

APPA NEWS

The Atlanta Post-Polio Association

Volume 26, Issue I

Spring 2013

Dr. Jacquelin Perry dies at 94 The leading authority on Post-Polio Syndrome

Jacquelin Perry, MD,
DSc (Hon)

Born: May 31, 1918

Died: March 11, 2013

Major Contribution:

Known among her peers as the Grande Dame of Orthopaedics, Dr. Jacquelin Perry was one of the first ten women to be certified by the American Board of Orthopedic Surgery. She broke new ground in laboratory research by becoming the country's foremost expert on gait analysis. She is co-author, with Judith Burnfield, of *Gait Analysis: Normal and Pathological Function*, the classic text on gait analysis.

In the early 1950s, she jump-started the surgical program for post-poliomyelitis patients at Los Angeles' Rancho Los Amigos Medical Center. The medical staff was looking for ways to provide stability for the more significantly disabled polio patients who had paralysis of the neck and trunk. Recognizing that bracing was not adequate, she,



Continued on page 20

WEBSITE ADDRESS: www.atlantapostpolio.com

Table of Contents

President's Message	3
From The Editor	4
Thanks	5
APPA Resource Database	5
Dr. Mouzon Visits APPA	6
A Second Perspective	8
Discount\$	10
Thoughts	11
Polio Eradication	12
From The APPA Mailbox	15
Miscellany	17
Tech Bits & Bytes	18
APPA 2013 Calendar	23
Membership Form	23

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Contact Information

Atlanta Post-Polio Association, Inc.
P.O. Box 245
Cumming, Georgia 30028
(404) 350-7631
www.atlantapostpolio.com
appaemail@gmail.com

2013 APPA Dues Are Due

"Dues are Due" sounds a little *redundant* but the redundancy couldn't be avoided 😊

Web hyperlinks are underlined and in red www.atlantapostpolio.com



Message From The President

About ten years ago I went on a 6 day cruise out of Tampa, Florida. We drove there and something happened on that trip I'll always remember. We pulled into the parking lot and had news talk radio on as I shut the car off. During the cruise they had news updates on one TV channel in the cabin but we ignored it for the duration of the cruise, opting instead for the camera views from the bridge. Upon return to port we got in the car and headed home. The radio was still on news talk and as we drove along it occurred to me that in a weeks time we hadn't missed a thing. The same crap was going on as when we left. Nowadays I catch myself paying way too much attention to things I have no real control over. Too much news on TV. I'm hearing that more and more people are opting out of satellite and cable TV. There is a whole new demographic out there called Zero TV households. There's more, there are the "cord-cutters," "cord-shavers," and "cord-nevers." The cutters and shavers are one thing but the TV industry is really concerned about the "cord-nevers." They are young people who move out on their own and never set up a "pay" TV connection at all. At \$100/month or more people are figuring out they don't really give a hoot about what the Kardashians are up to. For me "Survivor" is getting through another week without any new health issues and just being here to write this column. "The Great Race" is being first at Kroger when they mark down the salmon. I guess I need to be informed as to what is going on in Washington, DC, but only to the point of how I can prepare for the consequences. Working on the things I do have control over makes me feel better. There is that old prayer about accepting things I cannot change and courage to change the things I can and the wisdom to know the difference. Seems like I pray for wisdom a lot these days. So what sort of things can I change? It's taken years now but I'm working on having no debt. By the time I officially retire my goal is to be completely out of debt. Working on my health is also paramount these days. I'm sure a real healthcare nightmare is setting up. Cancer centers are already turning away patients on Medicare. We have already seen that Medicare is paying for less and less. They predict a doctor shortage is coming. Seems the best offense here is a great defense, stay as healthy as possible. But even with all that, it must be a part of aging, that all around me there are more and more life challenges. We're

Continued from previous page

struggling more and more with ADLs (activities of daily living). The fact that I even know that term says something. So with the excess of information about things we can't change and the ever increasing challenges of life is there anything that can help us cope with all this? One piece of wisdom from my good friend Mike has helped me immensely. Mike once explained his philosophy on spirituality: "We aren't humans having a spiritual experience we are spiritual beings having a human experience." There is a huge difference there. Sometimes that human experience isn't so great. However since I can't ignore the not so great part I'm increasingly paying attention to the part that is great. Often the little things add up. For example, now that winter is over, I'm glad the warm spring days are here and I'm enjoying being outside more. I was outside this morning feeding my birds, chipmunks, and squirrels and noticed the wrens have babies in the permanent nest they have on my front porch. I can hear 'em cheeping when they get a bite to eat. I also have a curious Titmouse that has been getting tamer and tamer. The other day he came and sat on my knee. How cool is that!

Joe Drogan - APPA President

From the Editor

This issue is a real mix of the good and the bad. On one hand, we have sad news on the passing of Dr. Perry, and troubling news about the polio eradication effort. On the other hand, there is an always great visit with Dr. Mouzon, and an APPA NEWS first, a wonderful letter from longtime member, and past president, Dick Weir. Two great sources of inspiration for us. I don't know that APPA NEWS has ever published a letter from a member before but don't miss the one from Dick. Talk about inspirational, the guy is still going after nine knee replacements and a near death experience! Me, I freak out about getting a flu shot. In the course of getting permission to use his letter in this issue I had a really nice conversation with him. Truly one of the nicest people you'll ever talk to. As a bonus there is also the return of the "Thoughts" column by Myrna Whittington after a brief absence due to health issues.

You know, five years ago when I joined APPA I was only hoping for information about Post-Polio Syndrome. Never in my wildest dreams did I think I'd find such inspiration for life from the members here. Being able to bring such inspiration to you in this publication is one of the great pleasures in my life.

Joe Drogan

**APPA wishes to thank the following
for their donations.**

Sylvia Bates
Joe Droган
Phyllis McCarthy
Richard Weir

Thank You!!!!!!

HELP WANTED

The New **APPA** Resource Database

APPA is starting to collect information on resources our members have found useful. This would include, but is not limited to, information on polio doctors, brace makers, and power chairs. Clarence Weaver has graciously offered to maintain this database for us. We are in the process of determining what form the database should take. It most likely will be an Microsoft Word document that could contain email addresses and website hyperlinks and would be accessible by the majority of our membership. Our plans include putting it on the **APPA** website as well. Printed copies will be available upon request.

This is the part where we need your help!

Please send us any information that you think would be helpful.

Atlanta Post-Polio Association, Inc.

P.O. Box 245

Cumming, Georgia 30028

(404) 350-7631

appaemail@gmail.com

Dr. Richard Mouzon Visits APPA

By Betty Storey



Dr. Mouzon was very happy to speak with our group on Saturday, Feb 2, 2013 as he himself grew up with a disability. He is becoming more aware of what he cannot do anymore. We are aging physically and cognitively, just not as quick as we used to be. Dr. Mouzon planned to travel more at this stage of his life, but is unable to due to a broken leg and knowing his bones are more brittle these days.

So the question is - What can we do now to better prepare for disability? As we express our feelings we can plan for the future. It is helpful to discuss the issues facing us.

Dr. Mouzon stated that the Post-Polio population ages earlier than the general population usually an average of 20-25 years ahead of a typical 75 year old. Post-Polio patients might get more depressed than the normal population, may become less social and tend not to get out as much. We need to increase our cognitive aptitudes. We also need to be aware of our limits. Make sure that the activities for daily living don't take up too much time. Keep your dreams which help to keep you active and give you hope.

What are our plans for the future? Do we need to move from our current home?

Dr. Mouzon recommends keeping your power which means keeping control over your caregiver. As the doctor has had an assistant for over 46 years he knows he is becoming less assertive, but he understands that being assertive will make your wishes known and what is to be expected in the employer/employee relationship. Dr. Mouzon has himself met with issues of bringing help into his home. Knowing attendant costs are expensive, think of creative ways to use attendants.

Dr. Mouzon recommends learning resources for Aging with a Disability. The National Institutes of Health (NIH) has information on the subject as well as the American Association of Retired Persons (AARP.) The Georgia Psychological Association is also helpful if one needs a therapist.

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Sidebar

This was **APPA's** first meeting in the Shepherd Cafeteria. The auditorium wasn't available. After a successful **APPA** Board meeting here in January we thought we'd try a general meeting too. Everyone seemed to think it went well. It's an attractive setting and we will use it again when necessary.

As for future medical care requirements we should to consider diets, vitamins, emotional needs, and the fact that we are more sedentary, therefore diabetes may become an issue. In conclusion, Dr. Mouzon says;

- Stay social
- Share with others
- Plan for the future

The meeting was adjourned with singing Happy Birthday to Dr. Mouzon as his birthday was the next day. Cheryl surprised him with a candle lit cupcake!



Photos by Betty Storey

Continued on next page

A Second Perspective on Dr. Mouzon's Presentation By Cheryl Hollis



As polio survivors growing up, we were taught not to complain. We were to just suck it up. Aging is slipping up on us now and we are aware that we are not able to do as we always have done. There is also the realization that with physical aging comes cognitive aging.

What can we do to prepare for this? One thing is that we must realize what we can't do. Many of us try to preserve the ability to work which might also mean we must cut other things - usually those of a social nature. Peer pressure causes us to work overtime or work through lunch. Part of our planning must be learning to prioritize and pace ourselves in deciding where to spend our energy. Planning is like cleansing ourselves. The literature says that those with a disability age earlier than the general population when it comes to the integrity of the body. We ask, 'What is happening to us?' and realize it is called the aging process. As we age, we must plan for how we are going to live. Planning begins with asking essential questions: Who is going to help me?; How am I going to handle depression?; How can I plan for increased disability?; What can I do now? Answers to those questions might include: as physical limitations increase, how can accommodations be made in my home; who will be my resource people, which may change over time; using more assistive devices (at this point, Dr. Mouzon noted that there were more scooters in our group than when he was previously



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with us.); how can I enrich my life by getting out and enjoying myself more, which also increases one's cognitive ability; realize there is a balancing act between having fun and the ADLs (activities of daily living) - housekeeping standards may need to fall a couple of notches; continue to dream and have a goal by checking off things on your bucket list.

Another question to ask is, as we age how are we preparing for when we are more limited? Today we may be doing decently, but reality says there could be a day coming when we aren't. We may have planned for an administrator and find out they are a scoundrel. This is not something pleasant to think about, but we need to. Also, where do you begin to look for a caregiver? We might find we have too many assets to qualify for outside aid so we need to make arrangements ourselves. Options include a mom with children in school, a responsible high school student or even sharing your home in return for cleaning and other responsibilities. Many say attendant care is the hardest thing to deal with. From the beginning it is advisable to be in charge yourself. An attendant is not there to take care of you, but to help you in what you think you need rather than what they think you need. From the beginning you must communicate what you want. With aging we tend to become less assertive and more polite but this doesn't work in a caregiver relationship. The National Institute of Health (NIH) Department on Aging is a good resource concerning attendant care. Also, an internet search on 'aging with a disability' can be helpful.

Commonly, depression is part of aging with or without a disability. This can be compounded with a disability, cognitive slowing, and isolation. As we become less social we may not want to talk about this. That is why a group like **APPA** is so important as it allows one to stay involved and connected. Depression can be avoided by planning ahead for additional challenges and ordering our lives so we remain social and active. Talk therapy may be all one needs for depression rather than medication.

In today's world we are living longer with a disability than people have previously. How to afford lifestyle modifications and attendant care are certainly valid concerns when aging with a disability. In deciding how we are to live as independently as possible one must consider the medical aspects, nutrition, and social needs. Share with others. Above all, planning is key.



Photos by Betty Storey



Di\$count\$



APPA NEWS knows times are tough!

It seems to cost more and more every time you go anywhere to buy anything. In keeping with our tradition of helping our readers any way we can we are pleased to present you with **The Discount List!** In this issue we have Cell Phone Discounts for you.

Unfortunately this concludes the series on discounts. If any of you run across more let us know and we'll be glad to pass them along.

Cell Phone Discounts

- AT&T: Special Senior Nation 200 Plan \$29.99/month (65+)
- Jitterbug: \$10/month cell phone service (50+)
- Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+)
- Consumer Cellular: \$10/month
- Free Cell Phone Program: For seniors on a limited income
For more information call 1-800-SAFELINK or visit:
<http://www.safelinkwireless.com>
- Prepaid Cell Phones and Plans <http://www.t-mobile.com/>
<http://www.virginmobileusa.com/>

Editors note:

Many thanks to **Barbara Reynolds** for letting me know about these discounts!!

Editors TIP:

If you are paying for cell phone insurance check this. If your plan deductible is \$100 and you could buy the same phone used on Ebay for \$100 or less consider dropping the insurance. Insurance usually runs \$8/mo, that's \$96/yr.

Thoughts

by Myrna K. Whittington

A Potpourri of Life

What is that ol' saying, water, water everywhere, etc! Well my friend of almost 30 years, my washer, decided to unload all the soapy water into the kitchen, poor thing gave up the ghost! But she just looked so forlorn sitting on the curb.. I could barely look at her.

So in comes her replacement, all digital of course! It's eyes just blink at me....sigh!

Now this is a front loader and all of our cats love to sit there watching this whirring, blinking machine, that when it spins, starts out like a jet taking off from Atlanta's Hartsfield airport! Even when I close the doors, I expect a plane to land in the kitchen!

Next, speaking of water, on a Friday evening, no less, our sewer backed up into toilet, tub, floor in both bathrooms. See? Water, water everywhere and not a drop to drink!

Ok, mop again and the plumber came, all fixed (they think)! Next Friday evening strange sounds and you guessed it, we could float a boat in the house.

This was occurring while outside we had heavy, heavy rain.

I decided that I hate water! Except for a cup of tea!

Myrna Whittington

Editors note:

Brings back fond memories of my childhood when my mom would yell out "Joey, come quick!" and I'd have to help "hold" the washer back so it wouldn't walk across the kitchen on the spin cycle! Good times.....

Polio Eradication: The Bad News Continues

BY MARYN MCKENNA 01.10.13



When [last we left](#) the long asymptote of polio eradication, nine health workers in Pakistan who had been administering polio vaccine had been murdered, presumably by the Taliban or its sympathizers, because polio eradication has been cast by them as a plot against Islam in the wake of a CIA operation which used vaccinations as an attempt to get close to Osama bin Laden.

(If this story is new to you: Yes, really. For background, start with [this post](#), and then read [this](#), [this](#), and [this](#).)

So it's discouraging to say that, in the past few weeks, the news hasn't gotten any better — though some additional voices have joined the debate in an attempt to stress to the world how important this moment is.

First, news updates: On New Year's Day, an [additional seven vaccinators](#) — six female health workers and a male doctor — were ambushed and shot to death. For a week, polio eradication in Pakistan, one of three countries where the transmission of the crippling virus has never been interrupted, was at a standstill. On Tuesday, it relaunched with [promises of high security](#) (and in an attempt to signal

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that the government takes the crisis seriously, presidential daughter Asifa Bhutto Zardari administered drops to children in Karachi).

But: Worldwide, the polio campaign depends on the efforts of volunteer and low-paid vaccinators who work solo or in small teams, and there are signs that the Taliban intimidation has kept those teams at home. In Pakistan, both [*The News*](#) and [*The Frontier Post*](#) are reporting that “lady health workers” are staying home out of fear or as a result of family pressure. From *The News*:

A lady health worker, who identified herself as Shahana, a resident of Baldia town, said her husband and parents had disallowed her from taking part.

“Health officials say the police will provide security to vaccinators, but the cops was present in Baldia when armed men shot a lady vaccinator dead. Nobody trusts the police for security in Karachi anymore,” she maintained.

In a tough editorial, *The Lancet* warns that [this is not just another routine setback](#):

The effect of the killing of polio vaccine workers in Pakistan will have repercussions for its neighbour Afghanistan, which, together with Pakistan itself and Nigeria, is one of the remaining polio-endemic countries. Genetic analysis shows that two of the three chains of polio transmission in Afghanistan are from Pakistan. Other neighbouring countries have also been put at risk. For instance, polio broke out in China in 2011 for the first time since 1999 after being imported from Pakistan; 18 people were paralysed and one died.

Heidi Larson, an anthropologist who studies public trust in vaccines and immunisation at the London School of Hygiene and Tropical Medicine, pointed out that the killings of health workers in Pakistan could be a “game changer” in the global efforts to eradicate polio, calling for a rethink of delivery strategies. She compared it with the 2003—04 immunisation boycott in northern Nigeria, led by religious and political leaders, who claimed that the oral polio vaccine could cause sterility. This boycott led to poliovirus not only rebounding in Nigeria, but also spreading to 15 African countries and to Indonesia.

Just to underline: The crisis in Pakistan is not just about the changeable fortunes of the polio campaign, which has waxed and waned in public opinion since its launch in 1988. It is specifically in response to the admitted-to ruse by the CIA, which used a pretense of administering injectable hepatitis B vaccine in an attempt to harvest DNA from children who were believed to be related to bin Laden, as a way of proving he was in a particular area. They did not succeed – his location was proven by other

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means — but the damage to public health looks to be long-lasting.

So long-lasting, in fact, that the deans of 12 public-health schools in the United States (Columbia, Emory, Harvard and others) have sent an [open appeal to President Obama](#) excoriating the CIA attempt and asking that it never happen again. An excerpt:

...because of these assassinations of vaccination workers, the UN has been forced to suspend polio eradication efforts in Pakistan. This is only one example, and illustrates why, as a general principle, public health programs should not be used as cover for covert operations.

...contaminating humanitarian and public health programs with covert activities threatens the present participants and future potential of much of what we undertake internationally to improve health and provide humanitarian assistance. As public health academic leaders, we hereby urge you to assure the public that this type of practice will not be repeated.

International public health work builds peace and is one of the most constructive means by which our past, present, and future public health students can pursue a life of fulfillment and service. Please do not allow that outlet of common good to be closed to them because of political and/or security interests that ignore the type of unintended negative public health impacts we are witnessing in Pakistan.

Two of the deans, Drs. Lynn R. Goldman of George Washington University and Michael J. Klag of the John Hopkins Bloomberg School, have also [published an op-ed](#) which further fills in the Pakistan context and the damage done.

One final point: New Year's Eve — the day before the third round of polio-worker murders — was [the latest deadline](#) set by the international polio-eradication initiative for ending the circulation of wild polio virus anywhere in the world. It was not met. The goal is now to interrupt transmission [by the end of 2014](#). It is worth asking, given this completely unnecessary setback, how much further along the effort will be by then.

Flickr/[RIBI/CC](#)

From The **APPA** Mailbox

Richard A. Weir

~~797 Bedford Oaks Drive~~ 180 BAY RUN
~~Marietta, GA 30068~~ NEWPORT, NC 28570

~~252-648-8786~~
~~770-642-8325~~
~~FAX: 770-642-8763~~
 E-MAIL: Weir4750@bellsouth.net

To: Joe Drozan... and all my friends at APPA:

As the above indicates, Anita and I have moved -- really moved, to North Carolina!

Our daughter Laura and her husband Patrick moved here from Charlotte 3½ years ago and own their own Check-Fil-A franchise. We also now have 2 beautiful grandchildren, Caleb, age 5, and Reagan Marie, age 2. So... we decided it was time to move closer to our family. Newport, and Morehead City, where the restaurant is, are on the NC shore just South of the Outer Banks. A gorgeous place to retire to. Our house (with swimming pool!) is a very short walk to the water. We moved last August and love it here!

We want to keep in touch, so I am enclosing a check for \$50.00 to maintain membership and continue to receive your excellent newsletter.

Please give my best regards to everyone. I'll miss seeing everyone, but I will be with you in spirit!

All my very best,

Dick Weir.

Continued from previous page

Richard A. Weir

797 Bedford Oaks Drive
Marietta, GA 30068

770-642-8325
FAX: 770-643-8763
E-MAIL: Weir4750@bellsouth.net

Joe,
Thought I'd add this at the last minute.
I had my left knee replaced last April... for the
5th time (my right one has been replaced 4 times).
Here, in late Oct., I became severely ill in the
middle of the night. I was rushed by ambulance to
the local hospital, who decided I was so ill they needed to
further rush me by ambulance to the specialized
Infectious Disease Center at East Carolina University in
Greenville, NC, 1 1/2 hours from here.
I had 5 doctors working on me for over 8 hours.
My blood pressure dropped and I virtually stopped
breathing and was put on a ventilator for 2 days.
I was finally diagnosed with a severe staph infection, and
my wife & daughter were told they may "lose me".
I came out of a "coma" after 2 days, then they thought
they might have to amputate my lower left leg to
eliminate the infection. Well, after 8 days in intensive
care, they got the infection under control and I still
have my leg (wow!). I came home with a PIC line
for IV's for another 7 weeks, went to using a walker,
then a cane, & now I'm walking on my own but still
taking 3,000 mg. of penicillin daily to hopefully conquer
what is remaining of the infection. And I'm hoping to
get back to playing golf again this summer. It's been
a rough road, but I'm used to fighting to get my
health back. Thought everyone might like to know.
Best regards,
Dick

Miscellany



Photo By:
Joe Drogan

Anybody see a problem here?

I have to go “up” to get to the elevator? After some investigation I found the elevator isn’t actually “up” it’s around to the right and down that walkway.

The information provided herein represents what the authors believe they heard during presentations at **APPA**. The authors are neither legally or medically trained and for these reasons may not have recorded an accurate accounting or understanding of the important details discussed. Neither they nor **APPA** assume any responsibility for the accuracy of the information provided. It is, therefore, highly recommended that all and any information provided be confirmed with an appropriate lawyer or physician before applying any of these legal instruments or medical treatments on your own. It is hoped that this summary serves to apprise the reader of available means to help them be prepared for the future.

Statement of Policy

APPA and **APPA NEWS** do not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them. Articles reflect the opinions of their authors and do not necessarily reflect the official policy of the Atlanta Post-Polio Association.

Tech Bits & Bytes

By Joe Drogan

IT MIGHT SNOW TONIGHT!!!

What a hoot. There is a 2% chance of a flurry. Think I'll go down to the Kroger and watch the panicked public clean out the bread and beer supplies. (I'd normally say the bread and condom supplies but that'd never make it past the **APPA** censors!) Why do they do that? It's not like we're gettin' snowed in for a week. Well that's a whole different article than I'm writing here. This is about one way you can keep up with the weather on your computer and smart phone and decide for yourself if it's really necessary to go and stock up on stuff. Let me introduce you to:

<http://www.wunderground.com>

Dawsonville, GA ★ 🏠 Lat: 34.4° N Lon: 84.1° W Elev: 1230 ft 10:06 AM EDT on April 22, 2013 (GMT -0400)

Source: [BestForecast™](#) [NWS](#) [Rapid Fire Updates™](#) ☒ ON Updated 3 sec ago [Get Free Weather Stickers®](#) Share: [f](#) [t](#) [g+](#) [p](#) [s](#) [v](#) [g+](#) [Like](#)

Dawsonville Weather at a Glance

Weather Station - Report - Buy a Station Elevation 1109 ft [Station Select](#)

Penguin Labs, Lake Lanier, Dawsonville

Now Clear	Temperature 56.5 °F Feels Like 56.3 °F	Wind(mph) 28.8	Sunrise / Set 6:56 AM 8:13 PM	Moon Waxing Gibbous More Astronomy
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Today 66 °F Partly Cloudy	Tonight 45 °F Partly Cloudy	Tomorrow 70 54 °F Partly Cloudy	Wednesday 77 48 °F T-storms 60% chance of precipitation	Thursday 75 48 °F Partly Cloudy	Friday 73 54 °F Partly Cloudy
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Today is forecast to be **nearly the same** temperature as yesterday. [10-Day Forecast - Hourly Forecast](#)

[Current Data](#) [Today's Almanac](#) [Extended Forecast](#) [Radar](#) [Satellite](#) [Webcams](#)

Conditions Pressure 30.14 in Visibility 10.0 miles Clouds Clear -	Temperature Temperature 56.5 °F Dew Point 42 °F Wind	
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Weather Events

- 5.9 earthquake La Union
- Missoula, MT set a record low temperature of 17 for Apr 22
- Winner, SD set a record low temperature of 30 for Apr 22
- Weaverville, CA set a record low temperature of 39 for Apr 22
- Plattsburgh, NY set a record low temperature of 21 for Apr 22

[View all Weather Events](#)

Earth Day. Every Day.
Understanding Our New Climate

Not to be confused with the Weather Underground Organization (WUO) or the Weathermen a radical left organization back in 1969, this organization provides what I feel is probably the best weather information available on the internet. Why the heck they chose the name Weather Underground is a mystery.

I've been a member since 2009. A membership costs \$10/year but the free accounts work fine, there are just ad's that take up a small part of the page but the data is the same. I tried the free site for a while before deciding the fee was well worth it. Penguin Labs uploads data from its weather station every 3 seconds 24 hr/day 7 days/week. That means I can check on the conditions here from anywhere in the world. There are a million features to

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their site. Everything from Astronomy to Weather Forecasts from anywhere in the world. They have a collection of personal weather stations, like Penguin Labs, for cities all over the world. That's important because many times the weather here is very different from that in the nearest "big" city. On a day with storms all day, I can set up the animated radar on one of the computers and leave it goin' all day to watch the storms come thru here. You can add favorite locations to your preferences. In this part of the world our weather usually tracks from southwest to northeast so I have some favorites southwest and west of here so I can see the conditions heading my way.

Here's a little known Wunderground secret for you.

A few years ago they changed the format of the site to a "newer cleaner" look. Many of us members complained that we liked the old format better to no avail. I still use the old format myself. Old dogs, new tricks, or sumptin' like that. 😊

You can go to it instead by substituting "classic" for the "www" in the address. Try both and you can decide for yourself.

Partial Feature List

Forecasts
Weather Maps
Animated Satellite
Animated Radar
Storm Tracking
Rainfall Amounts
Moon Phases
Sunrise & Sunset
Airport Conditions
Flight Tracking
Sports Weather
Marine Weather
Aviation Weather
Ski Reports
Air Quality
Earthquake Activity
Travel Planning
Meteorology Blogs
Webcams
Climate Info
Historical Data
History & Almanac

<http://classic.wunderground.com/>

Welcome back jdrogan@windstream.net! [Sign Out](#) - [Settings](#) - [Mail](#) - [My Quick Menu](#) [New Website](#) - [Full Screen](#) - [Mobile](#) - [iPhone](#) - [Lite](#) - [Download](#)

Search: Zip or City, State, Airport Code, Country Weather Conditions Go

Local Weather Maps & Radar Severe Weather Photos & Video Blogs Travel & Activities Resources

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Dawsonville, Georgia Local Time: 9:48 AM EDT (GMT -0400) — [Set My Timezone](#) Lat/Lon: 34.4° N 84.1° W (Google Map)

Current Conditions
Penguin Labs, Lake Lanier, Dawsonville, Georgia (PWS)
Updated: 2 sec ago
55.6 °F Clear
Humidity: 60%
Dew Point: 41 °F
Wind: 28.8 mph from the ENE
Wind Gust: 28.8 mph
Pressure: 30.15 in (Steady)
Visibility: 10.0 miles
UV: 2 out of 16
Pollen: 9.50 out of 12 [Pollen Forecast](#)
Clouds: Clear - (Above Ground Level)
Elevation: 1109 ft
Rapid Fire Updates: ☒ Enable ☐ Disable
Source for Current Conditions: ☒ PWS & Airport ☐ Airport Only
[Weather History for This Location](#)

5-Day Weather Forecast for ZIP Code 30534
Monday: 66° F | 45° F Partly Cloudy
Tuesday: 70° F | 54° F Partly Cloudy
Wednesday: 77° F | 48° F T-storms 60% chance of precipitation
Thursday: 75° F | 48° F Partly Cloudy
Friday: 73° F | 54° F Partly Cloudy
Today is forecast to be nearly the same temperature as yesterday.

Forecast for Dawsonville
Updated: 11:00 AM EDT on April 22, 2013
No Active Advisories (US Severe Weather)
Monday: Partly cloudy. High of 66F. Winds from the ENE at 5 to 15 mph shifting to the West in the afternoon.
Monday Night: Partly cloudy. Low of 46F. Winds from the ENE at 5 to 10 mph.
Tuesday: Partly cloudy. High of 70F. Winds from the North at 5 to 10 mph shifting to the SE in the afternoon.
Tuesday Night: Partly cloudy. Low of 54F. Winds less than 5 mph.

Here at Penguin Labs we, of course, constantly check the weather in Antarctica, since that's where lots of penguins live! The report from Amundsen-Scott, Antarctica, today is -83 °F.

Be a good day to stay inside and work on **APPA NEWS**.

Until next time - **Happy Computing!!!**



Continued from page 1

along with Dr. Vernon Nickel, pioneered the use of halos for spinal surgery and rehabilitation.

Perry's contributions to the body of knowledge of understanding human movement included studying all forms of functional assists from canes, to crutches, braces and wheelchairs. She compared the effectiveness of various forms of bracing and prostheses, total joint replacements, resection arthroplasty and other surgical interventions. She also studied the effects of injury in both professional and recreational athletes.

Other Information:

Brief Bio: Jacquelin Perry was born in Denver, Colorado, but was raised in Los Angeles, California, the only child of a clothing-shop clerk and a traveling salesman. She recalls, "I knew at about age 10 that I wanted to be a doctor. I read every medical book in the Los Angeles library." (1) She received her bachelor's degree in Physical Education at the University of California, Los Angeles in 1940. Next, she joined the army and trained to be a physical therapist, receiving a certificate from Walter Reed Army General Hospital in Washington, D.C.

She completed a two-year assignment at Hot Springs, Arkansas, and that military experience gave her a strong background in poliomyelitis and arthritis. After World War II, she used the G.I. Bill to study medicine and became the first woman orthopaedic surgeon to graduate from the University of California, San Francisco. Like many orthopaedic surgeons, she was skilled with hand tools and improvised and built many of the rehabilitation devices she used with her patients.

In a published profile in the American Academy of



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Orthopaedic Surgeons, Dr. Perry said, "It was definitely not a field for women back then. People said it was too strenuous. Too mechanical. My medical school class had 10% women - seven out of seventy-six, pretty good numbers for those days. Orthopaedic surgery wasn't very popular in those days, it was mostly braces and buckles, not the surgical specialty it is today." (2)

In 1955, she joined the medical staff at Rancho Los Amigos and was Chief of the Pathokinesthesiology Service for 30 years. She once stated that her polio experience at Rancho broadened her medical experience (and that of others) because they developed a team concept of patient care; nurses and therapists were encouraged by the physician to take responsibility for evaluation and treatment planning. (3)

She was honored with "Woman of the Year for Medicine" in Southern California by the Los Angeles Times in 1959.

When polio patients started coming back to her with post-polio symptoms in the late '70s, she counseled them not to push themselves but to modify their lifestyles and implement energy conservation techniques in order to accommodate their new reality. In an article called General Information Letter for Polio Survivors: Why are "old polios" who were stable for years now losing function? What should they do about it? SPANISH, Perry advises, "Be an "Intelligent Hypochondriac" – Listen to your body and adopt a program that avoids the strain."

Her publications, noted for their rigorous scientific standards, reflect her particular concern for patients with many conditions, such as multiple sclerosis, cerebral palsy and stroke, and individuals with spinal cord injury and amputation. In addition to the well-known gait textbook, she co-authored more than 400 peer-reviewed papers and 38 book chapters.

Her 50-year career is reflected in the many awards and teaching positions she has held. She founded the Scoliosis Research Society and was a board member of numerous professional societies. Credentials for Dr. Perry include board certification in Orthopaedic Surgery, membership of the American Academy of Orthopaedic Surgeons, American Orthopaedic Association, American Institute for Medical Biological Engineering, Western Orthopaedic Association, California Medical Association, Los Angeles County Medical Association, American Physical Therapy Association (honorary lifetime membership), Scoliosis Research Society (Emeritus), LeRoy Abbott Society, American Academy for Cerebral Palsy and Development Medicine, American Academy of Orthotists and Prosthetists (honorary membership), Ruth Jackson Society and Gait and Clinical Movement Analysis Society.

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Dr. Perry's numerous awards, accolades, professional activities and visiting professorships have influenced many outreach programs for female students in the fields of orthopaedic surgery, physical therapy and mechanical engineering (such as the "The Perry Initiative" and the Jacquelin Perry, MD, Resident Research Award).

The Jacquelin Perry Neuro-Trauma Institute and Rehabilitation Center at Rancho Los Amigos was dedicated in 1996 in her honor. At the ceremony she remarked, "It amazes me that I should be honored for doing the very things I enjoy."

In 2000, PHI honored Dr. Perry at its 8th International Post-Polio and Independent Living Conference held in St. Louis, Missouri. She, along with Dr. Augusta Alba, was recognized for her dedicated years of supporting polio survivors by combining her medical expertise with practical advice.

She stopped performing surgeries in the late 1960s as the result of a brain artery blockage, but continued doing research focused on gait. Perry, who later developed Parkinson's disease, continued practicing into her nineties. She died in March of 2013 at the age of 94 (see [Los Angeles Times obituary](#)).

1. From text of Honorary Award presented in June 2000 by PHI.
2. From "[Rancho's Angel](#)" in Moving Stories: 75 Years of Orthopaedics.
3. From text of Honorary Award presented in June 2000 by PHI.

Description of publications:

See "Major Article" tab

For a full listing of her Dr. Jacqueline Perry's life work see her [Curriculum Vitae](#).

Hear an [audio clip](#) of Dr. Perry being interviewed by the American Academy of Orthopedic Surgeons.

[2006 interview with Dr. Perry](#) by Neena Bhandari of India Voice

May 2012/Carol K. Elliott & Joan L. Headley/Post-Polio Health International

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(www.polioplace.org/people/jacquelin-perry-md-dsc-hon)

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Llp/10-2006

APPA 2013 CALENDAR

April 6	BINGO
May 4	TBA
June 1	TBA
July 6	No Meeting - Summer Break
August 3	TBA
September 7	TBA
October 5	TBA
November 2	Annual Business Meeting
December	Christmas Party



Atlanta Post-Polio Association

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APPA NEWS

P.O. Box 245

Cumming, Georgia 30028

(404) 350-7631

www.atlantapostpolio.com

appaemail@gmail.com

Joe Drogan - Editor

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