

# APPA NEWS

## The Atlanta Post-Polio Association

Volume 25, Issue 4

4th Qtr 2012

### APPA Christmas Party 2012

Dateline: 12-1-2012

Another APPA Christmas Party has been put in the books.

The 2012 event was hosted at Maggiano's Little Italy at Perimeter Mall. Those present feasted on a family-style menu of Spinach Artichoke *al Forno*, Stuffed Mushrooms, Maggiano's Salad, Mom's Meat Lasagna, Chicken Marsala, Fettuccine Alfredo, Grilled Asparagus, Chocolate Zuccotto Cake, and New York Style Cheesecake. There was much time given to visiting and catching up especially with those who were not regular attendees. Vicki Crowell received the door prize for being the first to make her reservation. Thanks to everyone who helped in making our gathering such a success: Cathy McIntire, Gloria Mims, Vicki Crowell, Barbara Reynolds, Bill Storey, George Moore and, most of all, Jack Hollis. (Hope no one was left out!)

Make plans now to mark your calendar for the 2013 Holiday Soirée!

By Cheryl Hollis



More photos on page 10

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## *Message From The President*

Every morning I start the day with a little prayer and meditation. Glad to wake up on this side of the dirt and not upside down in a car and so forth. Then it's vitamins, meds, and down on the floor for morning exercises. I find if I don't do them right then the day gets away from me and they simply don't get done. I have faded memories of my mom and me doing exercises on my right arm when I was a child. I remember being frustrated that these stupid exercises, I had to do, didn't have any real effect. I was way too young to even begin to understand anything about atrophy and how the lack of use will cause it. Looking back now, if more exercise would have at least caused my right arm to be closer to the same length as my left, it would have been worth the effort. Sure would make it easier to get clothes to fit, and reach a stick shift. What motivates me to exercise now is pain. Over the years I've used an orthopedist named Dr. Sabrin. He put me back together after many injuries. What always impressed me about him was even though he was an orthopedic surgeon, he never once suggested any kind of surgery or drugs to remedy what was wrong with me. He simply recommended things like ice, heat and rest. But most of all he'd show me some exercises to do. Yeah that old exercise thing again. In addition he'd give me a sheet of instructions with the exercises so I be sure to do them correctly. If I would do the exercises the problem would invariably go away. I once called his office with a complaint about my neck hurting again long after I almost broke it trying to be a race car driver. I had been feeling fine and stopped doing my neck exercises. His nurse put me on hold for a second to check with the doctor. She came back on and told me he said to start doing my exercises again and if the problem didn't go away to make an appointment. He knew me too well! Sure enough, I did and my neck stopped hurting. I learned a valuable lesson from Dr. Sabrin. That's the good news. Bad news is it seems like every month or so I have to add a new exercise to my daily regimen and none of the old ones drop off the list. I've just added a few hip exercises to try and hold off what appears to be arthritis. At least the hip isn't my fault. I don't ever remember doing anything to injure it in any way. Just parts wearin' out I guess. Seems to be a lot of that goin' on lately. I heard from our treasurer, Shannon Morgan,

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the other day that she feels like she may need to quit her job to have time to do all the exercises she needs now. So I'm not alone there I guess. It's just that the morning routine gets longer and longer. If I do them I feel great. My good shoulder had been hurting on and off for the last year or so. I finally resolved to add shoulder exercises to my routine and had forgotten how wonderful it feels to do certain movements without pain. Dr. Sabrin retired a while ago (the nerve of him!) and I eventually will need to find a suitable replacement for him. My polio doctor, Dr. Strasser, is the same kind of doctor and currently fills the bill. It's getting harder and harder to find doctors that will prescribe exercise rather than simply grab that prescription pad and start writing. It is tempting to just "take a pill" and make things go away. I like the exercise method better. If you can fix things with a pill you have less incentive to take better care of yourself. Exercise works though. Last weekend I evaluated a Corvette, complete with a "spirited" test drive, for a friend who was buying it. I'm happy to report I can still climb in and out and drive the heck out of one without any pain. He did buy the Vette but said he was gonna' send me a bill for the under-wear he had to replace.

*Joe Drogan* - APPA President

### From the Editor

Another year in the books. A pretty good one here at APPA NEWS. Four issues produced as planned. At four per year they do tend to run together. About the time one's done it's time to start getting things together for the next.

I wrestled with a couple of article ideas this past year. I felt they were things that needed to be reported on but had to be sure they didn't come across as political in any way. If I can get them written with that in mind they will appear in an issue in 2013.

I'm pretty happy with this issue. The article about the Social Security Disability Resource Center (SSDRC) really depends upon you reading it on-line but I felt there was enough merit to it to include it even if some without internet might not get all of it.

There is another "Miscellany" photo and article about my observations of the world around us. Perhaps some frightening insight as to some of what goes on in my head.

Every effort was made to be sure all in attendance at the Christmas Party got their picture in this issue. Anybody left out should complain to the APPA NEWS Graphic Arts Dept. Graphic Artists....you know how they are!

*Joe Drogan*

**APPA wishes to thank the following  
for their donations.**

**Peggy & Gerald Peay  
(In memory of Marie Latta)**

**Fran Leakey  
(In memory of husband Frank Leakey)**

***Thank You!!!!!!***

## **2013 APPA Dues Are Due January 1, 2013**

It helps us a lot when dues are paid in January. We can better plan our expenditures for the year that way. (We don't have those "annoying" dues reminders letters)

Don't forget our "new" address.....

**Atlanta Post-Polio Association, Inc.  
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# Acupuncture By Cari Cater



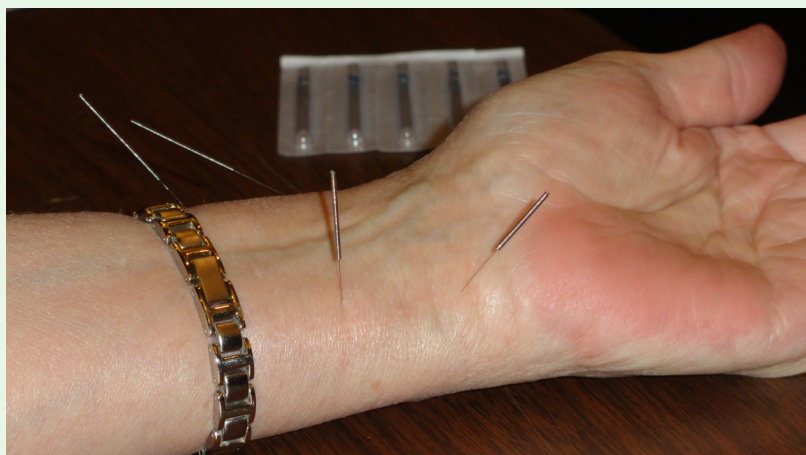
Cari Cater presented the APPA program for September, 2012, on the topic of 'Acupuncture'. The technique of acupuncture is based on 5,000 years of wisdom, knowledge and healing. It is a different paradigm of health characterized by specific theories and principles, a unique diagnostic evaluation and treatment of more than symptoms and signs with time-tested techniques. The foundation for acupuncture is that everything within the human body is interconnected and the body is created in such a way that it can be self healing. The specific theories and principles of acupuncture are based on the unique medical language of Yin, Yang, Qi, Jing and Shen. Yin and yang are complimentary terms describing the opposite poles of one integral whole such as the human body. The

Qi is the energy that enlivens and animates. A sufficient, balanced and continuous flow of Qi equals good health. When Qi energy is blocked due to diet, emotions, our occupation, trauma, inherited constitution, lifestyle, environment or habits, an imbalance sets up within. The Jing and Shen are also an energy as it refers to our body and spirit. An Acupuncturist sees each client as an interconnected whole requiring a unique diagnostic evaluation. They will observe how signs and symptoms weave together in order to understand the underlying, energetic profile of a person's health. This is achieved by observing the client, checking their pulse, asking questions and doing a physical exam. They will treat more than signs and symptoms. The objective of care is to relieve pain and discomfort, eliminate obvious signs and symptoms, support immune health, balance and maintain organ systems, prevent illness and to optimize health. This is achieved by employing various treatment methods without drugs, shots or side-effects. The Acupuncturist's view of health is one of an inner resiliency with the ability to thrive when confronted with stressors from our environment, or physical, emotional or mental being.



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Photos by Betty Storey

The World Health Organization (WHO) has said, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity." So, what does it look like when one is 'out of balance'? It results in a loss of health and well-being. There is pain, illness and disease resulting when energy imbalances are not corrected. This reduces the body's ability to adapt and results in a variety of symptoms and problems. A healthy lifestyle is one of exercise, a balanced, healthy diet, herbs, meditation, fresh air and a positive mental approach to living. Acupuncture is one tool in reaching that goal. It has been found safe and effective with virtually no side effects. The technique has been used for 5,000 years to address a variety of health needs. According to the National Institute of Health (NIH) and the World Health Organization (WHO), acupuncture has proven effective in the treatment of many common problems. Some of the reasons to try acupuncture are: it is a holistic approach to whole body well-being utilizing clear and precise diagnostic tools; it uncovers the root of problems with no drugs or side-effects; it is a safe and natural tool to keep you healthy in body, mind and spirit.



# Di\$count\$



**APPA NEWS** knows times are tough!

It seems to cost more and more every time you go anywhere to buy anything. In keeping with our tradition of helping our readers any way we can we are pleased to present you with **The Discount List!** In this issue we have **Activities & Entertainment** for you. In future issues, we'll have others. These haven't been verified but it never hurts to ask if they offer any senior discount!!

## Activities & Entertainment

- **AMC Theaters: up to 30% off (55+)**
- **Bally Total Fitness: up to \$100 off memberships (62+)**
- **Busch Gardens Tampa: \$3 off one-day tickets (50+)**
- **Carmike Cinemas: 35% off (65+)**
- **Cinemark/Century Theaters: up to 35% off**
- **Marcus Theatres : 13% off std seating, 47% off std Fri matinee seating (60+)**
- **U.S. National Parks: \$10 lifetime pass; 50% off additional services including camping (62+)**
- **Regal Cinemas: 30% off**
- **Ripley's Believe it or Not: @ off one-day ticket (55+)**
- **SeaWorld Orlando: \$3 off one-day tickets (50+)**



Editors note:

Many thanks to **Barbara Reynolds** for letting me know about these discounts!!



# Miscellany



Photo by Annette Harris

You know how you're just drivin' along sometimes and something just gets your attention? Just west of Cleveland, Tennessee, we happened upon this sign. What does it mean? The corner coming up ahead is somehow handicapped? It's only a turn for handicapped equipped vehicles? You better slow down that power chair dude? I've seen the "Blind Person In Area" signs which make sense. I'm guessing that it means there is a handicapped person in the area ahead that might be crossing the road and you should slow down. As it turns out, I was already watching my speed. You know how they are when you get stopped in rural Tennessee an' you got a Georgia license. "You ain't from around these parts now, are ya boy?"

Me, I'd just change the sign to say "Radar Trap Ahead" and really slow 'em down.

*Joe Drogan*



## APPA Christmas Party 2012 Continued



















Photos by Betty Storey & Vicki Crowell

# Tech Bits & Bytes

By Joe Droган

## HI-SPEED INTERNET!!

I can remember way back when I actually looked forward to Monday morning and the trip back into work. No Monday morning blues for me! We had real business class internet there and I could download anything I needed with blazing speed. My dial-up connection, using the fastest modem made, was a whole 16kbs. Work had a T1 line and it screamed along at 1.544 Mbit/s. kbs ?? Mbit/s ?? What the heck is all this stuff? Long time readers of Tech Bits & Bytes will remember how this column got its name. For the rest of you, me included, a refresher is germane to this discussion. Briefly, computers deal with information and large numbers. The basic unit of storage of information on a computer is the Byte. Think of it as representing one letter of a word. The Byte is, however, made up of 8 bits. Abbreviations are used for bits and bytes. They are lower case b for **bits** and capital B for **Bytes**. Soooo this column could be called Tech b's & B's

Large numbers of bits and bytes need to be transmitted for anything to get sent down the line from a web site to your computer. The abbreviation for these large numbers are k (kilo) for 1000, and M (mega) for 1,000,000 So k = a thousand and M = a million. So 2kb is 2,000 bits. 2kb/sec is 2,000 bits per second. What's important for our purposes here is understanding the different way internet speeds are reported. Back to dial up, 16kbs is 16,000 bits per second which equals 2kB/s or 2,000 Bytes per second. (16,000 / 8.) So the little letters after the speed are important.

If you survived all that tech stuff you're ready for the fun stuff.

Smartphone App

8 bits in a byte abbrev b  
Byte abbrev B  
K = 1000  
M = 1,000,000  
10Mb/sec is 10 million bits / sec



Cheat sheet (in case there's a quiz later.)

There are many sites out there to measure your internet speed. The one I like the best is [speedtest.net](http://speedtest.net). It's easy to use, free, and available to everyone including mobile phone users. My internet provider is Windstream.net. They advertise my speed at up to 12Mbps. Now we know they mean up to 12 million bits per second. That's as fast as a digital subscriber line (dsl) can go in my area. So am I getting the speed I pay for? Lets go to [speedtest.net](http://speedtest.net) and see.

I like to make sure no other applications are accessing the internet at the time the test is

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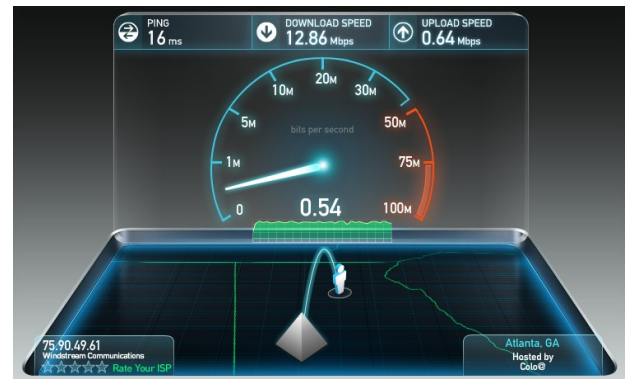
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Just click the Begin Test box to begin



As you can see I am indeed getting the 12 meg service I pay for.

12.86 Mb



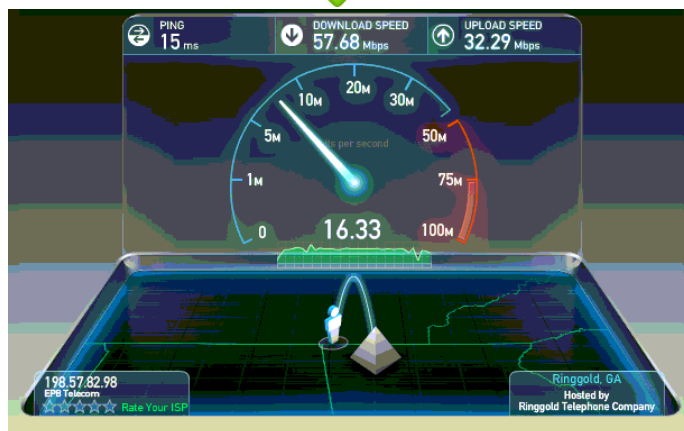
being run. If you're downloading the complete collection of **APPA NEWS** while testing it might affect the test results.

The speeds for internet get faster and faster all the time. The USA ranks 37th in the world for average household consumer internet speed. Even worse than Russia. Wonder why that is? See <http://www.netindex.com/download/allcountries/> That is changing however.

My friend Annette has fiber optic tv and internet in the Chattanooga, Tennessee, area. It's awesomely fast. (The internet not the TV!) 😊

Here is a recent speedtest.net result of her connection. 50+ meg! Really? When it comes to speed, seems like fiber optic is the way to go. The TV picture is great too.

57.68 Mb



**TB&B Prediction Corner**

What I believe they are really setting up for is this. (Note this is an official TB&B prediction). In the next 2-3 years the DVD's in stores are going the way of the 8-track. You'll get your movie content and regular TV from an internet stream. Yep, that's right they'll be no more cable and satellite TV. Hang on to this issue of **APPA NEWS** and let's see if I'm right.

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







## Social Security Disability Resource Center

Welcome to SSDRC. The goal of this site is to inform readers about how the disability process works.

### **SSDRC**

My name is Tim Moore. In the past, I have been approached to provide commentary on Social Security Disability by The Wall Street Journal, The Atlanta Journal-Constitution, The Union-Tribune, and the New York Times ([The Disability Mess](#)). SSDRC is based on my own experiences during two decades working as a Disability Claims Examiner and in the area of claimant representation.

### **The most basic question about disability benefits is...**

In explaining how the system works, SSDRC covers a lot of ground, including medical and non-medical criteria, the Social Security definition of disability, and the process used to make decisions. However, the core question most applicants will have is:

[How do I prove I am disabled and win disability benefits?](#)

Though some of the information on the federal disability system may seem unavoidably dry, there is little doubt that learning how the disability system works can help an individual avoid mistakes that cost time (and even back pay), and, in certain cases, improve the chances of winning benefits. Other topics that it may be useful to learn more about include the following:

[Filing a Social Security Disability Application](#)

[How do you Win Social Security Disability or SSI benefits?](#)

[What Can I Do to Improve My Chances of Winning Disability Benefits](#)

[How long does it take for an examiner to review a disability case?](#)

[Does social security contact your former work employers when you file for disability?](#)

[What happens if the disability examiner cannot find all the medical records?](#)

[How does Social Security view your work and medical records](#)

[If Social Security Disability sends you to an Exam, will it be done by your doctor?](#)

[What is the Purpose of the Social Security Disability SSI Medical Exam, or CE?](#)

[When does social security consider you eligible for disability benefits?](#)

[Can a Congressional Inquiry Really Help Your Disability Case?](#)

[Checking the status of your disability claim and why it is so important](#)

[How to Appeal a disability claim denial from Social Security](#)

[What If you intended an appeal of your Disability claim but missed the deadline?](#)

[Common Mistakes after Receiving a Denial of Benefits](#)

[Proper preparation for a disability hearing](#)

[Can You Get Approved For Disability If You Do Not Take Medication or see a Doctor?](#)

[Can I get temporary Social Security Disability or SSI benefits?](#)

[Do I have to be permanently disabled to get disability?](#)

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[Are You Allowed to Work While Receiving or applying for disability?](#)  
[Proving Functional Limitations and why this is Important on a Disability Case](#)  
[What cases that win disability benefits have in common with each other](#)  
[Tips for Getting Disability Approved](#)  
[How does the Social Security Disability Review work?](#)  
[The rate of approval for Social Security disability and SSI decisions](#)

**Resource Questions:**

[Applying for Disability - What are the Rules and Guidelines when you Apply?](#)  
[Social Security Disability SSI - Mental and Physical Residual Functional Capacity](#)  
[How long does it take to get a decision on Social Security disability or SSI?](#)  
[Social Security Disability, SSI Disability - Terms, Definitions, Concepts](#)  
[Social Security Disability Advice for Filing](#)  
[How Likely are You to Win Your Disability Case?](#)  
[Social Security Back Pay](#)  
[Social Security Disability Award Letter](#)  
[The Social Security Disability List of Impairments](#)  
[Disability benefits and Children](#)  
[The Social Security definition of disability](#)  
[Social Security Disability, SSI, and Medical Conditions](#)

**Editors note:**

Many thanks to Tracy Curtis at VirginiaWebMedia.com for telling me about this site.

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.

**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.

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

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**.

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

- ☐ Membership outreach (phone calls to shut-ins) ☐ Newsletter (write articles, proofread)
- ☐ Public Relations ☐ Fundraising ☐ Program planning
- ☐ Database assistance ☐ **APPA** phone tree help ☐ Assist with answering **APPA** phone line
- ☐ Planning a conference ☐ Assist with social events

Llp/10-2006

**APPA 2013 CALENDAR**

January	No Meeting Winter Break
February 2	Dr. Mouzon "Aging with a Disability"
March 2	TBA
April 6	BINGO
May 4	TBA
June 1	TBA
July	No Meeting Summer Break
August 3	TBA
September 7	TBA
October 5	TBA
November 2	Annual Business Meeting
December	Christmas Party



Atlanta Post-Polio Association

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**APPA NEWS**

### A Special Thank You to Members Who Contribute Their Time and Talent

Barbara Reynolds	<b>APPA Webmistress!!</b>
Barbara Forest	Very Special Arts Ticket Coordinator
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Vicki Crowell	<b>APPA NEWS</b> Writer
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Karen Rader	<b>APPA NEWS</b> Prôôfreader
Gene Seay	<b>APPA NEWS</b> Prôôfreader

It takes lots of little jobs, as well as big ones to keep **APPA** going. You do not have to serve on the Board of Directors to contribute. Please consider volunteering and helping us out.

Thanks, Your **APPA** Board

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