



San Gabriel & Pomona Valley Polio Support Group Newsletter

www.post-poliopartners.org

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Next Meeting – Saturday, March 21, 2009

Meetings are usually held once a month on the 3rd Saturday – 1:30 to 3:30 PM at Casa Colina Centers for Rehabilitation (Tamkin Education Center Room A) – 255 E Bonita Avenue, Pomona, CA 91769
Call (909) 465-0742 for Specific Monthly Meeting Details
Meeting Coordinators: Mary Ellen Stan & Dick Stoney

Agenda



There is no official Agenda this month. Let's just enjoy each other's company and have some St. Patty's Day fun!

See Luncheon Details in the "March Program" section below.

From the Editor – February Highlights

The group welcomed Lydia McIntosh's sister who was visiting from Mississippi, and was interested in taking home from us polio resources information for a friend of hers back home. We were more than happy to oblige.

The group discussed and approved switching the May meeting to a No Host lunch because our meeting room will not be available. Therefore, in June there will be a regular meeting at Casa Colina.

The February Program Presenter was Mary Ellen Stan. She reviewed a number of different topics. First, she read parts of an article describing the Rotary Club's efforts to eradicate polio worldwide. Next, she led a discussion about "post-polio advice" as covered in the PHI Communiqué No. 29. Everyone shared their thoughts, and she will compile an email to send to PHI for their website. Once the list is compiled, it will be shared with everyone in a future Newsletter.

Then, she presented to the group an idea that resulted from a prior meeting when everyone shared where and when they contracted polio. Upon hearing this, she realized that our group represents some interesting polio demographics. She asked everyone to repeat this information so that she can transfer it to a map and then present it

to the group at a future meeting. As new members join, their information will be added to the map. She also explained that Don McIntosh had shared with her a document called "Polio Survivors in the US, 1915-2000 Age Distribution Data." These figures will be shared with the group when she presents the Members Map.

2009 Meeting Sign Up Schedule

Note: We still need Co-Hosts for the dates marked with an asterisk *

April 18	Vern/Marilyn Grimshaw & Don McIntosh
June 20 **	Josie Howard & _____
July 18**	Dick/Kathy Stoney & _____
September 19**	Kathy Blackett & _____
October 17	Patti Jebbia & Joyce Rowland

March Program:

The meeting will be a No Host Lunch at:

**Home Kitchen Restaurant
309 E. Foothill Boulevard
Pomona, CA**

Between Towne and Garey on the North side of Foothill Boulevard)

LUNCH STARTS AT 1:00 PM!!!!

You must give your RSVP to Dick Stoney no later than Wednesday, March 18. His number is 626-332-3772 or send an email to dstoney@dslextreme.com.



Polio Survivors Ask...

**Nancy Baldwin Carter, BA, M Ed Psych,
Omaha, Nebraska, (n.carter@cox.net)**

Q: The Obama administration has asked for our opinions on policy. If you had to pick just one issue, what would it be and what would you say?

A: As President Obama said in his inaugural address, "...everywhere we look, there is work to be done." Surely we all agree. Well, here's where I'm looking today, Mr. President—this is my issue:

I hope for each of us to live as independently as possible, and since statistics show 80% of us want that to be in our own homes, while 90% say they definitely don't want to live in a nursing facility, this column is about getting to live at home. Importantly, if we are legally competent, the decision must be ours to make.

Today it's possible for many of us to stay in our own homes, even with significant disabilities, and have help with such chores as housecleaning, laundry, cooking, handyman work; and personal needs such as bathing, dressing, eating, medication, therapy, maybe a ride to the doctor's office or the grocery store.

This is one of the options of community-based living: The dignity of CHOICE. You want to live in your own home? Invest in a cell phone and a "medical alert" system to keep on your person for safety. Contact your local Office on Aging and discuss the variety of help available. Get connected. Learn the system. Engage family and friends in the pursuit.

The problem isn't that living at home is a dangerous or inadequate choice. The problem is that funding and politics pretty much account for today's current lack of community-based living opportunities. Government funds that could go into community-based living are, instead, being fed to institutions.

If states keep increasing Medicaid funding to nursing facilities, we can be sure these institutions will continue to admit residents who could otherwise live in the community. More money merely encourages warehousing people in institutions who don't have to be there. In 2007, 29% of nursing facility residents had NO Activity of Daily Living impairment; another 260,000+ had only one. Over 31% had NO cognitive impairment; more than 58% had ratings of "mild" or less. Why are such individuals in institutions?

For friends and relatives who believe placing a loved one in an institution will provide the peace of mind that eludes them when they leave their loved one home alone and head to work each day, let me show you the photos of my bloodied mother after she fell more than once in a highly-rated nursing facility where she was visited at least twice a day by a devoted son. Exception? Look at the statistics online.

The point is that no one of us is perfectly safe anywhere. Merely saying institutions can keep residents safe is not a reason for stripping people of their identity and depriving them of choice. Nursing facilities are not "better"; they are simply more abundant and more costly than at-home care. If an informed and competent individual who wants to continue living at home is willing to accept the consequences of that decision, why should others think they have the right to change that determination?

Instead of devoting ourselves to telling others how they should live, why not help the Obama administration make community-based living more available? Start Buzzin'. Do the homework. Insist on workable funding. Spread the word about new home monitoring technologies.

Communicate! Write and call Obama and Biden, Representatives and Senators, the proper state authorities and local contacts. Discuss possibilities. Let them know we're serious. We're going to have to make it happen.

If we want CHOICE, it's up to us to get out there and DO SOMETHING!

Those wanting to check ratings for any Medicare or Medicaid-certified nursing facility in the USA should see www.medicare.gov/Nursing/Overview.asp. ADL (Activity of Daily Living) refers to basic tasks of living, such as bathing, dressing, eating, toileting, perhaps transferring, that are measured as a means of determining if one needs the care offered in a nursing facility. Many amazing in-home monitoring technologies are being developed, such as a bed that measures your vitals and weight as you lie in it—and transmits the information to your doctor in his office.

Contact elected officials:
<http://www.usa.gov/Contact/Elected.shtml> .

Check out the newly formed [Center for Self-Determination](#)

The Center for Self-Determination is the primary clearinghouse, training and technical assistance source on Self-Determination in the United States and other countries. The Center is devoted to

moving power and authority over resources directly to individuals with disabilities, families and allies.

Nancy Baldwin Carter, B.A., M.Ed.Psych, from Omaha, Nebraska, is a polio survivor, a writer, and is founder and former director of Nebraska Polio Survivors Association.

Source: Post-Polio Health International (www.post-polio.org) PHI Communiqué No. 30

Announcements



Meeting Dates:

Mark your calendars:

- **March: 03-21-09 (No Host Lunch)**
- **April: 04-18-09**
- **May: 05-16-09 (No Host Lunch) This is a CHANGE.**

Meeting Donations:

At each meeting a “hat” is passed to give members an opportunity to contribute whatever amount they wish to help cover the Newsletter costs and our PHI Association Membership. *But Note!* There is no obligation to contribute at any meeting.

Newsletter Submissions: The Deadline for submitting information for next month’s Newsletter is April 2, 2009. Contact Mary Ellen Stan (via phone or email).

Previous Newsletter Issues:

You can view all newsletter issues on our website www.post-polio.org in the “Chapter Information” section.

Post-Polio Health 10th International Conference:

The Roosevelt Warm Springs Institute for Rehabilitation in Warm Springs, Georgia is hosting a 3 day conference April 23-24, 2009. The conference will conduct a variety of educational sessions and campus tours that include the Little White House Historic Site and the Historic Pools Museum. If you are interested in attending, details about registration, lodging and transportation are available at www.post-polio.org or by calling 314-534-0475.

March Birthdays



Patti Jebbia – 03/03



Elizabeth Lamar – 03/16



Dale Sederstrom – 03/21 (We Miss You!!)



Education

This Month’s Web Link:

In the current Post-Polio Health publication there is a section called “Funds Available.” It states that “Post-Polio Health International has funds to help polio survivors in purchasing braces or modified shoes. To assist the greatest number of survivors, the maximum funds available per individual is \$500.

