



Polio Outreach Of Washington

Established June 1996

Summer 2009

Volume 23 - Issue 3



13th Annual Polio Survivors & Supporters Picnic Sunday, August 23, 2009



All polio survivors and their families and friends are invited to join us for our 13th Annual Picnic hosted by the South King County Post- Polio Support Group. This fun-filled event is being held at the Auburn Game Farm Park in Auburn, Washington.

The meal will be catered by Longhorn Barbeque for \$11.00 per person, and served at 12:00 noon. A large covered area with lots of tables, benches, and outlets is available for our use. You may bring a card table and lawn chairs if you prefer. There is plenty of convenient parking. Restrooms are close to all of the activities. In addition to our meal, there will be lots of time for chatting, games, and a balloon toss. Live music will be provided.

We anticipate many wonderful raffle items. Tickets are \$1.00 each or six for \$5.00. We look forward to seeing you and welcoming new friends.

Longhorn Barbecue Lunch Menu:

Barbecue Spare Pork Ribs, Barbecue Chicken,-Barbecue Sauce. Barbecue Beans, Potato Salad,Cornbread and Honey Butter.

Make your reservations by returning the registration form on page 3 by Friday, August 14. Please make your check payable to Polio

Polio Outreach of Washington

John Clark, Office Manager
4704-235th Street East
Spanaway, WA 98387-6162
1-800-609-5538
Local: 253-847-8114
poow85jmc@msn.com
www.poliooutreach.com

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,
Jim Limric, Suzanne Limric, Bill Veters, Lauris
Whitehead, Rhonda Whitehead

Bill Simpson, we appreciate the service you have contributed on the Board of Directors, thank you! May you enjoy good health and your travel plans go well.

Standing Committees 2009-2010

Financial: Sue Warren, Chair; Larry Christensen, Bob Miller

Administration: Jim Fry, Chair; John Clark – Office Manager

Outreach: Rhonda Whitehead, Chair; Rhonda W. and Larry Christensen – Support Group Assistance, Bill Veters – Website, Suzanne Limric – Medical Referral List, Linda Fry – Newsletter

Events: Vacant

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SUE SAYS...

Sue Warren, President



With signs that spring has finally arrived, maybe even summer [my area had snow on April 29th!], I'm hoping this finds everyone well and functioning.

We had our Spring Membership Meeting in Tacoma on April 20th at the TACID building where the Tacoma Support Group holds its monthly meetings. I want to thank all who attended. It was nice to see everyone.

Some items on the agenda were committee reports summarizing the year, an internal audit of the books (done by a committee at the meeting), presentation of the proposed 2009-10 annual budget, choosing people to cross-train for officers and board members in case of emergencies, and beginning the planning of the Fall Business/Members meeting and asking for one of the support groups to volunteer to chair the 2010 Picnic Committee.

We re-aligned the standing committees to more efficiently handle POOW business. The four main categories and the coordinating chairpersons are Financial [Sue Warren], Administration [Jim Fry, VP], Outreach [Rhonda Whitehead] and Events [vacant]. The remaining committees will be under one of these categories, each with a chairman who will report to the coordinating chair [who, by the way, is NOT expected to do all the work!! ;-)]

(Sue Says continued on next page)

(continued from Sue Says)

The Financial Committee will oversee financial matters, audits, and fundraising. Larry Christensen and Bob Miller will work with me, Sue Warren.

Administration will coordinate Nominations, By-Laws and Office. John Clark, as office Manager will work with Jim. Others are welcome to volunteer – especially with each year’s elections. [We need to begin now to prepare for the Fall elections.]

Under Outreach, Linda Fry/Newsletter, Website/Bill Veters, Support Group Assistance/Larry Christensen & Rhonda Whitehead, and Medical Referral list updating/ Suzanne Limric.

Our annual events that require planning are the Annual Picnic and the Spring and Fall Membership Meetings. I’d like to see different Support Groups rotate this among themselves so that we can schedule the meetings in different areas of the State. It would be nice to have your group able to attend the meetings and picnic!

Our Fall Membership Meeting date is tentatively set for September 21 – will your Group sponsor and plan this? How about the 2010 Annual Picnic?

As polio survivors who continue to age [can’t we by-pass that somehow!? ;-)], we need volunteers to help operate Polio Outreach. Without new volunteers to help, we face the unpleasant prospect of eventually having to disband. Much of the volunteer work can be done from your own area – write a short article on what your support groups are doing, or coping behaviors you’ve learned that might help others; help find nominees for the Board; could you be a back-up to keep our data-base current? We have someone who has graciously re-designed our website, but it will need to be kept current once it’s up and running. Help us keep up-dated lists of your local physicians and therapists who are knowledgeable about Post-Polio.

Because Polio Outreach is YOUR organization, we welcome and NEED your input and help. You can contact me or anyone on the Board with questions or offers of help. Contact information is listed in every newsletter, and available through the Office.

AUBURN GAME FARM PARK

3030 R Street SE Auburn, WA 98002

1. From I-5 or Hwy 167, take Hwy 18 exit
Take the Auburn-Enumclaw exit.
2. Turn left onto Auburn Way South
3. At the intersection of ‘M’ Street be in the
Right-hand lane to take Howard Road.
4. At the end of Howard Road, turn right
onto ‘R’ Street SE. Continue through the light
at 29th SE.
Picnic shelter is at the end of the road at the
top of
the hill.

Polio Outreach of Washington

Picnic Reservation

Sunday, August 23, 2009

Please RSVP by August 14, 2009

Name _____

Phone _____

Longhorn Barbecue lunch at \$11.00 each

Total reservations: _____

**Please make checks payable to POOW
CALL OR RETURN THIS FORM TO:**

John M. Clark, Office Manager

POOW Office

4704 235th Street East

Spanaway, WA 98387-6162

1-800-609-5538

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

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

Douglas County

3rd Monday 5:00 - 7:00 pm City Side Cafe in Red Lion, Wenatchee Sandee and Jim Thornton 509-884-8856, smt1107@charter.net

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



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!

CLARK COUNTY SUPPORT GROUP

By Susie Koeser and Stan Nelson

The support group in Vancouver has over the years changed its location but not the intent of their meetings. We meet for fellowship, support and learning about post polio and its effects.

I first got diagnosed with post polio syndrome before there was a name for it and that was June of 1988. I first went to a conference in Pasco, WA that was attended by over 400 polio survivors. I grabbed everything I could get my hands on and was fortunate to meet Elaine Stoner from Vancouver, WA. I thought this is really something drive 4 hours and meet someone from home. I was invited to a support group in Portland, Or. that was held at Easter Seals. I came to learn that Elaine had been having support group meeting in her home prior to Easter Seals meeting. At that time there was a good 100 people at the Easter seals meeting and was really overwhelming. It was scary the number of people in walkers, scooters and wheel chairs.

Elaine Stoner was active in the Portland area, being on the medical advisory committee, herself a physical therapist, as was Cindy Pearson, who unknown to me at the time was a prior acquaintance from the same school I went to and who a couple of times went to Shriner's Hospital with me.

Cindy Pearson and her husband Dana got acquainted with WA Easter Seals when she was the Poster Adult for Easter Seals and got the Vancouver location started. This was about 16 years ago. A lot of the ones who were in the Portland group attended the one in Vancouver and are still in the group having been acquainted now for over 20years.

Over the years we have worked together on conferences, picnics and educational matters. A number of the Vancouver support group members have been instrumental in the forming of polio support system over the last 20 some years.

I, Stan Nelson, was diagnosed with polio in 1954. I first read about post polio syndrome in a local newspaper. A Seattle newspaper interviewed Chris Van Driel, and wrote an article about her large group's unexplained late effects affecting polio survivors. I contacted her group and found out when a large information seminar was going to happen in Seattle - Everett area. I attended, and was overwhelmed with the large numbers of survivors. I had no idea of how many were not well after so many years living a mostly normal life. This is where I met Carl Larson.

I pretty much parallel Susie Koeser's involvement in local and statewide survivor meetings, beginning in Portland and moving on to Washington State informal support group to non profit corporation establishment.

At this date, I have not had any noticeable late effects from my light case of polio in 1954.

The Vancouver group welcomes any and all survivors, family and friends and has a potluck affair with games after. We help new survivors on a one on one basis and sometimes the talk gets so interesting that the games are really in trouble because our attention is diverted to the conversation. We have had members from 13 years of age to 95. (note – the 13 year old was a person who had polio before coming to America and parents wanted to know how to help avoid pps)

We have meetings in member homes that are accessible, meet for dinner at a restaurant in August and December (to watch Christmas Ships on the Columbia River) and this year are having a picnic at a local county park.

If you are interested in attending a meeting call Stan Nelson or Susie Koeser for specific information on upcoming events.

Supporters



And

Survivors

The Right Tools

To do a good job, one needs the right tools. Whether it be baking a cake or building a house. The task is less stressful, demands less energy, and is more rewarding when using the right tools. The art of Caregiving is no different. With the right tools, providing care for a disabled loved one can be accomplished while preventing the “burnout” that so many long-term caregivers experience.

I recently completed ***Powerful Tools for Caregivers***. It is a 6-week series for unpaid family caregivers that provides tools for self-care and builds confidence in handling difficult situations, emotions, and decisions.

The class focuses on Self-Care and the challenges caregivers face every day trying to provide the best care they can while still taking time for themselves. Self-care is vital. To be a good caregiver, one needs to give good self-care. It is easy for a caregiver to push their own needs, interests, and feelings to the bottom of the priority list where they stay ignored or forgotten. The caregiver is unfulfilled physically and emotionally. Their self-worth is minimized. Depression is very common.

Powerful Tools for Caregivers reminds us, the caregiver, that self-care starts with some tough acceptances; accept that we are responsible for our personal well-being. We are responsible for making sure our own needs are met. We are responsible for making time for meaningful activities and relationships outside the realm of caregiving. We are responsible for communicating our needs to others. We are responsible for being realistic in what we expect from ourselves, friends, family, and the care receiver. Unreasonable expectations lead to exhaustion, guilt, and resentment of the one we are caring for.

Put your energies toward things you can do or change as a caregiver. Accept or let go of what you cannot change. Create a mental “Worthless Worry” Box. When a caregiving problem or situation arises, decide if you are able to do anything about it by yourself or with help. If not, acknowledge it as unsolvable at this time. Place it in the “Worthless Worry” Box and move forward. It is unproductive and worthless to waste energy worrying about things you cannot change or control. You do, however, have control over the way you respond to the care receiver's demands. Do not let their “actions” cause you to “react” in a manner unlike yourself.

Be proud of what you are accomplishing as a caregiver. At least once a day, review all the good and positive things you did that day or week no matter how trivial it appears. Emphasize those things you did for yourself. Negative self-talk is abusive. Remove the word "guilt" from your vocabulary. Feelings of guilt come from one intentionally causing harm to another. You did not cause your loved one to contract Polio. Feelings of remorse over your loved one contracting Polio is okay, but not guilt. Use positive words in your internal dialogue. Focusing on what one cannot do lowers ones sense of value. Caregivers are priceless treasures of caring and compassion.

Communicate, communicate, and communicate! People are not mind readers. They do not know when a caregiver needs help. They are not there experiencing what a caregiver is experiencing. Express caregiving needs in a positive manner that will garner help. Being demanding, manipulating, or trying to make others feel guilty will make them less likely to offer help. Speak in the first person, beginning sentences with "I" instead of "you". "I" takes ownership of the caregiver's feelings, thoughts, needs, and concerns. "You" is accusatory. It indicates blame being placed on someone who most likely was not aware that the caregiver wanted help.

Take time to make a weekly Action Plan. An Action Plan is an important self-care tool. It identifies, in writing, something the caregiver wants to do for themselves. It is not something the caregiver should do, need to do, have to do, or must do for the care receiver or someone else. For the caregiver, this is one of the hardest tools to learn how to use. Turning ones attention to themselves and what will bring them pleasure, relaxation and self renewal may be thought of as selfish. It is not! A Caregiver's Action Plan should specify something they want to do for themselves; like reading a book, gardening, or visiting a friend. Establish how many times it will be done , what days will it be done on, how much time will be spent each of these days. Then rate a confidence level on a scale of 0 (will not accomplish) to 10 (will accomplish). Start with simple easy tasks to accomplish goals. The satisfaction received each time the weekly Action Plan is completed encourages the caregiver to utilize more of these Powerful Tools.

I have touched on just a few of the many tools I took away from the class. The more I use these and other tools , the better I feel about myself as a caregiver.

I am the proud daughter and fulltime caregiver of a Polio survivor. I was 2 years old when my mother contracted Bulbar and Spinal Polio in 1953..

~Lynne Hollister
Everett Polio Support Group member

(Editor's note: This is the first in a three part series with Lynne sharing the rest of this class.)

For more information on ***Powerful Tools for Caregivers*** and other Support Programs provided, contact:

Stefanie Bonigut, MSW, Caregiver Specialist
10201 E. Riverside Drive, Bothell, WA 98011
stefanieb@seniorservices.org, 425-286-1047, www.northshoreseniorcenter.org

POOW WEBSITE UP AND RUNNING – AGAIN

Nearly two years ago unforeseen circumstances forced the suspension of the use of our POOW website. Over the past several months the circumstances changed and we were allowed to re-establish this very informative tool. The project, spearheaded by Sue Warren, Linda Fry and Karen Winston, took many sessions of figuring out what to do. The final step of the process was to find a knowledgeable person to be the webmaster and do the actual set up of the site.

Mr. Jarrod Williams, a friend of Karen Winston, volunteered to take on this work. He put together a site that is bright, colorful and very informative. The result is that we now have a new website that is better than ever. The address of this website is www.poliooutreach.com. Go to this website address to view this exciting site.

What good is having a web site? This can be the main information link to POOW for everyone. Posted on the site are calendars, happenings, references and directories. If you wish to know what is happening, when it is going to happen or make contact with others in our organization, the information is right there.

In addition, this website can be the source for many very informative articles and tips on how to handle Post Polio Syndrome, medical referrals and suggestions for help.

The website also contains the entire current newsletter as well as past editions to help find something that needs to be re-read.

Finally, this website is a great place to refer your acquaintances who want to know more about PPS or POOW. It gives some great information to those just starting out in their quest for information.

Our sincere appreciation goes out to Jarrod Williams for his unselfish devotion to this project. Jarrod did a great job in a very short time and we are all receiving the benefits of what he has done. Thank you, Jarrod.

So, turn on your computer (or get to one you can use) and open the website. Surf it to see what we have. You will enjoy the experience.

www.poliooutreach.com



Polio Survivors Go Surfing!

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

Here is a website with a lot of specific articles:
ott.zynet.co.uk/polio//lincolnshire/library/cc_html
It is an old site but is rebuilding and updating. There are TONS
of articles on almost any subject pertinent to PPS.

This website covers the question of how to find a PPS doctor.
It even has printable forms to take with you.
www.plee.com/pps/gsbody5.htm

Another wesite was:
skalley.net/ppsc
This site has huge number of links and helpful info.

Last, but not least was:
vinegartips.com
We were discussing the health benefits of vinegar at our Ev-
erett PPS support group. You won't believe all the uses! Not only health-wise, but cleaning, cars, and even
teeth. Check it out!

"PPS: Shades of Grey", an edited version of clinical interviews conducted with eminent North
American Post Polio Specialists in 2008, has been uploaded to You Tube in 24 parts (25 with the
Trailer): <http://www.youtube.com/PolioNetworkVictoria>

Websites in Washington State by polio survivors:

www.danmillerspeaker.com Based in Yakima, Dan Miller is a former educator, full time speaker and author.
He has a powerful message of overcoming polio to reach impossible dreams.

www.just2drops.com Denny Wilford lives on the Kitsap Peninsula and has established The Denny Wilford
Foundation. Its mission is "to support the rehabilitation of persons affected by polio by raising funds for
equipment, facilities and procedures for the treatment of disabled children and adults."

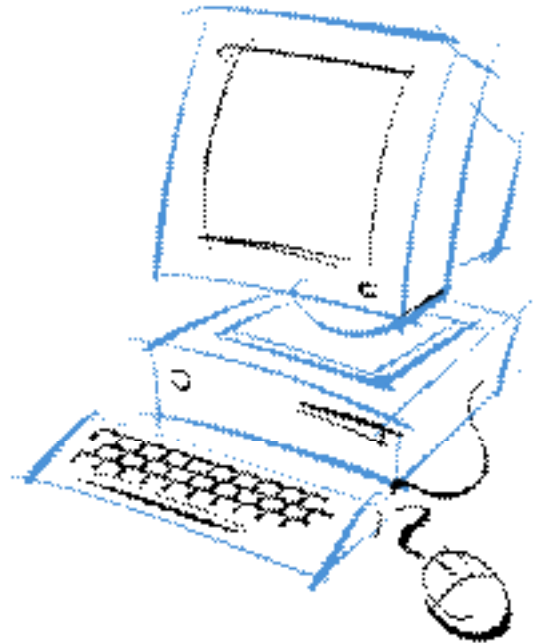
www.poliooutreach.com The place to find medical information, resources, support groups and more...



AT 5 MINUTES AND 6 SECONDS AFTER 4 A.M. ON THE 8TH OF JULY,
THIS YEAR, THE TIME AND DATE WILL BE:

04:05:06 07-08-09

THIS WILL NOT HAPPEN AGAIN UNTIL THE YEAR 3009!!!



Have One? Want One?

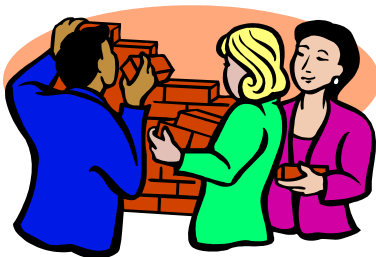
HELP YOUR STATE ORGANIZATION

Change happens continually. We have experienced several changes in POOW at the state level. Due to people moving we have lost two of our board members. We also have a need to look for a new home for our office supplies and help with the office tasks in the state office. In addition, we will need some new officers to replace those who have done a great job during their terms but feel the need to move on.

We pride ourselves in being an all volunteer organization but now we need volunteers or our organization will be in jeopardy. Please step up and volunteer to help us at this critical time. We need you more than ever. This is not a great time user. We only have 4 board meetings every year. You will be appreciated and know you are helping as much as you can.

These positions are not restricted to polio survivors only. Supporters are welcome to step up and help as well. If you have a desire to assist with any of this, or even if you wish to submit a name of someone else, please contact President Sue Warren or Vice President Jim Fry.

IT TAKES A TEAM TO BUILD US UP!



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.

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.

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 (*Please save your cancelled check as it is your receipt for tax purposes*)

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

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

Quotables~

"Success is to be measured not so much by the position that one has reached in life, as by the obstacles which he has overcome."

~ Booker T. Washington



The mighty oak tree was once a little nut that held its ground

"There is no more noble occupation in the world than to assist another human being - to help someone to succeed."

- Alan Loy McGinnus

It's not the load that breaks you down, it's the way you carry it.

Newsletter Deadline:

The deadline for the next issue of POOW newsletter is August 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, a 501(c)(3) Non-Profit Corporation



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Spanaway, WA 98387

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- June - POOW's 13th anniversary*
- Our website is now ready for you !
www.poliooutreach.com*
- August 14 - picnic reservation
deadline*
- August 23 - Annual All State
Survivors and Supporters Picnic*
- September 21 - Fall Membership
meeting
(election of
Directors)*

