

Begins second half of Fall Winter 2025-2026 APPA News.

Coming up: Saturday February 7th. APPA Zoom Meeting

From Leslie Schulgen — APPA Zoom Meetings Host:

Greetings APPA Members, Family and Friends,

APPA hopes your Holidays were fun and you are enjoying a wonderful opportunity to greet 2026 with anticipation and curiosity about how things will unfold.

Our first speaker is Nathan Coflin who will inform us about SCAMS. Below is a short description of his background. We hope you will join us.

*Nathan Coflin is a graduate of Old Dominion University and has been a fierce advocate for older adults and other vulnerable populations for over ten years. Currently, Nathan serves as **Lead Outreach Specialist for the federally funded Senior Medicare Patrol** program in the state of Georgia, where he and his team seek to empower Medicare beneficiaries fight the over \$60 billion in Medicare fraud, waste, and abuse that occurs nationwide each year.*

APPA is inviting you to a scheduled Zoom meeting.

Topic: APPA General meeting

Time: Feb 7, 2026 01:00 PM

Join Zoom Meeting

[https://us02web.zoom.us/j/84874247822?
pwd=MUdaRjc5ZEgxK0ZtNVVpYbnRSbFptdz09](https://us02web.zoom.us/j/84874247822?pwd=MUdaRjc5ZEgxK0ZtNVVpYbnRSbFptdz09)

Meeting ID: 848 7424 7822

Passcode: 415481

Upcoming APPA Zoom for 2026

And should we continue with the first Saturdays 1:00 PM or pick another day in the week now that the majority of us are retired.

January traditionally reserved for the APPA Board to gather our wits

February 7, 2026 Georgia Fraud Protection/ Scam Patrol

March & April ? Your help in some of the choices below is greatly appreciated.

Saturday, May 2, 2026. Susan Schoenbeck has updated her list, as below:

Choice of Susan's topics we will pick by May

Disease Can Be a Gift: This presentation explores how our growth as human beings may be assisted by all sorts of circumstances that come our way. Commonly experienced signs and symptoms of late effect/post-polio are reviewed. Facts to support that polio is not a disease of the past are presented. How polio affects family dynamics is explored. Principles for dealing with adversity and a golden nugget to guide us are presented.

Our Heart Is Known by the Path We Walk. Examples of values engrained in polio kids are presented. This talk engages people in understanding how knowing one's values and living them influences other people's remembrance of them. The top values people say they want to be remembered for are presented. The benefits of smiling and volunteering on human physiology and happiness are discussed.

Unraveling Pain and Fatigue: Pain decades after poliomyelitis is the number one complaint of polio survivors. Most doctors and nurses have not been educated about polio pain and the late effects of polio. This class engages polio survivors to express their pain and fatigue in ways that help healthcare providers best figure out interventions that may alleviate such symptoms. Polio survivors have a responsibility to explain with words to healthcare professionals what their pain feels like, when it occurs, what helps prevent it, what helps relieve it. Number & faces pain scales do not describe the biopsychological aspects of pain. This talk introduces polio survivors to the OLDCART pain management tool and the OLDCART fatigue management tool which helps survivors educate themselves, their families and loved ones, and healthcare professionals about their pain and fatigue. How grief accompanies polio pain and fatigue is explored.

Choice of Susan Schoenbeck topics, continued

Take Charge of Your Post-Polio Fatigue: This talk shares the neuroanatomy behind the words polio survivors use to describe their fatigue. Proactive strategies that ward off fatigue along with recovery methods are discussed. The research status of a non-invasive potential treatment option for post-polio fatigue is introduced.

Rituals Restore Equilibrium: Rituals Help Polio Survivors Face Uncertainty: This talk discusses the kinds of uncertainty we polio survivors face. These are: We are overlooked. We are at the older end of a growing world population. Healthcare workers will continue to be in short supply. We live in uncharted waters. Historical/anthropological perspectives on the value of rituals in building resilience to reduce stress, calm us, give circulation a boost, distract from pain, soften grief, and bring balance to polio survivor days are reviewed. The science behind how rituals work is explained. The audience is presented with a wide variety of rituals that can be adopted.

Kindness: What it is. What it is not. Why polio survivors are unique vessels of kindness. Why we need kindness in this chaotic world. Ways to enact the gesture of kindness. Research findings that help us understand how best we can be the kind people we want to be. This presentation reviews early childhood polio survivor hospitalization scenarios and the biological effects traumatic situations have on our bodies and minds. It discusses how a person develops empathy, a linchpin for kindness. Why some people are empathetic, and others are not is explored. Ways to express empathy and show kindness are discussed. How important kindness is in a world where norms are being shattered is emphasized.

Jonas Salk: Life and Philosophy: What does it mean to me? The story of how good intention, hard work, and valor against the odds led to Jonas Salk becoming a role model for selfless service. A review of the history of polio in the world and the development of the People's Vaccine. Salk's intention and perspective. Philosopher versus celebrity. The Salk Institute for Biological Studies. Incorporating the lessons of Jonas Salk into our lives. This talk explores how Salk's vision influences polio survivors today.

Choice of Susan Schoenbeck topics, continued

Why Vaccinate for Polio: The types of polio are described. The status of variants circulating the globe is presented. The Oral Polio Vaccine (Sabin) and Injectable Polio Vaccine (Salk) are compared. Asymptomatic carrier status is described. The differences between bulbar polio, spinal polio, and spinobulbar polio are discussed. Salk's double-blind clinical trial is detailed. That polio vaccines do not contain thimerosal is clarified. How antigens trigger the immune system is discussed. The cost of non-vaccination is reviewed. Herd immunity is explained. Traveling precautions and recommended booster shots are presented.

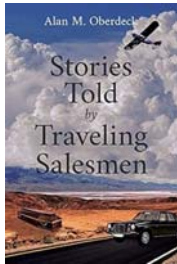
Grief is both Universal and Unique: Grief is a natural human response to loss. Building vocabulary to talk about grief. A walk through the stages of grief of acute polio, mourning in post-polio (PPS)/Late Effects of Polio (LEoP), and day-to-day approaches to address end-stage polio grief. Facing mortality with forgiveness and tears.

Autism: A Spectrum: Hear the feelings and voices of people on the autism spectrum. Definition, Prevalence, Signs and Symptoms, New frontiers in the use of artificial intelligence (AI) and machine learning (ML) to diagnose and identify unique characteristics.

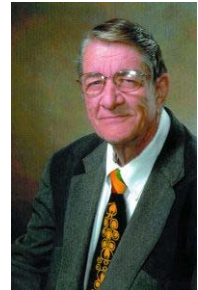
Other choices we have for presentations on the APPA News The Florida Boca Area Post Polio Group has kept a list of speakers they had for the past 5 years. Click on that and let us know if you would like to see it on our APPA Zoom and then discuss it with our local folks.

<https://postpolio.wordpress.com/guest-speakers/>

Have you got some good ideas to share with APPA? Perhaps a physiatrist or integrative medicine person you could recommend. If you like their care, please ask them if they would share their specialty on a Saturday Zoom to the rest of us. Then call one of our Program Team members: Nancy Winter or Wesley Moss.



Once again, Alan M. Oberdeck has allowed me to publish one of his stories. These are pre-edited versions, ultimately published as chapters in one of his books: "Stories Told by Traveling Salesman".



Fred and Ella

Dear Pastor Bob,

Last week my business took me out of town over the weekend. The job was scheduled to be completed Friday afternoon, but complications were such that I had to stay Saturday and Monday to complete it. The person I was working was Lutheran and knowing that I am Lutheran invited me to join him and his family on Sunday for church and later recreation. I felt honored that he would ask and accepted his invitation.

At the beginning of the service the pastor welcomed the visitors, recognized those members having birthdays during the week and those couples who were celebrating wedding anniversaries. Among those celebrating were Fred and Ella who were celebrating their 60 years of marriage on Tuesday. When Pastor had finished this routine announcement he then issued an invitation on behalf of the church for all to stay after the service. The ladies of the congregation had organized a special pot luck sit down dinner in honor of Fred and Ella's Anniversary. At that point my host nudged me and whispered "we will be well fed".

After the service the whole congregation moved to the church basement where the festive atmosphere soon developed. There were the several tables pushed together to form the long line where the pot luck dishes of food were placed. At the end of the line was a three tiered white frosted wedding cake complete with bride and groom figures on top. Pastor looked at the food that was laid out and led the congregation in reciting in unison the Lutheran table prayer: "Come Lord Jesus be our guest and let this food to us be blessed, Amen."

We all took a plate to go through the food line. Making his way through the crowd to the head of the line was pastor leading Fred who was pushing Ella in her wheelchair. This was the first time I had seen the pair. Fred was dressed in a dark suit and white shirt with a bright blue tie. He was tall, slim and slightly hunched over. He

had the weathered face of one who had faced diversities and yet his face had a pleasant warm look about it. He was lovingly pushing Ella in her wheelchair. Ella wore a flowered print dress with a white shawl wrapped around her shoulders. She was plump and fit the perfect vision of what a grandmother should look like. Her white hair was curled and formed a halo around her smiling face.

As he pushed her wheelchair in front of the tables of food they worked together as a pair putting the food on the two plates they had. Pastor then led them to the place of honor at the center of the head table.

We then found a place in line and also filled our plates and proceeded to find a place at one of the tables to sit. When we were almost done eating the Master of Ceremonies got up and announced that the ladies would begin serving the wedding cake. He then asked the pastor to say a few words. This was followed by several congregation members making some comments. It was at this time that Fred was asked if he wanted to say a few words. Fred stood up to speak.

He stood at the table looking around the room for what seemed to be several minutes not saying anything, just looking. A hush fell over the room. The ladies began serving the wedding cake. He looked down lovingly at Ella, took her hand in his bent down and kissed her lovingly on the forehead. She looked up at him and gave him a warm smile and wiped a tear from her face with a paper napkin. He looked again at the assembled congregation cleared his throat and began with emotion began to speak, "Ella and I thank you for this wonderful surprise and this wonderful meal. We suspected something was up when some of our friends began acting strange when the subject of our anniversary came up. The pastor really let the cat out of the bag when he announced this at the beginning of the service today. This really though is more than we ever dreamed and we thank you all for this wonderful meal."

Again Fred stopped talking and looked around as though he was using the pause to compose himself. He began to speak again.

"As most of you know Ella and I grew up in different parts of the state. We met purely by accident. It was after the war and I was with friends in the big city. She was in the city looking for work."

His demeanor became more serious as he continued his story.

“What you don’t know and I have told Ella this many times is this: that I knew Ella long before we ever met. We have been blessed with 60 years of life together plus the couple of years together when we were dating, but I knew Ella for a long time before that, we just hadn’t been introduced yet!

“In my heart I knew Ella. This goes back to when I was in my youth and decided that I would read the Holy Bible cover to cover. It so happened that around that time I was attending confirmation class at the Lutheran church where I grew up. Put that together with the fact that I was just finding an interest in girls and you have a confluence of intellect, emotion and desire.

“From the Bible I learned about love and responsibility, that this was the foundation for marriage. In my confirmation class I learned about sin, judgment and salvation. From my human nature I experienced the attraction, the companionship and the desire for a girl. Girls were all around me, but in my heart I knew only Ella. The question then became which of the multitude of girls was Ella?”

“Our Lord works in wondrous ways! I was teenager absorbing everything around me and I was reading the King James Version of the Bible. I was very systematic in my Bible reading. For my confirmation class I was looking up those verses listed in The Lutheran Catechism and following the lessons the pastor was presenting. It was at night when my school homework was done that I would open my Bible and read. I started in the beginning with Genesis and was reading through it book by book, chapter by chapter and verse by verse. When I came to Chapter 31 verse 10 in the book of Proverbs I found the answer and met Ella!”

“Verse 10 asks the big question of finding the woman that was dear to my heart. From the verses that follow I drew up and outline of who Ella is. She is trustworthy, loyal, faithful, industrious, diligent worker, good manager of the household, compassionate, of good reputation, praiseworthy and God fearing.” “I believe that God planted the image of Ella in my heart and that our accidental meeting was his plan. I continually thank The Lord for my Ella and for making us a part of His plan.”

At this point he leaned down and kissed Ella on the cheek. He stood up again and concluded, "Again Ella and I thank you for this afternoon." At this he sat down.

The Master of Ceremonies stood up and said a few words. The pastor stood up and said a few words and the crowd began to leave for home. I went home with my friend and his family and after we talked for a while I left for my motel room. I still think about what Fred said. I think in some respects he may be right. Maybe, just maybe I knew my wife before I met her.

Alan M. Oberdeck.

Speaking of Wheelchairs, Alan was the first of us to find the Journey Air Elite lightweight, foldable powerchair. He told me about it. With the help of APPA's SNAF, I was able to get my own Journey Chair. Now my independence is almost back to those days when I could walk more than 5 steps. We added it to our home business offerings and I fixed up our webpage: www.USApowerchair.com. We were required to advertise the chair at MAP price, \$2999.99. However, online competition was able to show lightweight foldable chairs at much less than my wholesale price. So I wondered what was so great about the Journey chair that they could charge three-times the price of the competition, like Wal-Mart.

If you are looking into buying one of these life-changing, foldable lightweight powerchairs, consider a few things. The Journey frame is carbon-fiber, which gets compliments from people in the know about such things. The Journey chair folds up easily: just lift the seat with one hand. All 4 wheels are still on the ground. I can use just my arm strength and holding onto the door, lift the front wheels onto the floor behind my drivers seat. Still holding onto the door I can then reach the handles and push the whole chair into the car. At no time am I lifting more than probably 7 lbs. My friends can lift the entire 26 lbs into the car in one motion and then they can drive me out with them.

From what I can tell, some other foldable chairs fold up leaving two wheels in the air and two on the ground. Not so easy to leverage into a car with only arm (no back) strength. So the weight of these new chairs may be similar, the manner in which they fold up to easily go places is something to consider. Please, APPA members, the market is developing new stuff for us all the time, so please let us know what you find out.

Call me, Nancy Winter 919-612-7841

Global Polio Eradication Updates

Thanks to Dick Schultz of the Florida group for keeping us up-to-date on these efforts. Here are a few organizations involved

<https://www.endpolio.org/donate> News – GPEI

> International Post Polio Education Collective (IPPEC) -- Our mission is to standardize and elevate post polio care worldwide, by integrating comprehensive educational tools and networks that empower clinicians and post polio communities, and reduce disparities in health care.” We’re forwarding the latest news & stats from Terry Ziegler, Rotary Region 36 END POLIO NOW Coordinator 2024-27.

>

> ----- Forwarded Message -----

> From: Terry Ziegler <bigzlumber@aol.com>

> Date: On Thursday, January 15th, 2026 at 3:01 PM

> Subject: Polio eradication Update 1/15/26 (J)

> To: bigzlumber@aol.com <bigzlumber@aol.com>

>

>> Terry's Polio Eradication Update

>> For The Week ending 1/17/26

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>> Dear Polio Eradication Warriors,

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>> No new Wild Polio paralysis cases reported this week. We are now 16 weeks since the most recent report of a child being paralyzed by the Wild Polio Virus in Pakistan.

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>> Afghanistan Uses Fractional IPV to Boost Protection and Speed Up Polio Eradication. Afghanistan's polio program is increasingly using innovative approaches to reach more children and stop virus transmission faster. One key example is the expanded use of fractional-dose inactivated polio vaccine alongside oral polio vaccine, strengthening immunity and accelerating progress toward interruption of transmission.

>>

>> UNICEF is thankful for the US State Department's contribution of US\$ 15.6 million to support vaccine procurement, social behavior change, integrated service delivery and outbreak response activities in Nigeria, Pakistan, the Democratic Republic of the Congo and the wider Eastern and Southern Africa region.

>> India's last wild polio case was reported (15 years ago this past Tuesday) on January 13, 2011, in Howrah, West Bengal, after which the country successfully eradicated the wild poliovirus and was certified polio-free by the World Health Organization (WHO) in March 2014. - Ramesh Ferris, Polio Survivor & Polio Eradication Champion

>>

>> Let's Advocate, Donate & Educate to END POLIO NOW & FOREVER!

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>> 2026 Total Polio Cases (0 Wild + 0 Variant) = 0

>> 2025 Total Polio Cases (39 Wild + 205 Variant) = 244

>> 2024 Total Polio Cases (99 Wild + 466 Variant) = 565

>> 2023 Total Polio Cases (12 Wild + 524 Variant) = 536

>> 2022 Total Polio Cases (30 Wild + 914 Variant) = 944

>> 2026 Circulating Variant Polio Case Total - 0

>> 2025 Circulating Variant Polio Case Total - 205 Algeria 1, Angola 19, Benin 3, Burkina Faso 1, Cameroon 1, Central African Republic 1, Chad 26, Djibouti 1, Democratic Republic of Congo 5, Ethiopia 41, Guinea 2, Lao PDR 1, Niger 3, Nigeria 53, Papua New Guinea - 5, Somalia 2, Sudan 7, Yemen 30

>> 2024 Circulating Variant Polio Case Total - 466 Algeria - 1, Angola - 9, Benin - 2, Cameroon - 3, Chad - 39, Cote d'Ivoire - 1, DR Congo - 25, Ethiopia - 44, Guinea - 9, Indonesia - 8, Liberia - 1, Mali - 1, Mozambique - 1, Niger - 17, Nigeria - 101, Occupied Palestinian Territory - 1, Senegal - 1, Somalia - 7, South Sudan - 11, Yemen - 167

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>> 2026 Wild Polio Case Total - 0

Total Wild Polio Cases	2026	2025	2024	2023	2022
Globally	0	39	99	12	30
In endemic countries		39	99	12	22

>> 2025 Wild Polio Case Total 39 - Afghanistan 9 - Pakistan 30

>> 2024 Wild Polio Cases Total 99 - Afghanistan 25 - Pakistan 74

>> 2023 Wild Polio Cases Total 12 - Afghanistan 6, Pakistan 6

>> 2023 Circulating Variant Polio Cases 524 in 23 Countries

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>> New Polio Cases & Samples reported this week -

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>> Pakistan: seven WPV1-positive environmental samples

>> DR Congo: three (2025) cVDPV2 cases
>> Somalia: two cVDPV2-positive environmental samples
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>> Quote of the Day - "As I grow older, I pay less attention to what people say. I just watch what they do." >> Andrew Carnegie (1835 - 1919)
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>> The Final Two Polio Endemic Countries
>>
>> Pakistan No new Wild Polio cases reported this week. Thirty Wild Polio cases reported in 2025. Seventy-four Wild Polio cases reported in 2024. Six Wild Polio Cases reported in 2023. The most recent case had an onset of paralysis on 9/19/25. Seven new WPVI Environmental Samples and no cVDPV2 Positive Environmental Samples were reported this week in Pakistan.
>>
>> Afghanistan No new Wild Polio cases reported this week. Nine Wild Polio cases reported in 2025. Twenty-five Wild Polio cases reported in 2024. Six Wild Polio Cases reported in 2023. The most recent case had an onset of paralysis on 9/19/25. No new WPVI Environmental Samples and no cVDPV2 Positive Environmental Samples were reported this week in Afghanistan.
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>> Advocate, Donate & Educate to END POLIO NOW & FOREVER!
>>
>> Over 3 billion Children Immunized
>> Over \$3 billion raised by Rotary for Polio Eradication 21,000,000 Children Saved from the Paralysis of Polio
>> 1.6 million lives saved thanks to the Polio Vaccines
>> Together, We End Polio!
>>
>> Terry Ziegler, Polio Update Newsletter Editor
>> Rotary Region 36 END POLIO NOW Coordinator 2024-27

<https://www.ama-assn.org/public-health/infectious-diseases/what-doctors-wish-patients-knew-about-polio>



Another recent article from the AMA.

What else can APPA do for you and for your fellow PPSers ?

Members of the APPA Outreach Team are planning to call our APPA members to get your ideas of where we can go from here, also to see how you and what great new ideas you have come up with to manage PPS.

As far as membership dues. Thanks to all of you who have kept up your donations, APPA's finances are stable. Our only regular expense is the website which Allison Stockton has kindly kept going for us. The rest goes toward the cards and occasional sympathy gifts organized by the Member Outreach team. We are only going to publish APPA News e-version. If you would prefer the printed version, let us know and we will make another way. The last potential expense for APPA will be through our SNAF Fund. See the next few pages on that.

Please excuse this, the second half of the APPA News, which I am sending out without letting my proof-reader, Barb Ruecksties, to see it first. This is so you can read it during our snow-stay-in weekend. Thanks to Joe Drohan for getting these out to you.

Stay safe & warm—but let us know if you are not.

Nancy Winter

Remember New Address for APPA:
399 Womack Road
Covington, GA 30016

SNAF: SPECIAL NEEDS ASSISTANCE FUND

APPA's SNAF Program works!

If you need equipment or repairs under our SNAF program, call FODAC and arrange a visit. You qualify if you have been a dues-paying APPA Member for the past two years.

Email questions to the SNAF team:

appasnaf2020@gmail.com

SPECIAL NEEDS ASSISTANCE FUND (SNAF)

SNAF PURPOSE: To give financial support to our APPA polio survivor members who need assistance in purchasing, refurbishing, repairing or installing needed medical devices.

APPA, in partnership with FODAC (Friends of Disabled Adults and Children), will help ease the financial burden by using the following guidelines to make efficient use of our available funds in accomplishing this purpose.

GUIDELINES for using FODAC:

1. Any post-polio survivor member with two years of uninterrupted dues payment and eligible 24 months from 1st payment can apply for up to \$1000 per year with a lifetime limit of \$3000.
2. APPA's SNAF funds will pay:
 - a) One time \$25 FODAC membership fee
 - b) FODAC's cost for parts, all repairs and refurbishing of devices.
 - c) A \$25 contribution to FODAC for each repair/refurbishing service
3. An item can be secured or refurbished from the FODAC facility near Stone Mountain, GA. Equipment may be secured at any of the FODAC facilities in Georgia, when available. It will be necessary to call FODAC (866-977-1204) and explore the availability of equipment* or repairs/refurbishing and installation service requests for a specific devices (lifts, hand controls etc).
4. APPA will cover all expenses for APPA polio survivor members involved in using FODAC services up to the previously stated limits (#1,2).
5. If, or when, the medical device is no longer being used, it should be returned to FODAC.

* FODAC requires a detailed doctors **prescription on very costly items** (scooters, etc)

*If you have a need for custom devices or to purchase equipment not available from FODAC, contact the SNAF committee at
appasnaf2020@gmail.com*

See the online application <https://www.atlantapostpolio.com/snaf>

JOIN APPA

☐ Individual	\$25	☐ Gold	\$100
☐ Family	\$45	☐ Platinum	\$150
☐ Bronze	\$50	☐ Corporate	\$250
☐ Silver	\$75	☐ Lifetime	\$500
Additional Contribution		\$_____	

Atlanta Post-Polio Association
 399 Womack Rd.
 Covington, GA 30016-1881
 Make checks payable to: **APPA**

APPA is a 501(c)(3) nonprofit corporation. All contributions are tax deductible

Please **CHECK** all that apply.

- ◇ I am a new member.
- ◇ I am renewing my membership.
- ◇ Please update my contact information as shown below.
- ◇ 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?

- ◇ Membership outreach
- ◇ Programs
- ◇ Assist with APPA phone line
- ◇ (phone calls to shut-ins)
- ◇ **APPA NEWS** (write articles, proofread)
- ◇ SNAF Committee
- ◇ Public relations
- ◇ Database assistance
- ◇ Story tellers
- ◇ APPA phone tree
- ◇ Assist at social events
- ◇ Fundraising

Name(s) _____ DATE _____

Address _____

City State Zip _____

Telephone _____

Email Address _____

The information provided herein represents what the authors believe they heard during **APPA** presentations. The authors are neither legally or medically trained and their opinions are their own. **APPA** does not assume any responsibility for the accuracy of the information provided. **APPA NEWS** is for fun, outreach and support and sometimes useful information. The Editor will be most pleased to hear from **APPA NEWS** Readers.



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FREE MATTER FOR
THE BLIND OR
HANDICAPPED
USPS DMM 703.5.2

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appaemail@gmail.com

Nancy Winter - Editor

You Can Copy Us.

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