



Polio Outreach Of Washington

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Mission Statement:

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



We turn the calendar page to a new year and welcome 2011 with all its fresh starts, goals and resolve. We notice that our organization has new beginnings too.

Since the Fall Membership Meeting in October, we are under new leadership with a total of fifteen members on the Board of Directors. They elected Scott Stahr as the new President of POOW. This means that we can all look forward to having the business and events of this year under Scott's capable leadership.

The three events planned for this year that include participation from all polio survivors and their supporters are; the Spring Membership Meeting in April, the Annual Picnic in August, and the Fall Membership Meeting in October. Watch for the details in future newsletters and online and plan to join in these events as the support groups throughout the State come together.

Another change coming about is a new Editor for this publication. Beginning with the Spring Quarter issue in April, Patrick Ewing and his wife Joanne, will be composing the newsletter for us. It is helpful to get information and news from around the State to include in each edition. When you find items of interest to share with your fellow polio survivors, or to tell about what is going on in your local group, please send it to Patrick in an email. I have enjoyed putting my efforts in creating a newsletter for you over the past three years. Thank you to those who have contributed in helping me to do this task, and thank you Patrick, for volunteering to take this on!

~ Linda Fry, Editor

Polio Outreach of Washington

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A quarterly publication

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

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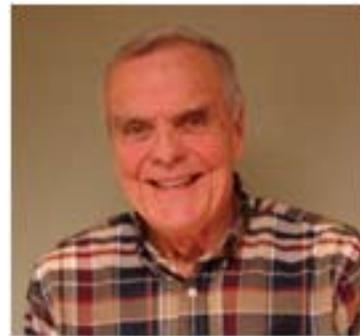
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Jan Stahr
Lauris Whitehead
Rhonda Whitehead

SCOTT SAYS...

Scott Stahr
POOW President



Introducing Scott Stahr, the new President of Polio Outreach of Washington! Scott lives in Redmond with his wife, Jan and attends the Snohomish and North King County group that meets in Everett. His contact with polio came at the age of 14 in New York in 1944. Scott is currently retired, having had a career of various occupations in many locations in the United States as well as Hong Kong up until 1997. He received a bachelor degree from Cornell University in Mechanical Engineering which led to work in heating and air conditioning, jet engine development, including several opportunities for developing more skills at Eastern Airlines, Rolls-Royce, and United Airlines.

To quote Scott about how he came to be a part of a support group:

“I first heard about the Everett Post-Polio Support Group in a presentation at the community center in Bothell in 2004. Have been a regular attendee ever since. First heard the words Post Polio Syndrome from my primary care doctor in Group Health in 1999, but he had no advice to me except to keep doing what I was doing. He said nothing about the risks of over-doing. I've had to learn that from the Everett Group and the hard way (not paying attention to my limits).”

Congratulations on your two year term as President!

We welcome you.

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POOW President's Report

On October 19th, 2010, the POOW Board held their annual Fall Membership meeting at the Holiday Inn in Everett, WA. The participation by officers, members-at-large and guests was excellent -- a total of 21 attendees.

Lois Barber, the Office Manager, gave a fine report on all of her activities, (and she is a busy lady) including the sale of ribbons, coffee cups, T-shirts and magnets that help promote awareness of POOW.

Linda Fry, newsletter editor, reported that the number of printed copies is at 2550. With the ability to send the newsletter electronically to members' email and having it available on the website, this number could be reduced significantly as more people request the office manager to send the newsletter electronically instead of as printed material. This would save the high cost of printing and mailing this volume of newsletters.

Rhonda Whitehead reported on her contacts with several of the support group leaders. She has suggested the group leaders coordinate ideas for future group meetings and for leadership training. Because of the difficulty in getting all the group leaders together for a meeting, she has asked the leaders to send her their ideas about what works and what doesn't work for them. She will then organize the information and share the results with the group leaders.

In the afternoon, Jim Fry, Vice President, took the gavel to preside over the election of new Board members (officers are appointed by the Board). The results are:

President -- Scott Stahr

Vice-President -- Jim Fry

Secretary -- Janet Bliss

Treasurer -- Shared responsibility for three months by Bill Veters, Jim Limric, and Paul Jeganathan

Members-at-Large -- Lois Barber, Stan Barber, Skip Forbes, Linda Fry, Suzanne Limric, Bob Miller, Jan Stahr, Rhonda Whitehead, and Lauris Whitehead

In order to promote connection and unity of purpose, we know from past experience that direction and guidance from the state Board is important. We also recognize that the primary means for sharing useful information about PPS and how to deal with it is performed by the support groups, enhanced with the quarterly newsletter, and the website at www.poliooutreach.com

The members of the Board of Polio Outreach of Washington are anticipating a year of working together with you to reach even more polio survivors in our state with our mission: To help minimize the impact of Post-Polio Syndrome by providing education and support to polio survivors, their families and healthcare providers.

AMAZINGLY SIMPLE HOME REMEDIES

~ Avoid cutting yourself when slicing vegetables by getting someone else to hold them while you chop.

~ A mouse trap, placed on top of your alarm clock, will prevent you from rolling over and going back to sleep after you hit the snooze button.

~ You only need two tools in life -- WD-40 and duct tape. If it doesn't move and should, use the WD-40. If it shouldn't move and does, use the duct tape.

Polio Outreach of Washington Post-Polio Support Groups

Please contact the group leaders for further information.

Asotin County: Tri-State Polio Pals

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

Benton County

3rd Saturday 1:00pm Kadlac Neurological Resource Center 712 Swift Blvd, Richland, Norma Peters 509-946-5485, norevepet@gmail.com

Clallam County

4th Friday of every odd number month, Sequim Library 630 N Sequim Ave, 10:30 to 12:30, 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, Chelan, Okanogan Counties: Polio Outreach of North Central Washington

3rd Monday 5:00 - 7:00 pm, Prospector Pies, 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 at noon Marlys Tron, 253-863-9556 Sandra Morley 253-752-6176

Snohomish County & North King County

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

South King County: website:renton-postpolio.info

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

Spokane County

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

Whatcom County

Patrick Ewing 360-966-4253 pre47airstream@aol.com

Note to support group leaders: Please notify the newsletter editor of any contact information or meeting changes for you. Thanks!

WE ARE GOING GREEN...

Reading the newsletter on the website, www.poliooutreach.com, or having it sent to your e-mail address saves Polio Outreach the cost of printing and mailing it to you. If you would be interested in not receiving the newsletter by mail, simply call the office manager, Lois, at 1-800-609-5538 and let her know!

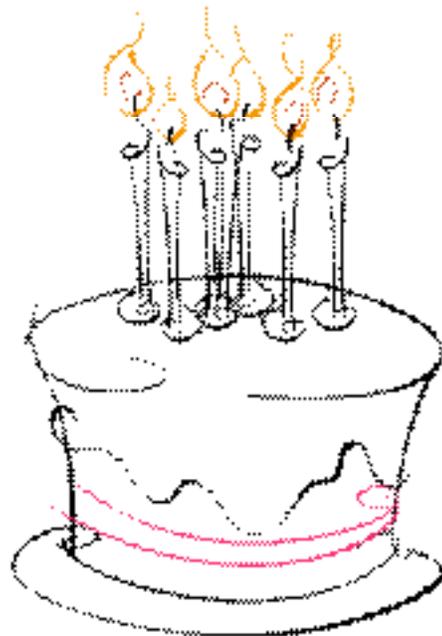
www.renton-postpolio.info The place to learn about what the Renton post-polio support group has been up to and is planning. Links to other websites.

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

CELEBRATE !

On November 15 the North Central Washington Polio group celebrated Esther Todd's 96th birthday. Her actual birthday is December 5. This lady is full of spunk and drive. Even at 96 she rarely misses our monthly meetings. Esther was stricken with polio in 1921 at the age of six. Both of her legs were affected, but she didn't let that stop her from becoming the librarian of a local high school during her career years. Esther is a real asset to our group. Thanks Esther for being who you are.

Submitted by Sandee Thornton, group leader



“HAPPY 20TH BIRTHDAY TO US”

Founder's Day Celebration

In February we celebrate the 20th birthday of our Everett Post-Polio Support Group!! This is a very remarkable accomplishment and because of that we are honoring the founders of our group and those who have been here since its early beginnings. It has taken dedication, devotion, perseverance and tireless energy through the years for our group to survive and thrive so successfully.

In 1991, through Chris Van Driel's devoted and tireless efforts to find all available information to help polio survivors understand and manage the late effects of polio and with Marilyn Boyd's dedicated and caring leadership, this group began its goal to help educate and support polio survivors.

We are consistently adding new people to our group of supportive and caring members. And we still have a core group of loyal, long time members without whom we would not have accomplished so much for so long.

Please join us in our appreciation for our founding members and for each other!

Submitted by Rhonda Whitehead, group leader

SPRING MEMBERSHIP MEETING

Make a note on your planner to attend the semi-annual business meeting of Polio Outreach of Washington. It will take place on **Tuesday, April 12** at the Federal Way Best Western. More details to follow in the next newsletter, or contact Suzanne Limrick at 253- 833-5305 for more information.

CANDYLAND GAME

Who knew it was designed in a polio ward?



History

The game was designed in the 1940s by Eleanor Abbott, while she was in a San Diego hospital recovering from polio. She designed the game to capture the attention of little girls in the hospital who were also polio victims. The game was so well-received by the children that she decided to contact the Milton Bradley Company. They bought the rights to the game and first published it in 1949.

At least four versions of the Candyland board game have been made:

The first version did not have any [characters](#), only locations (Molasses Swamp, Gumdrop Mountains, etc.). The 1962 version had a revised track layout.

The 1980s and 1990s versions included the Mr. Mint and Gramma Nutt characters and the end of the game was a purple square.

The current version includes a rainbow-striped square and the Molasses Swamp has been renamed the Chocolate Swamp.

In 2005, Forbes and the Toy Industry Association named Candyland as the lead game for the 1940 to 1949 decade. This was also the year that the animated movie *Candy Land: The Great Lollipop Adventure* was produced, resulting in a [DVD](#) game version.



Players

Candyland is usually a [child's first game](#) because it requires no reading ability and only minimal counting skills. It is recommended for two to four players, ages three to six, but they can start playing as soon as they recognize the basic colors. It does not require any reading skills so it is ideal for non-readers, or children who don't speak English. It teaches the [lessons](#) taking turns, learning rules, counting, color recognition and how to be a good winner or loser.

It makes a great [gift](#) for the little ones in your life who want something to play while the adults are having fun with [Trivial Pursuit](#) or [Pictionary](#)!

Thanks to Lois Barber of the Kitsap County Support Group who submitted this information sent to her by her aunt. This was news to me ~ Editor



Do you ever feel like.....

I am exhausted and I do not have the energy to go out to the store, let alone cook. I live by myself and am my own primary care giver so I had better figure out how to handle my daily chores in the most efficient way possible. As a polio survivor with post-polio syndrome I learned that you need to conserve energy to preserve muscle. I would like to share with you one of the energy saving procedures I am now using that is helping me tremendously.

Approximately a year ago I was approached about trying Schwan's Home Service. I thought that it was way too expensive until I sat down and looked at what I was getting. I evaluated the product in light of what it would cost me to purchase each item and make it up. For instance, to make chicken cordon bleu I would have to buy chicken, ham, cheese and breading – in addition to the spices. When I compared the cost of homemade and Schwan's, I found that the Schwan's item to be very reasonable. Of course, if I was to go out to eat I would not be able to afford this type of food very often. A good point to consider is there is no waste either. They have readymade dinners that are delicious and include a wide variety, anywhere from Chinese to Mexican food.

One of the items I really like is the five cheese bread. I eat it for a sandwich with soup. It is very good and satisfying. Another item I have found useful is to eat one of their popsicles in the evening. It satisfies my "sweet tooth" for only 15 calories for the single stick, so I can snack and not worry about my weight.

What I find of interest is that for each item they sell they have all of the nutritional facts listed in the catalog so you know what you are buying. There are also menu ideas that will help you if you get stuck on what to have and their catalog changes frequently so that you do not get bored with the selection.

One of the best energy savings points is that they deliver it to my door so the most work I have to do is look up what I want in the catalog or online (www.schwan's.com) I can order what I want online and every two weeks it is delivered. Toll free number is 1-800-724-9267. The only items they do not carry are fresh produce and fruit but the frozen produce and fruit are excellent.

One of the things that is important for me is to let people know when something can be done to save energy or make it possible for us to live independently longer.

Susie Koeser, Clark County Support Group

Editor's Note: This excellent idea to conserve energy by buying readymade food and having it delivered can take several forms. Purchasing from the freezer section of your local grocery store online and having your order delivered is one option. Buying preplanned and prepared meals from a weight loss program and using their delivery plan is another. We have been fortunate to have our daughter prepare a month's worth of frozen meals and place them in our freezer for us. Now that is convenience and conservation! ~ Linda

HELPFUL HINTS TO BRING SOME EASE AND SAFETY TO YOUR LIFE

Over the past few years our attendance at Polio Support meetings and various other meetings have given a wealth of tips and suggestions to make the life of the polio survivor a little more comfortable and even joyful. Following is a list of some of the tips we have been able to glean.

Helpful Devices for Everyday Use:

1. For kitchen work get a stool on wheels like a draftsman would use. It should have 5 wheels.
2. Install extender rails on drawers; sliding racks in lower cabinets.
3. Use “grabbers”. Have several in various lengths and types.
4. Have dressing hooks and sock pullers to make dressing easier.
5. A “lift” chair makes getting into a resting position easier. These can be seen at most furniture stores that carry recliners and can be obtained used.
6. Grab bars for tubs, shower, bed and toilet. These can be permanently installed or the suction cup type that can be removed or relocated for travelling.
7. Use a stool for gardening or floor work.
8. Garden hose coiler and raised gardening beds.
9. Cordless phones or extension phones in several rooms with written phone lists or numbers programmed in the phone. Carry a cordless or cell phone with you.
10. Lumbar support pillows for sitting, sleeping or riding in the car.
11. Adjustable shower stool and bathroom chairs.
12. Neoprene compression “supports” (sleeves, braces, wraps).
13. Socks for cold feet, day or nighttime.
14. Support hose or compression socks.
15. Books on Post Polio Syndrome.
16. “Alert” signs from Fire and Police to notify of a disabled occupant.
17. Medic alert card in your wallet.

Sleep Helps:

1. Memory foam mattress topper and pillow
2. Body pillows – straight or U shaped.
3. Pillows of all shapes , sizes and fill materials (flax, barley, etc.).
4. Supports to hold blankets off feet.
5. Recliner chair.
6. Heat on muscles – heating pads, microwaveable products (booties, neck wraps, etc.), electric blanket or mattress pad.

Self Care Helps:

1. Don't ignore PPS symptoms. Don't be in denial because that eventually does more harm.
 2. Rest – pace yourself; alternate heavy and light activities; make quiet 15 minute rest breaks a habit, use relaxation tapes.
 3. Meditation! Quiet, peaceful thought in a comfortable position for 15 to 30 minutes.
 4. Make correct posture a priority . Wheelchairs may need pads or pillows. To avoid muscle fatigue change positions often.
 5. Do stretching and range of motion exercises each day if possible – yoga, “Sit and Be Fit” tapes, etc.
 6. Accept who you are. Don't put guilt trips on yourself because you are ‘not busy’ or not able to do all you used to do. Concentrate on what you can do rather than on what you can't! Learn to eliminate or delegate tasks and to accept help where needed.
 7. Use your care-giver. They actually like being your helper.
-



“We Can Increase Our Joy of Living” by Linda Wheeler Donahue

~ Fifteen Steps for Polio Survivors ~

1. When you feel tired, take time to rest and restore.
2. Surround yourself with positive people. Avoid complainers.
3. Reject the Madison Avenue concept of physical attractiveness. Hold your head up high and show the world that your self-acceptance is stunningly attractive.
4. When you meet someone new, be the first to bring up the subject of your polio disability.
5. Smile. By acting happy, you will actually induce joyful feelings.
6. Toss out grudges, resentments, and perceived slights.
7. Keep a gratitude journal. Write down those joyful blessings.
8. Eat a nutritious, balanced diet. Avoid junk food.
9. Bring humor into your life. Rent a “Pink Panther” movie and laugh out loud; release those endorphins.
10. Exercise every day...even if you can only wiggle your fingers or bend your head.
11. Expand your life by exploring new activities; for example, plant a flower garden, join a community chorus, make a web page.
12. Help others. Volunteer at an independent living center or at a rehabilitation hospital. *Be a “roll” model.*
13. Use energy saving mobility equipment proudly.
14. Lose the sweat suit. Take care in your grooming and appearance.
15. Nurture your friendships. Life’s treasures are people, not things.

Linda Wheeler Donahue is a polio survivor, Professor Emeritus of Humanities and President, The Polio Outreach of Connecticut. She is a frequent speaker at conferences and seminars, focusing on the social/emotional complexities of disability. As a result of her grassroots advocacy work, President George Bush, Sr., invited Linda to the White House Rose Garden signing of the Americans with Disabilities Act on July 26, 1990.

Professor Donahue has published numerous articles on subjects of positive living, disability dignity and increasing happiness through conscious choices. She welcomes feedback and can be reached at LinOnnLine@aol.com.



ALWAYS

BE

PREPARED....



Emergency Planning Unique for People with Special Needs

Here are a few things that you could keep in mind if you have special needs or you are close to someone with special needs.

- Make an evacuation** plan for home, work and/or school. Keep in mind special needs for exiting such as ramps, landing clear of obstacles, with primary and secondary ways to leave the area.
- Create a communication** plan with your support system. Not reliant on phone lines, this could be a place to meet, other ways of contact such as through another person or other technology.
- Consider what alternatives** you would use if you have special equipment that needs electricity to work.
- Have a supply** of water and food for each person in the household, enough for three days. Also a flashlight, batteries, first aid kit, blankets and clothes for several days.
- Check with special providers** (medical personnel, pharmacies, transportation, dialysis) so you know their contingency plans and how to contact them in an emergency.

Keep copies of important documents such as birth certificates list of medications with dosages and frequencies: identify disability or health condition and any needs by writing it down, wearing medical alert tags or bracelets.

FYI ~

The Federal Emergency Management Agency (FEMA) has a publication titled “Preparing for Emergencies A Checklist for People with Mobility Problems” that includes a detailed list of items, questions to ask, an emergency plan, an escape plan, checking the home for hazards, what to do if you need to evacuate, preparing a car kit and fire safety. For more information visit their website www.fema.gov/plan/prepare/special-plans.shtm

An additional website that would be helpful to you is www.disability.gov/emergency_preparedness

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.

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:
PO Box 1876, Kingston, WA 98346



With our heartfelt gratitude for a job well done....

Sue Warren has served as our POOW state president for just over 5 years. We have been fortunate to have a leader of her quality for this period of time. During Sue's term of office she has led POOW through some very rough times financially. The following items are some of the benchmarks of Sue's terms as president:

- Revitalization of the Board of Directors for POOW by bringing in new members who have formed a strong and positive team of leaders.
- Streamlining the governing functions of POOW.
- Restructuring of our financial practices when some past situations put POOW in dire straits.
- Tireless pursuit of reconciliation of some poor financial decisions made in the past.
- Relocation of the POOW state office and changing of office management personnel.
- A complete rewrite of our bylaws.
- Continuing to challenge the membership and individual support groups to excellence.
- Continuing to keep our donation base consistent during the financial turndowns of the past 2 years.

We owe Sue a debt of gratitude. She has been a terrific leader of our organization. We are pleased that she is just stepping aside as our president but will remain an advisor to our leadership.

Thank you ,Sue. You have made doing a great job look easy.

Submitted by Jim Fry, Vice President, POOW

Newsletter Deadline:

The deadline to submit items for the next issue of POOW newsletter is March 5. We appreciate any articles, information or suggestions you would like to see printed in this publication. Please send an e-mail with that information to me at: pre47airstream@aol.com

Thank you! Patrick Ewing, Editor

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What's Inside

Board of Director News.....2
President's Report3
Support Group Locations.....4
Celebrations5
Candyland Game.....6
Conserve through meals.....7
Living Well Tips.....8
Joy of Living9
Be Prepared10
Thanks Sue11



Calendar

*Our website is now ready for you !
www.poliooutreach.com*

January - Welcome New Year!
February
14th - Happy Valentine's Day
March
31st - End of fiscal year
April
12th - Spring Membership Mtg

MMXI
2011

