



Polio Outreach Of Washington

Established June 1996

Spring 2009

Volume 23 - Issue 2

One of God's
arrangements is
that after winter there
should come
beautiful spring days.
It happens every year,
and it happens in every life.

Father Joseph



Just living is not
enough. One must
have sunshine, freedom and
a little flower.

Hans Christian Anderson



Spring is nature's
way of saying,
"Let's Party!"

Robin Williams

Springtime in POOW

Spring is always an exciting time in POOW. This is the starting of the three main events our state organization does each year. We have the spring business meeting, the annual picnic and the fall business meeting. All of these are in the planning stages now by the state board and officers. March ends the fiscal year for our state organization and, of course, that means the beginning of the next fiscal year.

The eleven support groups are the backbone of our organization. The individuals who attend the support groups, whether polio survivors or others who have an interest in participating in these groups, form Polio Outreach of Washington. Local support groups carry on their own activities, but these three events are designed to bring everyone together.

Spring Business Meeting

This is the time that we meet together to do our housekeeping. The budget for the year is submitted. Committee chairs report what they did in the past year and set goals for the next year. This is a great time to volunteer to join a committee. We will meet on April 20th at the Tacoma Area Coalition of Individuals with Disabilities (TACID).

Survivors and Supporters Annual Picnic

The picnic is a social gathering to get to know others from across the state as well as enjoy a catered meal. A raffle takes place, we play games, have a speaker, and, of course, plenty of time just to visit. The picnic takes place each year in August. It will be hosted by the South King County Support Group. Once again this year, we have made reservations at the Auburn Game Farm Park on August 23rd. Complete details about this year's event will be in the summer newsletter.

Fall Business Meeting

During the fall meeting, our main item of business is the election of new officers. Anyone is welcome to volunteer. There is an application to fill out to run for the board, which will be available at the picnic. This year's meeting is still in the planning stages, and the date and location will be announced in the summer newsletter.

Our main methods of communication with each other in between these events are this newsletter and our website. The website is nearly complete and will be a valuable resource to us all. All are welcome to submit items for the newsletter.

Polio Outreach of Washington

John Clark, Office Manager
4704-235th Street East
Spanaway, WA 98387-6162
1-800-609-5538

A quarterly publication

Mission Statement:

To help minimize the impact of Post-Polio Syndrome by providing education and support to polio survivors, their families and healthcare providers.

All POOW personnel are polio survivors or supporters and are non-paid volunteers.

Board of Directors

PRESIDENT - Sue Warren
509-896-5333
q3suz@embarqmail.com

VICE PRESIDENT - Jim Fry
425-398-6994
frydaze3@comcast.net

SECRETARY - Larry Christensen
360-613-0783
lchristensen@wavecable.com

TREASURER - Vacant

Board Members at Large

John Clark, Linda Fry, Bob Miller,
Bill Simpson, Jim Limric, Suzanne Limric, Bill
Vetters, Lauris Whitehead, Rhonda Whitehead

Standing Committees

- ❖ Administration – Sue Warren, President (member on all committees), John Clark – Office Manager, Jim Fry – By Laws
- ❖ Fundraising – Bill Vetters, Chair
- ❖ Group Leader Support – Rhonda Whitehead, Chair, Bill Vetters
- ❖ Newsletter – Linda Fry; Editor, Karen Winston; Associate Editor, Carl Larson, Mary Sutton, Vivian Clark
- ❖ Nominating – Larry Christensen, Rhonda Whitehead
- ❖ Outreach/Public Relations/Website – Bill Simpson; Chair, Bill Vetters, Larry Christensen, Paul Jeganathan
- ❖ Picnic – Mimi Sangder

SUE SAYS...

Sue Warren, President



Just a note to remind everyone about the Spring Business Meeting on Monday, April 20. This is your opportunity to help plan the direction and goals of Polio Outreach in the coming year. We would love to see you there and hear your opinions.

We will meet at the Tacoma Area Coalition of Individuals With Disabilities (TACID) beginning at 9am for check-in and coffee. The meeting will start at 9:30 and we will have a lunch break around noon.

Some items on the agenda are end-of-year financial reports, presentation of the 2009-2010 budget for Board approval, summary reports from Committee Chairmen, and Committee planning for the coming fiscal year. Volunteers are always welcome!!

Also up for discussion will be 'back-up positions'. Who would step into a Board position in the case of illness or emergency? This is a vital topic and we have been advised as a non-profit organizations "to plan ahead".

I hope to see you on April 20th!!

DIRECTIONS TO TACID

TACID is located at the southeast corner of the Tacoma Community College campus.

Buses to TCC Transit Center: 10, 16, 25, 27, 28, 52, 53, 100, 200, 601

By car:

From I-5 take exit 132; follow Hwy 16, Gig Harbor-Bremerton, exiting at South 19th Street West. Follow So. 19th St. W past Pearl Street. The TACID Center is on the right.

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We Have Mail!

ATTENTION: ALL SOUTHWEST WASHINGTON-PORTLAND AREA POLIO SURVIVORS, FAMILY AND FRIENDS.

On September 21, 2009 from noon to polio survivors, family and friends are invited to attend a picnic at Lewisville Park, Grand Fir section, Battle Ground, WA. We will have a pot luck with each bringing a main dish and dessert or salad. If that is not good for you, please send \$10. to Susie Koeser, 1112 NW Westridge St., Vancouver, WA 98665 and she will pick up dishes for you (KC chicken etc.) Bring your own table service and beverage. We will be eating at 1:30 PM

This is a covered area and the ground is on the level.

There will be plenty of games (Mexican Train, Tile Rummy, Pinochle or what ever you may want to bring to add), conversation and fun. For additional information please call Stan Nelson at 360-892-5314 or Susie Koeser at 360-574-4523. Hope to see all of you there!

Jefferson County DASH program

I just discovered that Jefferson County has a program called DASH (Disability Awareness Starts Here). It is an accessibility guide for all restaurants in the county. Haven't found it on any other county web page, but thought it was a great idea and wasn't sure who else was aware of it. Good info though.

Submitted by Larry Christensen, POOW Board Secretary



As Seen in the Seattle Times:

Monday, Feb. 23, 2009: Today in History – 1954: The first mass inoculation of children against polio with the Salk vaccine began in Pittsburgh.

Thursday, Feb. 26, 2009: “Kenya announced its first polio infection in 20 years on Wednesday, after a 4-year-old girl was diagnosed with the disease along the country’s remote border with Sudan. Dr. David Okello with the World Health Organization said for every child paralyzed by polio, there are about 200 other asymptomatic cases who can spread the disease to others. Global efforts to eradicate polio have decreased cases by 99 percent since 1988.”

~submitted by Larry Christensen

Newsletter Deadline:

The deadline for the next issue of POOW newsletter is May 31.

If you have any articles, information or suggestions for items you would like to see printed in this publication, please send an e-mail with that information to me at: frydaze3@comcast.net

Thank you!
Linda Fry, Editor

Polio Outreach of Washington Post-Polio Support Groups

Please contact the group leaders for further information.

Benton County

Norma Peters, 509-946-5485, nevers@televar.com

Chelan - Douglas - Okanogan County

3rd Monday 5:00 - 7:00 pm City Side Cafe in Red Lion, Wenatchee Don and Carol Hinman 509-884-2176 dchinman@charter.net

Clallum County

Sequim Library 630 N Sequim Ave 10:30 to 12:30 the 4th Friday of every odd number month Paul Tucker 360-452-6487, paulaver@olympus.net

Clark County

Susie Koeser 360-574-4523 vipsusie@msn.com or Stan Nelson 360-892-5314 stanor@juno.com

Kitsap County

3rd Saturday of every odd month 1:00 - 3:00 pm Bob and LouAnn Miller, 360-692-1381 rmiller@wavecable.com

Pierce County

1st Monday 1:00-3:00 pm TACID Bldg-Tacoma No meeting January or July.
Apr., Aug., Dec. potlucks 11:00 am
Marlys Tron, 253-863-9556
Sandra Morley 253-752-6176

Snohomish & North King County

Everett Providence Hospital - Pacific Campus 2nd Saturday of each month, 1:00 - 3:00pm no meeting in August
Rhonda Whitehead 425-488-0219 lauriswh@comcast.net

South King County

3rd Saturday of each month noon to 2:00 pm - potluck Mimi Sangder 206-725-8937, fuzzface7@juno.com

Spokane County

Shriners Hospital in the 5th floor auditorium, 1st Tuesday of every third month at 6:30 pm. Sharman Collins 509-448-8517 or sharmancollins@msn.com

Whatcom County

Bellingham St. Joseph Hospital, last Saturday of odd-numbered months Noon to 2:00 pm. Patrick Ewing 360-966-4253 pre47airstream@aol.com

Clarkston, Idaho: Tri-State Polio Pals

Meet 4th Saturday, 1:00 PM to 3:00 PM Tri-State Hospital. Jim Hueston, 509-758-2187, rockinnj@cableone.net



Pierce County Support Group Gives Donations

Submitted by Marlys Tron

At the February 2009 Pierce County Polio Support Group meeting we made the following donations: \$125 to Tacoma Area Coalition for Individuals with Disabilities (TACID), \$125 to Polio Outreach of Washington, and \$30 to Polio Health International. We also maintain a "kitty" to use as needed. Money was raised through 2-3 raffles during the year and a bake sale. The group has made donations for several years.

Happy Fifth Anniversary, Kitsap County Support Group!

Established on May 15, 2004 under the leadership of LouAnn Miller

The Kitsap Polio Support Group started when I read an article on “Post-Polio Syndrome” in the Seattle Times. I had never heard of PPS. I contacted Polio Connection, a national group, and was asked to be the contact person for Kitsap County. I called the Kitsap Sun newspaper about putting a small article for people to call me if they were a polio survivor. Instead, reporter Julie McCormick came for an interview. A very nice article about me and my polio was printed along with other polio information.

People started calling after seeing the article saying they were interested in a support group. One person mentioned a state group, Polio Outreach of Washington (POOW). POOW asked me to become the volunteer Support Leader for Kitsap County. There never had been a support group for Kitsap County. POOW sent a list of names they had. People were contacted and the Kitsap Polio Support Group began meeting May 2004 at Central Kitsap Fire and Rescue Station 56. Meetings are held the third Saturday of the odd months from 1 to 3pm. There is no charge for the meeting room. It helped that my husband Bob was a volunteer firefighter, EMT and commissioner for the local fire districts. He runs the meetings and helps with the computer duties.

We have speakers on various post-polio related subjects. Member Denny Wilford has shown videos several times of his travels to Ethiopia to give Polio drops to the young children. Our members vary in how polio affected them. I am still doing fairly well but others must use a wheelchair, scooter, walker, cane, braces or crutches. I read an article that there are still people in an “Iron Lung” after 50 – 60 years.

The Kitsap Group has received four (4) grants from local Tribal Casinos and one (1) from a Wal-Mart. The grants totaled \$3052.46. We gave \$700 in donations to POOW. The money is used for the Kitsap Group board members to go to “overnight” business meetings (motel room, meals, ferry and gas) and refreshments for meetings.

The May meeting will be the fifth anniversary of the group along with Bob and my 41st anniversary. We have met some nice people and continue to grow with a list of over 70 members.

LouAnn Miller, Group Leader



Spokane Support Group Report

Polio Outreach of Spokane had a well-attended meeting March 3. Nancy Lee, LMT, Founder and Director of Northwest Noetic School of Massage was our guest speaker. She brought a dozen students with her to the meeting and we all had a 15-minute chair massage! Nancy spoke about the benefits of massage for polio survivors and described different types of massage. Nancy will be opening a new treatment clinic in the near future called Living Waters Neuro-ReEducation Center that will provide beneficial therapy for all of us.

~ Sharman Collins

Falling Flat:

An Exploration of Polio Survivors Falls

Linda Wheeler Donahue



Falls are the leading cause of injury deaths among older adults. In fact, more than one third of adults aged 65 and older fall each year. For individuals with the late effects of polio, the risk of falling is even greater.

Polio survivors are at high risk of falling and when they do, they are more likely than others to suffer a fracture. They are likely to fall forward if they trip, and tripping is associated with drop foot, knee buckling, or slipping. In the case of lack of balance, the polio survivor is likely to fall backward.

Let's attack this subject by dividing it into two categories: preventable falls and unpreventable falls.

Preventable Falls

Dr. Julie Silver reminds us that one of the most important things to remember about falls is that they are generally "preventable occurrences," rather than accidents. Let's identify ways to reduce our risk of falling.

Stand for a few seconds before walking.

With 90 percent of hip fractures in older people being caused by falls, it is important to attack the problem through prevention. Here are a few suggestions:

- ✓ If you stand for a few seconds before gait initiation, you will get your bearings and your body will adjust to being upright before you take that first step.
- ✓ Wear supportive footwear that fits well. When you leave the house, put on your lace-up oxfords for extra support.
- ✓ Watch out for medication side-effects; ask your doctor or pharmacist to review your prescriptions to reduce interactions.
- ✓ Remove hazards in your home that can lead to falls, such as throw rugs or loose tiles.
- ✓ Install grab bars anywhere a sturdy support might help you. Think outside the box. Go beyond the bathroom and install grab bars in other areas of the home as well.



It goes without saying that we should not venture out on foot in hazardous weather conditions. Also consider one of the several personal alarm systems available. Just click the button worn around the neck or wrist for immediate assistance 24/7.

Many of us spend most of our time in our houses so it is important to increase safety at home. Some suggestions are to remove

items you might trip over such as newspapers, clothing, shoes, and clutter. Place non-slip mats in the bathtub and on shower floors. As we get older, we need brighter lights to see well. And very importantly, make sure all stairways have sturdy handrails and sufficient lighting.

Unavoidable Falls

Polio musculoskeletal problems such as weakness and loss of balance are major reasons why unavoidable falls happen. On a personal note, when I was still walking, many of my falls occurred as I was pivoting. I remember standing at a check-out counter in a pet store, cane in hand. The clerk came up behind me, “All set?” she asked. I turned around slightly to look at her, and just as I began to pivot, I went crashing to the floor, fracturing a leg bone.

Once I began to fall, there was nothing I could do to stop it.

With other falls, my body collapsed with no warning. I went straight down with force, usually landing on my left leg which was always very weak. Once I began to fall, there was nothing, not a thing, I could do to stop or cushion the fall.

My fall from grace goes something like this: Crash. Bang. Splat. I didn’t tumble; I crumbled!

After sustaining four serious fractures due to falls, my orthopedic physician gave me a good dressing-down. In this scolding he began by saying my cane was simply “a joke”, in that it did not give sufficient support. Then he said it was time to cease walking and begin using a wheelchair, if not, my next fracture might not heal.

Life has been much better since I made that major transition to wheels.

The bio-mechanics of polio-weakened muscles makes us prime candidates to trip and fall. My fall pattern was similar to a building demolition. First collapse; then crumble; and finally land there flattened in the dust. Your fall blueprint may be different, just as our gait patterns are diverse.

Polio weakness characteristically worsens with increased activity and is most prominent at the end of the day. Toward night-fall, snuggle into that comfy recliner; curl up and relax knowing you are not about to take a fall.

In conclusion, falls with resultant injuries are a significant issue for individuals with the late effects of polio. It is vitally important to do all we can to fine-tune our environment to reduce preventable falls. And unavoidable falls need not mean there is no hope. Using assistive devices such as bracing and wheelchairs should be considered pre-emptive strikes. Pacing activity with frequent rest breaks is another preventative measure.

I wish you all a fall-free future! ✎

About the author:



Linda Wheeler Donahue, Professor Emeritus of Arts and Humanities, is President of *The Polio Outreach of Connecticut* (<http://www.the-polio-outreach-of-ct.com/>) and Editor of *The Polio Messenger* newsletter.

Linda has had a great deal of experience with polio falls! Four of her falls resulted in fractures and her present full-time use of a power wheelchair.

A highly regarded international speaker, Professor Donahue writes on a variety of subjects dealing with the psychological and social consequences of disability, and with ways to prevent and resolve problems associated with the late effects of polio. She writes a regular column called “Life on Wheels,” welcomes feedback, and can be reached at LinOnnLine@aol.com.

Supporters



Survivors

And

By Jim Fry

It was the day of our support group meeting and everyone was coming into the room. Many in the room were finding places for everyone to get up to one of the tables, getting coffee, getting name tags and greeting one another. The room was disorderly and noisy. I settled into a space at a table where my wife's scooter could fit and there was a chair for me to be with her. A very nice lady asked if she could sit in the chair next to me by asking "is this space for one of the members of the group?" I assured her that the chair was available for her, but that started me thinking about the composition of the POOW group.

There are two types of people in our POOW support groups: those who are survivors of polio, and everyone else. There is no distinction in membership in our bylaws between these two types. Our organization is open to all who are interested in promoting the awareness of polio. All are members of equal status. We all join together to give support to each other. Polio survivors need support from other polio survivors, but they also have a great need of support from the non polio survivors in the group. Without the others in the group, the support groups would not be able to function. Each person is equally important in POOW.

In addition, we have a great need among the non polio survivors for our own support. We share with polio survivors in a very special way and often need to just be around others who are doing the same things. As the polio survivors are learning how to confront the challenges and changes that they face, the support people are also learning the same things for themselves. We are learning from each other as well as from the polio survivors.

Our state board is comprised of members from several support groups around the state. At this time 25% of our board and 33% of our officers are non polio survivors. Each of the board members has an equal vote and voice on the board. Each one does their part in promoting the awareness of polio throughout their circle of influence. The enhancements in the POOW organization that come about are from a coordinated effort of all of these people serving on the board.

As we are coming up to our Spring State Business Meeting please plan to come and see how very useful each person can be to this organization. The more involvement we have the more support we can give to those who need our help. Please continue to be involved at the local support group level and also step into involvement at the state level.

Polio Survivors Go Surfing!

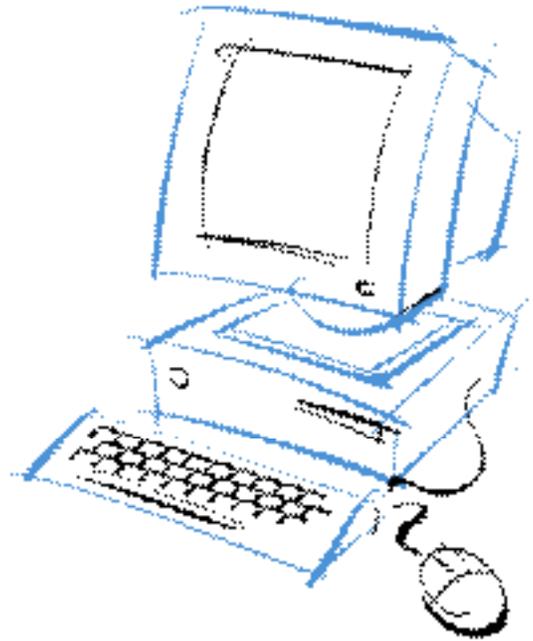
Here are the featured Websites for this quarter as chosen by Karen:

disabledonline.com - This website has several links and information on all types of polio related medical conditions and helpful hints.

Ippso.com - This website was originally called P.R.YS.com (Polio, Remember Your Strength) and is a worldwide Polio helpline.

Everydayhealth.com - Great for diets, recipe suggestions and general "surfing".

Many of us watch "Sit and Be Fit", but did you know that there is a short, specific article on what PPS patients should be doing? Look it up at sitandbefit.org for detailed information.



The Loss of a Friend

By Rhonda Whitehead

The Everett Support Group sadly announces the passing of John Aubert, a long-time member of the Everett Support Group and Polio Outreach Of Washington. John, 68, was living in Palmer, Alaska with his son Roy and family when he died of congestive heart failure on January 15, 2009.

John was a loyal, dedicated member of our support group and always gave freely of his time and talents to help others. Several years ago John generously agreed to serve as vice president of Polio Outreach Of Washington and was consistently supportive of the goals and needs of our State organization.

John was a good friend, caring and supportive, and with his unique sense of humor, he never failed to make us smile! He will be greatly missed.

Have One? Want One?

Available

2007 Chevrolet Uplander Van V6 with Wheelchair Ramp

with lock in wheelchair V6 -- 6,500 Miles

Squat rear End and ON-STAR System

Contact Dale Mackie 360-886-1558 in Ravensdale, WA

Ponderisms....

- ◇ Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.
- ◇ Why doesn't glue stick to the inside of the bottle?
- ◇ All of us could take a lesson from the weather. It pays no attention to criticism.
- ◇ How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?
- ◇ What was the best thing before sliced bread?
- ◇ Where do forest rangers go to get away from it all?
- ◇ Health nuts are going to feel stupid someday, lying in hospitals dying of nothing
- ◇ And finally.....Don't sweat the petty things and don't pet the sweaty things!

Do you or someone you know need a wheelchair, scooter, power chair, or other durable medical equipment (DME) and mobility equipment (ME)?

Mobility: scooters, power chairs, wheelchairs, walkers, canes & crutches, etc.

DME: bathtub benches, shower benches, toilet seat raisers, bedside commodes, and more

Misc: bed rails, trapezes, overbed tables, hover lifts, hand rails, incontinence pads, grab bars

MSHH DONOR CLOSET

425-712-1807 WWW.MSHELP.ORG

409 HOWELL WAY

EDMONDS, WA 98020

MON-SAT 10-3



We also accept your used DME & ME items!



Help Wanted

If you are familiar with Adobe InDesign CS3 and are interested in assisting with this publication, I could sure use a hand.

Please call Linda at 425-338-5969 or email frydaze3@comcast.net.

If you would like to place your items available or request for items on this page, please submit your information to Linda Fry by the newsletter deadline at frydaze3@comcast.net.

Polio Outreach Of Washington

Please use this form when you are submitting any information. Include your name, address, phone number and e-mail address. When you go on vacation or move, please submit an address change to us and also another address change when you return! Thank you.

As an independent, 501(c)(3) non-profit organization we rely on our readers and membership for support. Your donations are appreciated. The date next to your name on the label is one year from the date of your last donation for the newsletter.

ALL DONATIONS ARE TAX-DEDUCTIBLE
(*tax purposes*)

(Please save your cancelled check as it is your receipt for

- First contact with Polio Outreach of Washington.
- Name and/or address change.
- Donation(Includes newsletter) **\$30.00**
- Other donation amount \$ _____

First Name Initial Last Name

Mailing address

City State Zip code

Please make checks payable to: Polio Outreach of Washington. Mail your check and completed form to: 4704-235th St. East, Spanaway, WA 98387-6162

in just spring
when the world is mudluscious
the little lame balloonman
whistles far and wee

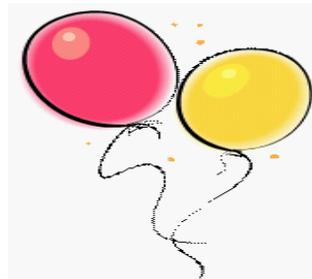
and eddyandbill come
running from marbles and piracies
and it's spring

when the world is puddlewonderful
the queer old balloonman whistles
far and wee

and bettyandisbel come dancing
from hop-scotch and jump-rope
and it's spring

and the goatfooted balloon man
whistles far and wee

e.e.cummings





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Calendar

- April 12 - anniversary of Salk vaccine release to the public*
- April 20 - Spring Membership/ Board Meeting (TACID)*
- June 1996 - POOW established*
- August 23 - Annual All State Survivors and Supporters Picnic (Auburn Game Farm Park)*
- September 21 - Clark County Support Group hosts area picnic*

