



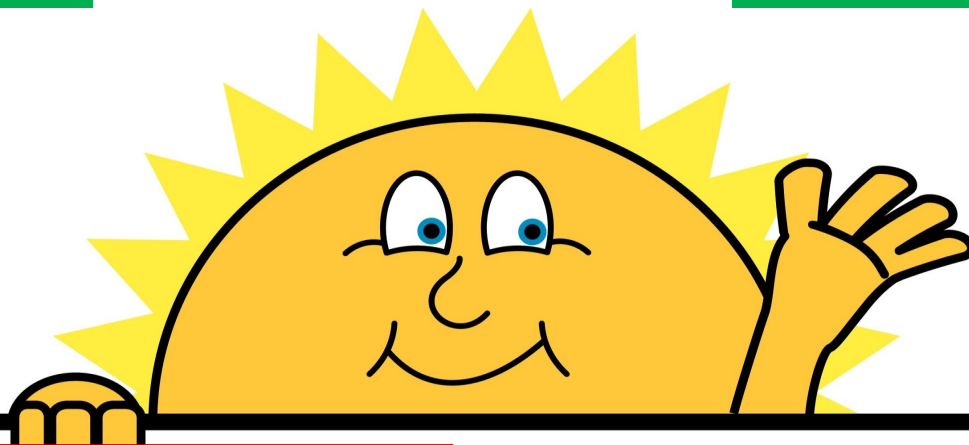
APPA NEWS



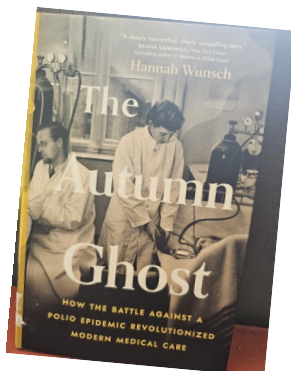
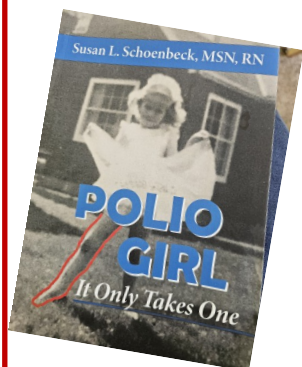
The Atlanta Post-Polio Association

Volume 41, Issue 2

Summer 2026



Authors and Speakers



NEWS FLASH

**This Saturday
August First 1-3 pm**

**APPA Zoom featuring
Hannah Wunsch, Author
of *The Autumn Ghost*
See link on page 20**

**I'M PROUD TO ANNOUNCE
THAT I HAVE COMPLETED
THE 1ST ITEM ON MY
BUCKET LIST**



I HAVE THE BUCKET

Laughs



Fatigue

Legacy



Flying Eagles Pennies

Indian Head Pennies

1856-1858

1859-1909

4 Coin Set

56 Coin Set

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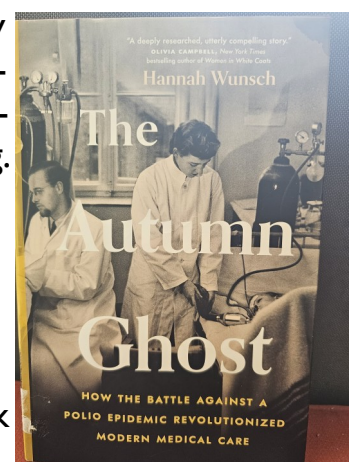
THE APPA VISION: The Atlanta Post-Polio Association (APPA), for 40 years, has helped to educate the public and the health care community concerning the late effects of polio. We respond to the needs of individuals who suffer from post-polio syndrome. We offer group meetings, educational programs, newsletters, 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.

Upcoming events for August and September

August 1, 2026. Dr. Hannah Wunsch is a Distinguished Professor and Vice Chair for Research in the Department of Anesthesiology at Weill Cornell Medicine. She is widely known for her expertise in intensive care unit (ICU) organization, long-term outcomes after critical illness, and the use of large-scale data to inform health policy and clinical decision-making. Her writing has appeared in *The Globe and Mail*, *TIME*, and the *Literary Review of Canada*, among other publications. She is the author of the book, ***The Autumn Ghost: How the Battle Against a Polio Epidemic Revolutionized Modern Medical Care***.

A quick book review: I really enjoyed reading ***The Autumn Ghost*** by Hannah Wunsch. She writes about medical detective work, overcoming academic traditions, starting a new medical science of anesthesiology, and gripping stories of keeping polio patients alive and breathing. In WWII, Denmark was under Nazi occupation. *The Autumn Ghost* includes true stories of the heroic deeds of medical staff in the resistance and their ingenuity to keep polio patients breathing with the few resources available during and after the war. This book deserves a second read, so it's staying close on my shelf. How Dr. Wunsch managed to do all this research will be one of the first questions I ask her at our Zoom meeting on Saturday, August 1st.

Nancy Winter, Editor



September 12, 2026. Dr. Malhotra is a board-certified physician in Physical Medicine and Rehabilitation and an Assistant Professor in the Department of Rehabilitation Medicine at Emory University School of Medicine.

Her clinical work focuses on helping patients improve function, mobility, independence, and quality of life after serious medical conditions and treatments. She has specialized training in cancer rehabilitation medicine and works closely with patients to understand their physical challenges and create individualized rehabilitation plans that support their goals and daily lives.

Dr. Malhotra will be speaking with us about the role of rehabilitation medicine in supporting people living with the long-term effects of polio. Her talk will focus on practical ways to promote strength, safety, function, and overall well-being.

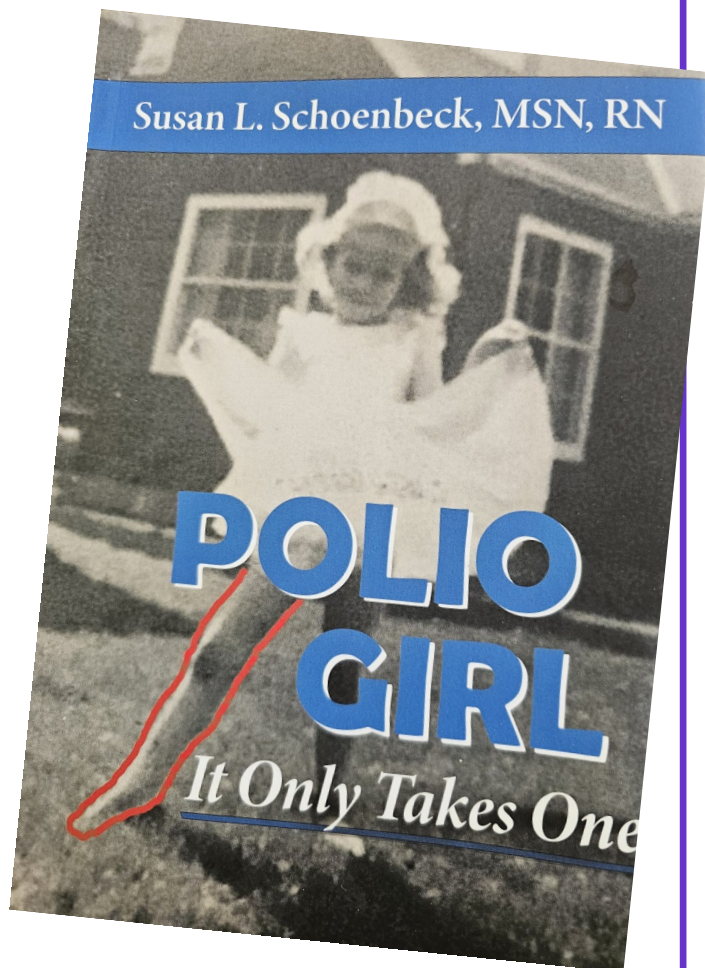
Book review by Nancy Winter

After Susan Schoenbeck's two zoom meetings with us, I finally have read her book, "Polio Girl: It only takes one". Coincidentally, she and I were both raised in Milwaukee, Wisconsin. She had polio a few years before I did and quite a different experience.

Her book is not just her story, but the stories of other people in her life, especially her parents. I really appreciated the way she included the back-stories of her Mom and Dad, and the way their individual backgrounds, influenced their attitudes toward their polio girl. This book also includes a lot of post polio information, more than I've known before.

Now retired from her long nursing career, Susan is creating presentations for the post-polio community. I'm humbled by her grit, and really I'm just proud of her and hope she will give us another one of her presentations in the future.

She has revised her previous list so I've included it on pages 21-23.



What follows just a few of her helpful slides from the May APPA Zoon meeting, and then an article that she wrote on fatigue. After our discussion in May she promised to follow-up with a few of our questions. This is the link to the power-breathe Inspiratory muscle training device, evidently used by Olympic athletes as well as people with COPD or asthma. Such training evidently is good for endurance and to combat fatigue.

<https://www.powerbreathe.com/blog/powerbreathe-how-to-use-classic-plus/>

Emotional Resilience

**The power to get
through tough
situations and keep
on going.**

**RESILIENCE IS
ACCEPTING THAT
WE ARE BROKEN
BUT KNOWING WE
CAN LIVE FULL
LIVES WITH THE
BROKEN PIECES.**

3

**When polio first appeared in our lives, we met the
expectation others had of us to be more, so others did
not see us as less.**

**The stress of everyday life on our weakened muscles and skeletal deformities changed us as
we aged.**

**Damage to our vagus nerve-the largest nerve in the body- left us dealing with respiratory,
thermoregulatory, breathing, swallowing, digestive, and other issues we may not have been
bothered by before.**

We tire out more easily because we have post-polio bodies.



How Polio Survivors Describe Fatigue

- I have no stamina.
- I'm anxious.
- My body never stops aching.
- My muscles are twitching./cramping.
- My brain is in a fog. I can't think.
- My balance is off.
- I'm crabby.
- I'm frustrated. I want to cry.
- Little things around me —like too much noise or light— bother me.
- I'm depressed. I feel helpless. I do not want to be with friends.
- I've lost my control and yell at people for no good reason.
- I am tired even though I just took a nap. Sleep doesn't refresh me.



What happens if polio survivors ignore their fatigue?

- 69% of polio survivors say they are afraid of falling.
- 75% of polio survivors fall at least once a year.
- 60% of polio survivors fall two or more times a year.
- Most falls occur while fatigued when walking later in the day.



Awareness of our vulnerability gives us reason to make a fatigue plan for the last years of our lives.

New Non-invasive Potential Treatment Option for Post-Polio *Fatigue On the Horizon*



REAC: Radio Electric Asymmetric Conveyor
Not yet available in Canada or the United States

Fatigue can be a Symptom of Dehydration.



Take Charge of Your Post-Polio Fatigue

By Susan L. Schoenbeck, MSN, RN

Physicians across American on average see less than one polio survivor/year. It is reasonable to assume our doctor may not be knowledgeable about how to deal with post-polio fatigue. By understanding ourselves better, we can educate our healthcare providers. By talking with each other, we can share tips that work to prevent and to relieve tiredness.

Polio survivors are affected by post-polio symptoms (PPS), aging, and climate changes altering the landscape in which we live. This triple burden leads to at least 50% and up to 91% of polio survivors reporting more fatigue as we get older.

Weather weirdness can bring fatigue and its “wicked stepsisters” emotional distress, anxiety, pain, depression and poor sleep. Weather weirdness as evidenced by more frequent and devastating storms lowers barometric pressure. This causes body tissues to expand and press on polio survivors’ already damaged joints and nerves. Our polio-affected muscles, tendons, scar tissue swell irritating sensitive areas and causing increased stiffness, cramping and pain.

Weather weirdness can bring humidity. Humidity is the amount of moisture in the air. High humidity puts pressure on our ability to regulate our body temperature, blood pressure and blood sugar levels resulting in more fatigue.

What can polio survivors do to prevent fatigue? Recognize that we have resilience developed when we fought poliomyelitis. We were broken, but we managed to overcome acute illness. We gained self-awareness, internal motivation, and persistence which combined to increase our capacity to not give up. We will not give up now. We will try to prevent and allay our post-polio fatigue.

Polio survivors may hide how fatigue affects daily living. However, it is helpful if we let our friends and family know how fatigue makes us feel and when are times we need to rest.



Take Charge, continued

Some of the ways polio survivors describe their fatigue are:

- I have no stamina.
- I'm anxious.
- My body never stops aching.
- My muscles are twitching and cramping.
- My brain is in a fog. I can't think straight.
- My balance is off.
- I'm frustrated. I want to cry.
- I'm crabby.
- Little things around me —like too much noise or light— bother me.
- I'm depressed. I feel helpless. I do not want to be with friends.
- I've lost control and yell at people for no good reason.
- I am tired even though I just took a nap. Sleep doesn't refresh me.

Polio survivors want to find ways to prevent fatigue and alleviate fatigue. Proactive measures include: planning, prioritizing, pacing, positioning, and peacemaking with oneself by accepting work-a-rounds. Sometimes fatigue shows us we are grieving strengths we once had.

Sleep routines provide more and deeper sleep. Recommendations for good sleep include going to bed at the same time, eating foods with tryptophan, setting room temperature at 60-68 degrees Fahrenheit/15.5-20 degrees centigrade, turning off screens one hour before bedtime, sleeping in a dark room to produce melatonin, the hormone that induces sleep, using a noise blocking machine/fan, taking deep breaths in and out when go to bed and aromatherapy. Studies show that making a list of what you want to do the next day helps people fall asleep faster and sleep deeper. Yoga helps improve sleep.

Polio survivors prioritize activities by asking: Is this task essential? Must I do this task myself? Do I need to do this task today?

Exercise gives you more energy. People with higher cardiorespiratory fitness have better ability to make rapid decisions, multi-task, and remember facts. Exercise helps prevent falls. Polio survivors' rate of falls is 2 times higher than others. Eighty percent of fractures occur in limbs atrophied by polio. The likelihood of death after fall increases with age. Practicing getting up from the floor can pay off.

Take Charge, continued

Polio survivors benefit from individualized physical and occupation therapy assessments. No two polio survivors are alike.

Wise measures polio survivors can take:

- Listen to your fatigue cues.
- Break down activities into manageable safe steps.
- Eat a good balance of protein, fiber, nuts and fruits. Muscles need protein to maintain their strength.
- Drink plenty of water. Fatigue can be a sign of dehydration. Drink at least 30 cubic centimeters (one ounce) of fluid/kilogram (2.2 pounds) of body weight a day unless contraindicated by a medical condition.
- Reduce ingestion of high fat and sugary foods.
- Schedule time to do what you enjoy doing with friends/family whose company you like.
- Incorporate music into your life.
- On a day when you are exhausted, cross off some things on your to-do list.
- The day before you expect to be busy, just unplug. Most things work again when you unplug them for a few minutes. This includes you.



Just for laughs

**I burned 3,000
calories yesterday.
That's the last time I
take a nap while
brownies
are in the oven.**

Just found out
there's no
popcorn in
popcorn shrimp.
Guess there's no
reason to try pot
roast.

**I'M PROUD TO ANNOUNCE
THAT I HAVE COMPLETED
THE 1ST ITEM ON MY
BUCKET LIST**



I HAVE THE BUCKET

**it's been months since
I bought the book
"how to scam people
online"
it still hasn't arrived
yet.**

Collected by Nancy Truluck

**RUGER IS COMING OUT WITH A NEW
PISTOL IN HONOR OF THE SENATE AND
THE HOUSE OF REPRESENTATIVES.**



**IT WILL BE NAMED "THE CONGRESSMAN."
IT DOESN'T WORK, AND YOU CAN'T FIRE IT.**

IDWAGUNOWNERS.ORG

I feel like my
greatest
accomplishment
today has been
not saying what
I'm thinking
out loud.

Holiday safety tip:

**If your birth year
starts with 19, you
should no longer
wrap gifts on the
floor**

I got myself a
seniors' GPS. Not
only does it tell me
how to get to my
destination, it tells
me why I wanted to
go there.

**RABBITS JUMP AND
THEY LIVE FOR 8 YEARS.
DOGS RUN AND THEY
LIVE FOR 15 YEARS.
TURTLES DO NOTHING
AND LIVE FOR
150 YEARS.
LESSON LEARNED.**

RENEE CROUS

Meeting highlights continued

June 6, 2026. Featured seven questions. Here are the questions for you to ponder as well and some of the answers. I'm sorry if you missed the meeting; we had fun getting to hear from each other.

Are you a morning person or a night owl? Most answered they had shifted in recent years and now function somewhere in between.

What was your very first paid job? It seems the boys shined shoes and the girls were babysitters.

What is a good piece of advice you've heard? I should have taken notes on this one because we had a lot of answers including 'be yourself' and 'conserve to preserve.'

What is your go-to comfort food? The answers included bread and chocolate.

What significant idea did you glean from a book or movie? I answered the glad game from the Pollyanna movie.

What book or movie would you recommend? Yellowstone series.

If you could have a superpower what would it be? Some of us chose flying, but Janza said she would like to heal people and Leslie said to be able to help people. The answers from these two people humbled me and has had me thinking about it since. I guess the question to myself then became: if I could fly what would I do? Just fly around? No, even if I could launch myself and move around more easily I would still need a purpose and that purpose would be helping and healing. That's the polio brain I guess we all have in common.



Nancy Winter

Doctors who Treat Patients with Post Polio Syndrome

Doctor	Address	Phone	Accepting New Patients
Angela Beninga, DO Physical Medicine and Rehabilitation	Shepherd Center 2020 Peachtree Road NW Atlanta, GA 30309	(404) 350-7333	There is a waiting list
Kymbreana Coley, MD Physical Medicine and Rehabilitation	Emory Brain Health Center 12 Executive Park Drive NE Atlanta, GA 30329	(404) 778-5770	Yes
	Emory Clinic 1365 Clifton Road Northeast, Bldg B, 2 nd Floor, Atlanta, GA 30322	(404) 778-7525	Yes
Marney Eulberg, MD Retired Primary Care Physician (only sees polio survivors) *She is a Polio Survivor	Family Medicine 9461 W 38th Place Wheat Ridge, CO 80033	(303) 829-1538	Yes
Jasmine Malhotra, MD Oncology Rehabilitation	Winship Cancer Institute at Emory University 1365 Clifton Road Northeast Bldg. C, 2 nd Floor Atlanta, GA 30322	(404) 778-1900	Yes
Samuel Milton III, MD Physical Medicine and Rehabilitation	Emory Brain Health Center 12 Executive Park Drive NE Atlanta, GA 30329	(404) 778-5770	Yes
	Emory Clinic 1365 Clifton Road Northeast, Bldg B, 2 nd Floor, Atlanta, GA 30322	(404) 778-5770	Yes
Sonal M. Oza, MD Physical Medicine and Rehabilitation	Winship Cancer Institute at Emory Midtown 36 Linden Avenue Northeast Atlanta, GA 30308	(404) 778-1900	Yes
	Emory Brain Health Center 12 Executive Park Drive NE Atlanta, GA 30329	(404) 778-5770	Yes

Do elderly people feel lonely because no one really knows them ?

I heard (or read) this comment a few weeks ago and it got me thinking. Is it true that us older folks feel lonely because few of the people in our circle really know us. We are known only in relation to another person: spouse, parent, grand/great grandparent, teacher, etc. If we are blessed to still have a few friends since highschool or before, then we are not so lonely as there is a friend who has seen us over the years. However dark forces in the media can divide us; so if we are afraid to disagree with an old friend, then we are lonely indeed.

To not be lonely, we make an effort to meet folks. APPA is nice, we get to know us through our shared experience and we are learning new things together. Joining other groups is tricky. I would like to be known as ME, not just that white-haired lady in the wheelchair. So gradually, over time, and conversation we get to know others and they get to know us. Volunteering to do certain tasks with folks is a good way to overcome that lonely feeling. We have a purpose and are part of a team. (Hint: APPA Board or planning an APPA lunch gathering). We're not alone with God and He is the one who knows us best and sees the bigger picture.

Nancy Winter

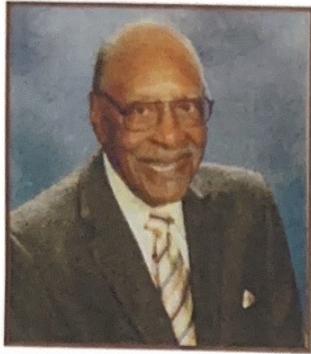


Getting to know us series. We had kind or stalled on this series, though I know every APPA person has a good story to tell. I had been after **Thaddeus Lewis** for his story. He had the following printed for his church and said we could publish it here.

Following that is a special article: **Legacy** by **Wayne Nichols**

Black History Moments

Honoring Deacon Thaddeus Lewis



If you have never had the opportunity to sit and chat with Deacon Thaddeus Lewis, or if you have no idea of who he is, now would be an excellent time to meet him. He's a very interesting person to have a conversation with, especially when he speaks about his childhood upbringing, challenges, determination and his faith in God!

Born in the hills of West Virginia, in the coal mining town of Stotesbury, Thad Lewis, the youngest of eight children, was encouraged by his parents, the late Rev. James A. and Elizabeth F. Lewis, who often said, "We will be disappointed only if you don't try".

When most of us think about our childhood days, we remember running, jumping, and going to school. It was quite different for Thad, for at the age of two, he was stricken with the Polio virus, a crippling disease. Because of this disease, he was not able to attend school on a consistent basis. After numerous surgeries and rehabilitations and with the aid of an iron brace, he began to walk at the age of five. As a matter of fact, he did not complete a full year of school until the 11th grade. He remembers the iron braces he had to wear for support. He also recalls many times in the segregated state of West Virginia (and the ultra conservative city of Stotesbury) watching the school bus pass him as he struggled to get to and from school. Remembering, he refers to it more as a challenge than a problem. While missing school, Thad relied heavily on his brother, Sidney, and his niece, Pat Lewis. Both were instrumental in "teaching" him while he was unable to attend school.

While he made it very clear that he did not seek sympathy, Thad sought opportunity and an equal chance to compete. That willingness led him to enroll at Bluefield State College, Bluefield, West Virginia, where he earned a Bachelor's degree in Industrial Arts.

After college, in his quest for employment, a counselor suggested that he seek "disability" and just wait for the check to come each month. Thad's upbringing and his sense of worth, values, and faith assisted him in letting the counselor know that he wanted more out of life than that. He wanted to be gainfully employed. He sought employment and got a job at an upholstering company, where he learned the trade. His experience in the upholstery shop led to other employment opportunities in the public school systems in Elizabeth, Tennessee and Newark, New Jersey. Thad's determination enabled him to secure a job as an Industrial Arts teacher with the city of New York. This job provided him the opportunity to teach the trade of upholstering, and other woodworking courses, to numerous high school students. The training he provided was immeasurable, giving the students a way of providing for themselves and possibly for their families in the future.

After graduating from Bluefield State College, he moved to Elmsford, New York, where he joined the First Baptist Church, under the late Rev. Lawrence Yarber, and sometime later, the late Rev. Alexander Briley. It was on September 26, 1976 that he was ordained as a Deacon by the late Rev. Briley. At various times, Deacon Lewis served as a Sunday School teacher for the Senior Adult Class, Chairman of the Board of Trustees, and as secretary for the Board of Deacons. He also holds a Bachelors of Theology from the Community Bible Institute in Brooklyn, New York.

Deacon Lewis did indeed overcome many adversities. Remembering the words of his parents, he did try...and he did it!! He worked in the public school systems in Tennessee and New Jersey for a total of 29 years, and in public service as Youth Services Director for the City of New York for 27 years. When asked what he has learned from life, he says, "You can do anything if you put your mind to it." His favorite bible verse is: I can do all things through Christ who strengthens me. (Philippians 4:13).

Leaving a Legacy By Wayne Nichols

I never gave much thought to the word *legacy* in my younger years. In fact, I rarely even heard the word spoken. But as life moved forward, it began returning to my thoughts—and with it, an appreciation for its meaning.

Over time, I realized that a legacy is not something created overnight. It is built through perseverance, experiences, passions, and the values we pass along to others.



Around the age of 7 my paternal grandmother got me interested in stamp collecting. Spending most of my time in rehab gave me ample time to understand collecting especially U.S. stamps. At the age of 9 my father worked for Pullman Standard. Every year they had a Christmas party and all the kids received a box of candy and

a new Morgan silver dollar. It fascinated me to think this coin was over 100 years old. With the help of my father and other family members who went through the depression and World War II I then became a jr. Historian on American Heritage.

Service and Determination

Joining the United States Navy was not an easy path. During my initial physical examination, I was classified as 4-F due to my medical history. For many, that would have been the end of the journey—but I was determined to try.

Possessing what some would call a strong-willed personality—and perhaps sharing the determination common among many Polio survivors—I prepared a three-page appeal supported by an orthopedic surgeon's evaluation and submitted it to the Pentagon for reconsideration.

To my surprise and gratitude, approval came back for a two-year enlistment—something highly unusual at the time when standard enlistments were typically four to six years. From 1968 to 1969, I proudly served with the United States Navy Seabees and received an honorable discharge.



In 1976 the government came out with the bicentennial and again I became aroused in U.S. coin history. Some of you might remember these coins.



1878-1904

Then in 1978, that interest became a lifelong passion. A coin dealer introduced me to a set of four Morgan Silver Dollars displayed in an attractive presentation case. Later, I learned I had paid nearly twenty-five percent above their market value. (1878-1904) It was a costly lesson—but an important one.

Over the next forty years, I completed a collection of 97 Morgan Silver Dollars—a pursuit that brought not only satisfaction but a deeper appreciation for history, discipline, and patience.

Through the years, I discovered that coin values are determined by rarity, grading, and condition. Coins are evaluated using the Sheldon Scale, ranging from heavily circulated examples to PF70—considered flawless, even under magnification.

For instance, a 1889 Carson City mint Silver Dollar in “Fine” condition sells for \$1,500.00 (only 350,000 were made), whereas a 1889 Philadelphia mint in “Uncirculated” condition sells for \$55.00 (21,726,000 were made).

I also became fascinated by the history of America’s mints—Philadelphia, Denver, Carson City, New Orleans, West Point, and San Francisco—each representing a unique chapter in our nation’s story.



One of my favorites
2015 March of Dimes
Silver Dollar



Peace Silver Dollar
1921-1935
24 Coin Set



Walking Liberty Half Dollar
1916-1947
31 Coin Set



Franklin Half Dollar
1948-1963
35 Coin Set



Standing Liberty Silver Quarter
1916-1930
14 Coin Set



Washington Silver Quarters
1932-1964
83 Coin Set



Barber Silver Dimes
1892-1916
74 Coin Set



Mercury Silver Dimes
1916-1945
77 Coin Set



Roosevelt Silver Dimes
1946-1964
48 Coin Set



Liberty Nickels
1883-1912
33 Coin Set



Buffalo Nickels
1913-1938
64 Coin Set



Jefferson Nickels
1938-1955
71 Coin Set



Flying Eagles Pennies
1856-1858
4 Coin Set



Indian Head Pennies
1859-1909
56 Coin Set



Lincoln Wheat Back Pennies
1909-1958
143 Coin Set



Sacagawea Dollars
2000-2008
9 Coin Set



American Silver Eagle Type 1
1986-mid 2021
35 Coin Set



225th Anniversary
2017
10 Coin Set



D.C. & U.S. Territories
Quarters 2009
6 Coin Set



America the
Beautiful Quarters
2010-2021
56 Coin Set



Presidential coin Sets
Washington to Biden



From 1999 through 2008 my father, living in a assistant living facility, walked across the street to the Peoples Bank buying rolls of quarters. He started assembling about 40 full sets of these State Quarters! At his demise in 2000 I put together 12" x 12" boxes for each grandchild, great grandchildren and his great great grandchildren. Along with a few things like an Elvis Presley watch, old pictures of family, baseball cards and assorted items with sentimental value. This was his second best legacy to our family. Something we could touch and feel as we became more grateful for our nation. However his best intangible gift given to us was the importance of God, family and moral ethics.

A Little Coin Trivia

The Constitution originally allowed coins—not paper money

America's Founding Fathers distrusted paper currency and did not initially authorize it. It took an Act of Congress in 1862 for paper money to be permanently introduced into circulation.

The first officially authorized U.S. coin was the Fugio Cent (1787), while the first coin actually struck by the official U.S. Mint was the 1793 Flowing Hair Large Cent.

There are no “pennies” in U.S. coinage

The coin worth one one-hundredth of a dollar is officially called a cent. The term penny came from European settlers who used it for small units of currency in their native countries, but it has never been the official U.S. name.

A nickel wasn't always called a nickel—or made of nickel

Although the dime has remained consistent, the original five-cent coin was known as the half dime and was made of silver. Because these small, thin coins were difficult to use and easy to counterfeit, they were replaced in 1873 by the copper-nickel coin we recognize today.

All U.S. Coins Bear Two Mottos

Federal law dictates that all U.S. coins carry the mottos “In God We Trust” and “E Pluribus Unum.”

Billions of coins remain in circulation

Today, nearly 30 billion coins circulate throughout the United States.

National Foundation for Infantile Paralysis

Franklin D. Roosevelt: The 32nd President of the United States, who was himself a polio survivor. In 1938 he started the National Foundation for Infantile Paralysis to raise funds for polio research and treatment. The same year the phrase was started “March of Dimes”. At one fundraiser, celebrity singer Eddie Cantor jokingly urged the public to send dimes to the president, coining the term March of Dimes. The public took his appeal seriously, flooding the White House with 2,680,000 dimes!

Today Cindy and I have 2 great grandchildren, ages 8 and 11 that have shown a great deal of interest in coin collecting! When they visit they are fascinated how I research, categorize and inspect each coin I collect. Especially when I use my microscope to read dates, mint marks and quality of the coin.

To all of my grandchildren, their spouses, and my nine great-grandchildren: I have prepared bundles of coins, coin sets, and rare paper bills for each of them when my time in this world comes to an end. I have also written personal notes for my son to give each of them when that day arrives.

It has been said that without a legacy, a name may be forgotten within three generations. My prayer is that these coins become far more than a collection—that they become a tangible link between generations, carrying with them the stories, values, and memories of those who came before. May they be cherished and passed on to their children and grandchildren, serving as a reminder that while time moves forward, the legacy we leave in the hearts of those who follow can endure for generations.

Proverbs 13:22 reminds us: “A good man leaves an inheritance to his children’s children.”
That is my hope, my joy, and my legacy.

POLIO | GLOBAL ERADICATION INITIATIVE

Over more than three decades, the Global Polio Eradication Initiative (GPEI) has brought the world to the brink of ending polio. But reaching eradication alone is not enough. Keeping the world polio-free will require sustained investment in the systems and capacities that detect, prevent, and respond to poliovirus, long after the last case is found.

That is the vision behind [Sustaining a Polio-free World: A strategy for long-term success](#) (SPW), which was presented to Member States at the Seventy-ninth World Health Assembly (WHA79) in Geneva in May 2026.

Read the rest at this link:

<https://polioeradication.org/news/sustaining-a-polio-free-world-charting-the-course-from-strategy-to-action/>

Topic: Dr.Hannah Wunsch

When: Aug 1, 2026 1:00—3:00 pm EST

Join Zoom Meeting

[https://us02web.zoom.us/j/84874247822?
pwd=MUdaRjc5ZEgxK0ZtNWpYbnRSbFptdz09](https://us02web.zoom.us/j/84874247822?pwd=MUdaRjc5ZEgxK0ZtNWpYbnRSbFptdz09)

Meeting ID: 848 7424 7822

Passcode: 415481



Susan Schoenbeck talks for polio survivors 2026 list.

In hopes that Susan can give us another of her presentations in some future APPA Zoom events. We can pick from this list.

Disease Can Be a Gift: This presentation explores how our growth as human beings may be assisted by all sorts of circumstances that come our way. Commonly experienced signs and symptoms of late effect/post-polio are reviewed. Facts to support that polio is not a disease of the past are presented. How polio affects family dynamics is explored. Principles for dealing with adversity and a golden nugget to guide us are presented.

Our Heart Is Known by the Path We Walk: Examples of values engrained in polio kids are presented. This talk engages people in understanding how knowing one's values and living them influences other people's remembrance of them. The top values people say they want to be remembered for are presented. The benefits of smiling and volunteering on human physiology and happiness are discussed.

Unraveling Pain and Fatigue: Pain decades after poliomyelitis is the number one complaint of polio survivors. Most doctors and nurses have not been educated about polio pain and the late effects of polio. This class engages polio survivors to express their pain and fatigue in ways that help healthcare providers best figure out interventions that may alleviate such symptoms. Polio survivors have a responsibility to explain with words to healthcare professionals what their pain feels like, when it occurs, what helps prevent it, what helps relieve it. Number & faces pain scales do not describe the biopsychological aspects of pain. This talk introduces polio survivors to the OLD CART pain management tool and the OLD CART fatigue management tool which helps survivors educate themselves, their families and loved ones, and healthcare professionals about their pain and fatigue. How grief accompanies polio pain and fatigue is explored.

Take Charge of Your Post-Polio Fatigue: *This talk shares the neuroanatomy behind the words polio survivors use to describe their fatigue. Proactive strategies that ward off fatigue along with recovery methods are discussed. The research status of a non-invasive potential treatment option for post-polio fatigue is introduced.*

Rituals Restore Equilibrium: Rituals Help Polio Survivors Face Uncertainty: This talk discusses the kinds of uncertainty we polio survivors face. These are: We are overlooked.

Susan Schoenbeck talk options, continued

We are at the older end of a growing world population. Healthcare workers will continue to be in short supply. We live in uncharted waters. Historical/anthropological perspectives on the value of rituals in building resilience to reduce stress, calm us, give circulation a boost, distract from pain, soften grief, and bring balance to polio survivor days are reviewed. The science behind how rituals work is explained. The audience is presented with a wide variety of rituals that can be adopted.

Kindness: What it is. What it is not. Why polio survivors are unique vessels of kindness. Why we need kindness in this chaotic world. Ways to enact the gesture of kindness. Research findings that help us understand how best we can be the kind people we want to be. This presentation reviews early childhood polio survivor hospitalization scenarios and the biological effects traumatic situations have on our bodies and minds. It discusses how a person develops empathy, a linchpin for kindness. Why some people are empathetic, and others are not is explored. Ways to express empathy and show kindness are discussed. How important kindness is in a world where norms are being shattered is emphasized. Illustrations show fMRI depictions of people who experience sympathy and empathy.

Spiritual Experiences: Out-of-Body and Near-Death Experiences (OBES/NDEs) are explored through the lens of those who report them to healthcare professionals and researchers. Life-altering aftereffects of spiritual experiences are discussed. How the phenomenon of being able to communicate across distances as people cross between realms is consistent with the quantum mechanics theory of physics is reviewed. Examples of practical use of knowledge of spiritual experiences are described.

Jonas Salk: Life and Philosophy: What does it mean to me? The story of how good intention, hard work, and valor against the odds led to Jonas Salk becoming a role model for selfless service. A review of the history of polio in the world and the development of the *People's Vaccine*. *Salk's intention and perspective*. *Philosopher versus celebrity*. *The Salk Institute for Biological Studies*. *Incorporating the lessons of Jonas Salk into our lives*. *This talk explores how Salk's vision influences polio survivors today*.

Why Vaccinate for Polio: *The types of polio are described. The status of variants circulating the globe is presented. The Oral Polio Vaccine (Sabin) and Injectable Polio Vaccine (Salk) are compared. Asymptomatic carrier status is described. The differences between bulbar polio, spinal polio, and spinobulbar polio are discussed. Salk's double-blind clinical trial is detailed. That polio vaccines do not contain thimerosal is clarified. How antigens trigger the immune system is*

Susan Schoenbeck talk options, continued

discussed. The cost of non-vaccination is reviewed. Herd immunity is explained. Traveling precautions and recommended booster shots are presented.

Polio Experiences: Drawing Strength and Wisdom Through Memories: The uniqueness of polio survivors to survive despite illness and hurdles. An exploration of memories, loss, and resilience across polio lifespans; A discussion of how polio experiences shape identity, and how memories can be transmuted into strength. Discussion of forgiveness, and intergenerational learning. How storytelling can support healing. The value of expressive practices (anticipatory grief, journaling, storytelling, forgiveness). Nursing and caregiver experiences during polio epidemics that bring us intergenerational understanding. Discussion explores trust issues stemming from childhood separation, hospitalizations, the impact of polio on families, and how sharing memories can support resolution and a sense of belonging. The importance of passing knowledge to future generations, and its impact, is addressed.

Autism: A Spectrum: Hear the feelings and voices of people on the autism spectrum. Definition, Prevalence, Signs and Symptoms, New frontiers in the use of artificial intelligence (AI) and machine learning (ML) to diagnose and identify unique characteristics.

Being Gentle with Ourselves: Imperfection leads to Strength: How brokenness can lead to courage. How storytelling helps us process memories we may have hidden, enables us to make sense of our story, reveals understandings not before apparent to us and spurs us onward to make peace with ourselves and others. How music helps us heal, lowers anxiety and depression, and reduces stress from traumatic events. How every act of self-care strengthens our authentic self.

Silly signs assembled by Dick Schultz

Did I read that sign right? "TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW."

In a Laundromat: AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OFF

In an office: WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN.

In an office: AFTER TEA BREAK, STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD.

Message on a leaflet: 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.)

In a London department store: BARGAIN BASEMENT UPSTAIRS...

Outside a second-hand shop: WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

Notice in health food shop window: CLOSED DUE TO ILLNESS...

Spotted in a safari park: (I sure hope so.) ELEPHANTS, PLEASE STAY IN YOUR CAR.

Seen during a conference: FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR.

Notice in a farmer's field: THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

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)

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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.



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Nancy Winter - Editor

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