



San Gabriel & Pomona Valley Polio Support Group Newsletter

www.post-poliopartners.org

Editor: Mary Ellen Stan Volume No. 2 Issue No. 1 Date: January 3, 2009

Next Meeting – Saturday, January 17, 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

Group Officers: Mary Ellen Stan (Chairman), Dick Stoney (Treasurer), Elizabeth Lamar (Secretary)

Agenda

- 01:30 ARRIVE
- 01:45 CALL MEETING TO ORDER - GREETINGS
- 01:50 MINUTES
- 01:55 TREASURER'S REPORT
- 02:00 PROGRAM
- 02:45 GROUP BUSINESS
- 02:55 ANNOUNCEMENTS
- 03:00 SHARING OF INFORMATION
- 03:25 CLOSING



From the Chair

A new year ... a new opportunity for our group to consider a variety of substantive issues. Usually at this meeting, the group selects its officers, however, this year during our January meeting we will discuss alternative options on how to structure our group, how to manage the monthly meetings, and what kind of meeting content does the group want?

Everyone's opinion is valuable and necessary to the success of the group so I hope that you all will be able to attend and offer your ideas.

Mary Ellen Stan



From the Editor – December Highlights

There was no December meeting.

January Program:

There will be no guest speaker in January. The meeting time will be spent planning for the new year. We should have a Rotary Club member to present to us an update regarding the Club's efforts to eradicate polio worldwide at our February meeting.

2009 Meeting Schedule

January 17	At Casa Colina
February 21	At Casa Colina
March 21	Lunch at local restaurant
April 18	At Casa Colina
May 16	At Casa Colina
June 20	Lunch at local restaurant
July 18	At Casa Colina
August	No meeting
September 19	At Casa Colina
October 17	At Casa Colina
November 21	Holiday Lunch at local restaurant
December	No Meeting

Polio Survivors Ask...

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

Q. *As I think about this joyous time of year I feel like celebrating, but many of my family and friends don't understand why I, a survivor with the late effects of polio, have a reason to celebrate. Can you help explain it?*

A. Sounds as if you explain beautifully how *you* feel! I, too, love this season—no doubt about it. Just makes me want to sing! There's such excitement in the air, an expectant atmosphere, as if something wonderful, delightful were about to happen.

And it does. Strangers smile and say a cheery hello as I bump my chair past them at the mall. An uncharacteristically sunny mail carrier delivers a package at the door.

Happiness bubbles out of me, and I feel compelled to give it away, in whatever form such a gift takes. Do I bake Aunt Sally her favorite cookies? Read a story to an eager kid? Whatever I can do toward infecting others with my lighthearted spirit, I'm gonna.

I'll bet you're that way, as well.

So now I ask, what has any of this to do with having the late effects of polio? I've been a polio survivor since I was eleven. Went from total paralysis to a darned good recovery to serious paralysis to a fair recovery. And never once in all those years did I fail to be filled with the jubilation of this season.

My paralysis merely exemplifies the condition of my body; what this time of year does for me speaks to my Soul. Apples and oranges.

This miserable body of mine has never gotten in the way of the essence of my life. This is how

polio survivors operate, isn't it? We do what we must to get where we have to be. It's sort of like my *desperate yearning* to be a blond. What am I gonna choose—moping or Clairol? I'll take the "more fun" route, thank you. I need a chair to get around? I buy a chair. It's the "getting around" part that counts. We do what it takes.

We adapt, adjust our way through the inconveniences of disability so thoroughly that often we don't even think of ourselves as disabled. I've never had a dream in which I wasn't fully functioning. In my psyche I am whole.

Where did we polio survivors acquire our determination to enjoy life in ways certain non-disabled people cannot grasp? Perhaps it was an unconditional acceptance we received from family and friends as we began to grow into the world around us after polio.

Or how about exactly the opposite—our "I'll show you!" defiance as we struggled to find our own way amid a sea of "normies."

Or did the "You can do it" mantra repeated to us day after day by our super therapists start us down a path to believing we could have it all if we did it for ourselves.

In the end, does it matter where it came from? We're in the midst of an entire season of glorious days that add up to Friendship, Fun, and Fabulous Food (you notice I omitted Fatigue, that awful other "F," the one we have to learn to avoid in order to savor the delicious first ones). I'm ready!

As for those other folks, your family—well, let's just hope they get over it.

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. 28

Announcements



Meeting Dates:

Mark your calendars:

- **January: 01-17-09**
- **February: 02-21-09**
- **March: 03-21-09 (No Host Lunch)**

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 February 6, 2009. Contact Mary Ellen Stan (via phone or email).

Previous Newsletter Issues:

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

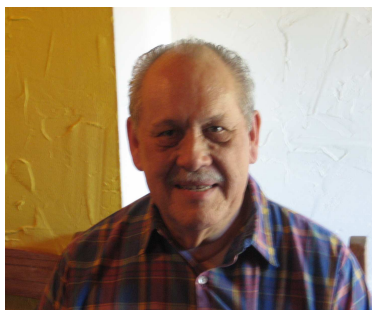
Post-Polio Health 10th International Conference:

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.

January Birthdays



Dick – 01/14



Cynthia – 01/17



Education

This Month’s Web Link:

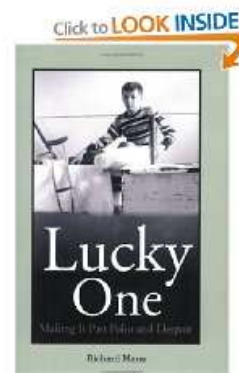
Since it is almost that time of year here is a web site that features tips and other links to topics for handicap accessible gardening. <http://www.inthecountrygardenandgifts.com/jsp/ece/gardening/accessible.html>


This Month’s Book Review:

[Lucky One : Making It Past Polio and Despair](#) by Richard Maus. From Amazon.com:

Product Description

Moving back and forth between a supportive home and a renowned children's hospital, Richard Maus did not feel like he belonged anywhere. Lucky One is the timeless story of a child's struggle to make it through pain, depression, and despair to a rewarding life and career. -Polio at 4 months - Hospitalized 965 days over 15 years, 16 operations -Contemplated suicide as a young student -Flunked out of two colleges, graduated from a third with majors in mathematics and physics, a master's degree and as a licensed pilot.





*A very
Happy
New Year
Blessings & Joy*

ALIVE and Well in Spirit. . .

by marie oden

*In books treasure can be found that
exceeds the worth of goldmines and oil wells!
Oh, fill my life with wonderful books!*

It's true; my spirit is living in the same old, rather perplexing body as the New Year dawns, yet there is without a doubt the freedom on my part to see and perceive in wonderfully new and innovative ways to my heart's content! I don't have to nurse old wounds or wallow in self pity. I am free to forgive

all past wrongs, wipe the slate clean, begin this New Year with determination to see beauty, humor, foster peace, shake myself free of the dust of harsh criticism, hurtful judgments, painful rejections, sad neglect.

Sometimes we think in this life that we're stranded in a dark place without recourse, but almost always if we take a good long look at our circumstances, there are ways of escape, there are new friendships to be had and amazing grace lurks nearby as sure as trouble! A glorious goldmine of experience beckons! Eureka! There are for us innumerable books and resources that are ready and welcoming our investigation! Ah, the marvelous, rich and enriching world of the written word. Books on every topic imaginable, books that inspire, teach, comfort, encourage! Books that engender laughter, joke books, amusing books, books that invite one into a world never experienced! Through books we can visit Switzerland and Nova Scotia, and I don't mean simply thumbing through picture books although that can be delightful—no, we can through books, through lively and unique characters living in and on the pages, experience the nitty gritty detail of life in other lands, other cultures, other occupations and even other disabilities if we wish!

Oh yes! We can go places without undue stress or debilitating fatigue; comfy on the sofa with a cup of hot peppermint tea and a scone we can get into the mind and essence of people who live such amazing adventures that it sticks in our souls and becomes ever more expanding and liberating forever after.

I love books! I have at this very minute a donkey staring at me. He happens to be on the front cover of a quirky book that I enjoy repeatedly, immensely. Who would guess that a donkey book would be full of gorgeous artwork? Donkeys, it turns out, can be as sweet as dogs and as helpful/utilitarian as a car with a trunk! And get this: "Donkeys form lasting bonds." Did you know that? "Typically when one is losing his eyesight, another will become the special friend, a seeing-eye!" Michael Tobias and Jane Morrison love donkeys and their book, *DONKEY*, makes you love them too. Have you ever read the story about Balaam's donkey? (I love this perplexing story found in Numbers 22:1 - 35) *Songbirds, whales, dolphins, lions and donkeys are the most eloquent diplomats in the natural world!* Wow! I didn't know that, but I love it!