



APPA NEWS



The Atlanta Post-Polio Association

Volume 41, Issue 1

Spring 2026



Why eat more of this?
What is it?

This space intentionally left blank



APPA Board

President - Nancy Winter (gannynancy@gmail.com)

Vice-President – Barbara Ruecksties

Secretary - Zoom meeting summaries*

Treasurer - Nancy Truluck

Event planner—Belinda Whitaker

Member Records – Joe Drogan

Member Services - Pat Harris

SNAF and Zoom - Leslie Schulgen

Tech Support and more - Wesley Moss

Archivist :Wayne Nichols

Webmaster:Allison Stockton

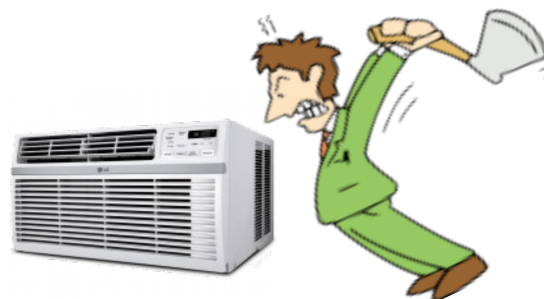
New Address for APPA:

**Atlanta Post Polio Association
399 Womack Road
Covington, GA 30016**

THE APPA VISION: The Atlanta Post-Polio Association (APPA), for 40 years, has helped to educate the public and the health care community concerning the late effects of polio. We respond to the needs of individuals who suffer from post-polio syndrome. We offer group meetings, educational programs, newsletters, website, online discussions, and advocacy. APPA has a Special Needs Assistance Fund (SNAF) to help members who need to be financially assisted with devices that increase stability and mobility. (Our mission and vision has not changed!!!)

Message from the Editor

Yes, I'm getting ready for the cold summer. I speak of the cold indoors. Outside the sun gets to be a bit scorching but the shade is pleasant and early mornings & evenings very pleasant. Alas, then we have to endure the inside of many places where they try to combat the heat with extreme air conditioning.



So I asked my trusty AI companion. "Why am I so uncomfortable in the cold, especially in air conditioning."

First I asked if large temperature changes (outside in the 90's to below 70 inside) might be harmful to our general health. Hoping it would answer; "*Oh yes, sudden change in temperature can cause high blood pressure, war, diabetes and cancer and we should have a law*" Well that was not the answer, instead it provided the following information.

Recommended by Gemini for most efficient and healthy thermostat settings.

Scenario	Summer cooling	Winter heating
At home	78°F	68°F
Sleeping	72-75°F	60-67°F
Away	82-85°F	55-60°F

Post Polio sensitivity to cold :according to Google/Gemini: Sensitivity to cold is a hallmark symptom for many polio survivors, often referred to as "cold intolerance." This occurs because the original poliovirus didn't just affect muscle-controlling nerves; it also damaged the parts of the nervous system responsible for regulating body temperature.

The primary reasons for this sensitivity include:

1. Damage to the "Thermostat"

The poliovirus often damaged the **hypothalamus**, the area of the brain that acts as the body's internal thermostat. In a healthy body, the hypothalamus sends signals to blood vessels to constrict (narrow) when it's cold, which keeps warm blood at the body's core. In many polio survivors, this "signal" is weak or missing, meaning the body doesn't react correctly to temperature drops.

2. Impaired Blood Flow Control

The virus also attacked **sympathetic nervous system** neurons in the spinal cord. These nerves control the small muscles around your blood vessels.

- **Failed Vasoconstriction:** When it gets cold, the blood vessels in the limbs of a polio survivor often fail to constrict.
-
- **Heat Loss:** Because the vessels stay open, warm blood continues to flow to the surface of the skin, where the heat quickly escapes into the air.
-
- **"Polio Feet":** As the blood loses its heat, it becomes cold and "trapped" in the veins, often causing the skin to look blue, purple, or mottled.

3. Lack of "Internal Heat" (Muscle Atrophy)

Muscles are a major source of body heat. Because many survivors have **atrophied muscles** or significant weakness, their limbs simply don't produce as much metabolic heat as those with full muscle mass. Without this internal "furnace," the limbs cool down much faster and take much longer to warm back up.

4. Nerve Sensitivity

Cold temperatures cause nerves to conduct impulses more slowly. For a polio survivor who is already working with a limited number of functioning motor neurons, even a small drop in temperature can lead to a **75% loss in muscle strength** and a significant increase in fatigue and pain.

Pro Tip: Many experts recommend that polio survivors dress as if it is **20°F colder** than the actual temperature. Layering with "wicking" fabrics like polypropylene (found in brands like Thinsulate) can help trap what little body heat is produced.

How did AI Gemini learn this information?

We will recognize the sources. Gemini learned that from:

https://post-polio.org/late_effect_polio/cold-intolerance/ 1985

<https://polionetwork.org/archive/yvgwq6j6q6s3fsi9c17x7jxe5uxgvo#:~:text=The%20reason%20polio%20survivors%20have,were%20damaged%20by%20the%20poliovirus.>

<https://polionetwork.org/archive/ue77crhucda0e04v2pvswdwwxb976wr#:~:text=Answer%3A,preventing%20loss%20of%20body%20heat.&text=The%20reason%20polio%20survivors%20have,to%20tell%20them%20to%20constrict.>

“Don’t let the patient feel cold, especially the legs, foot or any other part affected. Progress stops entirely when the legs or feet are cold.”

FDR TALKS ABOUT HIS PARALYSIS

Warm Springs, Georgia

October 11, 1924

This is part of a letter F.D.R. wrote to a physician while taking treatment at Warm Springs. Dr. Wold says it will probably become one of most

famous “medical case reports” written by a layman.

Source: Jane Heath, Portland, TN, June, 1996.

Reprinted from Polio Heroes of TN, July 1996.

BAPPG newsletter March 2025

Dobie Gillis and a Smoothie Update

By Joe Drogan

Way back in 2012 I wrote an article on smoothies. If you want to look it up its on the APPA website newsletter section. It was the 2012 2nd qtr.

Here's a quick recap of the recipe:

In a blender or food processor.

- 1 tbsp organic flax seed,
- 1/4 cup Greek yogurt,
- sugar snap peas, spinach, Brussels sprouts, celery, broccoli, carrots, bok choy, English peas, cucumbers, or any vegetable
- 1 tbsp rice protein powder.
- 1 cup coconut, or almond milk,
- 1/4 tsp organic Apple Cider Vinegar.
- 1/4 cup organic Pomegranate Juice,
- 1 cup sliced strawberries,
- 1 small banana

Blend until "smoothe" add ice and continue blending and enjoy!



I started drinking a smoothie daily and doing the exercise Dr. Strasser recommended for me which was daily walking not to exceed 20 minutes, about 3000 steps. I really didn't feel any different and almost quit this regimen.

After 2 weeks or so I suddenly noticed how I had much less fatigue and generally felt great.

I still had the occasional Post Polio Syndrome (PPS) fatigue days but they seemed less severe. What could possibly go wrong in this scenario, a vegetable overdose? I did literally wear out a Vitamix container which I rebuilt.

After about twelve years of this routine something did go wrong and the thing that went wrong was me! I guess I got complacent. I felt so good every day I began to take it for granted. "I'll be okay if I don't have a smoothie today, I promise I'll take a walk tomorrow." Procrastination is one of my main character defects. I kept putting off buying the veggies I needed for a smoothie. I kept putting off taking a walk. After a week or two I still felt pretty good. Here's where it gets tricky.

How do you gauge how good you feel. How do I feel compared to a week ago etc.? The not feeling good sneaks up on you. I've always had this problem, is it PPS fatigue or just me being lazy? This went on for months. I'm actually afraid to try and look back at just how long it actually was.

Smoothie update, continued

Then something happened. I have a new Polio doctor. Dr. Jasmine Malhotra at Emory. When I first saw her, I was fine and still on smoothies and exercise. This latest visit I complained about not feeling well, always tired and unmotivated to walk etc. We discussed the changes I'd made and if they were responsible for the way I was feeling. I think I already knew what she would say. "If you want to go on the rest of your life feeling the way you do keep doing what you are doing. If you want to feel better go back to what worked before."

It was exactly what I needed to hear. But knowing how I am I was afraid that what I'd do was to put off making any changes until maybe two weeks before my next visit, again with the procrastination! So, she suggested a tele-medicine session in 3 months to check on my progress. That's coming up next week and I'm proud to say I've done what I promised I'd do.

I have a phone and smartwatch that track my steps so I know how to not overdo it or underdo it (is underdo even a word? I'll look it up later.) I'm back to feeling great. What shocked me was how hard it was to get back into the routine I had before. After forcing myself to walk at least a little each day it took a week or two to get easier. Talk about de-conditioning! It also took a month for the smoothies to make me feel good again. It only took 2 weeks way back in the beginning. Why the difference? Was I that nutrient deficient compared to twelve years ago? So, the new rule is never skip more than one day on either part of my program. I even bought some smoothie veggie powder you toss in a glass of water, shake and drink just in case I can't get to the store for more veggies. I sure never want to go back to the way I felt.

My smoothie recipe has evolved over time, less protein powders and more kale, arugula, and beets. The beets in particular seem to provide lots of energy and they give the smoothie a beautiful purple color. That brings me to the Dobie Gillis part of this.



What the heck does Dobie have to do with smoothies? Way back in time (1960) there was a show called "The Many Loves of Dobie Gillis." In the show Dobie had a girlfriend named Thalia who was from a rich family. Thalia's maid created tiny watercress sandwiches for Dobie and his friends. They all hated the sandwiches. I remember thinking it wasn't that cool to be rich if you had to eat watercress sandwiches. I was 11, I'll have a peanut butter and jelly please. I always wondered what was so special about watercress. Turns out watercress is the "most nutrient dense food in the world." According to the CDC it is the healthiest vegetable. It's one of the most expensive too at .87/oz. Not that easy to find either, but they have it at Publix. I've been trying to incorporate it into my diet. The package I bought had a

Smoothie update, continued

recipe on it for an omelet with goat cheese and watercress. It was pretty good. It's pretty to include it in your diet. Just add it to a salad or sprinkle some on any vegetable. I tried putting it on top of some salmon I cooked in my air fryer. Not recommended. It all blew off the salmon and kinda flew all over the fryer basket. Yeah, I know, it's called an air fryer for a reason! I'm putting it in my smoothies and we will see how that works out. It's hard to grow yourself since it grows in a marshy, watery environment not unlike cranberries.



watercress

For those looking for an easier way to accomplish this smoothie regimen they make capsules containing dried and powdered fruits and vegetables. They also make powdered smoothie mix, just add liquid shake and enjoy. Many people swear by the capsules. I tried them once back in 2022 for a month and didn't see a real difference in how I felt but I was already feeling great due to my smoothies. They are 89\$ a month which would also buy a bunch of watercress and beets! But we are always looking for a pill or shortcut to fix things as opposed to having to do the real work. For example, GLP1 injections to lose weight instead of exercising and skipping that cheesecake dessert. I have a friend from India who recommends starting your day with fruit instead of coffee. He also says we should spend at least 10 minutes a day with our bare feet in the soil to ground our bodies. I believe the Native Americans would agree with him. They even make grounding pads you plug into an outlet to ground yourself. Does this work? Isn't that like that blue spark that jumps from your finger to a metal doorknob? Which by the way hasn't happened to me in years, I wonder why. Can you really turn fruits and veggies into powder and get all the benefits in a capsule? Is the more expensive a vegetable is the better it is for you? So many questions, so little time!

I've heard it said that a healthy diet and exercise, walking, lifting weights, wheelchair tai chi, swimming, etc. will only add 4-5 years to your life so why bother? I think what they are leaving out is how much better you'll feel everyday of your life. Now that I'm done writing this article I'm gonna treat myself to a piece of cherry pie. What? It's got fruit in it!

Sheesh, will I ever learn?

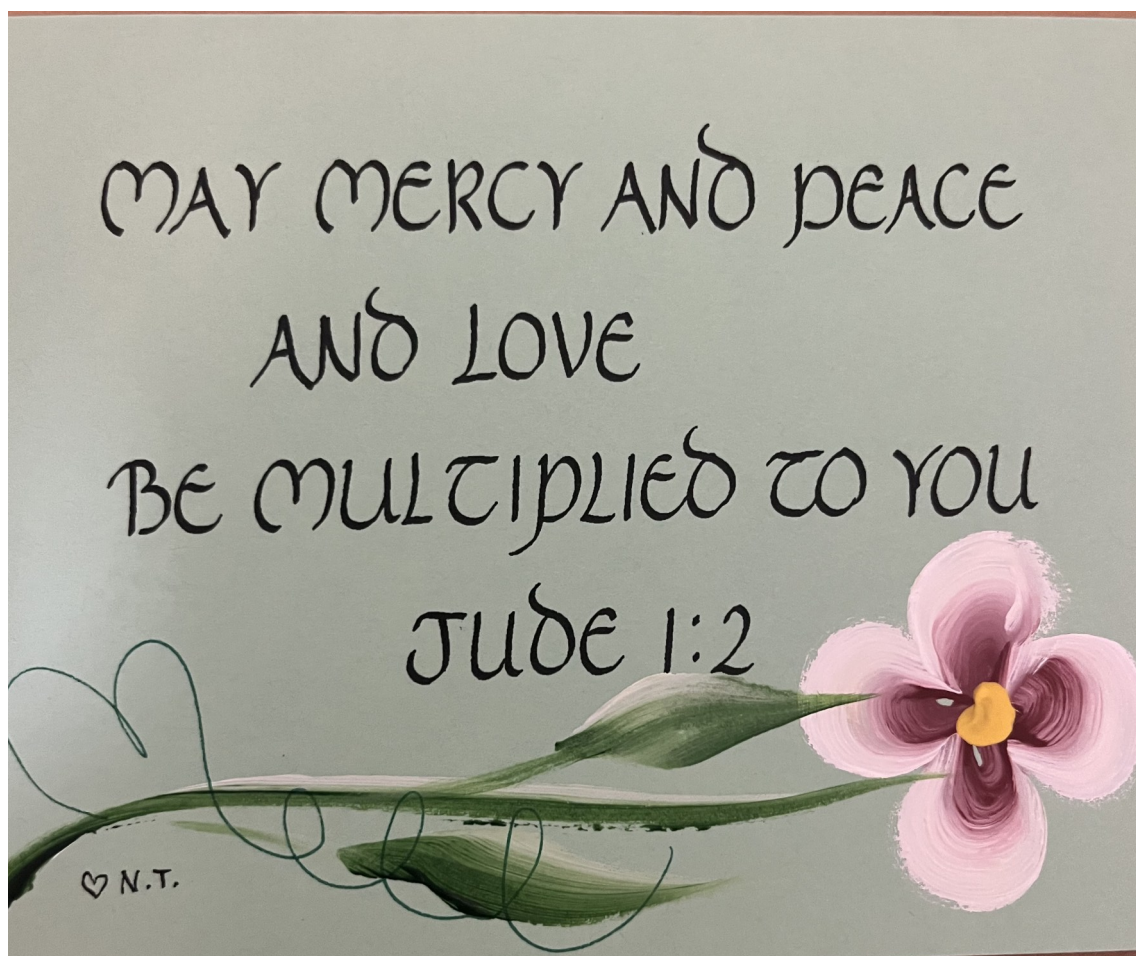
Joe

Thank you to all who sent in your \$25 donation to APPA for 2026
Special thanks to those of you who gave more

To those of you who forgot. Mail to our new APPA address:

399 Womack Rd. Covington, GA 30016.

Or pay online under the "Donate" tab <https://www.atlantapostpolio.com/>



Thank you to Nancy Truluck for sharing another one of her beautiful creations

Now for the human angle. Working title: “Oh Woe is Me”.
Alternative titles: “Failures Make us Humble”. Or
“Where are the Humans?”

Oh, Woe is Me. Might have been an easy task to let Georgia Secretary of State know that we changed the APPA address and the names of the officers. (5 minute task maybe) and \$30 annual registration fee. So I log in to the Secretary of State, find APPA, click on it. No forms that I could find to fill out there. So I call SOS (in this case Secretary of State). Machine always answers: “We are experiencing heavier than usual call volume” Press ‘2’ to get a call back.” I press ‘2’ and they warn us not to call again. A few days later I wonder what ever happened to that call back. Try again; repeat the above steps. After being in this loop a few times, I decided to try the old fashion method. I wrote them a letter with the old and new information and the debit card information to make the payment. The Intake Division of SOS receives it by mail and stamped it March 2, 2026. A few days later I get the

whole package returned : “with the following reasons”. Three of the twenty items on their checklist are marked with yellow highlighter. I assumed that meant a human read my submissions and used the highlighter for my convenience. I sent packet back with added notes. The whole packet came back to me again. This time I noticed that the yellow highlighter looked way too smooth to be done by a human. ***This is getting really creepy!*** Last night I called and got the alternate message “call back during business hours 9-5.” This morning I called at 9 am. They are evidently still experiencing unusually high call volume. I press ‘2’ for the call back, now it is 1:00 PM. And the saga continues. Or maybe not <the happy ending on next page>

Where are the humans? When I talk to other humans it is generally informative and fun. Kindness prevails. Humans are sometimes hard to find. The phone numbers for our friends and family are programmed into our phones and we can call them or leave a voice or text message to call us back. Reminder to my human self: write down all the important phone numbers and addresses and keep the list in an obvious place, perhaps pinned to the wall. Do this while awaiting the phone call from a helpful and kind human person in the office of the SOS.



“Someone calling themselves a customer says they want something called service.”

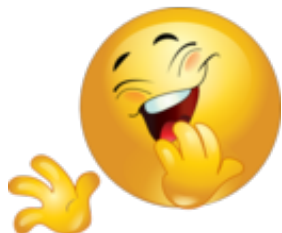
And then Someone called me about 3 pm. She offered to walk me through the whole procedure. So she was kind and patient and knew how to negotiate the online services. Did I mention she was a human!! So she talked me through the steps. First hurdle: she had me search the business name: Atlanta Post Polio Association. Not hard to do and so I found it and clicked the hot link. She said, “no don’t click that link”!! A few up and down steps like that got me to the window to change the APPA address, okay, another window to change names of officers. She patiently waited while I did that. It all was going smoothly and I knew they had an “unusually large number of calls”, so I didn’t keep her through the payment part. Big mistake. The good thing is that she mentioned that in the future I can email: WOW@sos.ga.gov if I run into problems. The future was almost immediate. I emailed WOW and got a call back from a human within the hour. As I was jammed at the payment part, I had to reenter the above registration steps with her on the line. The payment part, same bug but we worked it out and finally got to the credit card part. What do you know, it was a human person who finally solved the problem



Alas, I am humbled. The smart people who write code for all these “conveniences” are smarter than I. And if they are told to fix some bug in the programming, I’m sure they undertake the task with patience and skill.

IMPROPER PROOF READING

Excerpts from BAPPG newsletter



If you cannot read, this leaflet will tell you how to get lessons.

On a repair shop door:
We can repair anything. (Please knock hard on the door – the bell doesn't work.)

Miners Refuse to Work after Death
No-good-for-nothing' lazy so-and-so's!

War Dims Hope for Peace
I can see where it might have that effect!

Message on a leaflet:
Cold Wave Linked to Temperatures.
Who would have thought!

Red Tape Holds Up New Bridges
You mean there's something stronger than duct tape?

Man Struck By Lightning: Faces Battery Charge.
He probably IS the battery charge!

Hospitals are sued by 7 Foot Doctors
Boy, are they tall!

Typhoon Rips Through Cemetery;
Hundreds Dead.
Did I read that right?

Contributed via email, Jo Hayden



Highlights of Zoom meetings January—April 2026

January 12, 2026. Board Meeting and another on March 23, 2026

February 7, 2026. Nathan Coflin www.stopmedicarefraud.org
Nathan@advisewell.org. There are senior Medicare fraud patrols in all states. AdviseWell is the organization that does this for several states, including Georgia. Highlights of his presentation include: Medicare numbers are a “hot item” for scammers and they have methods for getting yours. One way is via “phone marketing”. One way to recognize scammers by phone is the 1-2 second delay after you say hello. Once they have your number they can scam Medicare with false claims. For this reason, always check your EOB and make sure there were no services written that you did not receive, like home catheter kits. Nathan repeated several times that “very smart, intelligent people get scammed.” So there is no shame if a scammer gets by you; important that you report if it happens. SHIP (State Health Insurance Assistant Program will offer second opinions if you’re not sure. He suggested we keep the Medicare: Red, white & blue card in a safe place. Medicare will never call to ask you for this number. ncoflin@advisewell.org
www.stopmedicarefraud.org SMP Hotline: [877-272-8720](tel:877-272-8720)

March 7, 2026. Wesley Moss led a discussion using the expertise of our own APPA members. Everyone shared information about pain and their pain journey. The group discussed how they handled their pain through taking medications and other methods like physical therapy, having their own exercise regimen, massage therapy, acupuncture, and chiropractic care. Also, how PPS has affected our whole bodies as we've gotten older.

April 11, 2026, We discussed several topics: PPS of course and artificial intelligence experiences. It's always good to see lots of smiling faces among us. There were two new visitors and we were very glad they found us. Both hoped to get more PPS information, one man for himself, the other asking on behalf of his wife. Having these visitors tells us that there are yet more people out there experiencing PPS, but not yet having the information and camaraderie they can get from our support group meetings.

SPECIAL NEEDS ASSISTANCE FUND (SNAF)

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

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

GUIDELINES for using FODAC:

1. Any post-polio survivor member with two years of uninterrupted dues payment and eligible 24 months from 1st payment can apply for up to \$1000 per year with a lifetime limit of \$3000.
2. APPA's SNAF funds will pay:
 - a) One time \$25 FODAC membership fee
 - b) FODAC's cost for parts, all repairs and refurbishing of devices.
 - c) A \$25 contribution to FODAC for each repair/refurbishing service
3. An item can be secured or refurbished from the FODAC facility near Stone Mountain, GA. Equipment may be secured at any of the FODAC facilities in Georgia, when available. It will be necessary to call FODAC (866-977-1204) and explore the availability of equipment* or repairs/refurbishing and installation service requests for a specific devices (lifts, hand controls etc).
4. APPA will cover all expenses for APPA polio survivor members involved in using FODAC services up to the previously stated limits (#1,2). The SNAF Application for Custom Medical Devices is only needed not available from FODAC.
5. If, or when, the medical device is no longer being used, it should be returned to FODAC.

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

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

Questions? Contact the SNAF committee at
appasnaf2020@gmail.com

SNAF APPLICATION for CUSTOM Medical Devices (Devices to be purchased from Vendors other than FODAC)

Do not make a purchase without preapproval. Check for approved funds will be made out to the vendor. COSTS will NOT BE REIMBURSED to any member.

An applicant who is a Post-Polio Survivor must be an active APPA dues paying member with two years of uninterrupted dues payment and eligible 24 months from 1st payment before submitting request. The member can apply for up to **\$1000 per year** with a lifetime limit of **\$3000**.

APPA members requiring a device with highly specific custom requirements, should consult with a medical provider and request a prescription. For other custom needs, appropriately documented price quotes **MUST** be included with the application when the request for funds is submitted for approval.

1.	Last Name: _____ First Name _____
2.	Device and or Service requested (be specific)
3.	Cost and description for any custom medical device (not currently available at FODAC). Cost _____ Description of medical device or equipment needed (Attach any documented quotes)
4.	Medical Needs verification—Doctor prescription (please attach copy)
5.	Vendor (name, address, phone)
6.	Approximate date needed
Mail application with attachments to: PO BOX 245, Cumming, GA 30028 Questions? Contact the SNAF committee at appasnaf2020@gmail.com	

JOIN APPA

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

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

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

Please **CHECK** all that apply.

- ◇ I am a new member.
- ◇ I am renewing my membership.
- ◇ Please update my contact information as shown below.
- ◇ I am unable to contribute at this time but would like to receive the **APPA NEWS**.
- ◇ If I have an extra printed copy of **APPA NEWS** I can share it with a friend or leave it in the reading area of my doctor's office. Many PPSers are moving to Georgia, this way they might learn about APPA.

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

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

Name(s) _____ DATE _____

Address _____

City State Zip _____

Telephone _____

Email Address _____

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



Atlanta Post-Polio Association, Inc.
APPA
1036 Parkway Court
Buford, GA 30518
(404) 350-7631

FREE MATTER FOR
THE BLIND OR
HANDICAPPED
USPS DMM 703.5.2

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

APPA NEWS

Atlanta Post-Polio Association

APPA NEWS

(404) 350-7631

www.atlantapostpolio.com

appaemail@gmail.com

Nancy Winter - Editor

You Can Copy Us.

You are welcome to copy material from this newsletter, unless otherwise indicated.
We ask that you credit the Atlanta Post-Polio Association,