

# APPA NEWS

## The Atlanta Post-Polio Association

Volume 28, Issue 3

Fall 2015

### APPA Christmas Party Extravaganza 2015

This most popular event was held on December 5th at a new venue, The Cosmopolitan Restaurant in Marietta, GA. A good time was had by all in this warm and spacious location. In addition to a great meal and camaraderie we were entertained by a choral group of Christmas carolers. This capped off a wonderful afternoon and got everyone in the Christmas spirit despite the unusually warm temperatures outside. Many thanks to Cheryl and Jack Hollis for all of the work put into making this event so special for us at APPA. Below you can see Santa's Sleigh loaded down with poinsettias for all that attended this year.



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#### APPA NEWS ALERT!

##### IRS proposal to collect donors' Social Security numbers

There is a proposal by the IRS that is troubling to us at APPA. Under the proposed rule, the IRS would be requesting that non-profit corporations organized as 501(c)(3) collect the social security number (SSN) of anyone donating more than \$250. That would include APPA.

*As of January 7, 2016 this proposal has been withdrawn.*

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## Board Members

Joe Droган	President APPA NEWS Editor
Cheryl Hollis	First Vice President Program Director Social Director
Barbara Mayer	Secretary
Shannon Morgan	Treasurer Database
Cathy McIntire	Artwork Postcards
Rita Carlson	Public Relations
Carol Crumby	Fundraising

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

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## President's Message

2015 was a pretty good year for us at APPA. We had some well attended meetings and thought provoking discussions. We made the area news media in an article in Georgia Health News written by Judi Kanne, from articles written by two of us, and information collected from us at one of our meetings. The completed article can be viewed at this link

<http://www.georgiahealthnews.com/2015/09/post-polio-syndrome-little-known-condition-links-patients/?ref=ft>

The article got a lot of us talking and thinking about our polio histories. We were able to use the audio-visual equipment in the conference room to present some videos, a move for us into the 21st century with internet access in our meetings. We had fun at the Gwinnett Braves game and the annual Bingo Party. We even got two things underway I've been wanting us to undertake for quite a while. I believe we should increase our presence in the community and work to increase our membership through Public Relations (PR). I believe there are a lot of polio survivors in our area that are being affected by Post Polio Syndrome (PPS) without even knowing it. I also think it's vital for us to find them before they cause more irreversible damage to themselves by over doing it.

Secondly, we really need to work on Fund Raising (FR). There is much we can do in the future to help our members with things like medical equipment and perhaps even making our meetings available on-line. That may be the way of the future for us as people have more trouble travelling to meetings and perhaps would prefer to attend via teleconferencing technology. That might expand our prospects for new members as well. We could attract members from all over rather than just the Atlanta, GA area. However, these things take money to accomplish. I am very happy to report that due to the hard work of Rita Carlson on PR and Carol Crumby on FR we are making progress in both areas. There is even a radio spot in the works where I would be interviewed about APPA and get the word out about us. I've been told I have a great face for radio so hopefully that will go well for us.

These new endeavors, however, do not come without challenges for us, as an organization. This editorial is as close as I come to giving a "State of the Union" message. So here's where I think we are and here's where I think we are going. As any organization does, we have issues before us. PR and FR don't happen without work being done on the part of the membership. Rita and Carol can't do it alone nor should they. These projects are going to need help from the membership and

perhaps some outside help as well. They crossover a little too, in that it may be necessary to spend some money on PR and FR. Among the problems I see is the fact that as a group we are getting less able to do as much work as we did a while ago. We are tired, I'm getting tired. As if that wasn't enough, we have other issues. There are staffing concerns. Both Cheryl Hollis, 1st Vice President, and myself as President and APPA NEWS Editor are in our 9th years as board members. Board members roll off of the board for at least 1 year after 9 years of service. In addition, Betty Storey resigned from the board after serving 8 years, thanks Betty for all of your years of service. So we have board of directors concerns to deal with. I have said this before but I'll repeat it here. This is the only organization I've ever worked for where there wasn't a new group of young "whippersnappers" just waiting for a chance to move up.

There might just be some good news here. In talking with Carol I learned about a 30 year old polio survivor that moved here from India, so maybe, just maybe, there are some younger polio survivors out there that may be interested in carrying us forward.

*Joe Dragan* - **APPA President**

## From the Editor

Well, this edition of APPA NEWS is ready for proofing. I have to admit this one's been a struggle from the "git go." I guess that's what happens when a personal life collides with work. Seems like a lot more verbage from me in this one than usual. We set a new record for a TB&B article at three pages. A lot of information to convey there, and a difficult one to write without it just being simply a list of commands. You may notice a large change to our format. I've removed that color bar that used to occupy the left side of each page. This allowed me to widen out the page content to get more "bang for the buck" in printing. As always there were editor challenges. I was about ready to go when the IRS pulled it's proposal on collection of SS numbers causing me to pull the carefully worded two page article I had written about it. Good news, and it allowed me to put a "Breaking News Alert" on the front page for the first time. Bad news is I had to scramble to fill those two pages. Also new is a "suitable for your refrigerator door" calendar showing when we meet for 2016. Not as easy to create as you might think. Take the depression quiz and if you don't do well talk to someone about it. For me at least life is good, I got a perfect score. I am a little sad though that this issue is a bit late, but the "turkey tails" photo cracks me up every time I see it.

*Joe Dragan*

# APPA Membership NEWS

APPA is VERY HAPPY to welcome  
the following NEW members!



Wayne & Cynthia Nichols



**Lifetime Members**

The Harrison Family

James, & Allie Harrison,

Jymbellyn & Michael Carthon,

Mr. & Mrs. Casey Cooksey

WELCOME



APPA wishes to thank the following  
for their donations.

**Donna Kilgore**

**Ray Fitzpatrick**

*Thank You!!!!!!*



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Atlanta Post-Polio Association



Joe

Home

20+

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Photos by Vicki Crowell, Cheryl & Jack Hollis, Shannon Morgan, and Brad Mayer

Editors note: I hope I got all of the photo credits right, we had a bunch of people taking pics, some with other peoples cameras etc.

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# Georgia Tech is Working to Help People with Disabilities

By Barbara Mayer

Elena Gonzalez, a research scientist who works at Georgia Tech in the Rehabilitation Engineering Research Center (RERC) TechSage Department, spoke at the November APPA meeting. The RERC TechSage is working on a 5 year grant looking at technologies and environmental access to support successful aging with a disability.

The mission of RERC TechSage is:

To support people with chronic conditions and long-term impairments who are at risk of disability or increased disability due to comorbid (the simultaneous presence of two or more chronic diseases or conditions in a person) age-related losses; by empowering these individuals to sustain independence; maintain health; safe engagement in basic activities at home and in the community; and full participation in society; through increasing knowledge about, availability of, and access to effective, universally-designed technologies.

RERC TechSage is meeting their mission by developing a range of cutting-edge technologies from mobile applications to robots. Ms. Gonzalez shared two of the many projects that RERC is developing that are designed to help people with mobility issues. One project is a mobile app to show “how the user can create pedestrian routes that best suit their needs based on desired environmental characteristics” such as curb cut-outs for wheelchair mobile people.



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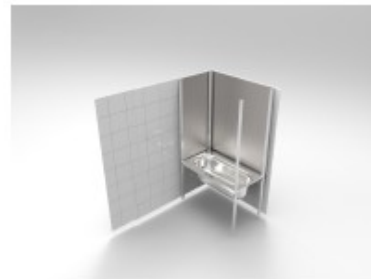
Another developing project is “Smart Bathroom” technologies that would allow toilets to rise and lower and movable grab bars.



Toilet: horizontal and vertical movement according to individual need and provide space for caregivers.



Grab Bars: Perforated walls permit changes in position and orientation using a pins and on-off magnets.



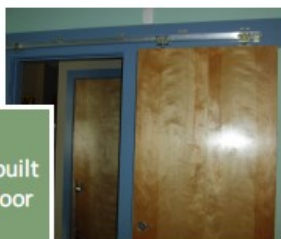
Bathtub: can be raised to test side wall height or use as a curbless shower.

RERC is also working on developing solutions to help people with sight and hearing impairments. Although much of what RERC is working on involves high tech solutions, their preference is always for low tech solutions to help people age successfully with a disability.

### Mix of Solutions Types: Custom, Off-the-Shelf (OTS), and Home-Made



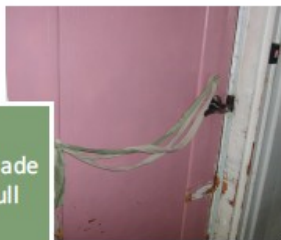
Custom built sliding door



Swing-away door hinge



Home-made door pull



Service dog assists with opening and closing doors



There are opportunities for people to participate in the RERC studies. To find out more information about their developing projects or how to participate in a study, please visit their website at [www.techsage.gatech.edu](http://www.techsage.gatech.edu).

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# Depression and Persons with a Disability: What the Consumer Needs to Know

## What is Depression

Depression is a psychological condition involving major changes in mood, outlook, ambition, thinking ability, activity level and bodily processes (such as sleep, energy, and appetite). Depression usually develops over a period of weeks or months. The person may not even realize that he or she has become depressed. While about 11% of the U.S. non-disabled population is moderately or severely depressed at any given time, research shows that about 20% - 30% of people with long-term disabilities have a depressive condition. Depression, a serious health problem, is different than grief. Grief is the normal response to loss and involves changes in mood, activity and bodily processes but is not as extensive as depression and is usually time-limited.

## What are the Effects of Depression

Depression affects the person's health, interpersonal relations, work, daily functioning, energy, and the ability to enjoy life. People with disability who are depressed do not look after themselves well; they may not drink enough water, look after their skin, manage their diet or see their doctors. They may appear moody or irritable to others, not go out with friends, and lose interest in romance. Work or other activities suffer because the person loses interest, can't problem-solve well or is hard to get along with. Life becomes less enjoyable because the person loses some of the ability to find pleasure, success or meaning in life. Often, substance abuse develops to help cope with painful feelings. If depression is severe, thoughts of suicide often occur.

## What Causes Depression

No one is exactly sure, but a combination of life stress, personal losses, and physical changes in the brain seem most likely. Some depression is inherited, but only in a small percentage of cases. People with disability can become depressed as they age if they lose the ability to perform valued activities or if they find it hard to cope with these changes. Depression is not the result of being "weak", "immature", or "inadequate". Surprisingly, depression is not related to the severity of disability.



### Is Depression Normal

No, depression is not normal, even in the face of a serious disability. Becoming discouraged, grief-stricken or sad is normal, but depression represents a condition that has gone beyond these normal reactions and indicates that the person has a new health problem.

### What Can Be Done About It

Unfortunately, most periods of depression do not go away easily in persons who have a disability. Fortunately, most depression is readily treated. Depending upon its severity, most people, when properly assisted, will experience significant improvement within a few weeks and complete improvement within 6 to 12 months. Treatment usually involves medicines and psychotherapy. Psychotherapy of a practical, problem-solving variety has proven best. Modern medicines are safe and effective for people with disabilities when properly selected and monitored. Improvements in the symptoms of depression quickly lead to improvement in other areas, including personal relations, motivation, health and quality of life.

### How Do I Know if I'm Becoming Depressed

Often, depression is hard to recognize. Depression can express itself in more than a dozen ways and no two people will necessarily have the same kind of experiences of symptoms. Surprisingly, you don't even have to be sad to be depressed! Because depression develops slowly, people just kind of slip into it.

One way to help determine if you need a formal evaluation is to take the Depression Questionnaire shown below. Scores totaling 1 to 5 indicate normal responses to everyday life. Scores from 6 to 10 indicate a moderate degree of depression that can affect health, functioning and outlook. Scores higher than 10 indicate a possible major depressive problem that is severely affecting daily life and health.

**What to do Next.** If you score above 6, and definitely if you score above 10, you should make an appointment with your primary care provider, a psychologist or psychiatrist and discuss the problem. They can also make arrangements for tests to make sure you're not suffering from something else (like an under-active thyroid or an infection). After that, treatment can be started and you can begin feeling better soon.

### Depression Questionnaire

1. My daily life is not interesting ..... T or F
2. It is hard for me to get started on my daily chores and activities ..... T or F
3. I have been more unhappy than usual for at least a month ... T or F
4. I have been sleeping poorly for at least the last month .... T or F
5. I gain little pleasure from anything ..... T or F
6. I feel listless, tired, or fatigued a lot of the time ..... T or F
7. I have felt sad, down in the dumps, or blue much of the time during the last month ..... T or F
8. My memory or thinking is not as good as usual ..... T or F
9. I have been more easily irritated or frustrated lately ..... T or F
10. I feel worse in the morning than in the afternoon ..... T or F
11. I have cried or felt like crying more than twice during the last month ..... T or F
12. I am definitely slowed down compared to my usual way of feeling ..... T or F
13. The things that used to make me happy don't do so anymore.. T or F
14. My appetite or digestion of food is worse than usual ..... T or F
15. I frequently feel like I don't care about anything anymore. T or F
16. Life is really not worth living most of the time ..... T or F
17. My outlook is more gloomy than usual ..... T or F
18. I have stopped several of my usual activities ..... T or F
19. I cry or feel saddened more easily than a few months ago .. T or F
20. I feel pretty hopeless about improving my life ..... T or F
21. I seem to have lost the ability to have any fun ..... T or F
22. I have regrets about the past that I think about often .... T or F

Total Number of True Answers: \_\_\_\_

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**Their cooperation is greatly appreciated.**

**Thank you,**  
**APPA NEWS**

# APPA 2016 CALENDAR

## January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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31						

## February

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28	29					

## March

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## April

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## May

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29	30	31				

## June

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## July

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31						

## August

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## November

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27	28	29	30			

## December

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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Meeting days are "circled"



## Miscellany



Turkey tails? Who eats turkey tails?  
They are marked down though so..... 😊

Photo by Joe Drogan

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.

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Articles reflect the opinions of their authors and do not necessarily reflect the official policy of the Atlanta Post-Polio Association.

# Tech Bits & Bytes

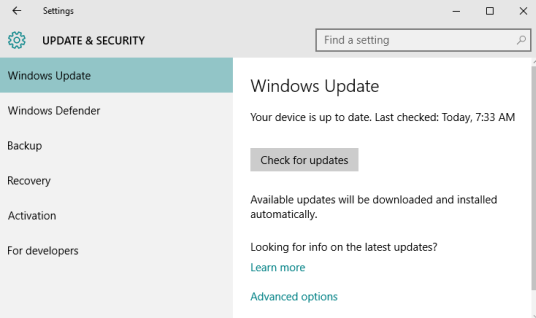
By Joe Drogan

**Windows 10** has been out for a few months now. So what's the deal with it? Should you update or not? Yes, maybe, and yes. What? What the heck kinda answer is that? Well a good one. See it all depends upon several things. If you are still on Windows XP, not only yes but heck yes, it is no longer supported by Microsoft and is pretty non-secure at this point. If you are on Windows 7, maybe, with some caveats I'll discuss in a bit. (See how I cleverly used the word bit in a Bits & Bytes article!) And, if you are on Windows 8.0 or 8.1 yes, might as well update. Windows 10 is a better version of 8.0/8.1 anyway. So what about the caveats? OK here goes. Here are some of my issues with the new operating system. First, there are security issues you need to address. On my systems I changed these settings right away.

The **boldface** in **Yellow** are things you click on.

As always the "/" means "and then click" for example click **Start**  then click **Settings** would look like this: **Start/Settings**.

Go here **Start/Settings/Update & Security**

You should see this screen:  Note the little "back" arrow in the upper left corner...we'll need that later.

Next click **Windows Update/Advanced Options/Choose how updates are delivered/** Check "**PCs on my local network**" otherwise Windows can use your PC and connection to upload updates to the internet which, if you are on a limited data plan, could cost you money. I just don't like the idea of Microsoft uploading anything from my PC without asking me first. Maybe it's just me though. You can also go into

**Start/Settings/Network & Internet/Wi-Fi/Advanced options** and turn on **Metered connection** that'll also stop the uploads. While we're here in **Update & Security** let's check some other things. Click on **Windows Defender**, make sure it's On. Windows defender is the latest version of Microsoft Security Essentials and is what I've used for Anti-virus on my systems for quite some time now. It's free and it works. I like that Defender is now incorporated into Windows 10. Unless you're really paranoid about privacy it's ok to let Defender report security problems and send samples to Microsoft. If you are looking up building bombs on the internet, or communicating with ISIS, well we should talk, preferably in a dark alley somewhere.

Click **Backup** and work on setting up some form of backup for your PC. I know, nobody actually does this but I sleep better knowing I suggested it. While you're in here take a quick look at the rest of the options just to get familiar with what's available.

Click the little **Back arrow** in the upper left corner twice to get back to "**Settings**".

Click on **Privacy**. In General I'd turn off **advertising ID**, I think the **language list** one is ok to leave on, leave the **SmartScreen Filter** on, turn "**Send Microsoft info about how I write..**" off. This might be controversial. A couple of steps down in **Speech, inking, & typing** I'd turn "**Get To Know Me**" off too. This disables Cortana and stops your PC from gathering info on you. I know some of you like Cortana and over on the Apple side Siri as well. Here's the deal on Cortana and

Continued on next page

other convenience technology. I haven't heard this expressed by anyone else yet so here goes my take on all of this. It seems to me that it works like this. Most things that make your life "more convenient" cause you give up some privacy and security. I believe it really is as simple as that. When I first bought this house at Lake Lanier, people around here didn't lock their doors. Some even left the car keys in the ignition (so they'd be easier to find.) That was convenient but less secure. If you don't password your PC sign on screen, same thing, more convenient, less secure. Having a contact list on your PC and cellphone is less secure. Every now and then I get a virus generated email from somebody because my name is in their contact list and viruses sometimes use your contact list to spread themselves. Letting your browser remember your password for some sites might be ok but not for your bank sign on in the event your laptop gets stolen. So you can see convenience can hurt you if not used correctly. Some people consider the language and "getting to know you" settings in Windows 10 to be a form of "keylogger." A keylogger is a piece of software put on a computer, without your knowledge, that captures keystrokes and sends them to a hacker. If you type a password it can capture it. Is Microsoft capturing passwords and other sensitive info? Probably not but who knows? You, at some point, have to decide what conveniences are worth the risk. That being said, and that took a lot longer than I thought it would but necessary, let's get back to settings.

Next up on the left side is **Location**. I don't have a problem with my PC knowing where it is but select which apps can use Location. If I get much older I may need to ask my PC where I am! 😊

**Camera**, if your laptop has one you might want this off until you decide you want to turn it on. Cameras can be hacked, meaning they can be turned on remotely without your knowledge and even without activating the "in use" light. So if you are a little paranoid, put a piece of black tape over it just in case.

**Microphone**, off by default. We already talked about **Speech, inking** etc.

Most of the rest are personal preference except for the last one **Background apps**. I'd turn off all the ones you don't normally use. This saves memory, power on a laptop, and cpu usage. **Back arrow** to get back to **Settings**. Click **Network & Internet/Manage WiFi Settings**. Turn all three off by default. Don't automatically connect to hotspots, or allow contacts access to your network. **Back arrow**. While you're here look at **Data usage**. Pretty cool, you can see what has been using your WiFi signal and how much data is involved. Click **Ethernet/Firewall** and make sure your firewall is on. **Back arrow** to get out and back to Settings.

The Settings panel is a App like interface to what used to be called the Control Panel. In fact some settings in it actually take you to the Control Panel. If you would rather use the Control Panel you can find it and even add it to your start button here. **Start/All apps/Windows System/Control Panel**. Click to access and/or right click it and select "**Pin to Start**" too add it to the Start Button. I'd suggest you do what I'm doing and try to get used to using the new Settings app like interface. It's the way of the future. Meanwhile look around in the Settings "app" there are a myriad of things to check out. We only touched on a few of the really important things to change from a privacy and security point of view.

In the way of a wrap up here are my thoughts on Windows 10 so far.

It boots up from a power off in minimal time. My new Lenovo desktop boots up in 15-20 seconds VS the several minutes Windows 7 used to. It resumes from sleep in a few seconds. It hasn't hung, or crashed on me yet, and I'm a power user with lots of things going on at the same time. Seems fast



and very responsive. I like the Edge browser, a great improvement over Internet Explorer. You can markup pages with a highlighter etc. It's easy to save an entire web page in One Note. The new Task Manager **Start/AllApps/Windows System/Task Manager** is awesome providing great info on what's going on in your system. It's easy to manipulate what Apps run at startup without being a Systems Programmer.

Things I don't like. It seems like there are endless updates. Maybe because it's new. One of the updates turned back on the setting to upload updates from my system so you should check the settings we changed here occasionally. It seems like the new system uses a lot of resources. Microsoft says the minimal requirements to run it are 1 gig of memory. I'm not sure that it'd run well with that amount. 4 gig would be my suggestion as a minimum. Every new operating system I've ever seen always uses more resources. That includes ones from IBM, Microsoft, Apple, Android and even Linux. Part of the reason is there is more and more security functions running to protect you. Also, they do more and more for you and thus take more resources. It does become true, however, that eventually you need to replace your hardware. I had upgraded my fastest system as far as it would go and had to replace it. The new system is 8 times faster with 4 times the memory and 1/2 the cost of the original one not even counting the upgrades. So it makes sense to replace them every few years or so. Word on the street is many in the "geek" community are upset that more and more the control of your PC is being taken away by the operating system. Keep in mind, you do not own your copy of any operating system. Apple OS, Microsoft Windows, or even Linux. When you buy it you are buying the right to install and use a copy of it on your hardware. That means the provider of the operating system has the right to, for example, make updates to it without your knowledge of even your permission. The geek community is also suspicious that Windows 10 is being given away for free. What's the deal there? Well they want everyone on one system, it's cheaper for them to support one. It's also possible Microsoft intends to make money selling the information it gathers from your use of it. Mostly selling your browsing history to companies that target you with ad's they because they know what you are interested in. Google has been doing that for years. That may not be such a horrible thing, but it is a little creepy. It's the way of the future. Just for fun, you can ask to use a friends computer for a second, do a search on Preparation-H, great fun because for the next few weeks they'll be inundated with hemorrhoid cures etc. For the record, you DID NOT hear that here! 😊

Final thoughts on Win 10. It's a nice system, does best with newer systems, requires some setup work as we saw here. If you use specialized software make sure it's currently compatible with Win 10, there have been reports of some external software not being Win 10 ready. If you're not ready to upgrade from Windows 7 it's ok, extended support for 7 will go on until 2020 or so. The free upgrade to Win 10 goes on for several more months.

This article was a struggle to write. It's a lotta words with clicking on stuff interspersed. There wasn't a better way to write it though. It's the longest TB&B ever at 3 pages, glad you could be a part of it!

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

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