

October-November 2011
Southern Arizona
Post-Polio
Support Group
Est. 1985
P.O. Box 17556
Tucson, AZ 85731-7556
(520) 750-8608
(message)
www.polioepic.org

POLIOEPIC, INC.

One cannot live without changes. One of my favorite expressions, is that the only thing that never changes is that there will be change. Like every single member of our support group, I have gone through a lot of changes. I looked for the silver-lining in that cloud, and found it!

I have found that a support group means so many different things to everyone. I needed emotional support, others need educational information, connections, assistance of the physical or medical kind, and others need camaraderie.

I am amazed at how many changes our support group can go through when it needs to. I have to think how wonderful that is. We have worked hard to educate every polio survivor we can find. We have worked hard to prepare a resource directory for every person that needs those services. We have worked hard to promote the need for vaccinations, so that no child will go through what we have.

What we can do, how quickly we can change where needed, is a testament to the abilities of our members. Pat yourself on the back, you are helping the next generation as well as your own. Hopefully, the next generation of polio survivors won't have to work as hard, convince as many doctors, or fight diagnoses of an emotional or mental kind. We have blazed trails, and will continue to do so.

I can't thank everyone of you enough. You have taught me so much about living with my chronic invisible disability. You have taught me about living a disabled life with love, laughter, fun and accomplishment. When you get discouraged (another thing that never changes)...remember that we believe in each other, and you have accomplished so much of which to be proud.

All of us care for and about each other. Just like using canes, crutches or wheelchairs; we have to realize that our group is another assistive device. We can learn to ask for help and gain from the presences of each other. All of us have so much to offer, and again, I thank you for sharing. As we gain new members, make sure that we make them feel welcome and comfortable with using our group, just the same as we would encourage them to feel comfortable with braces or canes. I like to think of Polio Epic as a brace. A brace that will keep us straight, healthy, and able to move. Remember, you don't have to be a polio survivor to join, but you do have to care about everyone else in the group! I know I do.

Micki Minner

Membership Meetings every Second Saturday of the Month 10:00A.M. Education Room HealthSouth Rehabilitation Hospital 2650 N. Wyatt Road Tucson, AZ

October 8

Bring everyone, friends, family and neighbors to hear about the changes made to Medicare! and private health insurance. This is an important meeting to inform everyone about the changes to our Health Care systems.

The November general membership meeting is November 12th.

Board of Directors		
Marty Baldwin	795-6157	martybaldwin86@gmail.com
Karla Carr	318-1219	KarlaKrazies@peoplepc.com
Frank Frisina	327-3252	shinybear@msn.com
Virginia Hanson	292-0652	vrhanson36@yahoo.com
Kay Mason	881-9097	
Dave Marsh	327-3252	Davidmarsh74@yahoo.com
Barbara Stough	887-4731	chasbarstough@juno.com
Judy Taylor	401-5992	fusserwuz@yahoo.com
Joanne Yager	296-1471	jyager@mailstation.com
Executive Board 2011-2012		
President, Micki Minner	743-1556	Mickiminner@msn.com
Vice President, CeCe Axton	495-5122	axton@cox.net
Treasurer, Nannoe Westbrook	797-6898	Nannoe1@aol.com
Secretary, Lorna Kenney	744-7435	kc7wxy60@yahoo.com

POLIO – WORLD PHOTO SUBMISSION CONTEST

Polio-World is holding a photograph contest. Each photo should show the three phases of your Polio life 1) *Polio* 2) *Living with Polio* and 3) *Post Polio*. We will be using the photos to demonstrate the concept : **“WE’RE ARE STILL HERE”**.

Post Polio Health International’s— **WE’RE ARE STILL HERE** campaign will be the second week of October, 2011. The photos will be shown at various Post Polio conferences and educational seminars throughout the world. Send your photos to Mickiminner@msn.com, with a description of less than 50 words to describe the photographs.



The pictures have already been placed on display in several GREAT locations, like the huge European conference in Copenhagen, support groups in the state of Washington, and in Belgium.

Don't forget that the Second Week of October is the annual **WE'RE STILL HERE** Campaign hosted by the Post Polio Health International. Our group is working on several radio shows, newspaper articles, and giving classes about Post Polio, all with the theme of **“WE’RE ARE STILL HERE”**.

Contributions and Donations

Lucy Anderson
Cece Axton
Nicholas Candito
Mildred Devore-

McCollough
Lorna Kenny
Jessie & James Martin
Hal Myers

Pat Neal
Irene Schomoller
Marilyn Switzer
Nannoe Westbrook



Donation in Memory of Major Ed Boyles (Ret) **William Ort**



FROM THE TREASURER...

The beginning of our 2011-2012 fiscal year is here!. That means as of September 1, 2011 your dues will be applied for the 2011-2012 fiscal year. CHECK the date on the address label; if it says 2011, you are paid through August 2011. If it says 2012 then you are paid up!

Keep POLIO EPIC Up-To-Date:

Are you moving? Are you going to a cooler climate for the summer?
Please let us know...

- If you know you are moving, please contact us with your new address.
- If you are seasonal (snow birds), please remind us of your summer address and let us know approximately when you are leaving and when you are due to return.

THIS WILL HELP POLIO EPIC KEEP OUR RECORDS UP-TO-DATE

Contact Nannoe if you have any questions at **520-797-6898** or email her at Nannoe1@aol.com. If you wish to receive our newsletter via email, be sure to add your email to the dues form and add Micki's email to your address book Mickiminer@msn.com

NEW OUTBREAK OF POLIO IN CHINA



Excerpted from The Telegraph.

The World Health Organisation just announced that there's been a polio outbreak in China.[1]

Ten cases have been detected – (some adults) all stemming from Pakistan, one of the four countries where wild poliovirus remains endemic.

It's a timely reminder of how polio anywhere is a threat everywhere, and why now is the time to finish the job, and see the end of polio forever.

To see the end of polio we need to show a groundswell of support across the world, to get our Governments to fully fund the Global Polio Eradication Initiative's vital work.

Can you share the petition at www.thendofpolio.com by forwarding this email to 5 friends or inviting your friends to sign the petition through Facebook?

The good news is that eradication efforts are working. There hasn't been a polio case in India for 8 months, and there have been 50% fewer cases in 2011 compared to the same time in 2010.[2]



We're winning the fight – but we won't be able to finish the job without full funding for the Global Polio Eradication Initiative, which needs a further \$590 million.

50 heads of government are meeting in Australia at the end of October, and we're pushing hard for polio eradication to be on their agenda, and for them to donate to help bridge the Global Polio Eradication Initiative's funding gap.

They've told us they'll do it – but only if we can show that this is something that people really care about. Can you help us get to another 5,000 petition signatures by the end of September?

Ask your friends to sign that petition to see the end of polio by sending this email onto 5 friends or inviting them Facebook.

Together we can see the end of polio,

Simon, Renee, Mick, & the End of Polio campaign team

[1] <http://www.bbc.co.uk/news/world-asia-pacific-14997307>

[2]

<http://www.polioeradication.org/monthlysituationsreports.aspx>



Editor's Note: when you think of polio, you automatically think of only the under-developed, third world countries. *The following article is about Finland, and their last outbreak of polio was in 1985.*

Excerpted from "The Atlantic"

Finland Looks for a Mystery Person Spreading Poliovirus

By Helen Branswell -Aug 15 2011, 12:00 PM ET

August 15, 2011



Branswell: Who's excreting polio virus in Tampere, Finland?

Via The Atlantic.com, Helen Branswell returns to medical journalism with a fascinating story: [Finland Looks for One Mystery Man Spreading Polio](#). Excerpt: Somewhere in Tampere, Finland, someone is excreting polioviruses. He or she has

been doing it there since at least 2008, passing stools laced with polioviruses then flushing them into the sewers of Finland's third largest city.

Known in polio science circles as a long-term excreter, the unidentified individual is likely completely unaware of this quirk of his or her bowel. Merja Roivainen would very much like to find this person.

Still, polio scientists are eager to get a better picture of who these long-term shedders are. That's because these people, some scientists fear, could potentially re-establish spread of polio if the global polio eradication campaign succeeds in stamping out wild polioviruses. Once wild polioviruses are gone, the World Health Organization will tell countries to stop using oral polio vaccine. Those that can't afford to replace it with the more expensive injectable vaccine will start to develop ever larger numbers of polio-susceptible children.

"I think they are a real risk," Tapani Hovi, a polio virologist who headed Finland's lab before Roivainen, says of vaccine-derived polioviruses. "Today still high vaccination coverage is preventing the problems which they potentially cause. But in future when the coverage will be decreasing, or even vaccination is stopping in some countries I'm afraid...the risks will be more realized."

While only about 40 long-term poliovirus excreters have been identified worldwide, no one knows how widespread the problem is. Hovi, for one, thinks there may be more of these people than scientists currently estimate.

He has known his share of long-term excreter frustration. During his time as lab chief, Hovi was involved in a search for a long-term excreter in Slovakia. (Finland's lab serves as the World Health Organization's polio reference laboratory for the five Nordic countries, the three Baltic states and Slovakia, Slovenia, Croatia and Austria.

Disabled Hands--Stuff Your Hands Will Love



[Bogen - 4 Section Light-Weight Monopod](#)

Trouble holding, steadying and using a digital camera? Try a mono-pod a one legged tripod that will help hold your camera steady.



[Poop-Freeze Aerosol Freeze Spray \(10oz\)](#)

Trouble picking up Fido's gifts? Try freezing them first to firm them up for easier handling.



[OXO Good Grips 21181 Jar Opener](#)

Ladies, you may want one of these handy around the makeup mirror for help opening those jars and bottles of cosmetics.



[Grip II StandUP Full-Strip Stapler, Black](#)

A stand up easy grip stapler is a must for Disabled Hands office. Much easier to use than traditional desktop models.

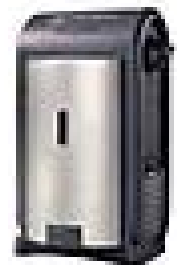


[OXO Good Grips 28481 9-Inch Stainless Steel Locking Tongs](#)

If fine motor skills are a problem consider some handy tongs around the kitchen for handling food items.

[Westinghouse SweepEZE Vacuuming System - WST1810](#)

Leave the bending and dust pan rattling to the past. This automatic vacuuming dust pan automatically sucks up debris swept under it's front edge sensor.



[Black & Decker SZ360T 3.6V Cordless Power Scissors](#)

Trouble using scissors? This highly rated B&D product is great for fabric, craft projects and wrapping paper. Even has a table mount for hands free use. Nice.

Editor's Note: We have several individuals that want to sell their handicapped accessible vehicles. Please spread the word, if you know anyone in the market. Vehicles with ramps already installed are difficult to find and very expensive:

1999 Ford E150 Van – Ricon Lift that works for up to 500 lbs. Handicapped Steering and Braking, as well as workable for abled driver. Good as a transport Van –one seat is removable. Battery for lift on the inside of the van. \$18,000 OBO, Call Vinny Integlia at 520-818-1789.

2002 Town and Country Van, 80,000 miles with a VMI ramp installed by ADE - \$15,000 OBO, call Ernie Anderegg at 520-742-4559

2002 Chevrolet Express Regency full sized van, 150,000 miles with a Braun Vista-vue ramp. Disabled Steering that is also usable for an abled driver. The ramp needs repair; the parts are already ordered at Ability Services in Tucson. Call Micki Minner at 520-743-1556

DUES FORM

Name _____ Spouse/Partner _____ Date _____

Address _____ Phone (_____) _____

City _____ State _____ Zip _____

If you wish to receive our newsletter via email: _____

PLEASE PRINT CLEARLY

____ I am sending in my/our annual dues of \$10.00 per person for 2011-2012 fiscal year.

____ I am sending my back dues of \$_____

____ I am sending in a *tax-deductible* donation in the amount of \$_____.

POLIO EPIC, INC. is a 501(c)(3) non-profit corporation. Tax ID # 74-2477371

____ I am UNABLE TO PAY dues at this time, but wish to continue my membership and receive the newsletter.

____ Please remove my name from the mailing list. I no longer wish to receive the newsletter.

____ Check here if you do not want your name, address, phone number and email listed in the
POLIO EPIC DIRECTORY

____ I would like to be more involved in Polio Epic. Please contact me at the number above.

We welcome your comments and suggestions. Thank you!

Make checks payable to POLIO EPIC and return this form to: Polio Epic, P.O. Box 17556, Tucson, AZ 85731-7556

POLIO EPIC, INC



1985 - 2010

Wadleigh Grant

Could you use up to \$400.00 to help get the disabled help items you need?

Polio Epic, Inc., is accepting applications within it's membership for a one-time grant of financial assistance. This program is made possible by a bequest Polio Epic received from Frank Wadleigh, a long time member and supporter of our efforts. The purpose of the program is to improve the quality of life for members, while supporting the overall mission of Polio Epic. Reasons for requests can be as varied as the members making them, all are seriously considered

Contact: Dave Marsh at 327-3252 or davidmarsh74@yahoo.com