

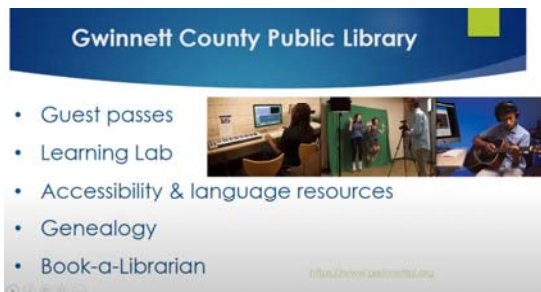
APPA NEWS



The Atlanta Post-Polio Association

Volume 37 Issue 2

Summer 2022



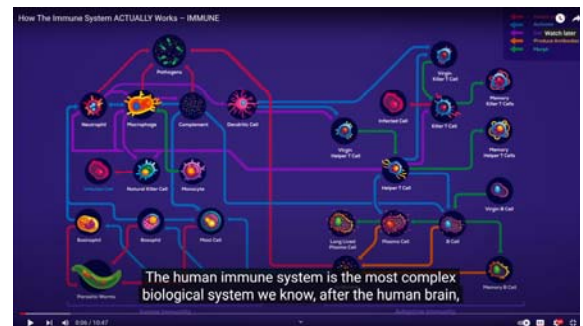
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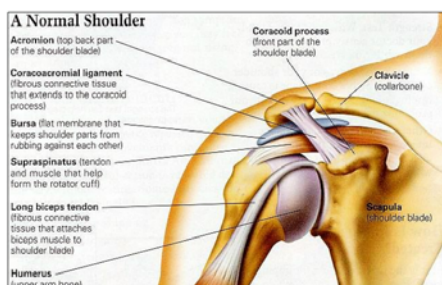
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Annual contributions help to educate the public and health care community concerning polio. We respond to the needs of individuals who suffer from post-polio syndrome through group meetings, educational programming, newsletters, and advocacy. APPA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



President's Message



It is a pleasure to share information which I obtained through zoom and Facebook. I attended a zoom meeting on 5/31/2022, which was called Brain Talk presented by Emory University Goizueta Alzheimer's Disease Research Center. The program started with cardiovascular exercise obtained by the use of a chair. Dr. Monica Parker was the expertise for the program. For short term memory loss consult www.nih.gov/health/alzheimers-disease-research-center as NIH has 30 research centers. Speech therapy has proven useful for stroke improvement and ballroom dancing is useful for Parkinson's Disease therapy.

To keep your brain healthy, consider lifestyle changes. This includes being physically active and intellectually challenged with reading books, attending book clubs or having music lessons. Also, it is important to be socially engaged with proper eating of healthy foods. This means eating less red meat, more fruit and vegetables, and obtaining at least 8 hours of sleep. It was suggested that your primary care doctor is your best friend. When attending a doctor's appointment, have your questions documented as the physician is allowed 15-20 mins per patient. For additional information on dementia consult the Lancet Commission Report on the web. To be placed on the weekly zoom meeting call (404)712-1416 or email cdorbin@emory.edu. The meeting is also posted on YouTube.

I attended another zoom meeting on June 1st from the Rotary 33/34 in Ukraine. I was fortunate to enter the live streamed program as 1,000 people attending the Zoom-Facebook meeting was at capacity. Volodymyr Bondarenko presented a power point of all the relief programs for Ukraine people affected by the war. The Rotary prepared food for people in bomb shelters, delivered food to hospitals and children, and to people in basements. They arranged for centers for refugees and provided for their evacuation. A special committee meets daily to discuss immediate needs as damage to the country is horrific. In Ukraine there are now 62 Rotary clubs and 10 million+ people have left Ukraine. The recording of this program is available through Rotary zone 33/34 Facebook at www.facebook.com/group/rotaryinternationalzones33/34 To help the refugees in the United States donate to Welcome.US/Ukraine to sponsor a family.

Rita D. Carlson
June 1, 2022

Editor's Note

I have to admit my life is good, even as my energy has diminished. Where has the energy gone recently? Is it the heat, PPS fatigue, depression (blame that on the news), or some yet unknown vitamin deficiency (blame that on the ads that come with the news)?

Publishing the APPA News, since the last issue, at first seemed too much to face. But my skills at procrastination have increased: reading books, learning more Spanish on el DuoLingo phone App, enjoying phone chats with family and friends (especially APPA friends). All these I can do from the comfort of the couch. For the APPA News I have to sit up to this computer and pay attention. Thankfully two wonderful APPA members gave me their story for this issue. Thank you Charlotte and Bernetta for your stories, which are on pages 9-16. There is a third member who gave me her story for the Fall issue (see quiz and sneak preview on page 17). Also, thanks to members that send me more useful links and information.

I'm handling this PPS management even better, besides just successful procrastination. I now have a powerchair (see next page) and am feeling better about propelling myself by joystick, at least around the house. I haven't braved the ramp to go outside yet, perhaps by the Fall issue, I can report successful achievement on that. The powerchair has allowed me to do all the kitchen activities without getting so tired, and it is saving my shoulders from so much walking around with the rollator.

Thank you FODAC and APPA-SNAF!!!

Through APPA, we are part of a huge network. When you get done with the little information we share within APPA, check out the other Post-polio groups (page 17). We even get good information from around the world. Our APPA Website has links to other resources, the archive of APPA News, and archived recording of APPA events.

Speaking of fatigue, here is a useful link from the other side of planet earth. <https://www.polioaustralia.org.au/health-fatigue/>

Message to physicists and tech folks: I am still waiting for my flying carpet.

Nancy Winter



Extra note from the Editor. Practicing the joystick

March 23rd, this year, I went to FODAC to see if the small power chair they had would work for me. Yes! So I brought it home and it is saving me many steps around the house. My arms are thankful too. We have named the new chair Hercules.

Also, I wanted the wheels replaced on my rollator. They didn't have wheels but did have a skinnier rollator. So I traded in Harvey for Mini-Harvey. Mini gets into places in my home that the wider rollators could not go. So high praise and thanks to FODAC & SNAF for making my pain free mobility. The following episode is the method I used to practice self-propulsion by joy stick.

They say "imitation is the purest form of flattery". So, I'm sure I'm not alone in being delighted when young children try to imitate my silly limp or take off with my canes. In the past few years, the grandkids imitate using my rollator.

My home was not particularly built for powerchair access, so there are a few tight turns. But the halls and rooms connect to form a nice track to send grandkids around. They run laps for exercise while I lay on the couch and keep count.

I was alone with the 20 month old grandson. He walked off with Mini (the name for my new skinny rollator, also from FODAC) and disappeared in the kitchen.

I had the new FODAC power chair (called Hercules) parked near my couch, so I climbed on that and figured I could use more practice with the joy stick. So I powered after the little guy. He came up be-

hind me for lap #1. So I began lap #2 and he, pushing Mini, followed behind - a very determined look on his face.

I decided to keep practicing my new joy stick propulsion, making a few nicks in the door frames, but getting the hang of it. He and Mini followed for lap #3. Then lap #4, 5, 6 and I quit counting. We probably did about 15 laps in this durable-medical-equipment parade and would have kept going but his Mom and brother had returned to fetch him.



FODAC : Run,Walk 'n' Roll—May 7, 2022

By Vicki Crowell



Saturday, May 7th was a happy day for me because I finally got to visit with my friends from Friends of Disabled Adults

and Children after 2 years. I wish I could remember what year I started doing the run, walk n roll and getting sponsors to help them out financially.

I had gotten my first lift for my car, and Chris Brand installed it. He has done very well with FODAC and is now President. I got to be good friends with Ed Butchart, the man that started FODAC. He was a great man and a great Santa Claus. I had him speak at my church years ago. I don't remember how many times they have helped me out with equipment but the last thing I got was a scooter. Actually I had ordered one from a magazine. It really did not work for me because the seat was not comfortable to my back. They found me one with a great seat, and I traded with them.

I am very pleased with this one. I have also made a lot of good friends through the years. It was really hard to miss those years as far as meeting in person. I am glad we are back and hope to continue. I have collected around \$3000 for the last few years and really did not expect to get that this year because everyone was having financial prob-

lems. But, I knew anything I did collect would be helpful. I have tried to educate my friends about FODAC and a few have used them. After I passed the \$2000 mark I really got excited and worked harder to try for the \$3000. I did it and won first place again. I really appreciate everyone that helps me out and as long as I can, I will continue to do what I can to support FODAC. They do so much good for so many people. Saying that, if any of you need anything check with them and see if they have it or get on a waiting list. They will work with you as best they can.

Oh, when I was packing to move I found a T-shirt from the 2009 run, walk 'n' roll so I wore it this year. We received green shirts this year and they are really pretty. Anyone that donates \$35 or more is able to get one. I am looking forward to getting started in March or April for next year's run, walk 'n' roll. Get ready to make your donations.

Thanks again to everyone that helped this year.



Important message to APPA members who have had Covid

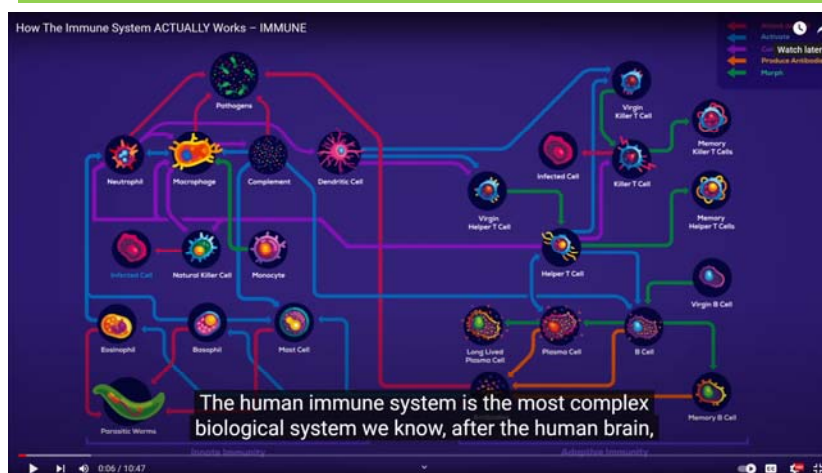
A RESEARCH PROJECT TO PARTICIPATE IN

*By Mike Kossove, Professor Emeritus, Polio
Survivor*

*Adjunct Professor of Microbiology
Touro University, School of Health Sciences*

I am working on a research project, *The Effects of COVID on Polio Survivors*. Of particular interest in this project are those polio survivors who have PPS. If you were sick from COVID, did it exacerbate your PPS? If it did, please contact me at jpspolio@hotmail.com, (include Polio in subject line), explaining how it affected you. If you'd like to remain anonymous, please let me know. Thank you for your participation.

Thinking about our wonderful immune system



Kurzgesagt – In a Nutshell

Is a collection of wonderful animations of the workings of our inner systems. These really beat a biology book. They have also created a book, the cover picture is on the next page. If I had a coffee table, I would definitely get this book.

Check out these videos on YouTube:

<https://www.youtube.com/watch?v=IXfEK8G8CUI>

There are many online animations on how our immune system works at the cellular level. These are all very cool, and I'll just swipe (print screen) a picture from this one for us:

<https://www.youtube.com/watch?v=IXfEK8G8CUI>

For those of us who would just like to quickly read about this, I made the following summary, so I could remember this stuff.

First, the virus has to pass our “Sentries” the eyes, nose, sinuses, mouth, throat, lungs, and length of the stomach and intestines and the surface of our skin. These sentries send instructions to the “engineers” to make the antibodies to bind and neutralize the invaders. Then the macrophages come and clean up the vanquished. If the engineers already have a blueprint for an similar type of invader, they make the weapons quickly. A new type of invader takes longer to design and manufacture the weapons needed.

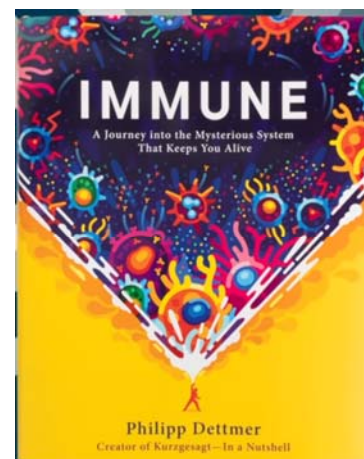
The SARS-CoV-2 respiratory viruses were able to sneak past the sentries and block our cell wall sentries, angiotensin-converting enzyme-2 (ACE-2), from doing their job. Instead the virus used the machinery in our cells to reproduce themselves and infect other cells. This invasion can take up to 5 days before one is sick enough to have symptoms.

The sentries and the infected cells send out a distress signal to molecules called type I interferons that instruct the killer T-cell soldier to destroy the infected cells. While T-cells are killing infected cells and the macrophages are clearing the battlefields, the B-

cell lymphocytes work on making the secretory IgA antibodies. These are the long lasting antibodies that can protect us for decades.

Every foreign invader (virus, bacteria, or fungi) has proteins on its surface called antigens—we have all heard of the spike protein of covid. The antibodies put the handcuffs on the antigens and the macrophages gobble them up and haul them off. Other types of antibodies, IgM or IgG are protecting us using different methods. All this brings us into the discussions about vaccines and cytokine storms, but this is enough to know that every cell in our body is hard working to protect us and that is enough reason to get more rest so they have the energy to do the job.

From Epoch News featured article called Immunology 101. by Ann Corson, MD. Her practice in Philadelphia is devoted to the of treatment of patients suffering from all forms chronic disease. https://www.theepochtimes.com/immunology-101-covid-19-and-natural-versus-vaccine-immunity_4291196.html?slsuccess=1



Charlotte Terry

Polio Graduate 1957

Editor's note: When someone unassuming, funny and kind tells me her story is small and will just be the size of a footnote, hmmm. Here is her "footnote." She said I'd have to twist her arm to get this, so I did. She says it wasn't as painful as she had thought.

I am a 65 year old polio survivor. Born in Waverly Hall, Georgia. I was eventually the oldest of five children. I developed polio at age 4 in 1957. I was in the Warm Springs Foundation Hospital for 9 months. My brother was also in quarantine for 3-4 months; later he had no lasting effects. During that time my mom was pregnant with her 3rd child and she had to play with me through the window.

After we were discharged, I started out with a back brace, corset, and leg brace. When I was 6 years old, we moved to At-

lanta. We routinely drove back & forth to Warm Springs for new braces and getting physical therapy treatment in the water.

Over the years, until I was 14, I had 3 surgeries. They removed atrophied muscles from foot & leg and switched things around so I could walk. After I was 14, I didn't wear braces all the time.



My brother and I at Warm Springs



My Mom allowed me to play baseball with the kids in the yard. I was treated just like all the kids. When I fell down, Mom said "get up". We did vacations, including camping, I was treated as a normal child. I walked with a limp but didn't need any brace or crutches over the next years.

It made me know not to give up.
No matter how bad things are,
don't give up.

Continued on next page

Charlotte Terry, continued

Backing up through the years, I went to English Avenue Elementary School and then Booker T Washington High School, both in Atlanta. My first job, which helped me pay for school, was at a place that made men's shirts – Arrow Shirts. My grandmothers' sisters worked there and got me a job. Some sewed, some folded, I was in the "bag-up-the-folded-shirts" department. The problem was the standing.

Later at Atlanta Area Technical school, I took general office procedures. Over the years I worked for two different banks and insurance companies.

My spontaneous attempt to join the Army happened like this.

My brother and I (the two oldest kids) leased an apartment down the street from my Mom and younger brothers. When I was 23 years old, my Mom died, so the 16 year old brother moved in with us. He was still in high school. We helped him get his drivers license and drive while he finished school, but we worried about his future. I was getting tired of fussing with him. So, when he was 17, I had him sign up for the military. When he turned 18, he had to start his service. I had been firm in my resolve for him to go but that morning, about 5 AM, when they came in a white van to pick him up, I broke down. They were ringing the doorbell, my brother was standing there with his suitcase,

and I told the officers: "Take me instead" (that is how I can say that I tried to join the military). Anyway, they took him off to Ft. McPherson (I think) and from there to determine where he would go next. He had planned on just one year, but he liked the traveling; he served 6 years, and came home a man. He also sent me part of his paycheck so I could keep the apartment. Little known to me, my older brother was getting engaged to his girlfriend and would be moving out when they married. (You don't put two women in the same house). Thanks to the other brother for helping me to keep up the payments.

Lesson learned: when you get a place, make sure you can afford it on your own, as lives change.

In 1999 I had a bad fall and broke my knee. My PPS was starting to show but I didn't pay much attention, until that break set me back. Since 1999, I've been dealing with PPS. I first heard about the Atlanta Post-Polio Association when I went for physical therapy at Emory. After I had improved, one of the nurses said: "Now you can get back into your polio support group". That was the first I had heard that there was such a group. So, I contacted the Shepherd Center, got the contact for APPA, and made the call. I was so happy that I did.

Continued on next page

Charlotte Terry, continued

Starting in years 1999-2000, I went to the polio doctor at Shepherd. Dr. Leslie, until he retired. Then I went to Dr. Strasser, and now he is retired. I will actually see his replacement, Dr. Burke in September. I already had a virtual visit and he helped me get the motorized chair. He had to write more letters to get it. Medicare paid 80% of the cost. Thanks to APPA's SNAF program for helping me afford the other 20%. Some years ago, I was able to get a wheelchair through FODAC.

The process for getting the chair through Medicare was with the Seating Clinic. The company called Numotions comes to the Shepherd Center to help us find the right fit. The Shepherd Center has a room to go for fittings by appointments. I ended up using a walker, then just 2 years ago, a power wheel chair for long distance. I am concerned about maintaining my arm strength. We essentially walk with our arms, so it will not do to wear them out.

Life in the high-rise

In 2002 I moved to this senior citizen high-rise. I couldn't get out into the yard anymore or pulling out the trash, etc. A senior high-rise is more convenient for me, and I have been there since. This high-rise is a good place: you can get assistance, get to know people and no stairs. People change every few years, but I have had

pretty good neighbors. The older ones die out. You have to be 62 or disabled to live here.

I love the community on Ponce de Leon; I still drive and use the rollator.

I have 3 brothers, one is retired and he helps me to the doctor; I do not have a van so he would take me in the car and use a manual wheelchair. We both almost 69 years old. Everybody in my extended family still lives in the area. I enjoy the company of brothers and my half-sisters, nieces and nephew. We were together for Mother's Day.

About my lack of pictures. I lost my Mom when I was 23; she was only 40 years old. In her passing, my aunts packed up her home including any family pictures and that's how they were lost. No cousins knew to save the pictures. We didn't take a lot of pictures back then.



APPA Christmas Party 2012, Photo recovered by Vicki Crowell

Charlotte Terry, continued and some real footnotes

I didn't speak at the APPA meeting Mother's Tribute. If I had talked about my Mom I knew I might start to cry, so I didn't speak.

When I first joined APPA a lot of the old group were already in their 80s. I was on the Board for 9 years—tricked into it. After that I retired.

We were not virtual back then, and physically getting to the meetings was hard.

I have continued as Chair of the APPA Nominating Committee, I get suggestions from others, make the calls to those names to see if they would serve on the Board. Then I put together the ballot – which is generally a no-contest, so the vote for the slate is all yesses. **Please let me know if you want to join the APPA Board.**

END

Editor's other note: The fun thing about collecting these stories is all the interesting subjects that come up in our conversations. So below are a just a few "footnotes" from Charlotte's story, and a comment from talking with Vicki Crowell. These subjects all need further research.

1. Update on Warm Springs Pool. 2022

See page 21

2. Why do some of the Power-chairs not come with a key? What if we have to leave the chair unattended for a few minutes?

3. Seating Clinic. The company called Nu-Motions comes to the Shepherd Center by appointment.

4. Walmart and other stores seem to be increasing use of automatic check-out counters which are a lot harder for people in the motor chairs or with other disabilities. We will always prefer the humans.

Bernetta Calhoun

Polio Graduate 1952

There were four of us kids, living in Detroit. I was the only one who contracted polio. My parents had taken me to the ER due to a lump on my neck. I caught polio in that ER. I was only three, but I didn't go home for over a year. I vaguely remember being in the Iron Lung with all the lights on the side, not sure how long I had to stay in the device. I think this is why I suffer from claustrophobia. Any closed space including elevators can trigger vertigo for me.

Finally, I went home still wearing braces up to my waist and a corset. I did not like being shut in with all that paraphernalia. My Mom was very spiritual and religious and would take me to all the revivals and faith healers. They would fervently pray over me that I would just throw away the crutches and walk during the services, but it never happened. I wonder if this happens to others with disabilities. Many in the past were hidden, even institutionalized, and couldn't socialize. Then add to that the guilt that we might not be having the faith to be healed or some problem in the family caused us to be disabled. I think it is a disservice to our true faith that this guilt would be impressed upon us.

By my teen years I was able to do away with the braces and corset, was able to

wear normal shoes – and lived well with just the crutches.

That lasted until I started dealing with PPS which was in my mid-fifties. I had a neighbor, who lived across the street, and she would tell me about post-polio articles in the Atlantic Journal and I said I didn't have those symptoms. According to the article, she said, PPS starts hitting in your forties, so I felt grateful that I hadn't started feeling these symptoms.

Then, slowly, things started to be off. I could not go upstairs or stand up as much as I used to. Found myself being tired and balancing from one leg to the other. I could walk a certain distance then found I could not do that distance anymore. I thought it was just temporary from a day's work, getting too tired. Things started catching up for me.

At first, at my job with AT&T, I didn't need to walk very far from the handicap spot to my desk. Then the company moved to a new location, the parking deck was down a block. I knew I could not walk that distance, plus to the elevators, and then through a maze of cubicles to get to my



Bernetta Calhoun, Continued

desk. It started to be too much. I was scared; I didn't want to lose my job. My friend suggested I should get a scooter. The last thing I wanted to do was to give up my walking independence, but this friend convinced me that it was something I should do. With a scooter then we could also go to museums and other places. It made sense, finally, but it took someone else to tell me and assure me it was an okay thing to do.

Getting the scooter was another hurdle. I had to be able to transport the scooter from the back of my Camry. So, before I could get a lift, I had to get a trailer hitch installed. With that I could get the Hammel lift. That worked for a while, until the Camry broke down. I then purchased an Odyssey that came with an inside lift for better security. Then, to my surprise, it had a light-weight Go-Go scooter in it, left from the previous owner. This new Pride Go-Go scooter was easy to take apart and reassemble. I could even go to the airport, up to the plane, they would disassemble and store it, then reassemble when we landed. That is what I used until I retired from ATT in 2016.

I had worked since I was 18. My first job was in Detroit at the Ross Roy Advertising Company, in the computer department. I developed my career along with

the coding/programming. I worked there until I moved to California in 1975 where I landed a job at Motown Records. The Motown artists were always friendly to the staff. They would come to me because I worked on their royalty checks. Motown Records wanted all their employees to learn the ins and outs of the recording industry. We had to attend many of the recording sessions, concerts, and to any movie releases, which included the WIZ. And we also had to attend many of the after-parties. So, I met Diana Ross, The Jackson Five, Stevie Wonder, and others. Motown was then also the publishing company so I also met the writers. I worked there for 13 years. In California the weather was perfect, my bones felt different without the cold. It was like you could float.

I walked everywhere with the crutches. Even on stairs, I preferred going downstairs more than upstairs. In my apartment I got around fine, even without my crutches. These were good times.

My baby girl (pictured here) was born in 1983. We had lots of friends, lived the life; I even wore 3" high heel shoes.



Continued on next page

Bernetta Calhoun, Continued

Motown was eventually sold to Universal Studios, due to downsizing I took a job as a computer programmer at Baskin-Robbins Ice cream. Like Motown, they wanted me to learn all aspects of the business. We had to go to the different stores and scoop ice cream for the customers, we did taste tests, and help decorate the floats for the annual Rose Parade. We also toured the plant to see how it's made. At the corporate office where I worked, the lunch room had wall to wall freezers with the ice cream of your choice which I freely indulged. A few years later Baskin-Robbins merged with Duncan Donuts. Again, there was a downsize.

Speaking of cold: people wondered why I felt cold even in Georgia. Then I started reading and hearing about PPS.

I had family in Detroit and in the Atlanta area. Eventually we moved to Georgia for warm winter, more affordable living and to be closer to my relatives. I got a job here and decided to stay. That was about 1995. Then I worked several programming jobs, until I ended up at AT&T.

I became a permanent employee of AT&T, as a Business Account Manager. I retired and I must say my last day was the most spectacular. I was getting in my car to go

to work but my daughter stopped me and said she would drive me to work — why? — I couldn't understand until she said: "Mom there is a limo outside ready to drive you to work". I was totally blind sided. A co-worker of mine came with the limo, he took apart the Go-Go Scooter, put it in the trunk of the limo and off we went into Atlanta's bumper-to-bumper traffic.



November 18, 2016 7:12 AM in the limousine with my friend Tevin

Unbeknownst to me, my best friend from California had paid for the limo as a retirement gift. My daughter, co-worker, and friend had gotten together to pay for this great surprise. We had use of the limo all day, we went to lunch, did some sightseeing through all the traffic, and what a great ride.

Until he retired, I was seeing Dr. Strasser, and he recommended I get fitted for a wheelchair. I guess Medicare provides one

Continued on next page

Bernetta Calhoun, Continued

every 5 years. I tried the new powerchair using the joy stick and tore up some walls. I just found the wheelchair challenging. With the scooter I find weight balancing a lot easier. When I get up from the scooter, I have something to hold on to.

As PPS progressed, we sometimes wonder why this is happening and it's heartbreaking to realize that slowly things are being taken away from us. With PPS you are dealing with a lot of personal loss.

These days I live with my daughter, I enjoy reconnecting with relatives, and working on archiving information about our heritage. We are working on the family tree with my cousin who visits the Georgia Archives frequently. My cousin is a retired colonel in the Air Force. So we are putting together a collection.

My biggest hobby is junk journaling and creating photo books. You can watch videos on junk journaling, and I like to put my own artistic spin on it. As a child I went to a Leland School and we couldn't play sports. I remember we had art classes where we learned Decoupage, crafting, and things like that so that's what got me into junk journaling. I make a journal and I as-

semble papers and concepts of things I remember (like what was I doing when the towers went down) – paste it and write on it. My craft room is a mess, my papers, pictures, everything.

I can do that and enjoy listening to music – on Pandora, I listen to the Jazz Masters. We have a dog, a Yorkie, with a fenced in yard. Here is a picture of one of my junk journals.

END



Sneak Preview and APPA Quiz.

Who is this APPA member?



Answer: See the next issue with more stories in the "Getting to Know Us Series"



Upcoming Saturday Zoom APPA meetings:

August 6: Michael Kossove is a microbiologist, and a polio survivor. He is Professor Emeritus, and Adjunct Professor of Microbiology at Touro University, School of Health Sciences in New York. Prof. Kossove has been researching polio and PPS for over 30 years.

September 3: Barbara Meyer will discuss the book, "A Paralyzing Fear, the Triumph Over Polio and America" AND

September 8 Picnic at Bogan Park See page 24.

October 1: Shirley Thomas from Georgia Cares will discuss updates from Medicare- Check APPA Website for updates or watch for announcement by email

How to join the Zoom meetings. Of other PPS Groups

Each month the Boca Area Post-Polio Group (BAPPG) newsletter provides the updates. To see any of their fantastic newsletters, go to: <https://postpolio.wordpress.com/newsletter/>

To find the updated list of Zoom meetings, click on the most recent newsletter and scroll until you find the page that looks like the one here.

FREE POSTPOLIO 'ZOOM' MEETINGS
(they are 10 hours ahead)

'NEW' First Monday, Sunday 7 PM Eastern
Australia Polio Community - Steph Cantrell
www.rybooking.com/BOBOW to register; personal link will be emailed to save use for all meetings.
Meeting ID: 911 4715 7186 Password: 92558

Third Monday, 3 - 3:45 PM Eastern
Togo For You, Quebec
<https://us02web.zoom.us/j/9022299642>

'NEW' First Tuesday, 11 - 12:00 PM Eastern
South Denver, CO PPSG-Hal Goldberg, PhD
303-212-0017 or halgoldberg@halgoldberg.net

Tuesdays, 7 - 9:00 PM Eastern
Polio Quebec - Mona Arsenault
<https://us02web.zoom.us/j/3776897170?pwd=VnZSMWdVb1k2U2t6QXZMc2RlZmY5Q0T09>
Password: 1900

First Wednesday, 12 - 2 PM Eastern
PPSG of Dallas Area, TX - Marcie Suddell
Meeting ID: 720 675 9902 Password: PPSG

Wednesdays, 2 - 3:30 PM Eastern
March of Dimes Canada - Kayla
<https://us02web.zoom.us/j/84879826164?pwd=alHVYjctU0R1b2h0eWZlbnRlZWVhbnRlZmY5Q0T09>
Password: 0000

Wednesday/Thursdays (Qib), 4:30-6 PM Eastern
5/4/2022, 8/4/2022, 11/2/2022, 2/2/2023 etc.
Maine County Polio Survivors, CA - Francine Fink-Allen

'NEW' First Saturday, 2 PM Eastern
Sacramento Region Polio Survivors, CA - Lorita Brown
<https://us02web.zoom.us/j/8116171715?pwd=NTU3MjUyZWVhbnRlZWVhbnRlZmY5Q0T09>
Meeting ID: 811 6715 7186 Password: 92558

Second Saturday, 1 PM Eastern add month
Polio Epic, Inc., AZ - Mikki Minner
<https://us02web.zoom.us/j/32423812?pwd=QUR5RlN0aGdUM2VhbnRlZWVhbnRlZmY5Q0T09>
Meeting ID: 324 2381 2799 Password: 2020

'NEW' Third Saturday, 12:00 - 2:00 PM
North Denver, CO PPSG-Jill Felkema, LCSW
720-675-9902 or jill@westerncarepartners.com

Third Saturday, 1:30 - 3 PM Eastern
PSG San Gabriel Valley & W. Inland Empire, CA - Marci Ellison
<https://us02web.zoom.us/j/81428179432>

Third Saturday, 1:45 - 4:00 PM Eastern
San Francisco Bay Area Polio Survivors, CA - Stella Cade - stella@stella.net
Meeting ID: 814 103 3038 Password: 1975

First Sunday (ex. Holiday) 3-5 PM Eastern
Nebraska Polio Survivors Assn. - Elaine Allen
<https://us02web.zoom.us/j/8255660100877?pwd=MaUVRlN0aGdUM2VhbnRlZWVhbnRlZmY5Q0T09>

DON'T BE LEFT OUT - IT IS SIMPLE TO 'ZOOM'

1) Download 'zoom' on your desktop, tablet, or

Highlights of APPA Events March—July 2022

March 5, 2022, we had Scheduled Bosede Yasin from Disability Links. Bosede is our own APPA member, and her story of how she got started working for Disability Links is in a previous APPA News. On this day, Bosede had been sent up to Washington D.C. for the (N)ickle (C)enter (I)ndependent (L)iving meeting. Instead, Ken Mitchell gave a very inspiring presentation about Disability Links. In our Spring Issue we listed their core services and advertised their 2022 Spring Gala on April 30, 2022, to which APPA President Rita attended and Bosede Yasin received the Anne M. Robertson Award. Disability Link believes that people can live independently with support services. More about this fine organization is on their website. <http://disabilitylink.org/programs/>

April 2, 2022. On the Library See page 19

May 7, 2022 It was a Tribute to Mothers. Rita played a video from John Nanni ,who spoke to us earlier this year about Rotary and the eradicate polio efforts. He had quite a story about not only his mother, but an aunt and a grandmother, all who helped his family at the time he had polio. I cannot possibly do justice to the tributes to mothers given by our members in attendance, Thankfully, this meeting is archived on our website and our YouTube Channel. [Here is a direct link.](https://www.youtube.com/watch?v=GgxTHk7LFOQ) <https://www.youtube.com/watch?v=GgxTHk7LFOQ>

There were no Saturday Zoom meetings in June or July.

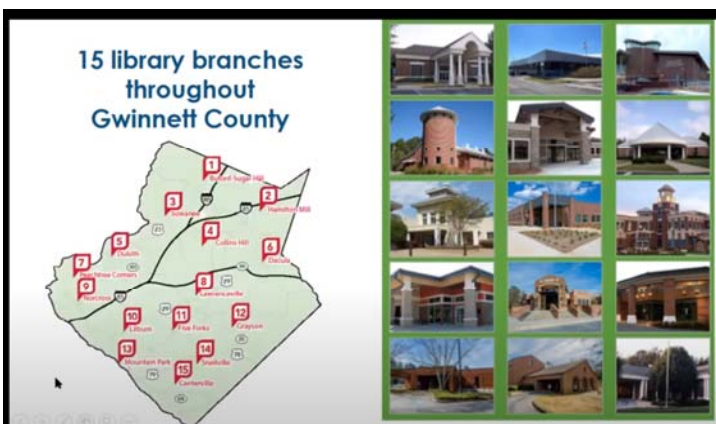
June 28, 2022: Thirteen members of APPA met at the Olive Garden located at 3565 Mall Blvd. Duluth. Members ate from the luncheon menu and enjoyed good conversation about polio. The food was excellent. There was ample parking and our waitress was also excellent. Everyone enjoyed each other and represented a wonderful manner to enjoy membership after the long ordeal due to Covid-19. A member suggested that it would be nice to meet in person again so then it was decided to have these kind of social gatherings in various sections of Atlanta. Suggestions are open as to locations and to please email me with your ideas. *By Rita Carlson*

Book a Librarian!!!

Highlights from April 2nd APPA Meeting

Amy Perry told us about the amazing features of the Gwinnett County Public Libraries. (CPL). Gwinnett is one of 62 library systems in the Georgia Pines Network.

She started out by asking: Is there a need for libraries? Absolutely! Some of the answers our APPA members gave: there is more information. Libraries can fill the gaps of government and community program. They provide fast internet access, software and printers that people can use for job hunting and filling out applications, and all other kinds of research. GCPL even offers a way to **“Book a Librarian”** to get personalized help with the digital stuff. How cool is that?



The library also has current magazines, multi-lingual books and periodicals, from around the world, and programs for all ages. Maureen suggested (from her past experience) a library is a safe place to meet a blind date, or other strangers (friends

you hadn't met yet). Place of safety and respect. The PPS group used to meet there years ago.

Hosting speakers? They have meeting space one can sign up and reserve. If hosting a meeting and need a larger space, you can schedule and pay the fee (some can be waived, depending on whether open to public). In the past people did not want to hold meetings at the library because they couldn't offer food, but you can eat at the Ginnette library.

116,000 libraries in the US. State fed & local funding. The Library of Congress has 164 million items in the Library of Congress. Fun fact: One of the most overdue library books in world was returned after 122 years. In Australia 1800's not until the 1900s it was discovered and finally returned. Evidently no late fee was charged.

The free library card is for Gwinnett County residents plus those who work or own property there. But anyone can attend their programs. The card allows checking out books. The other services, zoom events are open to anyone. If you don't live in Gwinnett, \$40/year gets you a library card. This cost is similar to what country residents pay in taxes each year for library support.

GCPL continued

In GCPL, Kids come in to work on school-work together and can eat snacks and visit. Not all places in the library are quiet.

586,399 card holders including every kid registered in the County public schools. 3,507,762 e-books, audio, printed books in circulation in 2021 even during covid. Pre-covid was 4.5 million likewise customer visits dropped during covid by about a million. 15 library branches serving a million people

Have a problem of holding a thick book? There are e-books & audio books. GWPL also invites speakers who offer services for the community, like taxes, writing skills, crafts, will planning, and passport services. They also have virtual author visits, moderated by a local person. These and other webinars are archived in their Youtube channel.

Duluth library is the busiest; it is near the railroad tracks in downtown Duluth. It's busy all hours of the day, serves a population of many languages. It is open from 10 am to 8 pm, but with special library access cards, you can come in 2 hours before opening and stay 2 hours after closing. For those extra hours, no librarian is available but there is a security guard & cameras. Internet is available at the longer hours. This access is popular and being started at some of the other branches. Snellville branch is in process being built right in the middle of apartments, downtown, restau-

rants and a park. The goal is to connect people in the community.

GCPL learning labs include 3-d printing, robotics, sewing classes with machines available. There is always waiting list for sewing classes. They strive to make all things accessible. For visually impaired, they can project onto larger screens, they have larger keyboards. Cooking classes, they have a Mobile Kitchen Cart holding classes for kids and adults. Genealogy classes, virtual book club. So many classes and services, too many to list here. Their website is very good and the programs and many services are open to residents from other counties.

www.gwinnettpl.org

Books by Mail Service

<https://www.gwinnettpl.org/adults/mailbox-books/>



Currently only for the Gwinnette County Residents. But the rest of us might find out if this is available in our own County Libraries. Books by Mail is a service to card holders for homebound customers due to illness or injury. They come via USPS, return in the envelope labelled postage is free to return.

END

Update on Pool Restoration and other changes at Warm Springs

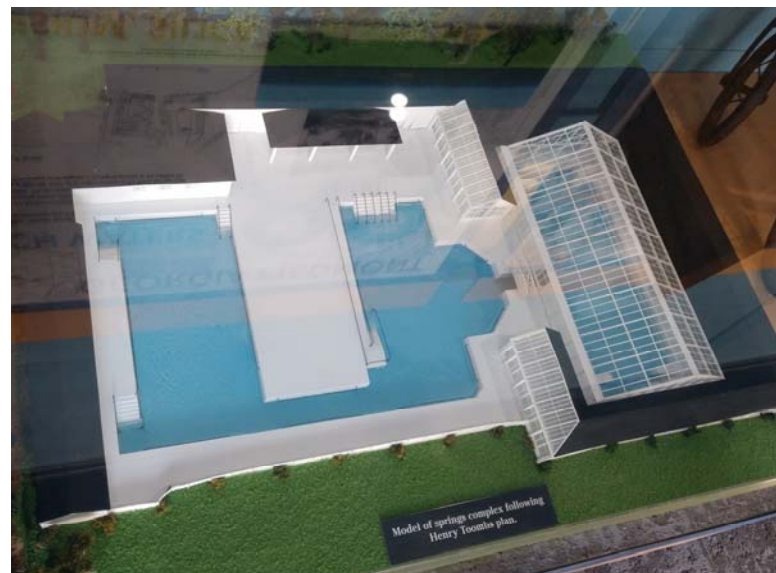


Sadly, while this project was delayed, the cost of it has gone way up.

Here is the design for fixing up the pool



In the meantime, the museum has been upgraded due the support of donors, including the Rotary clubs.



Bits from Bruno Bytes

On the topic of Polio Infected Siblings and Neighbors

Dr. Bruno's Post: From THE POLIO PARADOX: "In 5% to 20% of households where poliovirus attacked one family member, another was also stricken. From 1909 to 1955 more than 2000 family members in over 1000 households were surveyed in which at least one person had polio. On average if one child in a household became ill he "shared" polio with one other sibling of similar age. Just over half of those who became ill were paralyzed, while the others had flu-like symptoms ranging from a fever, sore throat and nausea to a stiff neck and muscle pain. This "minor illness" was caused by the poliovirus but may never have been diagnosed as polio at all, or may have been called "abortive" or "non-paralytic" polio. In threequarters of the households, the first case of polio was paralytic and the second was "non-paralytic." Bottom line: there's about a 1-in-5 chance that if you had paralytic polio one of your brothers or sisters had non-paralytic polio and may not even have known it. (3rd qtr 2020).

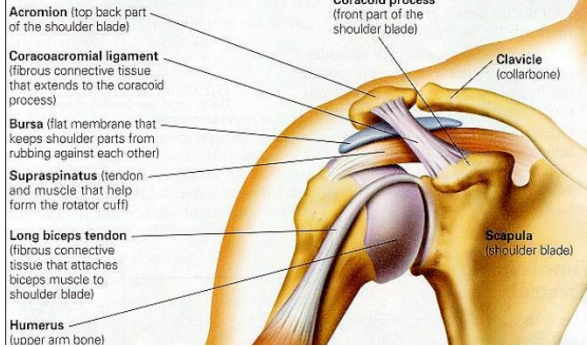
On the topic of Saving Weakening Muscles Question: My wrists and arms are taking a beating, especially getting up out of a chair, couch, etc. I use KAFOs on both legs. I am trying to reduce my "ups and downs." Can you help me with other suggestions? I'm trying to avoid a wheel chair as long as I can. **Dr. Bruno's Response:** Perhaps you can raise the chair/couch with thicker/additional cushions or with "blocks" to raise the entire thing. However, avoiding a wheelchair as long as you can is THE recipe for post-polio disaster. If you wait "as long as you can" there will be no motor neurons or strength left. You need the wheelchair NOW to save what you have!

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

This link also takes you to the Encyclopedia of Polio and Post-Polio Sequelae where articles by Dr. Bruno have been archived and cataloged by subject.

Save our Shoulders

A Normal Shoulder



When I first joined APPA, I was sent the New Member Packet which included an APPA News, Spring 2017 issue. The picture caught my eye, but I didn't carefully read the article. I thought my only problem was walking, certainly my arms could do anything. Now 5 years later, I am catching on to this important warning from our elder & wiser PPS'ers. Actually I didn't pay attention to my shoulders until I heard one of

those older/wiser guys saying he could no longer use his arms to get out of bed or up from a chair. (Oh, how useful are these Zoom meetings!).

Save our Shoulders is a new PPS booklet on this subject, includes the risks of shoulder troubles for polio survivors and sample of exercises.

<https://post-polio.org/wp-content/uploads/2020/01/Save-Our-Shoulders.pdf>

“Many polio survivors with leg weakness rely on their arms and shoulders to get up from a sitting position, to bear weight on crutches/walkers, or to push a wheelchair. The shoulder is simply not designed for this kind of regular weight bearing function. :

<https://www.papolionetwork.org/uploads/9/9/7/0/99704804/>

Another new exercise link for exercising in a wheelchair.

https://nysilc.org/images/Reports/Exercise_Guide_for_People_with_Disabilities_in_NY.pdf

Odds and Ends

Why do Restaurants throw out perfectly good food.

A few of us were saddened at the end of our Dr. Strasser Retirement Luncheon that they wouldn't let us take home leftovers and, as far as we know the food was discarded. This was really high quality, delicious food. With a few take-home boxes, we could have easily cleared all the leftovers. A recent thread on my neighborhood forum raised this subject, and we learned a bit from each other.

The Emerson Good Samaritan Law was created to allow restaurants and grocery stores to donate food to people directly or through proper food banks. There is some information online: <https://www.restaurantbusinessonline.com/advice-guy/can-restaurants-donate-leftover-food>, though these articles were written pre-covid.

Another neighbor offered the program in D.C. called SOME.org (So Others Might Eat), counts on volunteers to transport food safely.

Remember the "Food for the Hungry Program", described by Susan Gunter in the last issue of APPA News, how she and Marcus and volunteers served their community.

Things we can do from the couch. Drive through distant cities: <http://driveandlisten.herokuapp.com/>. Drive fast around narrow streets of Rome, glance at the famous buildings on the way. Or try Paris, or Prague, San Francisco, and New York. Some come with sound. Makes me glad to be comfortably home.

Learn & Practice any language on DuoLingo.com. Step by step, learn a language on your smartphone. It's lighter to hold than a book, constant positive feedback, and gentle reminders if you forgot part of your answer. I hated learning language in school, now I love the whole process. I guess it is easier to think when we are relaxed.

Or to get out of the house: seniorsonthegotours.com Check this out if you want to take a trip for a day or some overnights. (770) 985-6131

Odds and Ends, continued

What should we expect from a PPS medical professional?

For example: Is there something that goes beyond information we already have shared in the PPS information network?

Do we just need referrals to PT or paperwork to get Medicare to pay for 80% of a power chair?

Who or what clinic in the APPA area do you recommend?

For the next issue of APPA News, we hope to publish your answers, with your name or anonymously.

Please tell the APPA News Editor: Nancy@prime.org

Stats on Polio Cases. <https://www.endpolio.org/>

2022 Wild Polio Cases – Pakistan 3, Afghanistan 1, Mozambique 1

2021 Wild Cases - Pakistan 1 (2020-84), Afghanistan 4 (2020-56), Malawi – 1

2022 Vaccine Derived Polio Cases – 99 in 10 Countries

June 2022: Polio Case in Rockland County NY. The latest speculation is that the person with polio was unvaccinated, who perhaps caught it from someone who was carrying the live virus from the OPV (live virus) polio type vaccine, which is still used in other countries. Last known polio case in USA was 2013. (From LoHud.com): “The June samples that showed the presence of polio came from Rockland County Sewer District #1, which serves the towns of Ramapo and Clarkstown, along with some parcels in Orangetown. Rockland Health Commissioner Dr. Patricia Schnabel Ruppert said that Orangetown's sewer district - the other plant in Rockland where wastewater is periodically tested for COVID-19 - did not have polio presence.”

Odds and Ends, continued

We have set a date for our FIRST PICNIC this year!!

DATE: Thursday, September 8th

WHERE: Bogan Park, 2723 North Bogan Rd., Buford, GA 30519
(Small Pavilion Front of Park)

TIME: 11 AM – 2PM

WHAT: Lunch from Chick-Fil-A (provided by APPA for you and significant other)

Please RSVP to the email which you received July 27th
We will send out a menu for your order as we get closer to the date

We know this will not be convenient to many of you, but we had to start somewhere.



This is where the Board needs your support!

We need volunteers to reach out to 6 to 10 members in the Directory within a 25 mile radius (or so) around your home.

Ask them if they are interested in attending a picnic lunch at a State, County or City park within the next 3 months (August through October)

Do you have any APPA items? (From Wayne Nichols) As you may not be aware, four months ago our Board approved the assembling of our archives. Rita Carlson and myself drove down to Warm Springs and met with Mr. Mike Shadix, the director of FDR archives. He is familiar with APPA for several years and very interested in archiving ours alongside FDR!

We began assembling this information two months ago starting from 1985 to date. Currently we have over 1,200 documents and pictures sorted and filed in acid free boxes at our office.

If you have any favorite picture, letters, memos that are related to APPA and have them either hard copy or electronic version with dates, you can email them to me nicholsw@locinc.com or mail to our office: (address on back cover).

JOIN APPA

<input type="checkbox"/> Individual	\$25	<input type="checkbox"/> Gold	\$100
<input type="checkbox"/> Family	\$45	<input type="checkbox"/> Platinum	\$150
<input type="checkbox"/> Bronze	\$50	<input type="checkbox"/> Corporate	\$250
<input type="checkbox"/> Silver	\$75	<input type="checkbox"/> Lifetime	\$500
Additional Contribution		\$_____	

**APPA, 1036 Parkway court
Buford, GA 30518**

Make checks payable to: **APPA**

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

Please **CHECK** all that apply.

- ◇ I am a new member.
- ◇ I am renewing my membership. (Please send annual dues before April 1st)
- ◇ 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
- ◇ Programs
- ◇ Assist with APPA phone line
- ◇ (phone calls to shut-ins)
- ◇ **APPA NEWS** (write articles, proofread)
- ◇ SNAF Committee
- ◇ Public relations
- ◇ Database assistance
- ◇ APPA phone tree
- ◇ Assist at social events
- ◇ Fundraising

Name(s) _____ DATE _____

Address _____

City State Zip _____

Telephone _____

Email Address _____

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



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FREE MATTER FOR
THE BLIND OR
HANDICAPPED

Look for us.....we're on the web.
www.atlantapostpolio.com

APPA NEWS

See videos of our APPA events

[https://www.youtube.com/channel/
UCIhr5aec4_c2u3SDJXPOAvQ/videos](https://www.youtube.com/channel/UCIhr5aec4_c2u3SDJXPOAvQ/videos)

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Nancy Winter - Editor

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