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Governor's Council on Developmental Disabilities Awards Grant to APPA

Thanks to the Governor's Council on Developmental Disabilities (DD Council), all dues-paying members of the Atlanta Post-Polio Association, who live in the state of Georgia, are eligible for assistance to attend the 10th Polio Health International Conference. The conference will be held in Warm Springs, April 23-25. We are excited about this opportunity to partner with the DD Council to make it possible for APPA members to attend the upcoming polio conference. In addition, APPA is providing 25% matching grant.

Money will be provided on a reimbursement basis after the conference. We are hopeful that we can provide reimbursement of registration fees to attend both the pre-conference Wellness Retreat and the Conference. Please save your registration receipt and other proof of expenditures.

For as long as the funding lasts, APPA will provide assistance with the following priorities:

1. Registration fee to the conference
2. Registration fee to the Wellness Retreat
3. Hotel/room accommodations
4. Gas per mile using GA State rate

The deadline for you to submit a request for reimbursement is **May 15, 2009**. All receipts must accompany request. We will disburse funds as soon as possible after receiving DD Council funds. Please be prepared for the reimbursement process to take up to two months.

It would be helpful to let us know in advance that you are planning to attend the conference and that you will be applying for reimbursement. Please call 404-350-7631 and leave a message.

There is time left to register. Go to www.post-polio.org to download the registration form or call 314-534-0475. Registration without penalty ends March 21st. There is a small penalty after the 21st.



Message From The President

By Linda Priest

What a cold winter we have had! As I write, there is snow still on the ground and this is Atlanta in March! Regardless, your APPA Board has been hard at work planning another great year for APPA members.

Under the direction of Cheryl Hollis, the programs have been excellent thus far. We had Dr. Strasser, Director of the Polio Clinic at Emory, in January. He provided an informative review of post-polio syndrome and its history. In February, Dr. Gerald Staton treated us to another great presentation on pulmonary issues/disease. In addition, Dr Staton brought Dr. Steve Hadler to speak to us. Dr. Hadler is an expert on polio eradication around the world. In March, Kathryn Bussey provided a very informative session on nutrition and post-polio.

I am delighted to be your president once again. We have a good group of people on our board this year. They are eager beavers willing to do all they can to make our organization thrive and grow. Your 2009 Executive Committee members are:

Linda Priest, President
Cheryl Hollis, First Vice President
Joe Drogan, Second Vice President
Betty Storey, Secretary
Fay McCaw, Treasurer

We are excited to have new board members Robert Abney, Cathy McIntire and Lynda Dillman. Robert is taking over the duties of Fund Raising. Lynda is working on Public Relations and Cathy is helping out with Programs and sending meeting notices. Our returning board includes Cheryl Hollis continuing with Programs and Socials, Joe Drogan continuing with our Database and taking over the Newsletter, Fay McCaw working as Treasurer, Nancy Truluck continuing as Sunshine Committee Chair, Charlotte Terry as Care Team Captain and Betty Storey with a multitude of responsibilities besides being our Secretary. Betty is answering the APPA Hot Line, coordinating refreshments for our meetings and serving as our Photographer. Wouldn't you like to volunteer to take over one of her responsibilities?

I am so excited to announce that the Governor's Council on Developmental Disabilities said, "YES" to our Partnership Grant proposal. Their grant, plus 25% matching funds from APPA, will make it possible for APPA members to attend the upcoming Post Polio Health International Conference in Warm Springs. Read more about the process for receiving registration fee reimbursement elsewhere in this newsletter.

Great things are happening in APPA...don't miss out. Come to our next meeting and check us out on the web at www.atlantapostpolio.com

Bill Gates announces new US\$255 million grant for ending polio

By Arnold R. Grahl and Dan Nixon
Rotary International News -- 21 January 2009



Bill Gates announces a new US\$255 million grant for ending polio at the 2009 International Assembly in San Diego, California, USA. *Photo by Rotary Images/Monika Lozinska-Lee*

The Bill & Melinda Gates Foundation has awarded US\$255 million to Rotary International in the global effort to eradicate polio, bringing the total committed by Rotary and the Gates Foundation to \$555 million.

Shortly after meeting with incoming district governors from the four countries where the wild poliovirus is endemic -- Afghanistan, India, Nigeria, and Pakistan -- Bill Gates announced the new grant on Wednesday morning at the International Assembly in San Diego, California, USA.

"Rotarians, government leaders, and health professionals have made a phenomenal commitment to get us to a point at which polio afflicts only a small number of the world's children," Gates said. "However, complete elimination of the poliovirus is difficult and will continue to be difficult for a number of years. Rotary in particular has inspired my own personal commitment to get deeply involved in achieving eradication."

"We are going to end polio now," affirmed Robert S. Scott, chair of RI's International PolioPlus Committee.

In response to the new \$255 million Gates Foundation grant, Rotary will raise \$100 million in matching funds. In November 2007, RI received a \$100 million Gates Foundation grant, which Rotary committed to match by raising \$100 million.

The two Gates Foundation challenge grants now total \$355 million. Rotary International's matching effort in response is called Rotary's US\$200 Million Challenge, which must be completed by 30 June 2012.

The \$255 million grant is one of the largest challenge grants ever given by the Gates Foundation and the largest received by Rotary in its 104-year history. Rotary will spend the grant in direct support of immunization activities carried out by the Global Polio Eradication Initiative, which is spearheaded by [RI and its partners](#), the World Health Organization, the U.S. Centers for Disease Control and Prevention, and UNICEF. Rotary will distribute the funds through grants to WHO and UNICEF.

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The participation of Rotary clubs and individual Rotarians in Rotary's US\$200 Million Challenge remains crucial to its success. Rotary has raised nearly \$73 million toward this amount: \$62 million in contributions and \$11 million in commitments. Each club is being challenged to organize a public [fundraiser](#) annually for the next three years.

In October, The Rotary Foundation Trustees approved special Paul Harris Fellow Recognition, which begins 1 July, featuring a certificate with the End Polio Now logo.

Polio eradication has been Rotary's top priority since 1985, with more than \$1.2 billion contributed to the effort. Gates praised Rotary for providing the volunteers, advocates, and donors who have helped bring about a 99 percent decline in the number of polio cases. "The world would not be where it is without Rotary, and it won't get where it needs to go without Rotary," he said.

The final hurdle still is ahead, said RI President-elect John Kenny. This grant shows that the Gates Foundation is just as committed as Rotary to ridding the world of this disease, he said.

Gates also shared with the incoming district governors and Rotary leaders a story from his trip to India in November, when he held a nine-month-old girl afflicted with polio in his arms in a slum in East Delhi.

"She obviously didn't understand why people were poking her legs and looking so serious. But she'll never be able to kick a ball around, never be able to play hide-and-seek with her friends, because she has polio," Gates said. "As I held Hashmin, I thought, We can end this."

"We don't know exactly when the last child will be affected. But we *do* have the vaccines to wipe it out," he said. "Countries *do* have the will to deploy all the tools at their disposal. If we all have the fortitude to see this effort through to the end, then we *will* eradicate polio."

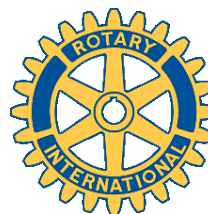
In addition, the governments of the United Kingdom and Germany announced they have respectively committed \$150 million and \$130 million to eradicate polio, which will not count toward Rotary's challenge.

Government support is key to polio eradication efforts, said Scott.

For more information:

<http://rotary.org/en/Pages/ridefault.aspx>

Courtesy of Rotary International



Meet One of Our Newest Board Members



Robert Abney Fundraising

I have been a member of Atlanta Post-Polio for about five years. I joined in search of some answers to my questions about my fatigue and stability problems. Were my aches and pains just my age or post-polio? I became active in APPA last year after the aches, cramps and pains began keeping me awake at night. Also, at that time, I became a patient of Dr. Strasser at Emory Clinic.

I was only two years of age when the poliovirus hit me. Dr. Strasser calls it the 'Class of '41'. Of course I do not remember any details. In fact I was twelve or thirteen before I found out about the polio. As a typical kid a lot of running was involved in growing up. Only I had problems with my right leg and foot about this time. Because my right foot was shorter than my left foot I stuffed paper in the toe of the shoe to keep it in shape. This 'extra' rubber on tennis shoes (Keds) was hard to control while running and would also 'catch' while running especially on hardwood basketball courts.

In a conversation with my mother I mentioned my running and shoe problems and she told me the story about the time I was sick as a two year old. She was afraid it was the flu since she had lost her mother and oldest sister in the flu epidemic of 1918. In my recovery I had problems walking for several weeks, "But I was a toddler" she said. I think she and my father were so afraid of polio they were in denial and it really was not until we talked that she mentioned "polio". However, even the county doctor that I went to growing up did not ever say the word "polio".

As an adult I have been very fortunate. I started buying two pairs of shoes for the problem of size difference. Northlake Hospital was always glad to get the mismatched pair for their rehab program. APPA has been great for my mind and, thanks to Dr. Strasser, my post-polio is currently in a manageable stage.

Dr. Dale Strasser Visits APPA

Dr. Dale C. Strasser, Chair of the Department of Rehabilitation Medicine at Emory University School of Medicine, was APPA's guest speaker for its January 10, 2009 meeting. Dr. Strasser has been a long-time supporting member of APPA and has made many informative presentations in past years.

The title of his presentation was "A historical Perspective on Polio." Dr. Strasser announced that his presentation is part of his presentation prepared for the 2009 International Polio Convention that will be held in Warm Springs GA in April of this year dealing with the same topic. Dr. Strasser recommended Dr. David M. Oshinsky's book entitled, "Polio: An American Story." In his opinion Dr. Oshinsky (who will also be a speaker in Warm Springs in April), is a wonderful historian and author. He encouraged APPA members to read this book for more historical details.

Although there is evidence that polio was present in ancient Rome and in Egyptian paintings, polio appeared mostly in the late 1800's in the world. In Northern Europe, outbreaks of this disease progressed in intensity in the late 1800's, with major outbreaks beginning in 1915, followed by outbreaks in the 20's, 30's, 40's and 50's. These outbreaks, which eventually gained the status of epidemics, produced interesting dynamics in the American approach to this disease, which became most deadly in the US during these same times.

Trends were identified in confronting polio epidemics, such as, there are 30 times more polio cases in August than in February. Also, human immunological systems get into overdrive causing auto-immune diseases.

Note: When Europeans came to the Western Hemisphere they brought many diseases that adversely impacted Native Americans, with a death (mortality) rate estimated to be as high at 95%!

Various childhood conditions provided some immunity to serious diseases, such as cow pox providing immunity to small pox. Some diseases even tuned human systems as a result. Polio, unlike other diseases, does not have an animal carrier, nor is there a similar disease which infects humans, with animal contact, which would provide some form of immune reaction. Although only 1-2% of the people exposed to the polio virus got the paralytic form, the remaining 98+% may have only had the symptoms of a bad cold, with no other side effects. (However, there is some research now underway to explore the possibility that certain diseases, such as narcolepsy and chronic fatigue syndrome, may be the after effects of polio in some of those infected by the disease years earlier.)

Among the infection trends observed, polio was mostly related to the patient's age, with children most prone to be affected. For example, for six year-old children only 1 in 100 suffered paralysis. For seven year-old children the rate was 5 in 100.

President Roosevelt contracted polio in 1921 at the age of 39. He came from a wealthy family background and was isolated, as a child, from the summer epidemics, as well as most childhood diseases. However, when he went away to college he contracted many of the normal viral infections in this unprotected environment. His immune system was not as attuned to resist these diseases as other children. As Secretary of the Navy in Washington, D.C., Roosevelt visited a Boy Scout camp, as a vacation break, on his way from D.C. to his family's summer home at Campobello, Me. At that time he was under a lot of pressure addressing Congressional investigators regarding some military problems, and having participated as the Vice Presidential candidate for 1920. When he reached Campobello

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about ten days later, he exercised excessively with his children. Within a day he became virulently ill and came down with paralytic polio. FDR heard, through a friend, about the curative powers of the natural warm springs at a small town in southwest Georgia, and soon visited it. He became enthralled with the effects of the springs and ultimately spent most of his inheritance in order to purchase the springs, and the resort around it, in order to help others improve, as he felt he had, from the blessings of this place. His sponsorship of Warm Springs contributed greatly to its role in dealing with this dreaded disease. While dealing with the after effects of polio he helped establish the National Foundation for Infantile Paralysis, which later became the March of Dimes.

Dr. Strasser reported that Roosevelt managed to keep the fact that he had been crippled because of polio from the public. Even in his third term as president, people were totally unaware that he was disabled. He pointed out that only two photographs of Roosevelt in a wheelchair are known to exist.

Dr. Strasser indicated that the campaign for eliminating polio epidemics in the US was groundbreaking in developing a process for fund raising to combat any disease, and creating public awareness. The ultimate goal, of course, was the eradication of this disease through research and to provide proper therapy to survivors. Roosevelt began organizing people to act on the elimination of this disease. It is believed that this great effort resulted in resurrecting his political career.

With the assistance of Basil O'Connor, the first major fund raising effort transpired. Mr. O'Connor was a Madison Avenue professional who organized community efforts to raise awareness, social consciousness and generate funds to protect Americans from polio. This was years before the US Government became an active participant in this campaign. O'Connor was the first person to come up with the idea of using a poster child to sell the important message to the public. These posters were placed in neighborhoods to organize support. This effort led to the development of the March of Dimes. Dr. Strasser commented that rather than get a lot of dollars from a few people, their focus was to gain a wide-base support throughout the big and small cities of America by asking everyone to donate dimes. The effort proved to be successful in getting the participation of the whole nation in addressing this disease that either killed or maimed its young children and adults alike. It was truly a successful effort that possibly saved some from getting this disease. The effects of this disease were disproportional as it hit the middle class population. However, polio was not as life threatening a disease as the marketing promoted it to be, because, at the same time as the polio epidemics were occurring, three times as many children died from cancer and about ten times as many died from a variety of accidents. (Refer to: <http://www.feri.org/archives/polio/>)

Dr. Strasser provided a five-minute refresher course on contemporary times and values concerning Objective Evidence Based Medicine (OEBM). The early treatment studies, he explained, were based on Randomized Clinical Trials (RCT). In RCTs one-half of the participants get the treatment, and the remaining do not. Also, the doctors did not know which patients received the vaccine and which received the placebo. The objective was to eliminate any bias by the physicians conducting the studies. It was believed that not knowing whether the patient they were examining had the treatment or not would lead to an unbiased assessment. It was not a perfect system, however, it was the only approach they had early on in studying polio.

Eventually, the OEBM was the adopted format for conducting research studies that truly eliminated physician bias. This occurred near the time that research projects became funded by the US Government-National Institution of Health (NIH) and other governmental agencies. Proposals were made and the funding was finally isolated from these agencies. Today private foundations are also involved, such

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as the Ford Foundation and much more at this time the Gates Foundation. To some degree pharmaceutical and biotech companies have started conducting their own research into this and other associated diseases.

The examination of the early-to-mid 20th century studies of polio led to the suspicion, by virus physicians, that a virus was involved. They also concluded that three distinct types of polio were involved. Another conclusion reached was that the virus is transmitted by contact with human waste, garbage and other such sources. In a study conducted by the Rockefeller Institute using monkeys, it was concluded that the virus was not released into the body through the digestive system – which proved to be a wrong lead which wasted many valuable years and dollars into useless research. This happened because it was presumed that an assistant in that study had somehow contracted polio through contact with monkeys. Researchers inferred that the virus got to the nose, because the only type of polio virus which they could get to survive in this type of monkey could only be contracted through contact with the nasal passages. This misleading research caused many questions to be asked which actually could never be answered, and provided the first of several vaccines which proved to be useless, or in some cases, to actually infect those exposed to it.

The discovery that polio was a virus encouraged researchers to find The Vaccine to help the immune system fight the polio virus. For many years there was a debate whether it was best to use a vaccine with a killed polio virus, or a vaccine with both live, 'attenuated' virus. There were pluses and minuses associated with either approach. In the 1940's and 1950's three studies were taking place in the US. One of those involved in the 1940's was Isabel Morgan, a virologist at Johns Hopkins University. Her progress was ahead of the well known efforts of Sabin and Salk in developing a vaccine. She was the daughter of a Nobel Laureate and her father strongly hinted he wanted grandchildren. She married and had a child and did not return to virology in a serious way.

Sabin championed the live virus approach to the vaccine in Philadelphia. He believed that approach provided a more effective vaccine. Working in Pittsburgh, Jonas Salk took the opposite approach using a dead virus. He developed an elaborate system to kill the vaccine but at the same time maintain the original shape of the virus so that the human body would recognize it as the polio virus. He did this without federal funding, no clinic trial format and without coercion. So with safeguards in place to prevent giving polio with the vaccine, a randomization study was initiated.

Two million children at the age of 6-7 years old were given placebo or the vaccine in 1954. Those given the placebo had more incidents of contracting the disease than those given the vaccine at a ratio of 600/30. Some bias still existed in this study. Although highly successful, the first trial remained unpredictable. Nevertheless, a new conference was held by the University of Michigan announcing that a vaccine which prevented someone from getting polio had been achieved.

There was a rush to produce the vaccine with several companies assigned to begin this effort. One of those companies, based in Berkeley, CA, failed to kill all of the virus as required, leading to many people getting polio. It was a major embarrassment and raised national concern.

During the cold war period of our nation the American Medical Association (AMA) campaigned to stop vaccinations in schools. They believed that it would be safer if done in doctor's offices. However, this proposal led to federal oversight of the polio virus production that would certify the virus had been killed. Still convinced his live virus vaccine was better, Dr. Sabin achieved approval to inoculate millions in Russia. The results were mostly positive but some of the participants got polio. For this reason the Salk vaccine ultimately prevailed.

This concluded Dr. Strasser's formal presentation.

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Questions and Answers

1. In response to the question which of the three strains of polio leads to paralytic polio? The answer is that the Type 2 appears to be the one. Both Types 2 and 3 can lead to Bulbar Polio.

2. What is the mechanism? The answer was that there are two types of nerves in the body: Motor and Sensory. Polio affects one type of neuron the Alpha Motor neuron that activates muscles.

3. Is there any treatment for fatigue? The answer was that he is very cautious about giving his patients medications for fatigue, as no one knows whether these medications will wear out the neuromuscular system. However, he has dispensed **Mestinon** to some of his patients with special needs in the past. Later clinical RCT results did not confirm the ability of Mestinon to relieve fatigue. It had diarrhea and flushing side effects but some may receive modest benefits. Other medications that have been used include **Provigil** and **Ritalin**. Both are stimulants. Provigil is probably the more effective medication, very expensive and has all the side-effects of a stimulant.

4. Why do I get fatigued? The answer was that a normal neuron innervates about 100 muscle fibers. However, polio killed many muscle neurons, so that for many of those suffering from polio, one of their neurons may innervate 10,000. Because of this, Dr. Strasser added that we would be prime candidates for any potential stem-cell research into recreating nerve/neuron cells, because any progress could be easily documented, and it would make an immediate impact upon our lives.

5. One member indicated to get relief from fatigue he has used CoQ10. It is found in the vitamin section of drug stores. The answer was to go to the NIH web site and search under Polio Research to get the latest information on this over-the-counter medication, or any other such medication.

APPA is very appreciative of the contributions Dr. Strasser has made today, and in the past, in providing information beneficial to polio survivors.

Written by Ron Swor and Ivy Stiles on January 14, 2009

The information provided herein represents what the authors believe they heard during the January 10, 2009 presentation 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.



Heartfelt Thanks to:
Ann & Richard Coultrip
for their generous donation to APPA
&
An anonymous special donation in memory of
Linda Sutherland

ANNOUNCING!!!
The 2009 APPA
“Economic Stimulus Package!!!”



Just a friendly reminder that APPA 2009 dues are now due!!
(We even put a **real cool** form for you to use on page 15)

Statement of Policy

APPA and APPA News do not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter.

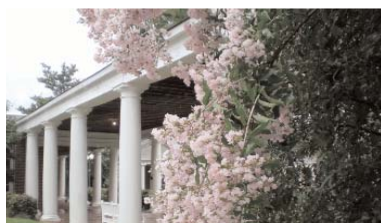
They are mentioned simply as a public service to polio survivors and those interested in them.

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

POST-POLIO HEALTH INTERNATIONAL 10th International Conference

Living with Polio in the 21st Century

April 23-25, 2009



Roosevelt Warm Springs Institute for Rehabilitation, Warm Springs, Georgia; (Top to bottom) Quadrangle, Roosevelt Hall, Columbus Colonnade, Inside Georgia Hall

Living with Polio in the 21st Century is the theme guiding the program of Post-Polio Health International's 10th International Conference.

The conference will open officially on Thursday, April 23, 2009, at 1:00 pm in historic Roosevelt Hall on the campus of Roosevelt Warm Springs Institute for Rehabilitation (RWSIR), Warm Springs, Georgia.

The closing lecture, "Polio: A Look Back at the Public Health Crusade that Mobilized a Nation" will be presented by David M. Oshinsky, author of *Polio: An American Story*, a book for which he received the 2006 Pulitzer Prize in History. The session will conclude at 4:00 pm, Saturday, April 25, 2009. A social event will be held that evening at Camp Dream on the RWSIR campus.

The core program takes advantage of RWSIR's current facilities by offering sessions such as "Your Mobility Device and Your Posture"; "Demonstration and Discussion of a Post-Polio Examination: Sorting out Secondary Conditions"; "Demonstration and Discussion of a Post-Polio Examination: Don't Forget Breathing"; "Benefits and Techniques of Aquatic Therapy"; and "Demonstration and Discussion of a Seating Evaluation: Cushions and Pressure Sores."

RWSIR is the perfect setting for sessions such as "Warm Springs during the Epidemic Years: Not the Usual Story" and a "Memoir Writing Workshop."

The program committee recognizes that the basics of the late effects of polio are readily available and chooses to offer targeted and in-depth sessions, as well as sessions that offer "tools" to live with polio in the 21st century. Other examples of the 40 sessions include: "Tools to Use in Evaluating Treatment Choices"; "Making the Tough Decisions: Palliative Care and

David M. Oshinsky,

Jack S. Blanton
Chair in History,
University of Texas,
and Distinguished
Scholar in
Residence, New
York University.

Photo by Don Rogers
(www.drogersphoto.com)



End-of-Life Decisions"; "Complementary and Alternative Medicine: What You Don't Know Can Hurt You"; "Anesthesia Update: Separating Fact from Fear"; "Housing Options: What's Out There"; and "Poly Pharmacy: Making It All Work." ▲

The program schedule, with the session titles and names of presenters for the 40 sessions, will be available on the PHI (www.post-polio.org) and RWSIR (www.roosevelt-rehab.org) websites in the fall. Registration materials will include information about lodging, ranging from historic and/or rustic rooms on campus to area chain motels to Callaway Gardens, Pine Mountain, Georgia. Rates range from \$60 to \$109 per night for double occupancy, less for single. There are also campgrounds in the area.

The regional airport is Hartsfield-Jackson International on the southwest side of Atlanta. The drive to Warm Springs is about 1½ hours. A list of rental car agencies, including their disability services, will be provided.

Roosevelt's Little White House Historic Site, operated by Georgia State Parks, is adjacent to RWSIR, and tours will be available. The site also includes the FDR Memorial Museum & Video and the Historic Pools Museum. Tours will also be available of RWSIR, a National Historic Landmark, which is home to the Smithsonian Exhibit "Whatever Happened to Polio?" and the Polio Hall of Fame.

Watch www.post-polio.org and www.roosevelt-rehab.org for details. Lodging information will be posted in early September. If you do not have access to the Internet and want to receive the registration materials, send your name and address to PHI or call 314-534-0475.

Under the Whispering Georgia Pines ...

Post-Polio Wellness Retreat Promises Personal Attention, Renewal

Would you like an opportunity to renew your mind, body and spirit under the whispering Georgia pines? Would you like to have every one of your post-polio questions answered by unhurried medical experts and spend four custom-designed days sharing your stories and ideas, enjoying recreational activities, and learning more about how to stay strong and healthy in the years ahead? If “yes” is your answer, then you may want to attend the Post-Polio Wellness Retreat to be held at Roosevelt Warm Springs Institute for Rehabilitation (RWSIR) prior to PHI’s 10th International Conference (See page 8).

Based on two well-received post-polio retreats in Upper Michigan held in 2006 and 2007, this one is being planned by an experienced faculty led by Frederick M. Maynard, MD. Moving several steps beyond re-rehabilitation, the program will offer ongoing wellness approaches that promise to improve your overall health and quality of life. The group is designing a varied and flexible program that will appeal both to polio survivors and their retreat companions (spouse, significant other, caregiver, friend).

Participants will be asked to set retreat goals based on individual needs and preferences. At least 25 different topics will be offered as options for full group and breakout sessions, which will include both traditional and complementary approaches to staying healthy and well.

The retreat will take place at Camp Dream on the RWSIR campus starting at 2:00 pm, on Sunday, April 19, 2009, and ending about 10:00 am, Thursday, April 23, 2009. Enrollment will be limited to 55 participants, including companions. The fee, including food and lodging, is \$350.00 per person.

Camp Dream is a 74-acre recreational area in a natural but fully accessible

setting. Callaway and Lanier Lodges provide comfortable sleeping quarters with wheelchair access to private attached bathrooms featuring roll-in showers. Rooms have either three or four beds in them, which may necessitate sharing the space and getting to know your roommates.

Both lodges have great rooms and wrap-around decks that feature views of Lake Dream. The dining hall offers meals served family-style. Camp Dream has a woodland nature trail, a covered pavilion, and lake activities such as canoeing, fishing and kayaking. It is conveniently located near the Center for Therapeutic Recreation, a building which houses exercise, game and meeting rooms, and a mineral spring-fed pool. ▲

Watch www.post-polio.org and the next issue of *Post-Polio Health* (November) for details. A short video describing the Upper Michigan retreats can be viewed at www.baycliff.org (click on “post-polio”). If you don’t have access to the Internet, contact PHI and/or call Reenae White, Camp Dream Director, at 706-655-5715 weekdays from 9:00 am-5:00 pm EDT.

First-come, first-served enrollment will open soon with a cut-off deadline in early March 2009. Hope to see you there!



Tech Bits & Bytes

By Joe Drohan

Let's talk about computers and security. The explosive worldwide growth of the internet has opened up access to a wide variety of groups and individuals. This has had both good and bad consequences. Because the internet is a world wide entity there is very little control over who can use it and how. This lack of control causes at least three threats to exist. They are malicious intent, misinformation, and inappropriate content. I was going to write about inappropriate content but the APPA censors complained about the pictures I was going to use;-) Sooo this article deals with the malicious intent threat. These threats are designed to plant viruses on your computer, violate your security, steal your money, or your identity. Losing \$\$\$ to a fraudulent web site is bad, identity theft can be even worse. It can cost you thousands of dollars and years of "red tape" to get resolved. One way it can happen is falling prey to a "phishing" site. They are sites that are "fishing" trying to get your personal information or planting viruses sometimes called "worms". These web sites look exactly like the real ones for a company. The logos are there, even the style of the page is identical to the real site. You enter your social security, or account number, password etc. and you've been had. How do we defend against this type of attack? Here are some tips:

Most browsers show the real address about to be sent to at the bottom of the window. Make sure you have the "status bar" checked in the views or toolbar menu at the top of the screen.

Most email programs show the address of an embedded link before you click on it. It should look like a page owned by the entity you are dealing with. See example below:



Notice that what looks like a link to a secure site

(https) for woodgrovebank is **really** going to link to some unknown isp at address <http://192.168.255.205> which could be somewhere you don't want to go!

The s in [https](https://) means it's a secure site, which would be fine but the link is really going to a non-secure address (no s). [https](https://) vs [http](http://) is one thing to watch for.

Here is a "phishing" quiz you can take to see what I'm talking about.

<http://www.sonicwall.com/phishing/>

Most browsers are becoming more secure in that they check for known malicious sites and warn you but new bad sites are added every day. Whenever possible, you have more control when you initiate contact with a companies web site or by phone for that matter. (I'd be an easy mark for a sexy female voice calling from "Lolita's Bank" and I don't even have an account there!!)...but I digress.

Entering www.atlantapostpolio.com is far safer than clicking on a link that appears to be a link to us without checking first.

Never enter sensitive information like credit card numbers, SS-numbers, drivers license numbers into sites that don't display the [https](https://) vs. [http](http://) as part of the web address.

Be careful with what you set up as secret question information and answers. Sarah Palin's email account was compromised because part of her security was "favorite pets name" and she had talked about her pet in an interview. You can never be too careful.

Continued on next page

Use strong passwords that you can remember easily. I like the method of using an algorithm to create passwords. An algorithm is usually a mathematical procedure but here it is a “rule” you always use to create passwords for various sites. For example your rule might be “my password for any company site is the first 2 letters of the company name, followed by the last 4 digits of the first phone number I ever had, followed by my initials backwards”. This way the password for various sites can be unique but remembered. If you’re first phone number was “Hi Mary Lou” please put me thru to Andy” you might be a little older than me and come from a really small town!

My password for yahoo.com would be ya9999djj, for Shepherd.com sh9999djj. Make up your own rule to suit your needs. If you have a lot of Atlanta sites you would need a “better” rule to keep them unique. Atlantachamberofcommerce.org might be the initials “acc” instead of ist 2 of the name - acc9999jdd. The idea here is the mind can more easily remember the rule and apply it rather than all the passwords you can generate with it. Even stronger passwords can be created by using substitution rules like using the number 0 for the letter o, the \$ for the letter S and so forth. Some sites may have a problem with special characters in a password though, but you could use them for answers to secret questions, your cat named Sammy would be \$ammy, harder to guess.

Greeting card sites get hacked sometimes. A good way to protect yourself is if you get an email saying you have a card, copy (hi-lite, ctrl+c), the card ID from the email, type the card site name into your browser, and there is almost always a place there to paste (ctrl+v) your card id. A little more work but far safer than clicking on the link to “view your card”.

There is also a plethora of security software solutions out there too but they cost money and some of them slow down your machine.

In closing, let me also say don’t get *too paranoid* about computer identity theft, the vast majority of occurrences are due to stolen wallets containing social security cards and blank checks. Don’t ever carry either in your wallet. On-line browsing, research, shopping, banking, and finances are secure if some good practices are employed.

Hope this helps you be safer on your computers.

Until next time-Happy (and safe) Computing!!!



In Memoriam

Carole Dubac
Kip Kimbrough
Mary McDaniel
Linda Sutherland

APPA UPCOMING EVENTS

- April 4** **Norma Lundy** - Aging and Disability Resource Specialist with the Atlanta Regional Commission will be speaking on "Aging and Disability Resource Connections"
- May 2** Review of "Living with Polio in the 21st Century" conference
- June 6** **Amy Bohn & Magen Hembree** - PT "Upper Body Extremities and Post-Polio Issues"
- July 11** No Meeting - Summer Break
- August 1** Rap Session with **Laura C Hollis** - LCSW of Mindful Transitions, LLC
- Sept. 12** Join us at Handicapped Driver - Kennestone Circle -Marietta, GA 30066
- Oct. 3** Travel program by **Linda Priest**
- Nov. 7** Business meeting - plus **Roy Wise** from Rotary International "End Polio Now" campaign will have a short presentation
- Dec. 5** Holiday Party at Brio Restaurant Atlanta, GA

***** All meetings are Saturday at 1:00 PM At *****

**Shepherd Center Auditorium, 7th Floor
2020 Peachtree Road, Atlanta, GA
(except for Sept. 12 & Dec 5)**

MEMBERSHIP IN APPA

Return TO: **APPA**, P. O. Box 250566, Atlanta, GA 30325

Make checks payable to: **APPA**

Individual ☐ \$20 Family ☐ \$40 Corporate ☐ \$75 Lifetime ☐ \$400 Additional Contribution _____

Name (s) _____

Address _____

City State Zip _____

Telephone _____

Email Address _____

Please **CHECK** one.

- ☐ I am a new member. ☐ I am renewing my membership.
- ☐ I've already sent my tax-deductible annual membership contribution, but my contact information has changed as shown above.
- ☐ I am unable to contribute at this time but would like to receive the **APPA** News.

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

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

- | | |
|--|---|
| <input type="checkbox"/> Membership outreach (phone calls to shut-ins) | <input type="checkbox"/> Newsletter (write articles, proofread) |
| <input type="checkbox"/> Public Relations | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Data base assistance | <input type="checkbox"/> APPA phone tree help |
| <input type="checkbox"/> Planning a conference | <input type="checkbox"/> Assist with social events |
| | <input type="checkbox"/> Program planning |
| | <input type="checkbox"/> Assist with answering APPA phone line |

APPA News Editor Position Filled

It is my honor to be selected to serve as the editor for the APPA News newsletter. It is my intention to maintain the outstanding quality of this publication. I believe it should be both informative as well as entertaining. My qualifications for this position are significant and should be noted. I was a paperboy for the Meriden Journal in Meriden CT. from 1964 - 1967!! I will, of course, be relying heavily upon the skills and advice of our former editor Linda Priest. This newsletter could not be produced with such quality without the help of people like Ron Swor, Alice Felton, and the people who are involved with the actual production and delivery.

APPA wishes to thank these individuals for their dedication and efforts and I certainly want and need their help in the future. This is your newsletter and please address any suggestions or comments to:

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Atlanta Post Polio Assn.
PO Box 250566
Atlanta, GA 30325

Respectfully,
Joe Drogan

Atlanta Post Polio Association

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Newsletter Design by

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