch for notices.

Excerpts from SECOND TIME AROUND, JULY 2024 – PUBLICATION OF BOCA AREA POST POLIO GROUP, BOCA RATON, FL 4 From Dick Schultz

NEWSLETTER FODDER

I hate it when I see an old person and then realize we went to high school together.

I told my wife she should embrace her mistakes.
.. so she hugged me.

My wife says I only have 2 faults. I don't listen and something else

I came, I saw, I forgot what I was doing. Retraced my steps, got lost on the way back, now I have no idea what's going on.

At my funeral, take the bouquet off my coffin and throw it into the crowd to see who is next.
I thought growing old would take longer.

Getting to Know us Series



Introducing

Tom Foss

Tom Foss

Polio Graduate 1946

Introduction: I am 82 years old, retired and living in Aiken S. C.

I contracted polio in (the fall of) 1946 when I was 4 years old. We were living in Minneapolis, MN at the time. I was taken to Sister Kenny Institute in Minneapolis.

My recollection of the stay (seven months) is hazy, but I remember laying on the beds up in the infirmary setting under woolen hot packs. We were supposed to lay very still and the nurses got very angry with us if we “moved”. I felt they were “mean” to us. I was in there seven months.

I was able to start kindergarten the following September of 1947. The kids would make fun of my walking to school, but I had a little girlfriend named Connie who walked with me. She comforted me and told me to ignore them. I have never forgotten that, or her. I never saw her again after that year.



We moved to the suburb of Edina, when I entered third grade. We had a lot of friends. I was able to play baseball in the summer and hockey in the winter with my neighborhood friends.

My father was a rising executive with Minneapolis Moline (a farm equipment company) and got transferred to Ankara, Turkey in 1954, so we moved there for two years. Those were my seventh and eighth grade years. It was a great experience! The U. S. Military had big base there.

I went to an American school with kids whose families were in the military or employed by the U. S. Government.

Tom Foss, continued

In 1956 my father got promoted back to Minneapolis. We moved to Wayzata, MN, a suburb of Minneapolis, located on the northern shore of Lake Minnetonka. I went to Benilde High School where I graduated from in 1960.



The only sport I could really play was golf, so I became an avid golfer on the golf team.

Both my mother and father came from big families and we liked to spend our summer weekends at Medicine Lake with all our cousins. **I have 29 first cousins.**

In 1958 it was determined that my back had grown crooked – scoliosis, so I had to have a simple fusion. I spent four months in bed and then one month in a walking cast. My back is still a little curved with my right shoulder lower than my left one and my left arm is withered from polio. I really can't use it much anymore. It kind of "hangs there". But I can still play golf and I play golf three days a week.

The one polio effect I do not have is fatigue. My muscles have "early aged", but I can still use them. Also, I am lucky because my legs were not directly affected.

I went to college at Georgetown University and graduated with a degree in chemistry in 1964. Then I went to the University of Chicago for an MBA degree and graduated in 1966 with a degree in Finance and Accounting.

I joined Exxon Chemical Company and spent six years with them in plastics chemical sales. I left them to take a job running a small plastics company in High Point, NC. The Arab oil embargo caused that company to close, so I moved to Atlanta in 1976 to start a business with my brother-in-law.

We ran convenience stores and sold Car Wash Equipment in Georgia, South Carolina and Tennessee. We started the business in 1975. In 1989 our business had grown and gotten too complicated. We had also started a software company designed to sell the software we had written for our convenience stores. My partner wanted to be in the software business and I wanted to stick with the carwash equipment business. We sold the convenience stores. He took the software business and I took the carwash equipment business.



Tom Foss, continued

Twelve years later our car wash equipment manufacturer was bought out by a private equity company. The private equity company came to see us and offered to buy us out, or compete with us. We negotiated a good buy out, so in June 2011 I was retired – like “Brer Rabbit” to the ‘Briar Patch” in Aiken, SC.

I became very familiar with Georgia, South Carolina and Tennessee in the 35 years we were in business. We had bought a lot in Aiken and decided to move there, and here we still are!

I found out about APPA from the people at Warm Springs when I went for an evaluation. My wife had read something about post polio effects and she suggested I go there. I went and they stuck needles in me and figured my legs had been somewhat affected, it was described as “early aging”. The good muscles were wearing out and should not be overused. This was in 2007. They referred me to Dr. Strasser at Emory. I went to him and he became one of my doctors, until we moved away and he retired.

I know how lucky I am to be able to do the things I do and the life I’ve had. We’ve been here ten years now and hopefully it will continue for a few more years.

Handwritten by Tom Foss and transcribed by Alan M. Oberdeck



Note to future APPA storytellers. Do not postpone offering your story to the APPA NEWS “Getting-to-Know-Us series. We will take your story and pictures in the best way to make it easy for you. Tell us over the phone or give us handwritten or typed notes. We will work with you on edits before anything goes to print. Your story might include some tales of your polio days—but more important is where life has taken you since. Think of it as having a long lunch with a new friend.

Muscles and Nerves

The question often comes up among polio survivors: whether we can reinvigorate our muscles (the ones that may have not been used in some years). This sure would be nice but has anyone had success with it? If so, we would want to know about it and find out where we can access such methods. It brought to mind a song the kids sang at Warm Springs back in the 1950's.

Put another muscle in
Where the quadriceps have been
'Cause we know we'll never win
With traces, traces, traces.

What's the use of stretch and strain
What's the good of pull and pain
When our muscle tests remain
Just traces, traces, traces.

They push our torso
And make it more so
When we try to make a muscle go
It's substitution, no, no, no.

So even though our hopes have soared
Higher than our muscles scored
Just the same we thank the Lord
For traces, traces, traces.



Song sung at Warm Springs per "Susan Richards Shreve " Warm Springs:Traces of a Childhood at FDR's Polio Haven.

How is your Heart?

By Alan M. Oberdeck

How is your Heart?

The one subject that has not been addressed in the APPA NEWS is an article about how polio affected the heart muscle. I have been affected by that affect most of my life, so I decided to research it and do an article on that subject.

I am now 84 years old so I can assume that it didn't affect my longevity. I do think it affected my ability to do strenuous work though. Let me start at the beginning.

As I wrote in my biography article that appeared in APPA NEWS in the Fall 2022 issue, I came down with polio Labor Day weekend in 1952 at age 12, I had a light case of Bulbar and a heavy case of Spinal which affected all four limbs. I spent about six months in the hospital, most of the time in Sister Kenny Hospital in Minneapolis, MN, recovering. All the therapy was to get my limbs to work naturally, so I wouldn't be looked at as a cripple. The therapy worked and by the time I entered High School I appeared normal. I was able to hide my short right leg and my limp when I got tired. I was also able to do the farm chores and tractor work around the farm. So I appeared to other people as normal and able to function in the competitive world.



In my sophomore year in biology class when we were studying the human body I attracted attention. One of the assignments was to learn how to take our pulse. We were paired up and practiced taking each-other's pulse. If my memory serves me right the teacher expected the resting pulse to be between 60 and 70 beats per minute. The person I was paired up with had a pulse that fell in that range. That person reported my pulse to be 88 to 92. The teacher assumed he was doing it wrong and stood in front of the class explaining to the boy what he might be doing wrong. The boy, being one of the A students, challenged the teacher to get a better reading. This was very embarrassing to me as I wasn't generally easily embarrassed.

So the teacher came to my desk and all the classmates gathered around him as he demonstrated to the boy his error and how taking a pulse was to be done. Well, the teacher tried as he could to get my pulse to read in the normal range, but, probably because of all the excitement, it read even higher. The rest of the afternoon, to my dismay, I was the center of attention. To my dismay everyone wanted to take my pulse.



How is your Heart? Page 2 of 3

Because of that episode I became aware of what caused the pounding in my chest when I did hard work. My resting pulse stayed in the 80's, when working my pulse would be 120 or above. When I was going to school in Milwaukee, WI, I did a lot of walking. My pulse was stable at 110 to 120. That became my standard through my twenties and thirty's. At times I would develop "what was called then tachycardia" which would last for 15 to 20 minutes.

All the Doctors I questioned about my pulse assured me that was normal for me and not to dwell on it. Then I developed chest pains which were linked to allergies. But I was taking allergy shots, so that was a new twist.

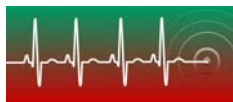
When the Cardiologist, Dr. Lesser, came to Snellville in the 70's I had my first treadmill stress test. He got my pulse up to 180 and didn't find anything. In my late 50's I began my treatment for high blood pressure. Then in my early sixties, seeing as I could no longer walk the treadmill, I had my first chemical stress test. I think that was when I had my first heart cath. The cardiologist found some buildup, but claimed it was not sufficient for stents.

In about 2000 I began skipping beats. As I was on two Aspirin a day for my mi-

graine headaches my Cardiologist wasn't worried about the missed beats. His explanation was that they were not missed beats, but incomplete beats. At that time it would happen about once in ten to twenty beats. Then when I was still traveling, for work, and at the end of the day, when I was tired, it would happen every third beat. This made me feel very weak. It was then when the Dr. put me on the drug Digitalis which brought my beats down to in the 70's range. They now range in the 60's to 70's when I am at rest.

In 2017 we went on our last Alaskan Cruise for our 55th wedding anniversary, but I had been having severe chest pains during that spring, so my cardiologist scheduled another heart cath. I passed that one, but I still had the chest pains. I just learned to live with them.

In the fall of 2021 I began to have the stomach problems I always get because of my allergies. I had chest pain but not shortness of breath when walking long distances. So I made an appointment with my Cardiologist and he checked me out. I showed no signs of any heart problems. I tried treating my chest pain as a stomach problem. My next checkup with my Cardiologist again showed nothing with the heart, but just to be safe he ordered a stress test.



How is your Heart? Page 3 of 3

I went to the office for the stress test with my wife (who is a retired nurse) and went in the room for the test. She went into the room with me. I took the test and experienced the stomach pain, except it was much worse than usual, but I gutted through it. I didn't complain, but I mentioned it when the test was complete to the Doctors in the room. The Doctors looked at the readouts for the test and immediately rushed my wife out of the room. They called an ambulance and immediately scheduled my heart cath. Three hours later the heart cath had found three blocked arteries. One was 96% blocked, one was 94% blocked and the third wasn't as bad, but it was located in a bad place.

I think that I had about reached my expiration date, but with a new procedure they were able to clean out the blockage and replace it with three stents. The day after the stents were placed the doctor came to my room to see me. He told me "your heart won't be too happy with what I have done but it will get over it". It took me about three months to get accustomed to the way I was feeling. They also ran some other tests to see if I had experienced any damage to my heart. I had not had a "heart attack".

I was still getting chest pains a year later, so another stress test was scheduled.

This time it was the nuclear stress test which allowed the doctors to see if any buildup had taken place in the area where the stents were placed. I passed that test with flying colors

That has been my experience. I went to the internet with the question as to what affect polio had on the heart muscle. The Doctors consensus is mixed, but there isn't a history of heart problems in our family history.

For more information on "Cardiac risk factors in polio survivors – PubMed" go to pubmed.ncbi.nlm.nih.gov/12736884. There are others, but this paper sums the subject up the best.

From pubmed study:

Conclusion: Polio patients have a high prevalence of dyslipidemia. The study sample supports the National Cholesterol Education Program's Adult Treatment Panel III statements that hypercholesterolemia is underdiagnosed and undertreated. The post-polio population carries a high prevalence of 2 or more coronary heart disease risk factors. Evaluation and rehabilitation of polio patients should include screening for dyslipidemia and education about elimination of controllable risk factors.

Warm Springs will be celebrating the centennial of Franklin D, Roosevelt's first visit to the West Central Georgia town over three days, October 3 - 4 - 5, 2024.



Press release :

A full three days of tours, events, lectures, reenactor presentations, shopping and a movie presentation are planned.

The Centennial celebration begins on Thursday, October 3rd. On that date in 1924, Franklin D. Roosevelt arrived in Warm Springs for the first time. He came seeking therapy to regain his ability to walk. He contracted polio at the age of 39 and was paralyzed from the waist down. At 6:00 P.M. at the Warm Springs Welcome center located at 1 Broad Street, a ceremony marking his arrival starts. George Foster Peabody convinced FDR to visit this small west Georgia town because of the therapeutic value of exercising in the naturally warm springs mineral water.

On Friday the 4th, the anniversary of his first swim, many activities are planned. The Roosevelt Campus of the Georgia Vocational Rehabilitation will host tours at 9, 11 and 4:30. The merchants will have an all-day sidewalk sale. The centerpiece of the day is the ceremony at the Little White House at 1:00 P. M. The ceremony will feature speakers and a reenactment by two noted reenactors of FDR and of Missy Lehand his personal secretary. Missy was with FDR for the entire first visit.

That evening at 7:00 P.M. the documentary "A President in our Midst" will be shown at Roosevelt Hall on the Roosevelt campus of Georgia

Vocational Rehabilitation Agency. Admission is free and a panel discussion on FDR and Warm Springs will follow.

On Saturday, The Roosevelt Riders motorcycle club will meet at the Warm Springs VFW club. They will start gathering at 9:00 AM with kick stands up at 11:00 AM. A Theodore Roosevelt reenactor will send the riders off on the 30 Mile poker run. The ride will end in Warm Springs after visiting significant FDR sites in and around Warm Springs.

Merchants in the town will have an all-day yard sale, rides for kids and Food Trucks on hand.

Roosevelt Warm Springs will offer tours again on Saturday at 9:00, 11:00 and 1:30.

For more information about the Little White House event contact Jason Grantham at 706.655.5870.

For more information about the Roosevelt Warm Springs tours contact Mike Shaddix at 762-685-4452.

For information about Thursday's 100th Anniversary Commemoration, Contact David Burke burkenator@gmail.com

For info regarding Saturday's "The Roosevelt 100" Poker Run, Contact mikecoles685@gmail.com

For information about the merchant's activities contact Terry Lane at 706.402.8008.

Wordcraft to make you smile

Contributed via email, Jane McMillen, FL member, 12/7/2023.

Copied from *SECOND TIME AROUND*, AUGUST 2024 – PUBLICATION OF BOCA AREA POST POLIO GROUP, BOCA RATON, FL page 13 . [Boca Area Post Polio Group | "Caring and Sharing Together" \(wordpress.com\)](#)



The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the

California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch.

The grave site was piled high with may flours. Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes.

Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart. The funeral was held at 3:50 for about 20 minutes. If you smiled while reading this, please rise to the occasion and pass it on to someone having a crumby day and kneading a lift.

FODAC Fundraiser at Stone Mountain Park

This year, thanks to my new foldable-transportable power chair, I went to the FODAC Race. APPA Member, Vicki Crowel is the FODAC Run Walk n Roll champion racer, which means she raised a bunch of money for FODAC. She also volunteers for other FODAC activities.

Anyway, I went with the kiddos—and I got the FODAC t-shirt to prove it. It was fun, company was great. After playing, eating and meeting really nice folks, we “raced”. Stone Mountain Park sealed off a portion of their road for the annual friendly run, walk, or roll activity. Here are a few more pictures. It would be fun to see more APPA folks at this event next year. This event raised \$47,386 for FODAC’s Home Medical Program!



More about FODAC. The FODAC Thrift store helps fund their mission, but it can also help us downsize and donate nice furniture. There is a new website link where we can arrange FODAC to pick up large items, like couches. The Thrift Store has nice stuff, so we only donate the good stuff, and then we shop there.

Go to FODAC.org to see all the upcoming events—like GOLF and EQUIPMENT DRIVES.

WORLD POLIO DAY 24 OCTOBER



By Prof. Michael Kossove

World Polio Day is October 23. That probably wouldn't mean much to many of the readers today. You might think "Polio, there's no more polio, it's a thing of the past." But is it? You might have recently read about polio in Gaza. Today, 34 Countries have been identified in the latest polio outbreak alert. You might remember the case of polio in Rockland County a few years ago in a young man who traveled to another country, contracted the virus there, and came home, became sick, and was paralyzed. After that, the polio virus was isolated from the sewage systems in other counties and cities in NY.

Did you know that only half a percent of those who contract the polio virus have effects, but in 1954, the year before the vaccine was available, there were 50,000 cases of paralytic polio in the United States. Do the math. Think about how many people actually came in contact with the virus. If you contract the virus and

have no effects, you are still a carrier, and can shed the virus in your stool and saliva. One carrier has the potential to start an epidemic. Of course, if you were immunized against polio, you have nothing to worry about.

Today, it's alarming to see that the vaccination rates for polio have declined substantially because parents think that polio is a disease from the past. When this happens the herd immunity to polio decreases, and there is the potential for the poliovirus to mutate. This has never happened in the US. If it does, people already immunized will have to be reimmunized, and the mutated form can potentially cause a greater amount of paralysis than the original polio viruses (there are 3), perhaps paralyzing everyone that contracts it.

As with the young man in Rockland County, and what we learned from COVID, People travel from other countries to the US daily, perhaps as carriers.

Measles, Mumps, Chickenpox, Smallpox, and a host of other diseases are gone today because of immunization. Polio not only paralyzes but kills people that contract it; adults as well as children. Almost 4,000 people died from polio in 1954, the year before the vaccine came out. Why take the chance. Don't play a lottery game with your family's health. If you haven't already done so, get your children immunized, as well as yourself.

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- ◇ I am unable to contribute at this time but would like to receive the **APPA NEWS**.
- ◇ If I have an extra printed copy of **APPA NEWS** I can share it with a friend or leave it in the reading area of my doctor's office. Many PPSers are moving to Georgia, this way they might learn about APPA.

We need you! Would you be willing to serve APPA in any of the following areas?

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