

APPA NEWS

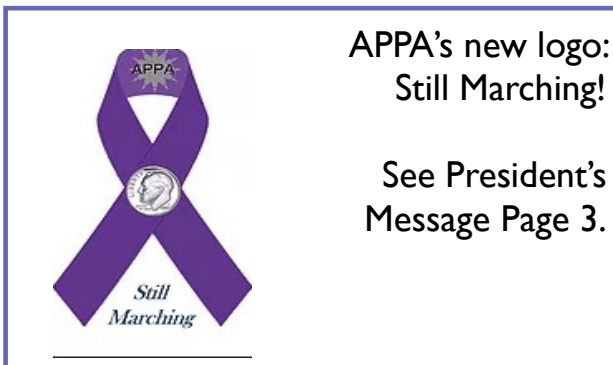
The Atlanta Post-Polio Association

Volume 32, Issue 2

Summer 2019



The May 4, 2019
Polio Survivors
Conference with
Dr. Richard Bruno.
Fantastic!!!
Page 13



APPA's new logo:
Still Marching!

See President's
Message Page 3.

What's it like to cruise
without walking?
Page 8



APPA Member Vicky Crowell
wins race for FODAC again! Pic-
tured here with Doug Turnbull
WSB radio. Full article page 12

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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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President's Message

Greeting APPA members and supporters,

I hope you enjoy the Mid-Summer Issue of APPA NEWS, as you learn more about who we are and where we are going.

Reflecting on the rich history of voluntarism for participants of the *March of Dimes*, I couldn't help but remember campaign speeches and ads. My mom was an organizer. She gathered with neighbors in our living room to plan their *March of Dimes* activities. Yes, they marched for us, those stricken with polio. Early on we learned the impact a community can have, as we learned to navigate and balance these challenging times. Polio knew no economic, racial or gender barriers...the effects were felt by all who were inflicted. In the early 40's and 50's, if someone in your family wasn't affected, then someone you knew was. There was a reason to "march" and do whatever could be done to contribute to the eradication of this morbid disease that targeted primarily children. So...they marched.

Today with the vast decreases of polio cases in the United States, we faced an unknown (Post Polio Syndrome or Post Polio Sequelae – PPS) years after the virus had caused its damage: The *March of Dimes* is now marching to a different drummer such as addressing health and wellbeing of babies and mothers. Yet the disease that we thought had gone has now resurfaced in a new and dramatic way for many of us who are survivors. Although the March of Dimes stopped marching for us, we now pick up our own banner with family, friends, and supporters continuing to **March On** with us. Thus this year, remembering the past with our support groups and organizations, we embraced a theme reflective of who we are - "**March On: A Volunteer Legacy**". We remember and reenact to carry us through

Continued on next page

our journey in 2019 and beyond. Linking our organizations and efforts, individuals, groups, medical and non-medical businesses join us in this newly charted portion of our journey. Our desire is to live our best life with the challenges of PPS. That is the reason for the theme of APPA's recent Polio Survivors' Conference – ***Still Marching***. Quite honestly, I never dreamed I would encounter this level of fatigue, falls, and pain. At times, it's more of a nuisance. But with the help of family, friends, APPA and organizations like ours, I'm ***Still Marching***. A special "thank you" to Dr. Richard Bruno for "*keeping it real*" as we confront and address issues of PPS. He helps us march on. Also, thank you to the Shepherd Center and Dr. Michael Yochelson for the warm welcome and continued support to APPA. So join me and other APPA members as we ***March On*** supporting this organization or whatever PPS group you choose. Do it because someone marched for us.

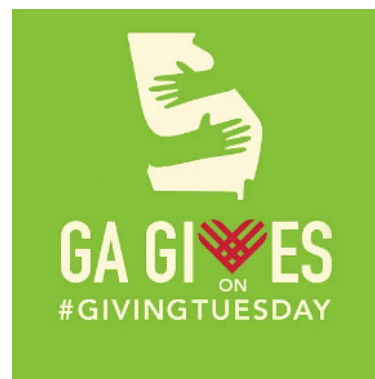
Still Marching,

Carol Crumby—APPA President

THANKS to those who donated to APPA
through the Georgia Gives Program.

The Atlanta Post Polio Association
participates in Georgia Gives.

Giving Tuesday
the Tuesday after Thanksgiving
this year on
December 3, 2019



From the Editor

I have fun playing with the colors to create the APPA NEWS. The best part is being able to discuss the issue with other APPA team members, sometimes very late at night. My hope is that the APPA NEWS will continue to be a way we can participate with this group, even if we cannot make all the monthly meetings. Also we use spare issues to share with others about APPA. Thanks to all who helped with the Spring issue, on the articles, proofreading, and the circulating. It was a rush job to achieve the goal of printed copies in time for the May 4th **Polio Survivors' Conference**.

I cannot begin to say all the good things on my mind about the Conference. Starting on page 13 you can find comments from that day, slides and pictures. This issue also includes thoughts and a recipe from the June meeting on **Healthy Eating**. I'm also so happy to include two articles about **cruising without walking**. These days I'm just as content to travel vicariously. So big thanks to Betty and Janet for their cruising stories here. Also thanks to Vicki for providing her story about "racing" in her chair at the annual **FODAC Stone Mountain Run, Walk 'n Roll**.

Nancy Winter



The dignified, effective method for this PPSer (me) get down a stairway

Letters to the Editor

Dear Editor. I had to wear dark glasses to look at the Spring APPA NEWS and I don't like pink.
Anonymous

Dear Editor, I just loved the Spring APPA News!!! Pink is my favorite color, so I hope you use it again often. I can't remember what all I read, but it was really pretty!!! Love from Ms. Pinky

Dear Editor: I put the APPA News straight into the junk pile. I am a busy and important person and I must spend my time with the deluge of real fake truthful news. Also reading about people with challenges being happy and having friends just makes me mad. Grumpy

Note from editor: Next time some real letters here please.

Useful items and information

I would like to devote this section of **APPA NEWS** to things we have discovered which might be helpful. So please submit your ideas for future issues.

From Rita Carlson: Gwinnett County Library offers books for homebound patrons. It is called Mailbox Books, designed for people who cannot visit the library because of age, disability, chronic illness, visual impairment or a temporary condition that renders them homebound. Users will receive the Best Readers' Advisory and customer assistance and staff will help them locate books in their preferred format. Gwinnett residents fill out an online application at Gwinnett County Public Library. Note: Please check with your own county library to see if this might be available

From the Editor one of the best birthday present ever! My kids gave me a Robotic vacuum. I used to pride myself in being able to vacuum by crawling through the whole house with the vacuum. But lately that was really wearing me out. My new vacuum is programmed from my phone to do all or just zones within the house. We call her "Flora" She speaks "Cleaning finished, returning to charging dock" in English, Chinese, and other languages. She is easy to maintain, just toss out the dirt and clean the filter. She can even mop.

From Belinda Whitaker: noted from the Boca Raton group that Pride Mobility offers a XLR USB charger so you can charge your cell phone from your Pride scooters, Jazzy® Power Chairs and Go-Go® Travel Mobility. The Boca group is buying in bulk for the convenience of their members.

From the Editor again: For the first time, I used a Lyft driver to get me to and from the airport. This new world of ride-sharing worked wonderfully. It was fun getting to know my drivers. I just used my phone app and a car picked me up within minutes. The safety of Lyft works because one can verify the name of the driver, picture of the car, and the license plate number before getting into the vehicle. I can watch from my phone exactly where the driver is and when they turn into my location. The drivers have been helpful as to putting my rollator in the car and helping me safely to my destinations. All payments and tips are handled over the phone.

Healthy Eating

Notes from the June 1st APPA Meeting

The June 1st APPA Meeting featured Zoe Soltanmammedova from the Cobb County Extension University of Georgia. She prepared two delicious dishes while presenting an amazing amount of information about healthy eating.

If you can, take the time to watch the meeting on the APPA website. (From the Menu, go to Media Room to see previous meetings). I watched it late one night and found I had to take a lot of notes; I thought I knew about healthy eating. A few highlights: 13 cancers are preventable by proper weight, diet, and exercise. Limit red meat to less than 18 oz per week. This, Zoe explained, is not that hard to do. Whole grains take longer to digest so they keep us full longer. Try to exercise 30 minutes/day (stretches for us), but not all at once. Beware of “gluten free” foods that just add salt, sugar, and fat to add taste. Zoe described how the County Extension Services works with University of Georgia to distribute information from the latest research to every Georgia county.

Zoe gifted a copy of “Cooking for a Lifetime” University of Georgia Cooperative Extension, American Cancer Society, College of Environmental Sciences & College of Family and Consumer Sciences. Barbara Taylor was the winner of the cookbook and has shared the recipe which is below.

Did you hear Joe Drogan confessed that he almost got kicked out of Shriner’s Hospital for organizing wheelchair races. If you missed it, watch it online.

Guiltless Guacamole

Makes about sixteen 1/4 cup servings

One 10 oz bag frozen peas, thawed
1/2 large ripe avocado, chopped
One 4 oz can green chili peppers, diced
3 Tbsp fresh lime juice
3 Tbsp fat free sour cream
1 garlic clove, minced
1 Tsp ground cumin
1 and 1/2 chopped plum tomatoes
1/3 cup chopped red onion
3 Tbsp chopped fresh cilantro
Salt & pepper to taste.

Combine first 7 ingredients in food processor or blender.

Put in medium mixing bowl and stir in tomatoes, onions, and cilantro. Season to taste.

Store covered in refrigerator up to 4-5 days.

42 calories, 6.2 g carbohydrate, 1.7 g protein, 1.4 g fat, 0 mg cholesterol, 2.2 g fiber, 69 mg of sodium

Cruising without Walking

Fifty years ago, I had the experience of a cruise when I was still walking. It was wonderful, especially at night to look into the sky. On a clear night one could see stars right to the horizon. You could look down at the wake of the ship and see the phosphorescence in the waves. I have always thought to someday go on another cruise, but it would have to be without walking. How wonderful now to hear from two people who have done just that—often. Hearing their stories, I marvel at how much the ships have grown and are also ADA accessible. (Well—I can dream). Big thanks to Betty and Janet for sharing the following two ship stories for the APPA NEWS.

It's the Journey

Betty Wright

I took my first cruise in 1992, after being invited by a friend. He already had the room and all the plans were made. The cruise was 14 days, sailing from San Francisco to Alaska. I had no idea what to expect.

Our ship, Princes of the Seas, was huge, (for 1992), and the most accessible I could have asked for. Getting around was no problem at all. This was my first time taking a scooter on a plane. My anxiety level was high, but everything went great. I had such a great time.

Over the years I have taken many cruises, mostly with my family. We have even gone back to Alaska two more times.

Last year I decided to take a huge leap of

faith and accept an invitation to join the Boca Raton organized cruise, sailing from Miami to Key West, then on to the Western Caribbean. This was the first time in many years that I traveled alone having to manage my luggage along with my scooter, plus worry about all the cool stuff I could make up in my mind to be afraid of. I had to make sure that all my clothes fit in one carry-on bag that I would check. And what if I didn't like these people,; after all I had never met any of them. I was going to share a room with a lady I had spoken to only once.

The travel agent arranged everything flawlessly. Once I arrived at the Ft. Lauderdale airport, I was picked up by a super accessible bus that took me straight to the ship.

Continued on next page

It's the Journey, continued

I checked out our room first thing. It was a huge room with a balcony, and the best bathroom I had ever had on any ship. I went to meet the 30-plus folks I would be spending the week with and they were ALL fantastic people. My roomie, Jann, and I got along great; it was like I had known her all my life.

There are many things to do onboard ship; one of my favorites is Trivia. And did I mention eating? You can eat all day if you like, so much food. After dinner each night, the entire group shares together, and the fun begins with shows, comedians, you name it.

Key West was our first stop and, WOW, I had the best Key Lime pie I have ever eaten. We rode our scooters all over the island and passed by The Little White House. I never knew that President Truman had a home there, nice place.

Our next port was Cozumel. I had wanted to see Jimmy Buffett's Margaritaville, so I had lunch there with a great bloody Mary, and I got the tee shirt. Lots of things to do in Cozumel, but we just toured the town on our scooters.

Off to Grand Cayman. Here you can swim with the Rays, but I'll leave that for another trip, not! We had ice cream in this wonderful ice cream shop, in the

middle of town; I had two scoops. We rounded off our trip with a stop in Costa Maya. We spent two days just cruising* around and I can say that's my favorite thing. I met so many interesting people from all over the world just sitting on the deck with the warm air going through my hair. Sounds like a movie, right?

I will say I have been to all these places before but the experience I had with these wonderful people is why I'm going back in January. This cruise will be on a new ship, on only its second voyage, on a cruise line I have never been on, Norwegian ship Encore. Remember there are no icebergs in the Caribbean, right?

If you might be interested in joining us, I understand there are still a few accessible cabins left; however, you must put a deposit down right away. Maureen Sinkule @561-617-4450, she does such a fantastic job putting this together. Remember it's not the destination, it's the journey.

Betty Wright

* Editor & Proofreader comment.
We need a new PPS term: "Scooting or scootering" the town?

Cruising with a Power Chair

The May 4th APPA Conference brought visitors from near and far. Janet McAlister started chatting with me as we tried to merge her power chair and my scooter into the room with the food. She had me with the word CRUISE and we forgot about the food. Tom and Janet McAlister, from Alabama, know a lot about traveling with a power chair. What follows is our phone interview.



Nancy: *How many cruises have you done with a chair?*
Janet: Oh my! About 14, and we have 2 more booked.

How do you know how to arrange these trips?

Most cruise lines offer personal cruise consultants. We travel to the ports on Amtrak. We usually sail on the Norwegian Line.

You manage in your motor chair the whole way?

On the train they have a lift to get on train from Atlanta. In each sleeper car there is one handicap bedroom. We have traveled from Atlanta or Birmingham to ports, which have included Miami, Ft Lauderdale, New Orleans, Seattle, Houston, Los Angeles, and Tampa.

How many accessible rooms are on these ships?

That varies from 5 up to 36 rooms, depending on the size of the ship.

What was it like to go through the Panama Canal?

The canal is about 70 miles long which takes several hours to go through. In the locks you are not even aware of being on a ship. It takes 10 - 15 minutes for the lock to fill or empty, and you don't feel the rush of water. You watch ships at different levels. There are three locks with two lanes going east or west in the same or opposite directions. Timing varies; sometimes you can see several dozen boats waiting. Some boats go at night and let the passenger ships go in the daytime. You can see people working on the docks between lanes. One time I could reach out and touch the wall, just 18" away. You can watch this experience on YouTube.

Do you ever meet the same people on different trips?

Oh yes! And we keep up through social media. One time we all met at a New Orleans restaurant before boarding.

Anybody up for a wheelchair race around the pool?

Continued on next page

Interview with Janet, continued

Do the crew members all come from Norway?

Crew members come from hundreds of different countries and love to talk about home. And I have to mention crews bend over backwards for people in wheelchairs. It's not "there just another one" it's "Oh, how can we help you?"

How long are these trips and what do you do on the ship?

The shortest trip was 3 days, the longest 14 days. Something is always going on ship-board. You can be as active or not as you feel. If there is a deck party going on, I love to get out there and join the dancing in the chair. I look really good dancing like that.

When you go into the foreign ports, how is the access?

Getting on and off is fairly easy. In some places it is hard to find accessible transport on land. It is easier to use the ship's pool when everyone else is on land, not so crowded.

You use the ship's pools? (Editor's note, I did not know about this ADA requirement, so Janet directed me to YouTube to understand how pool chair lifts work. Now I can better visualize the following experience.)

All ships that port in the US have chair lifts. Last January, I was on the lift and it quit in the midst of raising me up from the pool. I had to sit there stuck in the sun, feet dangling in the water, seat swinging around for about 3 hours. People on the other deck could only see that I was suspended in the air. Some worried about my getting dehydrated so they helped with that and even brought me a gin & tonic. We had fun. You just have to make it fun when things like that happen.

Where are you going on your next two trips?

The first this winter to the Western Caribbean. In the summer to Alaska— for that, we are looking forward to our 50th Anniversary, so we have reserved a room with a balcony. From a balcony we can enjoy the fresh air while staying tuned to the Ship TV news. The Ships have a TV channel which announces what we are seeing and would let us know of any emergencies. We did the Alaska trip before and viewed it from the Observation Lounge. In July we can watch from our balcony. On the Alaska cruise, the ship makes several 360° turns, which is an amazing thing to experience, and we don't miss any of the views.

The Annual FODAC Race

Vicky Crowell

I had Polio in 1951 at age 5. I was in Grady Hospital with the initial diagnosis. I don't remember anything really except that I would just look out the window and watch my parents. I also remember they brought money and flowers into my room and it all had to be burned.

After that I went to Emory for therapy and had Warm Springs doctors that met me there. I wore a back brace till I was 17, and the back is where I have the most pain now. I had Bulbar, and it was all over so. I was very blessed to have been able to play softball and bowl for so long. Doing so probably did not help the outcome now.

When I started seeing Dr. Donald Leslie in 1991, I was not put into a wheelchair till 1993. At some point after that I went to FODAC to get a lift in my car.

I don't remember what year that was, but Chris Brand was the one that installed it. Now he is the FODAC. President. I am so proud of him. I have received several other items from them through the years.

The people involved in the help from FODAC have many different reasons to need equipment, and FODAC even helps other countries after disasters. The people that took the tour of FODAC understand how much they have to give and what all they do for those of us locally and in other countries.

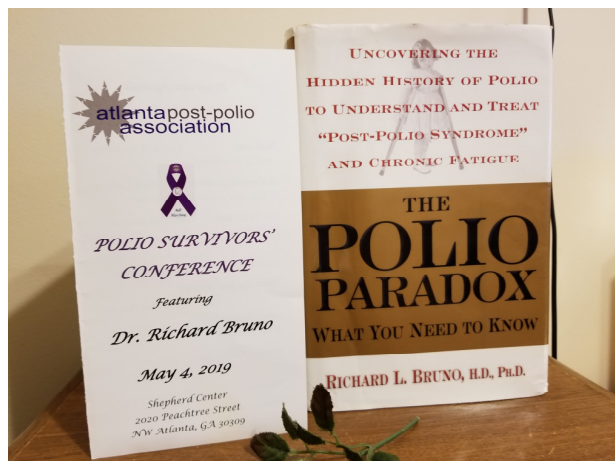
The FODAC RUN,WALK 'N' ROLL is usually on the First Saturday in May starting at 7:30 AM

Vicki has raised for FODAC:

2009—\$395	2016—\$1,165
2010—\$600	2017—\$1,035
2014—\$115	2018—\$2,400
2015—\$700	2019—\$2,155



Vicki won the race again! Pictured here with Chris Brand, President



The APPA Polio Survivors Conference May 4, 2019 featuring Dr. Richard Bruno

The APPA Conference Team did a first-class job putting this all together. I am so thankful to APPA for giving us this opportunity. We share some of the slides and pictures on the next few pages.



Allie Harrison and her team did a fabulous job with the reception and general flow of the conference.



Wayne & Cindy Nichols, APPA Life Members. Major sponsor and Program Director for this Conference



Dr. Richard Bruno and APPA President Carol Crumby



Delicious food donated by Fresh Market (Buckhead)

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The LAWS of POLIO ELECTRO DYNAMICS

Dr. Richard L. Bruno

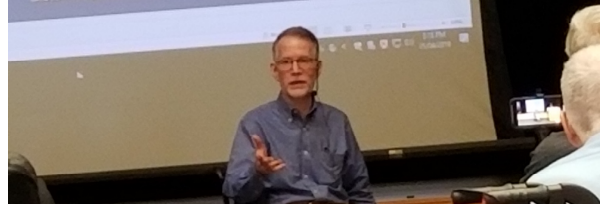


Chairperson, International Post-Polio Task Force
Director, International Centre for Polio Education

PostPolioInfo.com

TWO Types of PPS Symptoms...

DIRECT	INDIRECT
Muscle weakness	Muscle pain
Fatigue	Joint pain and deformities
Sleep disorders	Arthritis (joints and back)
Sensitivity to anesthesia and pain	Pinched nerves (spine, wrists and elbows)
Difficulty swallowing and breathing	
Intestinal slowing	
Low blood pressure and low or high heart rate	



Dr. Bruno shared his presentation slides so we could share some here.

1st LAW: MUSCLE ELECTRO DYNAMICS

“Paralytic polio is associated with severe motor neuron damage in the spinal cord and brain.”

“Non-paralytic polio (and ‘unaffected’ muscles) may be associated with severe neuron damage in the spinal cord and brain *without* paralysis.”

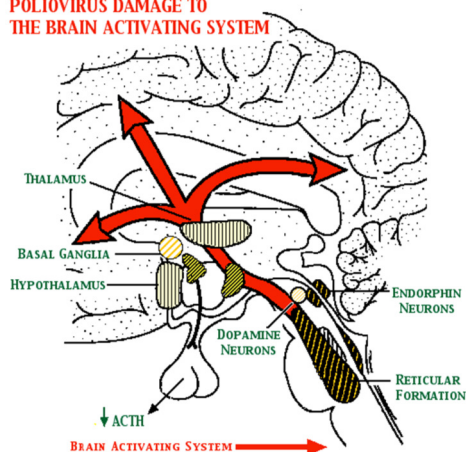
2nd LAW: BRAIN ELECTRO DYNAMICS

“All available evidence shows conclusively that every case of polio exhibits damage in the brain.”

“Some with non-paralytic polio do not have any spinal cord damage but have characteristic damage in the brain, which is more extensive than in some who have paralysis...”

The poliovirus is capable of producing an encephalitis, *with or without symptoms, in the absence of any damage to the spinal cord*. As far as the pathologist is concerned all cases of polio are ‘encephalitic’.”

POLIOVIRUS DAMAGE TO THE BRAIN ACTIVATING SYSTEM

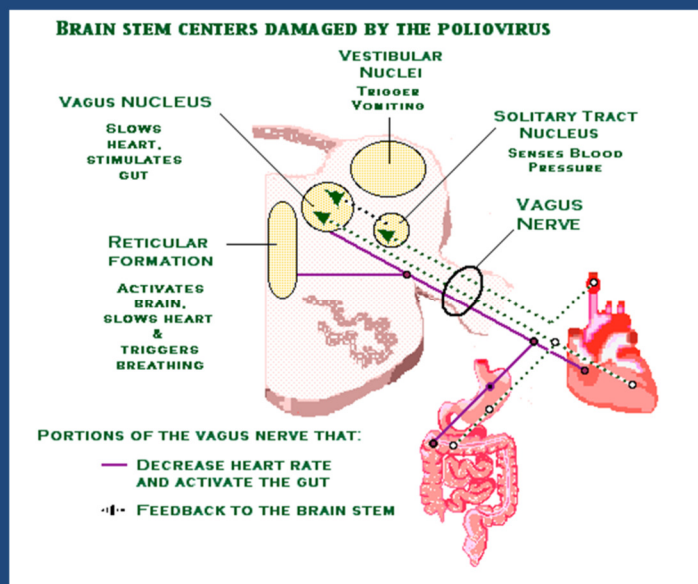


EFFECTS of the **BRAIN LAW**...

- BRAIN FATIGUE is due to brain activating system neuron damage, especially to dopamine neurons.
- DOUBLED SENSITIVITY TO PAIN due to making too little “internal morphine” in the brain and spinal cord.
- INCREASED SENSITIVITY TO ANESTHETICS due to low dopamine and internal damage to brain activating neurons.
- Poliovirus damage to the brain stem causes...
...shallow breathing, retaining carbon dioxide and apnea in sleep; trouble swallowing, constipation, gastric reflux; high/low heart rate, fainting; an inability to control body temperature.

The Conference was held at the Shepherd Center in Atlanta. The first speaker was Michael Yochelson, M.D., M.B.A., and new Chief Medical Officer. He played the 6-minute film: "Story of Shepherd Center" [It's now on youtube too]. Dr. Yochelson told us that Alana Shepherd still comes to greet new patients at age 97.

Corporate Conference sponsors included: LOC Scientific, Fortifyl.T., Mobility Works, CocaCola and Fresh Market. See page 19 for complete list. Thank you to all those who made this Conference such a success.



As in the book, Dr. Bruno explained that David Bodian did most of the research that led to the vaccines. Whether paralytic or nonparalytic, Bodian "found the consistent pattern of damage to neurons in the brain stem."

Dr. Bruno told us why and how many parts of our physiology are affected by damage in this area.

Some comments from various people about the conference and what we learned.

Amazing how many medical disciplines are available and needed to treat patients who come to the Shepherd Center.

I had read *The Polio Paradox* twice, but at this Conference I learned so much more.

[Dr. Bruno] Made me less afraid of things and brought things in such a way we were liberated from some of the thoughts. Glad to be among the people who heard him.

I thought that Dr. Bruno dispelled pressure to get more exercise with the great analogy of the cell phone. When battery is low, do you make more phone calls or do you rest the phone on the charger?

Excellent!!
Let's do it again.

Continued on next page



Thanks to the team who helped set up such beautiful reception and meeting table decorations.



About 80 people attended the conference. Here is a small portion of attendees pictured with Dr. Bruno.



Thanks to the Harrison sisters who carried around the microphones during the Q&A. There were so many useful questions and Dr. Bruno answered them all.

PROBLEM: There are Two Types of PPS Symptoms...

DIRECT

PPS symptoms caused directly by neuron damage resulting from the poliovirus

INDIRECT

PPS symptoms caused indirectly by the poliovirus in body parts not affected by polio

The TWO Types of PPS Symptoms...

DIRECT

- Muscle weakness → → →
- Fatigue
- Sleep disorders
- Sensitivity to anesthesia and pain
- Difficulty swallowing and breathing
- Intestinal slowing
- Low blood pressure and low or high heart rate

INDIRECT

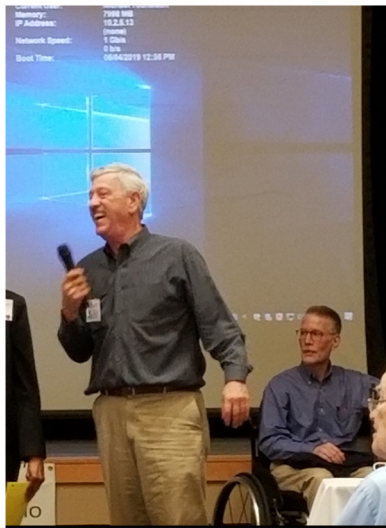
- ✓ Muscle pain
- ✓ Joint pain and deformities
- ✓ Arthritis (joints and back)
- ✓ Pinched nerves (spine, wrists and elbows)

A number of attendees came because they also participate in some of the online discussions: [The Post Polio Coffee House](#) on Facebook.

Also see Pennsylvania [PA Polio Survivors Network](#), [PApolionetwork.org](#). This includes the [“Complete Encyclopedia Index—Bruno Bytes \(by subject\)”](#)



Some of the Harrison family with Dr. Bruno



Wayne Nichols who arranged this Conference featuring Dr. Bruno.

I believe that is his old brace and shoe, displayed at the reception table and pictured on the cover of this APPA NEWS. The shoe proves Wayne did a lot of walking with that.

Other PPSers enjoying the friendships and fun before and after.



Attendees came from NC, SC, AL, GA, TN. Pictured here, the Petersons came all the way from CA

APPA *Membership News*

Welcome to a new APPA Member

Robert Fedorchak from Marietta, Georgia

Thanks to all our recent donations

Donations made through Network for Good in honor of Marion (Clarence's) birthday. He raised a total of \$846.00!!!

Thanks for the donations through the Polio Survivors Conference on May 4th.

Corporate Donors:

LOC Scientific (Wayne Nichols)
Mobility Works Handicapped Driver Services
Fortifyl.T. (Michael Pisto)

Individual Donors:

Jean Dunbar	Bernetta Calhoun
Diane Staubus	Gloria Mims
Alan Mitchell	Inge Thomas
Curtis & Debbie Hunt	Leo Roszkowski
Fay Baker	John Maciejewski
Shirley Siegel	Sidd Foster
Karen Ragsdale	Nancy Winter

Lifetime APPA Members

Gloria J. Mims
Marcus E. Gunter
Cheryl & Jack Hollis
Marie T. Moore
Wayne & Cynthia Nichols
Shirley Ann Duhart-Green
Peggy Pruett

Linda Priest
Rudolph Jones
Patricia J. Dorset-Bullington
Rich & Jenny Worsham
Joe Droган
Dick & Anita Weir
Betty Wright

Special Thanks to our Advanced Level Members

David Jordan
Ravi Patel
Patricia Harris
Leslie Schulgen
Rachel & Edwin Buice
Robert W. Weathersby II
Carol Crumby
Thaddeus Lee
Ray G. Fitzpatrick
Bernetta Calhoun
Barbara Mayer

Marion (Clarence) Weaver
James & Allie Harrison
Donna Jane Kilgore
Mary Ann Henderson
Diane Staubus
Casey & Saundi Cooksey
Michael & Jymbellyn Carthon
Robert & Jean Abney
Patricia M. Moore
Maurine & Jom Dorsey
Paul Blazeski

Thank You!

Editors note:

*If you should be on this list, but I missed listing your name, I am sorry.
Please let me know.*

Announcements

APPA Board Elections take place in November. APPA will send out a ballot in October.

We are seeking people to be on the APPA Board and/or volunteering for our other committees. Contact Charlotte Terry, Chair of Nominations Committee.
APPAemail@gmail.com

The APPA Board position of Treasurer and Database Administrator will come open in January when Shannon Morgan's term on the Board expires. If anyone has skills in this area, please let your interest be known.

Please don't forget to make your annual donation to **APPA**.
Thanks for your continued support.

You can rest comfortably at home and help APPA thrive. How? Ask to join one of the nine active committees, which are listed on the "Join APPA" last page. With the technology and the telephone, we can use our skills, learn some new ones, and enjoy the fellowship of the APPA team. Phone us 404-350-7631 or email: APPAemail@gmail.com

Upcoming 2019 Programs

APPA meetings are on the first Saturday monthly except January and July. Watch for announcements. Beyond the rap sessions, from which we always benefit, some of the subjects to be covered include.:

September—Medicare
October— Music & Book reviews

November— Sleep Disorders
December— Party

Please contact Rita Carlson, our Program Director if you have some program ideas or want more information. About what we have coming She is looking forward to hearing from you. Email her via APPAemail@gmail.com

I loved the music, dancing and the story in the movie *The Greatest Showman*. You can watch this song and some other scenes on [Youtube.com](https://www.youtube.com/watch?v=54Yq4kkoUW0).

Lyrics of “This is Me” from *The Greatest Showman* movie

I'm not a stranger to the dark
Hide away, they say
'Cause we don't want your broken parts
I've learned to be ashamed of all my scars
Run away, they say
No one will love you as you are

But I won't let them break me down to dust
I know that there's a place for us
For we are glorious

When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown them out
I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies, this is me

Another round of bullets hits my skin
Well, fire away 'cause today, I won't let the shame
sink in
We are bursting through the barricades
And reaching for the sun (we are warriors)
Yeah, that's what we've become

Won't let them break me down to dust
I know that there's a place for us
For we are glorious

When the sharpest words wanna cut me down
Gonna send a flood, gonna drown them out
I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies, this is me

...This is me

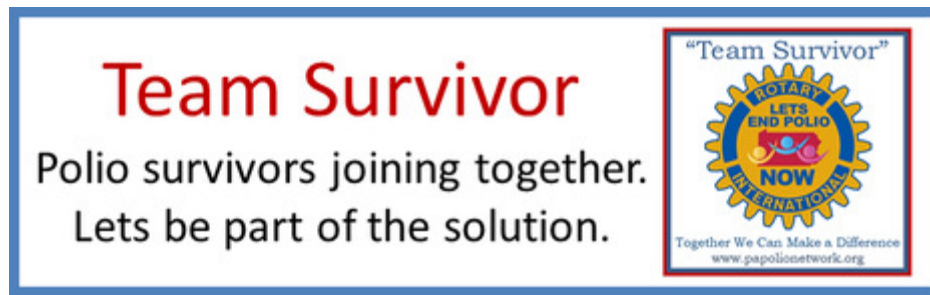
And I know that I deserve your love
There's nothing I'm not worthy of
When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown them out
This is brave, this is bruised
This is who I'm meant to be, this is me

Look out 'cause here I come (look out 'cause here
I come)

And I'm marching on to the beat I drum (marching
on, marching, marching on)
I'm not scared to be seen
I make no apologies, this is me

(Whenever the words wanna cut me down
I'll send the flood to drown them out)
I'm gonna send the flood, gonna drown them out

This is me



Become a part of Team Survivor through the Pennsylvania Post Polio network. It "is quite simply a means for Polio Survivors, our friends and families to come together in a thriving, spirited way to help rid the world of this disease we are all so very tired of. In just three years, survivors and family members in our network have sent donations providing more than 32,000 Polio vaccinations to children in the most difficult to reach corners of the world. NO donation is too small."

[Team Survivor](http://www.papolionetwork.org/team-survivor.html) or www.papolionetwork.org/team-survivor.html

Remembering Members & Their Families

Our sympathy to members who lost their husbands this past year:

Fay Baker, Marlene Cantrell, Mary-Ann Clinton, Lilli Guerry.

In Remembrance

Thomas W. Morton

JOIN APPA

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

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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 form only.

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

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

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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Nancy Winter - Editor

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