atlanta post-polio association

APPA NEWS

The Atlanta Post-Polio Association

Volume 38, ISSUE 1

WINTER TO SPRING 2023

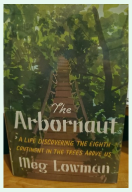
Getting to Know us Series
Who are these people?

TIPS FOR SIMPLIFYING YOUR MOVE or at least DECLUTTERING

APPA Party pictures

How I got run over by a waitress and survived

And more.
Take a look inside



IT'S TIME TO "GET MOVING" WITH FODAC AGAIN!

Musical Entertainment:
THE LOST BOYS

The First 100 registered attendees will receive a Free Stone Mountain Adventure Pass.

FODAC
RUN
WALK 'N'
ROLL

Saturday
May 6th
9:30 am - 12 pm

Stone Mountain Park
FREE ADMISSION

To sponsor this event, please contact Vince Zangaro at vincezangaro@fodac.org or (770) 547-3244.

The Run, Walk 'n' Roll is an age and ability inclusive event to raise funds for our Home Medical Equipment Program. This year's event will end with a celebratory cookout!

On Saturday May 6, supporters can join us at Stone Mountain Park or participate virtually by running, walking, rolling, or any other type of movement! All activities for both options will be self-guided and self-paced.

Kids (12 and under) are FREE! Once you make your donation for adult participants, a FODAC staff member will reach out to confirm if you are bringing kids to participate.

Register for the Run, Walk 'n' Roll at fodac.org/rwr

In-person participation and virtual participation are both $35.

fodac
friends of disabled adults & children

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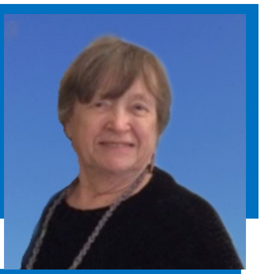
In Remembrance

2023 APPA Board

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.

atlanta post-polio
association

President's Message and APPA Events



Since the last issue of APPA News, we have held the following programs on our monthly Zoom meetings (usually, first Saturday of each month). You can watch these programs on our APPA website which directs you to our APPA YouTube page.

November was our meeting at FODAC. The Costco Hearing Center brought us a lunch and a very informative presentation about hearing issues.

In December we had our first post-covid Christmas Party. Pictures from the party are on pages 29 & 30.

January we have a Board meeting only. Barbara Meyer was finishing her 9 years of service on the APPA Board and we are glad to bring Paul Suwak into the position of Interim Secretary.

The APPA meeting for February was presented by Malanie McNeil, who is the Georgia State Long Term Care Ombudsman. She gave advice as to where to find assistance for help for residents who live in skilled nursing facilities such as assisted living communities and personal care home.

The March meeting was presented by Dr. Geza Kegler about his program for prosthetics and orthotics at Kennesaw State University which is the only program of that kind in Georgia and one of 14 nationwide. He invited APPA members to participate in his research.

The April meeting was presented by Lynn Cullen, an Atlanta author of historical novels, and she discussed her recent book called, "The Woman with the Cure", a novel based on a true story of a woman who stopped a pandemic.

In May, a comparison of the polio virus to the covid-19 virus will be presented by Professor Mike Kossove who is a microbiologist and a polio survivor. He has been researching polio for over 30 years and has spoken to many polio support groups.

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Dr. Paul Offit, a doctor of infectious disease and vaccines, presented a program recently, "Is Polio Coming Back?" through the American Academy of Politics and Pennsylvania Immunization Coalition. Dr. Offit presented statistics of polio then (1952) and now. In 1952 there were 58,000 cases of polio reported in the U.S. In 2021 there were 6 cases of polio type 1 reported. In 2020 there was 1,115 cases of vaccine derived polio virus cases. He stated that as we grow older our muscles weaken and how important vaccines are to children's health. With the polio virus found in New York only 37% of children have been vaccinated due to misinformation about polio. He felt eventually the status of polio may be back to the 1950's because parents did not want vaccines given to their children.

There is an excellent website from the Children's Hospital of Philadelphia . It contains information about many of the vaccines such as polio and shingles. There also is information about vaccine updates, the vaccine research process and development of vaccines. https://www.chop.edu/centers-programs/vaccine-education-center

Rita Carlson, President.

Editor’s Note

Caretaker to Caregiver to Caretaker to Caregiver to Caretaker etc.

It seems most of my life I’ve been a care-**taker.** Other folks gave care to me (motherhood excepted). Though PPS has kept me as a low maintenance care-**taker** from my care-**giver** husband, suddenly our roles are reversed. He has metastatic colon cancer and so we are facing that with alacrity. If you are reading this issue of APPA News, know that a miracle has taken place. I was getting a bit overwhelmed when Shirley Duhart-Green offered to help proofread, then she mentioned that she once did a year book for a huge class. Then her husband Henry said they have the Publisher program. So Shirley and Henry will be doing the finishing touches on this issue and, hopefully, some future issues as well.

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Editor's Note continued

Thanks to APPA, SNAF and FODAC I have a powerchair now to be able to set things up for us around the house. Learning how to accomplish spring cleaning with a joystick requires new strategies. I have long known that cleaning is my coping mechanism in the face of scary things over which I have no power. At least I can organize and declutter drawers. My previously strong, healthy husband is supposed to deal with firewood, taking out trash, etc. and he has to keep our computers working so that I can publish another APPA News.

In the Fall 2022 issue I assigned to YOU, the reader, to contact me with tips for down-sizing, managing clutter and distributing our treasures etc. My cousin Sudi got tips from friends and put together what you will find on page 6 Another friend, Sheila Bazemore had to face this and managed the downsize and move in just 35 days. Her ideas are on page 8.

Happily there are already two volunteers for the "Getting to Know Us" Series. Shirley Duhart-Green's story begins on page 10. Wayne Nichols' story begins on page 15. Shirley has also offered to proof this issue and do the packing & mailing too. Thank you to Henry & Shirley

Then there is a bit about Trees, page 23.

I would ordinarily publish APPA Event Highlights. But in a rush to get this Spring issue out before the Summer issue, I will hope that you will enjoy seeing our events which are archived on our APPA webpage.

In email transactions with Alan Oberdeck, after his story in the previous APPA News, I asked him to elaborate on the fact that he was "Run over by a Waitress". So this tale begins on page 19.

We have other writers in APPA. If you are one of them, or perhaps in process of writing up your own stories, let me know.

The clip art in this issue, as in previous issues comes from "Creative Commons" I am not always adept and finding the artist, but I hope they will know their art is appreciated.

Please see the **Remembrance section** There are a few APPA members who are being missed. Their stories are inspiring.

Nancy Winter, Editor
Still waiting for my flying carpet

TIPS FOR SIMPLIFYING YOUR MOVE or at least DECLUTTERING

Most of us haven't had to move too often, unless we were an army wife or army brat and got used to traveling light with not a lot of baggage. So we haven't by necessity developed a skill set for moving or downsizing. Here are a few tips to make things a little easier.

By Sudi Press

Books are so personal. Some you'll never read again but they have become like old friends. Set those aside, unless you say that ALL your books are friends. Then you must be honest and say, "Well, you were really more of a passing fancy, or something I had to read for book group but didn't really enjoy, or I guess you're more of an acquaintance." If you know the measurements of the bookshelves you'll be using, that will dictate how many "old friends" you can bring.

By now you should have laid in a supply of smallish, sturdy boxes, easy enough to lift when filled with books and preferably with handles. (Staples has "banker's boxes" 12"x12"x15" with lids and handles.) Label them:

KEEP,
DONATE,
SEND TO A GRANDCHILD/FRIEND.

I'm sure you know a grandchild or friend who would love to get one or several books chosen just for them.

If you have a set of World Books or Encyclopedia Britannica's published more than ten years ago, there is no one, NO ONE, who wants them, including thrift shops. You should box them up along with other paper and take them to a recycling center unless you can put them out on the curb for recycling pick-up.

Clothes are another matter. Just like certain books, you'll never wear them again but, like old friends, there was a time in your life when that's all you wore and it was a happy time (maybe you'd lost weight and looked really great in it, but that was 3 sizes ago). So now you need sturdy plastic trash bags which you label:

KEEP,
DONATE,
RAG BAG.

Soft things like sweaters and underwear can go in a trash bag and hopefully you can have things on hangers brought separately. Donate things that are in good enough condition that someone would want to buy at a thrift shop. For clean but

TIPS FOR SIMPLIFYING, continued

ripped, stained, or threadbare clothes, you may find a place that collects these things for a second life as rag rugs, stuffing for pet bags etc. If your town has a quilting guild, they may know the answer. Again, it would be useful to know the size of your new closet/storage space.

Paper! Oh, my. Are you awash in paper? Do you still have copies of bills paid from 2010 or earlier? Have you saved articles that you kept for some long-forgotten reason? Old Christmas card? Old magazines? A bulging file entitled "Miscellaneous"? OK, it's time to take off your "Champion Packrat" hat and clamp on your "We Mean Business" hat and get RUTHLESS!

If you save letters from friends over the years, reread them if you like, then bundle them up and send them back to those friends. It will be like sending them back a diary. They'll love it and that's one less bunch of papers you'll have to worry about.

Dishes, pots/pans, glassware, tchotchke. Grab some of those sturdy boxes you've got and mark them: KEEP, DONATE, GIVE AWAY. Once again, it will be helpful if you know how much space you will have in your new kitchen or probably kitchenette. It's probably easier to begin by eliminating those things you've accumulated but never use. No need for duplicates. How many frying pans can you use? Anything you use only once a year can probably be borrowed for the occasion. I hope you don't bring home coffee mugs from your travels. How many do you truly need? A set of plates with only three left. Anything that lives on a shelf too high to reach. How many glass vases does anyone need? You probably have an entire drawer devoted to plastic containers w/ lids. Be ruthless! By now you can get a better idea of what you want to put in the KEEP box.

So you've got shelves full of tchotchke (my mother called these dust catchers). If these mean that much to you, straight into the KEEP box they go. But I guarantee you'll feel a big weight lifted off you, if their final resting place is in the GIVE AWAY box.

If you have family members who are starting to set up house, invite them over to look through your DONATE or GIVE AWAY boxes. Invite friends for coffee and let them rummage through as well. If you

TIPS FOR SIMPLIFYING, continued

have a "Trash n' Treasure" day in your neighborhood, you'd be surprised what will be taken off your hands.

Furniture: Get out your measuring tape and write down the length/depth/height of all your furniture. If you can get the measurements of the space you will be moving into, it will be helpful knowing which pieces of furniture will fit and where. Take photos of those that won't make the move and email them to family members and friends. You could also mount the photos on a poster along with your phone number on tear strips and tack this up on neighborhood bulletin boards, like at the grocery store or library. If you aren't getting any takers, get some strong person to move these pieces out for "Trash n' Treasure" day. If you have A LOT of heavy furniture pieces to give away, certain donation organizations can arrange to have a truck sent and movers to carry the things right out of your house.

Good luck with your move and enjoy your slimmed-down surroundings.

I interviewed my friend, Sheila Bazemore who had experience decluttering relatives homes and managing her own move to a senior living apartment. Some tips: first contact an auction business, they charged 30% of what they sell. They price, stage items and conduct yard sale, remaining items are donated. We paid a company (out of Monroe, Ga) to take some furniture and other household items to a store supporting people in need. Finally, the auction business sent employees with a truck to sort, keep or dump unwanted items.

Declutter while you have the energy. If it's useable, donate. I called Treasurers Store, she came and bought stuff. Dealers for crystal or glassware, they come and look. Sometimes take a picture and post it on their board or use friends' booths. Take a picture they see if dealers are interested. The process can be overwhelming. Just start with a corner or one drawer at one time. Do a few days, take a break, check in with other friends and family members. Put the things you want to keep into storage, until you are ready to move, if that is the goal. Have things grouped together. Make a plan, We managed in just 35 days. Pets were sent to a NO KILL FACILITY.

Record Your Polio Journey

Recently, Dr. Dale Strasser interviewed Shirley Duhart-Green where they discussed her Polio Journey via StoryCorps. The interview took place at The Atlanta History Center in Buckhead-Atlanta, Georgia. It will be archived in the Library of Congress and the Smithsonian institute. Perhaps either Dr. Strasser or Shirley Duhart-Green is willing to help and advise any APPA member in recording an interview.

To learn more about StoryCorps click the link below.
StoryCorps – Stories from people of all backgrounds and beliefs

To listen to Shirley Duhart-Green's StoryCorps interview with Dr. Strasser assess link : Shirley and Dale Interview 10.11.22 .

To contact Dr. Strasser, his e-mail is: dstrass@emory.edu

To contact Shirley Duhart-Green, her email is : hdgreen@bellsouth.net

And this leads us into our **Getting to Know us Series**. This issue staring Shirley Duhart-Green and Wayne Nichols. It amazes me the talent and resilience we learn about in our own Atlanta Post-Polio Association. Then again, I shouldn't be too amazed we are, after all, polio survivors, with our special polio brains.

My Polio Journey, by

Shirley Ann Duhart-Green Polio Graduate 1950

To God Be the Glory! As I reflect on my Polio journey, there have been many Challenges, a road with many twists and turns, high mountains, low valleys, amazing and incredible experiences and daring adventures.

I was told my name was Shirley Ann Duhart, I was born September 29, 1948 at Grady Memorial Hospital in Atlanta, Ga. When I came to know Myself, I had Polio. I have never known anything else. It has been part of my identity the same as my skin color. I am an African American female contacting Polio at the age of 2 ½ in 1950. I have always worn a full-length iron brace on my left leg.

During my elementary and high school years I lived in the Vine City neighborhood, attending the neighborhood school with the other children in my community. The name of my elementary school was Mary Mc Cloud Bethune Elementary School located on Northside Drive across the street from the Mercedes Benz stadium, of course the stadium was not there at the time.

My mother raised me and my three younger brothers as a single parent, domestic worker. She was very strong and

determined. She insisted I attend school with regular children, always saying, Shirley has Polio in her leg not in her head.

It was during my elementary school years that I was exposed to a world outside my neighborhood. I had to leave my neighborhood frequently to go to Emory Cripple Children's Clinic also called Admore on Clifton Rd in Decatur, Ga. We would ride the bus all morning to arrive at the clinic in the afternoon. Everything was segregated. The whites went to the clinic in the morning. The Colors (what we were called) went in the afternoon. The restrooms were labelled White only, Colored only. I was not able to receive water therapy at the pool in Warm

Continued on next page

Shirley Anny Duhart-Green, continued

Springs, GA due to the Jim Crow laws. Riding on the bus thru all the neighborhoods seeing the mansions not understanding why my neighborhood looked so different in a negative manner. I was always an inquisitive person. Asking questions…. It was explained to me by my mother and teachers that Colored people were living under the -Jim Crow Law- because we lived in the state of Georgia. The Jim Crow Law was any state that enforced legal racial segregation. The Jim Crow law lasted for over 100 years, from the Civil War until the late 1960's. The purpose of the law was to marginalize, limit and control Colored people as we were called.

I heard the explanation; however, I did not understand it. I have always been an avid reader spending hours in the colored library due to my mobility issues, my outside physical activities were limited. Reading all types of books and riding thru the neighborhoods seeing all those mansions. I started dreaming of a better life for myself also receiving encouragement from a few teachers that one day things were going to change for the better in the south for Colored people.

Not having a car in our family was a huge challenge for me. Riding public bus service meant I had to climb on the bus with help, I wore a full-length leg brace and used crutches and I was a small child. Whoever was taking me to my clinic appointment, we would get on the front of the bus, pay our bus fare, we would get off the bus have to go to the back door of the bus and get back on the bus to make sure we sat in the back behind the back door of the bus because of segregation laws.

I always enjoyed school; reading became my escape. I always dreamed of a better life. Reading offered me a pathway to strategizing toward a better life.
I have always been competitive, setting very high goals for myself despite my disability because of Polio and all of the physical challenges associated with the disease. There was nothing I liked about being poor being raised in abject poverty. I made a vow to myself in elementary school that I was going to rise above my circumstances and create a better life for myself.

I entered Booker T. Washington High School in Atlanta, Georgia after elementary school. Washington High is the oldest high school in the Atlanta area for African Americans founded in 1924. Although my schools were segregated, I received an excellent public-school education. I took the Russian language for five years at my high school, graduating in 1966.

Continued on next page

Shirley Ann Duhart-Green, continued

The high school had a student population of over 3,200 students, more than the population of some cities in Georgia at that time. I would challenge myself daily to see if I could go from my classes on the far end of the first floor to the other end of the building on the fourth floor before the bell ring. Most days I achieved my goal. By the time I entered high school I was not using crutches and I could wear little pumps on the weekend, the pumps were fitted with a channel to allow the shoes to be worn with the brace.

It was when I entered high school Dr. Bennett wrote me a prescription that I could start wearing low-cut oxford shoes instead of the high-top lace up shoes. My Polio stabilized during my high school and college years and into the beginning of my career and I did not visit the clinic as often for Polio clinic check-ups.

I completed high school in the class of 1966. Staying mindful of my goal to escape poverty, I was laser focused on my strategy to rise above my economic surroundings, I was fortunate to attend Clark College (HBCU) now Clark Atlanta University part of the Atlanta University consortium of schools located in Atlanta, Georgia.

I majored in Business Education knowing I was not going to pursue a traditional career opened to Blacks at the time. Cooperations were beginning to hire minorities in the late 60's. I worked hard in college preparing myself for a career in corporate America. I took 21 college credit hours and work 3-part-time jobs in my freshman year. I worked hard throughout my college years working at First National bank now Wells Fargo as an 80-card column key punch operator and attending college as a full-time student, riding the public bus between school, job and home. I was laser focus with a strategy that one day my life would be better. I chose Clark College because it was the only HBCU college in Atlanta that had a college business intern program.

During my senior year of college, I was fortunate to obtain an intern position at IBM (International Business Machines).
I was offered, and readily accepted, a position at the end of my internship.

Continued on next page

Shirley Ann Duhart-Green, continued

I graduated on June 1, 1970, and started my career at the company. It was challenging both physically and mentally. I had been prepared by my major advisor at Clark College, Dr. Jenny T. Harland, that I would have to work twice as hard, twice as long to prove I could assimilate into the corporate culture and excel. She taught her students how to speak and dress professionally. I liked fashion, I began to have my shoes custom made with straps around the ankles. I wanted to present myself as a person that was more than my skin color and disability; I was also a person with style….

I excelled at IBM holding several positions during my career: I was in finance and accounting, moved to Washington, DC in the early 70's as a Product Scheduler. I returned to Atlanta in the seventies as an administrative assistant, also holding positions as a facilities engineer, education instructor, a project coordinator, telecommunication administrative coordinator, marketing support coordinator to the marketing reps. I was a manager of employees providing administrative services to marketing reps and engineers.

I travelled throughout the United States representing IBM in various capacities, attending conferences, conducting training sessions, planning and negotiating contracts for conferences that IBM was sponsoring. I took great pride that I could walk through the airport carrying my briefcase and garment bag the same as my collegues.

However, in the mid-nineties, I began to fatigue more easily, my balance begin to not be as steady as it had been in the past. My brace and shoes did not fit as comfortably as in the past. I went to the Atlanta Brace Shop seeking answers to my new physical challenge. The orthotist informed me, he had begun to see a lot of discomfort with the braces worn by the older Polio patients. He suggested I see a Rehabilitation-physician familiar with Polio and treating polio patients.

After Dr. Brigitta Jann's physical exam, she diagnosed I had Post Polio; going forward I could expect to become weaker and eventually transitioning to using a scooter and wheelchair.

Needless to say, I was resistant to the diagnosis. I refused to accept her diagnosis; and for at least a year, I lived in complete denial.

I freaked out, how could this be happening to me? I was living my best life ever. I had a job I enjoyed with a company that afforded me many opportunities.

Continued on next page

Shirley Ann Duhart-Green, continued

I had a lovely home and was married to a wonderful human that was my life traveling partner, Henry Green.

We cruised over 10 times, travelled throughout the United States, including Alaska and Hawaii; we also visited several countries in Europe. Toured Canada, Mexico, South America, and the Caribbean.

Unfortunately, approximately a year after my diagnosis, my mobility became more limiting, the fatigue caused me to slow down significantly. I could not stand nor walk as far without having to stop for a few minutes of rest, I experienced fatigue more frequently.

Because very few people understood or knew anything about Polio or Post Polio, it created some problems for me at work at a time the company was going through economic challenges and downsizing. Dr. Brigitta Jann, Dr Dale Strasser and attorney Amy Totenberg now judge Amy Totenberg facilitated in resolving the work place issue.

Writing this article is the impetus for me continuing to give all praise to the Lord. In spite of the Polio, Post Polio, living my early years in abject poverty under Jim Crow, the Lord allowed so many of my goals and dreams to be manifested in my life. I was able to obtain a master's in psychology/Organization Management from the University of West Georgia and a Doctor of Ministry in Christian Counseling from Jacksonville Theology Seminary in Jacksonville, Florida, without incurring any student debt.

I look forward to continuing on this Post Polio journey for many more years. I believe in Miracles!

Peace & Blessings….

Wayne Nichols, Jr. **Polio Graduate**

The following brief summary was published in the November issue of PA Polio Network for a Story on Polios Survivors who served in the military. That gave me a start for what Nancy wanted for "the rest of the story".

Serving with Honor - A Family Tradition. By Wayne Nichols, Jr.

I contracted Polio in 1953 when I was 3 years old. I was paralyzed from my left knee down and wore a hard brace from my hip to ankle. This allowed me to walk until my first surgery in 1956 - where they transplanted a tendon from the left side of my leg to the front. Afterwards, I was able to walk without the use of the brace. Three years later, a pin was inserted into my "great" toe (more commonly known as my "big" toe). This allowed me to walk without throwing my left leg out. In 1962, they "tweaked" a tendon which gave me further stability in my gate.

Six years later, I was determined to join the Navy. When I completed the physical exam, they deemed me 4F. In other words, I was identified as a person who was "unfit for military service". It was a "nice" way for the military to tell me I was physically unqualified for any of the Armed Services.

Just like so many polio survivors, I have been gifted with a "Type A" personality , meaning being rejected was not an option. I visited an Orthopedic surgeon who examined me and drafted a three-page medical report letter stating that I was physically fit. I sent this report to Washington, DC where it was reviewed by the Department of Defense. After a review that spanned three months, they approved me for a 2-year enlistment. This was unheard of in the Navy because normally enlistments were between 4-6

Wayne Nichols, continued on next page

years. I served from 1968-1969 where I was stationed in Coronado, CA.

I was attached to the Sea Bees (ACB1), preparing for Viet Nam, if needed, thank God our Sister Battalion ACB2 was stationed in Japan They assembled and maintained portable piers for landing ships throughout the war. I was proud to carry on my family's tradition of service. My two brothers and father (WWII) all served with honor.

Twelve years ago, I was diagnosed with Post-Polio Sequalae, or more commonly called Post Polio Syndrome. As a result of these late effects of polio, I live with fatigue, poor sleep and a decline in respiratory function. I have had some life changing symptoms, including significant walking and gate issues that have resulted in three back surgeries. I have had both hips replaced. As time marches on, muscle weakness and stamina are my number one concerns. Wearing a AFO (ankle/foot orthotic) and the use of a cane and rollator helps me navigate through my daily life.

As T.S. Eliot wrote ***"Only those who will risk going too far can possibly find out how far one can go."*** This words of wisdom not only speaks to me, but to all of the estimated 300,000 Polio survivors in the U.S throughout our lives.

The rest of my story

Here is a picture of me with Dad and brother, taken 3 days before I contracted polio. 1953

And with my two brothers in 1954 with my new AFO

Wayne Nichols, continued on next page

Neither of my brothers caught polio, yet three days after me, my double cousin had polio which left him in an iron lung for the rest of his life. (Double-cousin" meant that my Mom's sister married my Dad's brother).

We lived in Chicago Heights Illinois. After I came out of the Navy I married and had two sons. After 6 years we divorced, I eventually moved to Atlanta. The first evening after arriving in Atlanta, I met Cindy. She was having a lonely birthday and considering moving back to Maryland, so I caught her just in time. And we have been married for 45 years since then.

In 1985 God opened a door for me to start my own business; the installation of laboratory furniture and equipment. A couple years later Cindy came to work for me and help with office tasks. Then, seven years later we opened a second company in design, sales and distribution of laboratory furniture. Our son, Noah started to work for us in 1999 and has learned all facets of the business. We currently have six employees and this in turn has confidently allowed me to retire in 2014. I still drop into LOC once and a while but spend many hours in my workshop/mancave.

Life has changed since my retirement. I purchased a computerized router to do woodworking: making a whole variety of things: plaques, lazy-suzan's, cutting boards, etc.

Christmas Day, 2020 my retina detached only to have emergency surgery two days later, which fixed the retina, but it bent my macular. No more computerized work and table saw, and I decided to try my hand in making wood puzzles, working up to 36 pieces!

Wayne Nichols, continued on next page

I have had the privilege of being your Past President of APPA and currently your treasurer.

Now spring is here, I have closed the shop till late Fall. I try to stay as active as I can outside, limited of course. We have been blessed with one Grandson and three Granddaughters, two of them are married and we have now have seven Great-grandchildren. Now you know where most of the puzzles went.

END

This picture of me following another surgery, probably looks all too familiar to many of us APPA folks.

We have other writers among us in APPA, Mary Ann Kennerly Clinton published Tidewater Girl last year. This book was a compilation of stories written over the years. Stories she managed to keep together during the move from Maryland to Lincoln, Nebraska to be with her son. She shared her writings to someone who suggested she expand her writing, hence the book "Tidewater Girl".
According to Mary Ann, writing is cheaper than psychiatric treatment. She hopes people enjoy the book. She recognizes that we polio folks have a store of adaptive abilities

Some APPA members and friends did not get a copy of The Fall 2022 issue of APPA News. Usually the Post Office honors our "Free Postage for the Blind and Handicapped" privilege we use. We have a few spare copies, so let me know if you need one. Also you can see the PDF of the APPA News in our archives online: https://www.atlantapostpolio.com/ — go the Member Zone and click on "Newsletters" . You might have to scroll to the end to see the current ones.

So, some of you might have missed the story last Fall from **Alan Oberdeck**. I read one of his books to my husband when we were camped out at Hotel Hospital. It was so enjoyable, I look forward to reading his other books. Alan wrote a special story for us. Starts on next page.

How I got run over by a waitress in a restaurant and survived

By Alan Oberdeck

Back in January of 1998 I was making sales calls with a distributor salesman at the Waupaca Gray Iron Foundry in Waupaca, Wisconsin. At that time they were in the business of taking steel scrap, melting it down and turning it into manhole covers. Our job, that morning, was take an "Air Survey" of their plant air system to recommend system up-grades to save them money.

As you might have guessed, I was in a business suit wondering around in a dirty foundry. Part of the process of making manhole covers was to cast them in sand molds and the sand was held together by a mix of a small amount of clay and common baking flower. When the red hot liquid iron was poured into the moulds the flower part of the sand/flower mix turned into carbon black dust which when the cast manhole cover was "shaken loose from the mold" went everywhere. Therefore at lunch time when we left the foundry to go to the restaurant we took some of that carbon dust with us.

Waupaca is located midway up the state in what you would call the eastern part of the state. In January there is usually a moderate amount of snow in that area. The air temperature is usually very cold, but I remember it was mild with some melting that day and any snow you walked through stuck to your shoes. Because of weak ankles I wore cowboy boots and they came with leather soles. That made me very careful walking on the patches of ice on the ground, road ways and sidewalks as we headed to the restaurant for lunch.

Once inside the restaurant we were seated at a table. On the way to the table I had noticed that the floor was damp and with the damp floor, the carbon dust on the leather soles of my cowboy boots made the floor very slippery, so I had to be careful as to how I stepped.

Considering where we had been, both of us headed for the restroom to wash. The restrooms were located on one wall of a hall and there was a corner leading to the kitchen.

When we were done in the bathroom and were leaving I was ahead of my salesman walking up the narrow hall. When I walk, I have very little feedback from my feet and legs and if I don't watch, "the ground comes up to meet ME!", so long ago I had developed the habit of looking at the "ground" for visual feedback. Me, looking down at the slippery floor coming to the corner, I didn't see the waitress, but I guess she didn't see me either.

There she was with a tray loaded with food barreling straight on a collision course directly at me. The thoughts that went through my mind! "She is not slowing down. There is a lot of messy food on that tray. If we collide it will be messy! My suit will be ruined. I must get out of the way! Can I stop my forward momentum?"

When I tried to slow down, my weak left leg slipped on the moist floor and in the process of falling I shattered my tibia plateau. Fortunately, for my suit, the waitress was able to control her tray of food and was able to deliver it, intact, to her hungry table. My suit was not ruined. However there I lay on the floor trying to move my right leg.

Eventually the Emergency Crew arrived and took me to the Waupaca Hospital Emergency room. There they x-rayed my knee and told me I had shattered the tibia plateau with seven breaks. I called my boss on my cell phone. and told him what had happened. I told him that I had everything under control and I was going to make arrangements to get back to Atlanta. While they were casting me I got on my cell phone and made arrangements to fly back to Atlanta that night. I was optimistic that I could, with help of the airline, be back home to have the knee looked at. They issued me crutches — and reality set in.

They stood me up beside the gurney I had been on, I took a couple of steps with my crutches, and they hurriedly laid me back down. Although I had the appearance of a normal person of 58, because I had hidden my weakness so well, "Denial and Charade", that even I didn't suspect how weak I was. I couldn't manage the extra weight of the cast on my right leg to even walk with crutches, but I

was told that I had lost all color and they were afraid I was going to pass out in front of them.

While The Doctors at Waupaca were making the arrangements to take me to a hospital that could handle the operation I would need, I got on the cell phone and undid all the arrangements I had made to be home in Atlanta that night.

I was loaded into an ambulance and transported to Theda Clark Hospital in Neenah, Wisconsin for further evaluation. Finally the time that Eileen would be home from her Nursing Job at Dekalb Hospital had arrived and I gave her a call on the cell phone to tell her what had happened. To say the least, SHE was not pleased.

That night my wife and I had a long talk on the cell phone. She offered to fly up to Neenah and be with me for whatever was going to happen. I felt that that was not necessary and told her there was nothing for her to do and she would just be bored silly hanging around the hospital.

The next day I had a long talk with my boss. I told him I would keep him up to date as to what was happening, that I had everything under control. My company offered to fly my wife to Neenah to be with me, but I explained to him that she and I had decided that that was not logistically possible.

About three in the afternoon the orthopedic surgeon from Theda Clark came in and visited me. He introduced himself. He was one of the orthopedic surgeons on the staff of the Green Bay Packers football team at that time. He stated the options I had: the first option was to stabilize the leg and fly me back to Atlanta for treatment and let the local doctors decide what to do. The second option was to have the knee operated on at Theda Clark and he could do the operation in several days when the swelling went down. He then discussed what I wanted done with the knee. The fact that I had had Polio was factored in as to how mobile I needed to be. If I was not very active and used a wheel chair the usual treatment would be to fuse the bones of the knee so I could sit comfortably and get around with a permanently bent knee on crutches. With the nature of the break a normal knee replacement would not be possible. It was his assessment that I would never be able to walk normally again. I explained that I had led a very active life despite my muscle problems with Polio and I didn't want to be wheelchair bound. He then suggested that he could possibly rebuild the knee in a way that might give me the ability to walk, but it was possible that it wouldn't work.

I had the operation in a couple of days. He was able to put the bones back together with a plate and seven screws. It worked well enough that I would be able to put weight on it and walk. I beat the odds again! I walked with a brace on my leg and a cane to help with stability. I was able to work as a Traveling Salesman for eight more years. "Denial and Charade" worked! My boss never knew the extent of my weaknesses and I was producing the sales results in my territory. My travel schedule was usually so strenuous that people from the factory didn't want to come out of the office and ride with me!

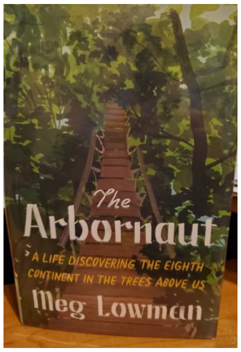
The operation though did leave me with some unintended consequences. When I had Polio I had both what was then called spinal and bulbar. The bulbar affected my breathing. The first time that problem came up is when I was 18 and had surgery on a deep cyst. They couldn't wake me up for a couple of days. The second time it came up was when I had gallbladder surgery. They went light on the anesthesia, but I still had trouble waking up. Before the operation I had a long talk with my anesthetist about that. He said he would keep that in mind. Usually during long surgeries they also use a drug to erase any memories that I might have if I awakened during the procedure. I woke up and had no memories from the it, I felt no after effects from the surgery, until I began traveling again. Before my surgery my brain had a sense or a memory of most major cities in the U.S. that I traveled to. I couldn't get lost in them because I had a map memory. After the operation I got lost in Kansas City and with a map I couldn't find my distributor for two hours! That is how I learned what amnesia was all about and was able to use it in one of my books.

The other thing that happened during the operation was the way they placed me on the operating table. My neck muscles were never very strong. Somehow due to the way I was positioned on the operating table due to muscle weakness and the time I was in that position they pinched a nerve in my neck which affected my right hand. My thumb and two fingers work, but I lost the use of my two other fingers.

*** END ***

Coincidences and Trees.

The fun of researching ideas for the APPA News.



My book group read ***The Arbornaut; A Life Discovering the Eighth Continent in the Trees Above Us.*** This was a biography of Meg Lowman who loved to climb trees. Tree-climbing became her profession and she played a big part in the emerging scientific research of forest canopies. It turns out the biome in the tree tops is it's own world and not the same as the biome on the ground. As she travelled and developed research teams, treetop walkways were created so this field of research could be accomplished and shared around the world.

These walkways have also become popular tourist attractions and you can search for online images of the top treetop walkways There are many really pretty-looking ones.

When I get my flying carpet, I would like to explore the treetops too.

Thanks to Meg Lowman and one of our APPA Members. There is an ADA accessible canopy walkway in a park in Florida. The book mentioned a friend named Patty who had polio. I put 2+2 and discovered it was APPA's own Patty, who will maybe tell her own story later. In the meantime she continues as Executive Director of International Tree Climbers. They maintain a beautiful website
https://treeclimbing.com/.

While many of us have great memories of climbing trees, we are not so anxious to do it now, but it is fun to see how the science and the sport have developed.

In Remembrance

Lauri Hunter

May 16, 1953 – November 27, 2022

Lauri has been a long-time, active member of APPA. The following is copied from her obituary because it is a wonderful glimpse of her life.

Lauri graduated from LSU, married her childhood sweetheart, and gave birth to a beautiful baby boy, Jacob, in February 1979, while they were living in Boston.

In May of 1979, Lauri contracted polio from a live polio virus. Within days, she became totally paralyzed. For months, she was hooked to a respirator, a feeding tube, and a catheter in critical care. Lauri was released to a hospital for rehabilitation, yet after months of hard work, the mobility of her legs and her arms never returned. Friends and family gathered around her with love and support. She fought against anger and hopelessness; she returned home to a ramped entrance to her apartment, confined to a hospital bed and a wheelchair, and her new adventure began.

Becoming a single mom in 1984, Lauri was dependent on caregivers for every daily (and evening!) activity. Her caregivers came from many different countries, and many different life experiences. Irish, Japanese, Indian, Egyptian, Mexican, French, Columbian, Slovakian, a Chinese woman who spoke no English, and David from Israel who was terrified of 'meece'! Her caregivers came in the form of a wild child, single moms, teen girls, Mormon gentlemen, Jehovah witness women, a Muslim girl, a woman who introduced her to Christian counseling, a woman recovering from drug addiction, a woman fleeing an abusive relationship and a woman working her way through law school. They all expanded her world view; she expanded their view of kindness and patience and compassion. As they cared for her, she encouraged them. From Boston to Houston to Atlanta,

Lauri established a pattern; caregivers became friends and friends became caregivers. The magnitude of her care needs would have been overwhelming if she hadn't had so many people for over 40 years who loved her!

https://www.dignitymemorial.com/obituaries/sandy-springs-ga/lauri-hunter-11038340.

In Remembrance

Ted Kaufman January 7, 1937 to February 15, 2022 —- notes from Jane Kaufman

Ted contracted Polio at age 4 when living in Philadelphia. (His Sister, a year younger, shared the room with him & never caught the Polio virus, go figure!)
His Father was a Pharmacist & his Mother was an R.N. She was his live-in Nurse while he was in hospital. They lived in the apartment above the Pharmacy for many years until later, when they moved into a neighborhood house. Ted served in both the U.S. Navy & Army. He especially enjoyed his time in the Navy aboard the USS Antietam, a Carrier.

Ted studied Forestry at Utah State University, Logan, UT. He became a Forester with the U.S. Forest Service, which he & his family happily served all of his working years -- in Utah, Idaho, West Virginia, Michigan, Pennsylvania, & finally Georgia (in some cases, several places in each State). Their family settled in Georgia. It was while living in retirement that Post-Polio Syndrome struck at a very active Ted, after which we were regular attendees at Atlanta Post-Polio Association meetings and getting a little help at Warm Springs, Georgia. (And we did cruise with APPA twice, too

His death was rather sudden, unexpected, & kind of unaccountable. (Well, he hadn't become any younger thro' the years.) We really don't know what took him. He fell for reasons unknown & broke his leg below the knee, was hospitalized, & never recovered. (Apparently, he may have fallen due to his leg having "simply" broken unaccountably.) It's a mystery to us and we miss him terribly, but we know that he's with our Lord & Savior Jesus Christ in Heaven.

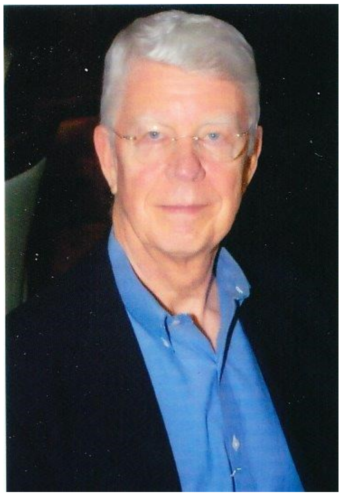
Missing him!
Many thanks,

Alexis B Calhoun. February 10, 1983 - December 10, 2022. Our sympathy goes to Bernetta Calhoun over the passing of her daughter, Alexis. Bernetta wrote about her in the Fall 2022 issue of APPA News. Alexis is the one who helped her Mom get the limousine service to celebrate retirement. Many of you also got to meet Alexis at the APPA Christmas Party this past December. See

https://www.levettfuneralhome.com/obituaries/alexis-calhoun/#!/Obituary

In Remembrance

Alan Mitchell September 27, 1940—November 15, 2022



https://www.legacy.com/us/obituaries/atlanta/name/alan-mitchell-obituary?id=38718225

In 1987 he joined the Atlanta Post-Polio Association where he was elected to the Board of Directors in addition to serving as editor and publisher of "APPA News" for many years.

Memoriam to Alan

By Joe Drogan

APPA lost a longtime and valued member, Alan Mitchell on November 15, 2022.

Alan joined APPA way back in 1987, long before I joined. He was one of the early members and contributed much back then to get the organization going. Without people like Alan there would not even be an APPA. He was a Board Member, Database Manager, and worked many years as the Editor of APPA News. He and others set the bar pretty high as APPA News editor and I remember having reservations about taking over the job. He and I have similar backgrounds in IT. Not English majors but computer guys that aren't necessarily schooled in writing and editing.

After I had published a few issues, I remember Alan telling me how impressed he was at how they turned out. That gave me the confidence to continue in the assignment. I got another vote of confidence from him when I took over as APPA's president—another job I had no confidence I could do.

APPA will forever be grateful for the work Alan did for the organization and he will be sorely missed. I personally owe him a lot for the help he was to me in my endeavors in APPA.

Rest in peace Alan

Bits from Bruno Bytes … update

Bruno Bytes is offered by the Pennsylvania Polio Network and can be accessed via
https://www.papolionetwork.org/encyclopedia.html
www.papolionetwork.org/bruno-bytes

On the topic of FDR having Polio

Question: Did FDR have PPS in his later years?
Dr. Bruno's Response: FDR's son, James, attended the first PPS conference in Warm Springs. We had a conversation about the presentations and James declared, "My father had the late effects of polio".
James' conclusion is probably the most significant reminder that PPS is a diagnosis of exclusion. FDR smoked, had severe, uncontrolled hypertension, an enlarged heart with episodes of congestive heart failure and probably a malignant melanoma seen over his left eye.
Fatigue was described in early 1944: FDR "seemed strangely tired, even in the morning hours; he occasionally nodded off during a conversation; once, he blacked out half-way through signing his name to a letter, leaving a long scrawl".
FDR did appear nigh unto death while attending the Yalta summit, understandable given his medical conditions and the overwhelming stress of years spent fighting the Depression and then World War II.
Did FDR have PPS? How could he not? But, given all of his other diagnoses, how can we ever know?

On the topic of Balance

Question: "Why do I have such poor balance" ?
Dr. Bruno's Response: When you rule out neurological problems causing impaired equilibrium, my simple answer is "look for hip muscle weakness". But, it's more than just hip muscles that keep you balanced. The core muscles - hips, pelvis, low back and stomach - work together in concert, which leads to better balance and stability.
So if you have your balance evaluated by a rehabilitation doctor or physical therapist, make sure that all of your muscles - including core muscles - are included in manual muscle testing.

As you know, APPA and FODAC have worked together for many years. Please go to their website to get information on their annual RUN walk 'N' Roll. Links are there to get tickets and also information for sponsorships.

https://fodac.org/run-walk-n-roll-event/

IT'S TIME TO "GET MOVING" WITH FODAC AGAIN!

Musical Entertainment:
THE LOST BOYS

The First 100 registered attendees will receive a Free Stone Mountain Adventure Pass.

The Run, Walk 'n' Roll is an age and ability inclusive event to raise funds for our Home Medical Equipment Program. This year's event will end with a celebratory cookout!

On Saturday May 6, supporters can join us at Stone Mountain Park or participate virtually by running, walking, rolling, or any other type of movement! All activities for both options will be self-guided and self-paced.

Kids (12 and under) are FREE! Once you make your donation for adult participants, a FODAC staff member will reach out to confirm if you are bringing kids to participate.

FODAC RUN WALK 'N' ROLL

Saturday
May 6th
9:30 am - 12 pm

Stone Mountain Park
FREE ADMISSION

To sponsor this event, please contact Vince Zangaro at vincezangaro@fodac.org or (770) 547-3244.

Register for the Run, Walk 'n' Roll at fodac.org/rwr

In-person participation and virtual participation are both $35.

fodac
friends of disabled adults & children

APPA 2022 Christmas Party

APPA 2022 Christmas Party

Thanks to the APPA Team who arranged the annual Christmas Party. Thanks to Thaddeus Lewis for bringing his friend, Reggie Thomas who supplied us with these photos.

JOIN APPA

☐ Individual	$25	☐ **Gold**	$100
☐ Family	$45	☐ **Platinum**	$150
☐ **Bronze**	$50	☐ **Corporate**	$250
☐ **Silver**	$75	☐ **Lifetime**	$500

Additional Contribution $__________

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Make checks payable to: **APPA**

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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.
◊ I would like to help APPA with expenses and receive the APPA NEWS in email only.

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

◊ Membership outreach (phone calls to shut-ins)
◊ Public relations
◊ APPA phone tree
◊ Fundraising
◊ Programs
◊ APPA NEWS (write articles, proofread)
◊ Database assistance
◊ Assist at social events
◊ Assist with APPA phone line
◊ Special Need Assistance Fund

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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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APPA NEWS

See videos of our APPA events

https://www.youtube.com/channel/UC1hr5aec4_c2u3SDJXPOAvQ/videos

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