



San Gabriel & Pomona Valley Polio Support Group Newsletter

www.post-poliopartners.org

Publisher/Editor: Mary Ellen Stan Volume No. 2 Issue No. 8 Date: August 8, 2009

Next Meeting – Saturday, September 19, 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

- 01:30 ARRIVE
- 01:45 GREETINGS & ANNOUNCEMENTS
- 01:55 TREASURER'S REPORT
- 02:00 POLIO HEALTH INSTITUTE REPORT
- 02:15 PROGRAM/DISCUSSION TOPIC
- 03:25 CLOSING

From the Editor – July Meeting Highlights

Guest Speaker, Lisa Hayes (Disability Program Manager of Molina Healthcare of California), gave an informative Power Point presentation on the Americans With Disabilities Act (ADA) of 1990 (and the 2008 Supplement Bill). Her "Complaints and Enforcement" handout described how to file claims relating to Employment, State & Local Government Affairs, and Public Accommodations for Private Sector Services. (Note: for those of you who missed the presentation but would like to have copies of the meeting materials, please contact member Dick Stoney)

Member Vern Grimshaw presented 3 articles relative to post polio from AARP's website. (See more information on this below in the "Education" section.)

September Program:

Member Kathie Blackett, a Master Chef, will present a program on "Nutrition." Notice how well that ties in with this month's PHI Communiqué No. 35 below.

We'll also be discussing how we can participate in this year's "We're Still Here!" campaign. See the PHI notice that follows.



**Make a difference in your community.
Participate in PHI's awareness campaign.**

***IMPROVING COMMUNITY
ACCESSIBILITY
is the 2009 focus of WE'RE STILL HERE!***

PHI members: TRY THIS!

Pick one accessibility problem in your community – maybe it is the steps at the closest dry cleaners or your physician's office; the lack of curb cuts near your favorite coffee shop; the impossible placement of disabled parking stalls at the far end of a parking lot – and tackle it.

Experience tells us that people in charge want to make changes that will benefit their customers, all the citizens in their community – not only polio survivors but others with disabilities, the elderly, mothers with strollers. They may simply be unaware. We can help them understand.

Work with the establishment to solve the problem. Take pictures to explain, get positive publicity by calling your favorite local TV newscaster or newspaper features writer. Arrange coverage for October 11-17, 2009.

Polio Survivors Ask...

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

Q: I need to lose weight. My longtime post-polio weakness limits my choices of exercise. How can I enjoy going the nutritional route?

A: Want some adventure in your nutritional life? Grab a wide-brimmed hat and head for the nearest farmers' market! Warm breeze nudging you from one canopied booth to the next, baskets of intriguing produce lighting up the gourmet corner of your brain, food so fresh you can almost smell the garden it came from mere hours earlier.

Talk with the vendors. Relish this one's description of the rather thin, tapered, dark green pod he holds, the perfectly-named Chinese rat tail—and imagine chopping this kooky radish into your next salad. Laugh with that one, as he explains in mock-exasperation that his 12-year-old nephew, dutifully spritzing the collard greens (not to mention the vendor in the next booth) is, well, just a kid and whacha gonna do. People! Fun!

Here's bright pink amaranth, which dazzles up a salad a bit more than the green variety, though they both have the same spinachy taste. And arugula—dark green here, a tender leaf with a peppery bite. And spigariello, long-leafed broccoli that comes with a dainty, yellow edible flower. All of these help make salads enticing.

Get an exciting assortment: Pleasantly bitter radicchio, its beautiful magenta leaves streaked with ivory; or frilly-edged kale, with its gray-green (and even purple) leaves and slight cabbage taste; or turnip greens and their mustardy touch of sweetness; or cabbage-flavored collards, flat and green; or baby bok choy, cupped deliciousness from the mustard cabbage family; and our old stand-by, spinach.

Make salads. Shred young, tender beets into them; embellish with fresh herbs like thyme or basil or dill or rosemary. All from the market. Add chickpeas or kidney beans or Craisins or slices of mangoes or pears. You won't need more than a touch of fat-free dressing. Steaming is good, too, quick and tasty, and will retain nutrients that otherwise might leach out if cooked in water.

This isn't merely a salad story. The best book I've seen about eating the right stuff in the right way is *Everyday Cooking* by Dean Ornish, M.D. Oh yes—it has scrumptious recipes, too. Who can resist Creamy Mushroom Stroganoff or Brandied Pear

Bread Pudding or Braised Brussels Sprouts and Chestnuts!

Irma S. Rombauer's classic *The Joy of Cooking* is a wonderful source of veggie information, with outstanding drawings, overflowing with tips, explanations, and recipes.

Of course, the trip to the market merely whets the appetite for the eating changes we realize we must make if we want a different outcome. We all know losing weight requires taking in fewer calories than our bodies burn up. Here's the good news: This isn't about deprivation—it's about making healthier choices. Experiment. Try new stuff. Let curiosity get the better of you!

How about taking home a handful of delightful little Yukon Gold potatoes, so new the skin comes off when you barely rub them with your fingers? Steam them with some fresh green beans and a breath of basil. Heaven!

And don't forget to check out the kohlrabi, those alien-looking turnip-y globes with weirdly shaped appendages sticking out in all directions where leaves used to hang. Great for snacks or soups or stews.

What to drink? Remember the Brewster sisters in the play *Arsenic and Old Lace*? Eccentric spinsters who treated their suitors to a sip or two of poison-laced elderberry wine? Here we have elderberry blossoms! You, too, can make your own wine. Or easier yet, brew up a pot of tea by steeping the blossoms in hot water. Or perhaps you'd prefer juicing a large, cool glass of antioxidant-packed aronia berries.

What a refreshing outing this has been!

A FEW TIPS

Food has wonderful flavor, all by itself. Everything doesn't have to taste like some form of fat and salt. Food already has fat and sodium in it—adding more may only mask the unique flavor of the food. Guidelines say our bodies actually require no more than 20-25 grams of fat a day. One tablespoon of ANY oil contains 14 grams of fat. One tablespoon of butter contains 14 grams of fat.

There's no good reason to fry food in butter or oil. Ever taste a fresh mushroom sautéed in its own juice? All that delicious liquid cooks right back up into the mushroom—divine! Invest in a Teflon skillet—that's all you need. If you know a food is absolutely going to stick to the pan, toss in a spoonful of the broth on pages 18-19 in Ornish's *Everyday Cooking* for spectacular added taste. Or very lightly spray the pan with Pam. Think you need to add fat in your recipes? Try substituting

plain, unsweetened applesauce or plain yogurt instead of butter or oil. Use your inquiring mind. Alter recipes to fit your needs. Spend time investigating fat-free products.

Salt's another culprit. When 140 mg is the cutoff for low sodium, eating food containing five or ten times that amount simply makes no sense.

A smart choice of juices: Low-sodium, all vegetable V-8. No fat, 140 mg salt, nearly three times the potassium of a banana, 50 calories. Check that label out! And always use skim milk. Did you know you can whip it into "whipped cream?"

Here's a good exercise: Move away from FAT and SALT!

And sugar. Do we really have to say anything more about sugar? Here's a little nugget of chocolate candy barely over an inch long. Doesn't look as if much harm could be lurking there. How about 13 g of fat, 60 mg of sodium, 20 g of sugars, and 200 calories. What a bite! Think you can stop with one?

It's imperative to know the Nutritional Facts and Ingredients for everything we eat. Learn how to read these. For starters, they are on the back of every package of processed food. Pay attention to number of calories, amount of fat, sodium, sugar, and protein. Processed food can be riddled with things we don't even imagine. Don't ever buy any food without checking the labels to be certain you're within the nutritional parameters you've chosen for your eating style. To be clear: READ THE LABELS!

You can't beat this for canned tuna: StarKist's special Very Low Sodium Chunk White Albacore Tuna in Water—1 g fat, 30 mg sodium, 13 g protein, 60 calories. Compare that!

Eat Complex Carbohydrates—whole grains, breads, cereals, pastas, beans, which are absorbed slowly and can supply energy steadily, helping maintain an even blood sugar level. Limit Simple Carbohydrates—fruit juices, sugar, sugar products, jams, jellies, syrups, etc., which cause a quick rise in blood sugar, are easily converted into fat, and leave us feeling tired,.

For times when cooking is out of the question, keep a well-stocked freezer. It's not much more difficult to make a quantity when cooking. Store individual servings in containers in your freezer to pop out for a yummy meal on those blah days.

Chestnuts may be the only nut that doesn't contain fat. Buy them peeled and vacuum packed with no liquid if you don't want to struggle peeling

fresh ones. Mind you, we're not talking about water chestnuts here. Dream of all the ways you can use these nuts in your cooking.

Make this kind of cooking a hobby. What a sensational way to enjoy a day!

As always, seek your doctor's advice before making major changes in diet.

Want some delicious, healthful recipes? Please send a request to Nancy at n.carter@cox.net

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. 35



Announcements

Meeting Dates:

Mark your calendars:

- **August: No Meeting**
- **September: September 19, 2009 – Kathie (a Master Chef) will present a topic on "Nutrition"**
- **October: October 17, 2009 (Patti & Joyce)**
- **November: Holiday Luncheon**

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 September 4, 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.

August Birthdays



Patricia – 08/11



PS: We hope your surgery went well!



Education

This Month's Web Link:

At this AARP webpage you can view various articles pertaining to post-polio issues and personal stories.

<http://www.aarp.org/community/search.bt?query=post+polio&x=43&y=12>

We thank member Vern Grimshaw for bringing this additional source to our attention.

Alive, Well in Spirit . . . by marie oden



The strong spirit of an individual sustains them in bodily pain and trouble.

Proverbs 18:14

The butterfly is a wonder to behold. During its life cycle it goes through the most amazing, remarkable series of changes. To see it in its egg stage or caterpillar stage or chrysalis stage does not in the least prepare one for what is to come. Once it emerges from its chrysalis it dazzles. With a

riveting history of survival and experience, all of which serves to make it what it is: a thing of beauty and graceful flight with a penchant for lovely flowers, sweet nectar, sunshine and fulfillment of purpose! The caterpillar is an eating machine; a wiggly worm. The chrysalis looks lifeless, immobile, glued to its spot, drab and misshapen. Yet, within, transformation IS taking place. Metamorphosis IS happening. (Have you ever watched Mottled Bolla or Rita Blue emerge?)

When I was a small child, after I returned from a long year at Childrens Hospital in Los Angeles, I often stayed with my beautiful white haired Grandma Essie. The house she and my Grandpa built was set down on a large piece of Southern California land with a spectacular view of the San Gabriel Mountains. Grandma and Grandpa raised wonderful wiggle-nosed rabbits, a large brood of interesting plumaged chickens; they farmed vegetables, corn, rhubarb, tomatoes, snap peas; they tended a cottage garden bursting with hollyhocks, sweet peas, morning glories, pinks; they nurtured fruit trees, plum, peach, apricot and orange. I watched them and I watched nature in all its various stages and seasons: fledglings following their parents, flapping their wings and making a racket; horned-toads seeking cover; grasshoppers nibbling foliage; butterflies flitting from flower to flower. One of my favorite pastimes was to plop myself down on the sandy soil way out back and watch ant families carry huge loads, morsels of this and that to their hideaway. Far exceeding their own body weight, the little ants would teeter on minuscule legs and forge their way to the intended destination with astounding determination. Often surmounting great obstacles!

There is no doubt that my brave, feisty, hard working grandparents imparted to me a great deal of spunk and spit, perception and faith. And also the prolific array of creatures that shared the land with them and benefited by their love for growing vegetables, fruit, flowers, bunny rabbits, chickens; fruit trees, grapes and all sorts of other growing plants made a huge impression on my soul.

As an adult, one of the stellar realizations that dawns again and again with its easing of anxiety, its cache of wisdom, is the way in which all of nature (including my beloved grandparents themselves when they were alive) erupts and unfurls in unending change, transformation, metamorphosis! I have a large company of chums, a host of cronies who are never-endingly moseying from one stage to another! Polio and PPS have triggered a multiplicity of emotions along the way as you well know! Throughout this life I have pondered, analyzed, prayed and sought perspective regarding this ordeal of long term affliction and disability. I have often felt overwhelmed as I have lost the capacity to do things in life that seem so requisite, like driving, like walking. No part of me seems to ever remain inalterable! However, exposure to nature and its various life stages, ways and means of coping and transcending difficulties buoys my spirit, imparts courage. After all, it isn't that unusual in life to one minute feel like a lifeless legless chrysalis, albeit aware that growth is happening within, and the next minute, surprise myself and everyone else by emerging like a West Coast Lady! (Just call me Vanessa Annabella, or Lepidoptera: Nymphalidae.)