



San Gabriel & Pomona Valley Polio Support Group Newsletter

MISSION STATEMENT: We with PPS will provide and maintain current Southern California resource information to help others improve their lifestyle and sustain supportive relationships.

Publisher/Editor: Mary Ellen Stan, Distributor: Dick Stoney, Volume No. 3, Issue No. 9 Date: September 10, 2010

Next Meeting – Saturday, September 18, 2010

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
post-poliopartners.org

Meeting 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 – Meeting Highlights

Because there was no August meeting, your Editor is using this space to highlight the upcoming Breathing & Sleep/2010 Symposium at the Salk Institute Biological Studies in La Jolla on November 21, 2010. There will be several topics and speakers which will address issues relevant to PPS wellness.

Attendance is FREE; however, Registration by November 17, 2010 is required and can be done online at:

<http://www.salk.edu/breathingandsleep/>. You can copy the Symposium information brochure at this website also. And, Mary Ellen will copy and bring some hard copy brochures to our next meeting.

It should be noted that this year ResMed Corporation is offering Continuing Education Units (CEUs) free of charge to Respiratory Therapists (RT). The expectation is that every medical professional who attends will leave with a better understanding of our breathing issues and of post-polio symptoms in general.

A great big "thank you" goes to Gladys Swensud, the Co-Facilitator/San Diego Polio Survivors group, for her tireless efforts to arrange and advertise the Symposium.

September Program:

Group Members Phyllis Phelps and Kathie Blackett will host a unique program presented by Arlyne Zirges, instructor at the James L. Brulte Senio Center in Rancho Cucamonga. The topic will be "PACE – People with Arthritis Can Exercise." She will demonstrate some exercises we can do simply sitting in a chair.

Mary Ellen Stan will report on her plans to deliver a "We're Still Here" speech on behalf of our group at the 10-06-2010 Chino Rotary Club meeting.



NOTE: THIS MONTH, THE MEETING WILL BE HELD IN TAMKIN EDUCATION CENTER ROOM C.

Post-Polio Thoughts

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

Movin' On

We're talking civil rights here. Big Time. "Our crowning achievement of the 20th Century," as Justin Dart, Jr. called it—the passage of the Americans with Disabilities Act—the ADA. On July 26 we celebrated its anniversary. Twenty years of freedom.

Immediately after the ADA went into effect, it became clear that this Act would alter more than the law. Attitudes all across the country began to change, as well.

People everywhere began to see us in a different light. A much-loved comic strip suddenly featured a popular teacher who used a wheelchair. Individuals with disabilities began popping up in TV commercials. Smiling strangers held a heavy door for us—or realized we had a place in line. We became visible.

Of course challenges followed. Many of us remember the goofy Catch-22 court decisions that limited the ADA definition of disability to its most useless extreme. More than one piece of outrageous nonsense belched up by official detractors even left us concluding that the only people eligible for ADA protection against job discrimination would be those too disabled to work. Obviously, we needed to clarify.

So Congress moved in to tighten up the language in the ADA, making it harder to misinterpret, more difficult to distort. On September 25, 2008, the Amendments to the Americans with Disabilities Act were signed into law.

The purpose of this Act is "to restore the intent and protections of the Americans With Disabilities Act of 1990." No more twisting what Congress meant out of shape by Supreme Court rulings or others' wrong interpretations.

To begin with, the definition of disability remains the same ("an impairment that substantially limits one or more major life activities, a record of such an impairment, or being regarded as

having such an impairment"), except in the Amendments, Congress makes it clear that this is to be understood in the broadest way possible.

Let there be no doubt. If I'm disabled because I have only one leg, but my loss has been corrected by the use of a prosthetic device—guess what? I'm still disabled. Some people's idea that my impaired body is no longer disabled because I'm wearing a brace or because glasses improve my myopic vision, simply will not wash anymore.

Take a look at these Amendments online. Or perhaps better yet, start by clicking onto the PHI website's informative article, "[The ADA Amendments Act of 2008.](#)" A word here, a phrase there—now nobody can miss the teeth in this Act. Look all the way through. Think about what we know about discrimination on the basis of disability. See how we view a "reasonable accommodation."

Oh no, we're not home free yet. There will still be those who try to ignore what's right for those of us who are disabled. We have more changes to make, many roads left to travel. But we're on our way.

Today the contest is different—we have the ADA to fight for us. Look at the outcome when a U.S. District Court reminded the State of Florida of the ADA-guided Olmstead decision (the Supreme Court's 1999 integration mandate). When that state tried to install a quadriplegic into a nursing home instead of providing her with the required services allowing her to live at home, they lost the battle, ADA to the rescue.

The ADA has a way of convincing people of our mutual and equal worth, and that each one of us has a role to play in achieving this equality. Today we have ADA power to count on—thanks to legions of contenders from the disability world and our fighting, caring friends.

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) Communiqué No. 49.

Announcements



Meeting Dates:

Mark your calendars:

- **September:** 09/18/10
- **October:** 10/16/10
- **November:** 11/20/10 – No Host Lunch
- **December:** **NO MEETING**

2010 Program Presenters Schedule:

September 18 - Kathie Blackett & Phyllis Phelps

October 16 - Patti Jebbia & Joyce Rowland

November – No Host Lunch

December – No Meeting

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 October 8, 2010. Contact Mary Ellen Stan (by phone or email).

Previous Newsletter Issues:

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

Equipment Needs:

If you have problems with your assistive equipment, need help in getting such equipment, or have donations of equipment, you can contact our group member Raul Esparza at (626) 355-1851.

WELCOME to New “E-Member”:

Last month we received this email:

“My name is Agbaminaja Omotayo, I am a disabled on a wheelchair affected by polio when I was three month old as a baby, I am in South Africa and I will like to become a member of Post-Polio.” We've added him to our email distribution list so he can “play” along from afar.

September Birthdays



Shirley Wadham – 09/02

Conrad Villanueva – 09-15

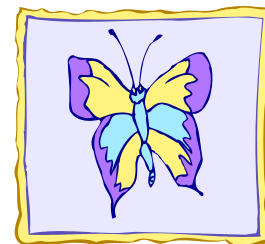


Education

Web Link of the Month:

This month's Web Link comes to us courtesy of Don McIntosh who spotted this article about Paul K. Longmore in the Los Angeles Times. Mr. Longmore, a leading disability scholar and activist, passed away recently, and this is his story. It reminds us of just how brave and influential many polio survivors have been through the years.

[Ralph Longmore Article](#)



EDITOR'S NOTE: THERE IS NO ARTICLE FROM MARIE ODEN THIS MONTH BECAUSE SHE HAS BEEN “UNDER THE WEATHER.” SHE SENDS EVERYONE HER GREETINGS, AND WE SEND HER OUR BEST WISHES FOR A SPEEDY AND FULL RECOVERY.