



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. 2

Date: February 12, 2010

Next Meeting – Saturday, February 20, 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

www.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 – January Highlights

The group welcomed New Member Karen Meddings – a childhood buddy of Dick's – and Guest Jackie (Joyce's sister - please forgive any misspellings). We also had a chance to formally welcome Phyllis Phelps as a New Member.

Mary Ellen Stan presented various internet websites relating to polio information, and as an on-the-spot research exercise, she showed how to find out facility access information on a particular venue's website (i.e., Ontario Citizen's Business Bank Arena). In the photo below she is flanked by her two "techie" guys – Vern and Dick.



The plan is to have a computer available at each meeting in order to assist group members with any questions they have. Growing up, my parents always urged me to "look it up." That meant consulting the ominous set of Encyclopedia Britannica or driving to the library. Now, we have amazing information readily available to us online.

Vern shared an article with us that tells a story of how the Afghan Taliban are working with Unicef and the government to eradicate polio there. Here is the link to the article on the Wall Street Journal website. <http://online.wsj.com/article/SB126298998237022117.html>

2010 Program Presenters Schedule

February 20 – Cynthia Stauffer

April 17 – Elizabeth Lamar

May 15 - Dick & Kathy Stoney

July – Don & Lydia McIntosh

September 18 - Kathy Blackett & Phyllis Phelps

October 17 - Patti Jebbia & Joyce Rowland

Note: Your Editor may have missed some of the Co-sponsors. She will fill them in after the February meeting.

February Program:

Member Cynthia Stauffer will present **Dr. Lee Nattress, Executive Director of the Claremont Services Center for Independent Living**. He will share with our group information about their facility and services.

This is their website if you would like to review their information and have questions ready.

<http://www.scil-ilc.org/index.html>

Polio Survivors Ask...

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

Q: I attended a support group meeting recently and was very uncomfortable with the denigration of physicians. I know from experience that some health professionals are not familiar with the management of post-polio problems. However, wouldn't we all be better served if groups sought out physicians in the area and worked with them?

A: In a perfect world, we would all have curious doctors who listen to our every word, spend time with us during an office visit, and dedicate themselves to following the examples of post-polio experts. They'd scoff at the idea of pushing pills to mollify their patients or ordering procedures to appease their malpractice attorneys. And they'd always be pleasant.

Also, I'd be able to buy shoes narrow enough to fit my feet—and Coca-Cola would still be selling six-and-a-half ounces of pop in little glass bottles.

Clearly, this is not a perfect world.

While we may not have perfection, however, we *do* have opportunity. Is there a better setting than a post-polio support group for hatching a plan to recruit doctors and other health professionals to jump onto the post-polio bandwagon?

This, then, begs the question—why would a group choose to spend its time bad-mouthing the very individuals who could be helping them, and in the process create a negative atmosphere bound to ensure that members will leave their meetings grumbling and unhappy?

Perhaps groups don't give themselves enough credit. It may never have occurred to them that they might have the power for change that they actually do have. Think of this:

WHAT IF—

- Individual members asked specific doctors for advice on how best to recruit physicians to our cause—and then took this information back to their groups to bring it to life?
- Groups invited a small panel of doctors to a meeting to discuss their points of view on ways to interest other physicians in devoting more attention to post-polio problems? What would it take? How would it be helpful to

doctors to have post-polio information? Groups would then grab that ball and run with it.

- Groups contacted their local medical associations to determine how to place a recruitment article in that association's newsletter—and ask for additional suggestions for accomplishing our enlistment goal?
- Groups arranged with local hospitals for a post-polio expert (provided at group expense) to speak at education/training sessions to pique the interest of participants in post-polio issues? (PHI has a list of experts who might help with such a project.)
- Groups conducted a mini-publicity-campaign by engaging their leading newspaper's medical columnist to write a serious plea for recruiting doctors?
- Groups regularly invited specific local doctors to speak briefly about a post-polio issue at their meetings, engaging them in positive and educationally valuable question and answer sessions (be careful—no ambush attacks) following their talks?

Sure—there are a million other ways. Start buzzin'. Get some positive energy swirling in meetings, and our fantastic post-polio thinkers will come up with a terrific game plan. Start small. Get detailed. Be fully prepared.

Next Up: Everybody follows the plan. Let there be no mavericks running around in the hills, going off on tangents that might sink carefully devised projects. Work as a team—where everyone picks roles to play that fit their capabilities and inclinations.

Then, let 'er rip! Everybody involved will gain from the effort. We may not snatch one doctor for the cause, but participating members will be whistling a happy tune come meeting time, nonetheless. And who knows, some far off doc may hear the echo and, well.... There's simply no way cooking up a little pizzazz in a group is a bad thing.

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) Communique No. 41



Announcements

Meeting Dates:

Mark your calendars:

- **February:** 02/20/10
- **March:** 03/20/10

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 March 12, 2010. Contact Mary Ellen Stan (via 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, or need help in getting such equipment, you can contact our group member Raul Esparza (refer to our Roster for his telephone number).

February Birthdays



Per the Roster – No Birthdays This Month



Education

This Month’s Web Link:

The February 2, 2010 edition of *The New York Times* featured [For Some Survivors, Polio Won’t Fade Into the Past.](#)

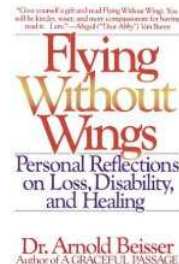
This Month’s Book Review:

Our Oregon member, Beverly Fabian, brought this book to Your Editor’s attention.

Flying Without Wings: Personal Reflections on Loss, Disability, and Healing By: Dr. Arnold Beisser

An Amazon. Com Review by **A Customer**

“Arnold Beisser grew up with two life goals: To be a doctor and to be a national tennis champion. At 23, he achieved his first goal; at 24, his second. The year was 1950. Soon after his tennis victory, en route to basic training that would have brought him to Korea as an army doctor, he developed a high fever and was brought to a military hospital. Within 24 hours, he was paralyzed from the neck down. As Beisser puts it, one moment he was a doctor; suddenly he was a patient, requiring an iron lung to breathe. He had contracted polio. This outstanding book examines the funny, sad and philosophical aspects of life with a disability and its social consequences. Particularly fascinating are Beisser’s stories of the stigma many people attach to disability. His courtship and marriage, as well as his career as a psychiatrist treating professional athletes, make for compelling reading. Anyone who has struggled in life - because of disability or any other tribulation - will be permanently enriched by this unforgettable memoir.”





Alive, Well in Spirit . . . by marie oden

Have you entered the treasuries of the snow?

Who can number the clouds by wisdom?

(Job 38:22 & 37)

Here's a small picture of our mountain cottage setting in Lake Arrowhead, CA; a look at the snow *before* it actually covered the deck, deck furniture and bird bath. We've had wild frenzied snowstorms (plural) with lightning and thunder; whiteout, sleet, hail, roaring winds; flailing branches and power outages; our neighbor's trees downed; little birds

landing on mounds of snow pressing their beaks against panes of glass begging to come in and secure shelter: juncos, chickadees, sparrows shivering, windblown, with flakes of snow attached to wing



feathers, making me wish I could draw or paint like Marjolein Bastin, nature artist, committing to permanence on paper images of fragile creatures. My furry companion, pretty much terrified by the noise of winter's invasion, its howling, screaming, wailing; thunderclaps and uproar, at a certain point, looks at me as if to say, "Okay, you're on your own, I'm under the bed until things calm down around here." (He loves to watch gentle rain and quiet snowfall.)

When the commotion subsided, the mountain turned into a winter wonderland.

Huge snowflakes descended looking like powdered-sugar from heaven, falling softly upon every available surface for hours and hours, an exquisite rendition of winter's excellence. The trees once again still, their branches no longer flailing in the wind, became receptacles of mounds of snow, blanketed with snow they drooped and stooped under the weight of winter's bounty; dark green firs and cedars wrapped in white. Finally, out from the folds of fog and layers of cotton-like clouds, blue sky appeared and the sun sent its beams to make it seem as though the snow was brimming with diamonds. By the way, Wilson Bentley was the first to photograph a snowflake in 1885 on his Vermont farm. He called them "tiny miracles of beauty."

My dog, Moishe, didn't trust the absence of noisy tumult. He waited for a long while before he ventured out from under the bed, and I took note of my own fluctuating responses to all of the moods, movements and dramatic aspects of stormy weather: one minute, enthralled; the next, annoyed; then frightened; finally, amazed and in awe; at various points wondering if we'll be housebound for months. Then, wishing the snow would last forever, so invigorated by winter's splendor. Rooftops look like they've been iced with frosting. Icicles hang from the eaves; at night, lit by moonbeams, they will sparkle and gleam. And, my old oak wears an ice cloak.

How remarkably aware I am during this stormy season, of the numerous sides and aspects of every situation in life. Winter storms with 40 to 50 inches of snow can be *obstacle* or *inspiration*. They can aggravate the sense of limitation, complicate the rigors of disability, endanger; or invigorate and thrill the senses. When one contemplates that every snowflake is a work of art, an icy jewel, it dazzles the imagination. For me, winter storms heighten the taste of herbal mint tea, hot chocolate with whipped cream; chicken soup, muffins with honey. I am more a fan of winter than not. I love to get snuggly, wrapped in a soft blanket; I love indoor-time to write; time to communicate with my favorite people. I love cozying up with a new book. Actually, winter is a gift when sheltered from the elements. So, I close my eyes and whisper a prayer of thanksgiving for this spectacular winter view, for nature's declarations, mysteries and indescribable beauty.