

POLIO DEJA VIEW

Central Virginia Post-Polio Support Group

www.cvppsg.org

August 1st Meeting

2:00 pm at Children's Hospital, 2924 Brook Road, Richmond

Remember to come at 1:30 for refreshments and social time!!

Cookies provided – bring your own beverage.

Harvey Hudson, "The Dean of Virginia Radio", will be our guest speaker. He has been heard on radio and seen on TV for over 60 years. His "Passing Parade" program has been a favorite of Richmond Residents for many years. It will be an afternoon of quizzes, prizes, fun and fascinating stories. For those of us with a large competitive spirit, the study of Richmond Trivia is recommended.

SEPTEMBER 12TH MEETING

2:00 pm at Children's Hospital, 2924 Brook Road, Richmond

Remember to come at 1:30 for refreshments and social time!!

Cookies provided – bring your own beverage.

General Discussion

(Note: The meeting date is the Second Saturday in order to avoid Labor Day Weekend)

As I depart as your editor....

I want to thank the members of our support group for the wonderful album of photos from past events, Retreats, etc. which was presented to me at our June Luncheon (thank you Joanie and Gordon for all your effort and time!).

Also thank you for my "movie vouchers" which will be enthusiastically used for all the summer movies! You all know me so well!

But most of all, for those of you who sent cards and well wishes upon my "retirement" as editor, thank you so much. As I have said, it was an honor to serve our group in this way. I've made good friends in Virginia and beyond, learned a lot and was proud to provide information on PPS and general well-being to so many.

I have left this good work to my successor, Mary Ann Haske, who has taken the reins with enthusiasm.

Fondest regards,

Income/Expense Budgets - Jan 10, 2010 to Dec. 10, 2010

Revenues		Expenses	
Gifts, grants, or donations		Newsletter Printing	\$1,400.00
Dues (Mar – Aug) Est.	\$1,200.00	Postage	\$ 500.00
Donations (Mar – Aug) Est. (Come with Dues checks)	\$2,000.00	Gifts, grants (Children’s Hosp, Nat’l PPS)	\$ 200.00
United Way receipts Est.	\$1,000.00	Fund Raising Expense	\$ 100.00
Advertising in Newsletter Est.	\$ 500.00	Speakers gifts	\$ 200.00
Memorial donations Est.	\$ 500.00	Library Maintenance	\$ 50.00
		Retreat	\$2,500.00
		Professional fees (Bank acct, Web Master)	\$ 200.00
		Meeting expenses	\$ 200.00
		Lunches & Xmas Party	\$ 800.00
		Misc.	\$ 500.00
Total Income	\$5200.00	Total expenses projected	\$6,650.00

The Social Committee is funded by our Brown Bag Auctions

Golden Gift Certificates

We are pleased to announce that we received 4,554.87 points from the Ukrop’s Golden Gift Program. Carol Kennedy wants to thank all those who sent her their Certificates.

September Elections

In preparation for the coming elections, a nominating committee has been formed. If you are interested in running for a seat on the board or if you wish to nominate someone, please contact one of the following people:

Bobbie Knight 804-270-2557

Fay Garnett 804-740-2422

Jim Wells 804-745-0564

Remember, you must have the person's permission to place their name in nomination.

Public Service Announcement

Power wheelchair available for \$1500,
If interested call Peter F. Schatzki, 804-569-4251.

SAVE THE DATE!

Back by popular demand! Shawn Majette will be our speaker on Oct. 3rd. He will address the changes in Advanced Medical Directives that went into effect on July 1, 2009.

Note from the Editor;

Recently, someone e-mailed me and asked me questions about getting a power wheelchair through Medicare. Well, I am on my 3rd. chair, (one from private insurance and 2 from Medicare). I guess that means I have some experience. If anyone has questions, I would be happy to have you call me (804-323-9453) and see if I can help. I offer no guarantees but I am willing to share my experience. Mary Ann Haske

VIRGINIA EASY ACCESS

Sometimes, for those of us with Post-Polio Syndrome, life can be overwhelming. We need help but are not sure how to go about getting it. Our needs can be as small as installing a grab-bar or as big as providing us with meals. The State of Virginia has a web site that might prove to be very helpful. This site, www.easyaccess.Virginia.gov, was devised to help seniors, adults with disabilities, their caregivers and the providers that support them. (Before you stop reading because you are not computer savvy, let me state that you can dial 2-1-1 and speak to someone who will help you with your questions. This number can be accessed 24 hours, 7 days a week.)

This site has questions and answers on subjects such as Housing, Financial Help, Rights, Transportation, Etc. Then there is a gateway to Virginia Navigator which is a listing of 21,000 programs and services across the entire state. These sites won't hand out money or come pick you up and take you to the doctor. What they will do is send you to the agencies that can provide what you need. Instead of spinning in a circle and getting nowhere, you can be directed toward a solution to your problem. This site helps you gather information so that you can make wise decisions. It's free and it is user friendly.

Did you know?...

...Rx Information from Jenny

PEOPLE DON'T REALIZE HOW MUCH SALT FROM FOODS & MEDS AFFECTS BLOOD PRESSURE.

The usual limit is 2300 mg/day of sodium...about one tsp salt.

The recommended amount is no more than 1500 mg/day for people with hypertension, over age 40, or African Americans. Most people get DOUBLE this much.

Many folks THINK they don't eat much salt because they don't use the salt shaker...but most comes from prepared foods.

A can of Campbell's chicken noodle soup has about 2000 mg of sodium...and some restaurant meals contain over 5000 mg.

Try cutting back and following the 1500 mg sodium [DASH diet](#)...especially for patients with prehypertension or hypertension.

The DASH (Dietary Approaches to Stop Hypertension) diet can lower BP about the same as hydrochlorothiazide or an ACE inhibitor (Lisinopril, Captopril, etc.).

Too much salt can make diuretics less effective and increase blood pressure or edema. Keep in mind that some meds have a lot of sodium...especially antacids and effervescent formulations. *Alka-Seltzer Original* has over 500 mg per tab.

Most oral meds with a sodium salt, such as Levothyroxine sodium or Pravastatin sodium, won't increase blood pressure.

How to Eat Less Salt

What makes salt harmful?

Salt is made up of 40% sodium and 60% chloride. Eating too much sodium can increase your blood pressure. High blood pressure is related to all sorts of problems, like heart attacks, strokes, kidney problems, etc.

How much salt can I eat?

Most people eat about twice as much salt as they should. Generally, you should eat no more than 2300 milligrams (100 mmol) of sodium a day, which equals about 1 teaspoon of table salt a day. Keep in mind that this includes *all* salt consumed, including that used in cooking and at the table.

What are some ways that I can reduce the amount of salt I eat?

Salt is found naturally in many foods. But processed foods account for most of the salt that people eat. Processed foods that are high in salt include regular canned vegetables and soups, frozen dinners, lunchmeats, instant and ready-to-eat cereals, and salty chips and other snacks.

Read food labels to choose products low in salt. You might be surprised at some foods that contain a lot of sodium, such as those containing baking soda, soy sauce, and monosodium glutamate (MSG).

Restaurant meals can have a lot of salt as well. If there's no information about salt content available, ask your server to help you make a low-sodium choice. Learn which meals are lower in sodium at all your favorite places, and stick with those.

Before trying salt substitutes, check with a healthcare provider, especially if you have high blood pressure. Salt substitutes usually contain potassium chloride. Too much potassium chloride can be harmful for people with certain medical conditions, or for those taking certain medicines.

Note that there can be differing amounts of sodium in the same amount of different types of salt.

- One teaspoon table salt = 6 grams = 2400 milligrams sodium
- One teaspoon sea salt = 5 grams = 2000 milligrams sodium
- One teaspoon *Diamond Crystal* kosher salt = 2.8 grams = 1120 milligrams sodium

Tips for reducing your salt intake:

- Buy fresh, plain frozen, or canned "with no salt added" vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta, and hot cereal without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose "convenience" foods that are low in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings. These often have a lot of sodium.
- Rinse canned foods, such as tuna and vegetables, to remove some sodium.
- When available, buy low- or reduced-sodium or no-salt-added versions of foods.
- Choose ready-to-eat breakfast cereals that are low in sodium

Dangers of Vitamin D Deficiency

(By Sandy Robinson; Reprinted from "The Seagull", Triad Post Polio Support Group Newsletter)

I wrote an article online about the dangers of Vitamin D Deficiency and thought it would be fitting for this site. Never try to diagnose yourself. Always see a physician with any questions on Vitamin D Deficiency or any other health issues.

I never realized until I was diagnosed with a serious Vitamin D Deficiency what all problems this could cause. My doctor was very concerned because my levels were dangerously low and he immediately put me on a high dose Vitamin D supplement. Some other health problems my doctor told me Vitamin D Deficiency could cause include heart disease, chronic pain, Fibromyalgia, hypertension, arthritis, depression,

inflammatory bowel disease, obesity, PMS, Crohns Disease, cancer, MS and other autoimmune diseases.

The Vitamin D Council states that Vitamin D Deficiency can also cause stroke, osteoporosis, muscle weakness, muscle wasting and birth defects.

The American Society of Anesthesiologists released a report in October of 2007 that stated approximately one in four patients who have chronic pain issues were also found to have low levels of Vitamin D. This was according to a new study that the American Society of Anesthesiologist conducted. Their study also found that those with lower levels of Vitamin D required higher doses of morphine over a longer period of time.

According to the Vitamin D Council, if you are someone who completely avoids the sun, you will need to take approximately 4,000 units of Vitamin D per day. You would have to drink 40 glasses of milk a day or take 10 multivitamins a day to get the required amount of Vitamin D. Naturally neither one of these methods is recommended so what are we to do? Many people now fear the sun due to the increasing awareness and prevalence of the deadly skin cancer, Melanoma. The Vitamin D Council says that most people typically make about 20,000 units of Vitamin D after 20 minutes of sun exposure, which is about 100 times more that the daily amount of Vitamin D the FDA says we need. Tanning beds are another option to get the required amounts of Vitamin D also. Personally I will not use a tanning bed or spend excessive amounts of time out in the sun due to fear of skin cancer.

There is another option if you are not a sun worshiper. You can have your physician administer a 25-hydroxyvitamin test to determine if you have optimal levels of Vitamin D in your blood. The Vitamin D Council considers optimum levels to be approximately 50 nM/L. The 25-hydroxyvitamin test measures the amount of calcidiol (prehormone found in the blood that is produced in the liver). This is considered the most reliable form of testing for Vitamin D Deficiency. If this test shows that you are indeed Vitamin D deficient, there is also a supplemental vitamin D3 Cholecalciferol you can take.

In order to get the proper amount of Vitamin D your body requires, you need to be able to find a healthy balance of sunlight, but still reduce your risk of skin cancer, particularly Melanoma. Wear sunscreen every time you are in the sun and keep your sun exposure to 20 minutes at a time.

(Editor's Note; I began therapy for Vitamin d Deficiency in January and find that I am experiencing far less pain.)

From Henry's Desk.....

Are We Dying Gladiators?

When I reached my senior year of college and had completed all of the necessary courses for application to medical school I decided to take some electives in which I was interested. One of those elective courses was English Romantic Poets. One of the poets studied was George Gordon Lord Byron who lived a relatively short life from 1788 to 1824. One of his more famous poems was a very long poem, entitled "Childe Harold's Pilgrimage." The poem described the travels and reflections of a tired young man who, disillusioned with a life of pleasure and joy, looked for something different in his travels in foreign countries. The poem is an expression of the melancholy and disillusionment experienced by a generation weary of the wars of the post-Revolutionary and Napoleonic periods. The title came from the term *childe*, a medieval title for a young man who was a candidate for knighthood.

In the Fourth Cantos near the end of the poem Harold is in Rome and these famous lines are written describing the Dying Gladiator.

I see before me the Gladiator lie:
He leans upon his hand -- his manly brow
Consents to death, but conquers agony,
And his droop'd head sinks gradually low --
And through his side the last drops, ebbing slow
From the red gash, fall heavy, one by one,
Like the first of a thunder-shower; and now
The arena swims around him -- he is gone,
Ere ceased the inhuman shout which hail'd the wretch who won.

He heard it, but he heeded not -- his eyes
Were with his heart, and that was far away:
He reck'd not of the life he lost nor prize,
But where his rude hut by the Danube lay,
There were his young barbarians all at play,
There was their Dacian mother -- he, their sire,
Butcher'd to make a Roman holiday --
All this rush'd with his blood -- Shall he expire
And unavenged? -- Arise! Ye Goths, and glut your ire!

Do you feel at times like the dying gladiator? So many of us fought the polio gladiator early in our lives and often came away victorious or at least came away stronger despite residual wounds of the battle. Those wounds might have been shorter or curved limbs that limped, limbs wrapped in steel and other atrophies and curves marking our fight with the polio gladiator. For many two score of years passed or even more time elapsed and another polio gladiator engaged us in another, but different battle. This time we were no longer young. We tried many of the battle tactics of the past, but usually these tactics only added to our misery and suffering. We did learn new tactics and became wiser. We conserved our energy and put it to better use. We formed

alliances with other survivors of the polio gladiator and together we found that we were stronger in a cognitive, emotional and spiritual sense. We found that often what we had experienced as individuals was almost universal with the experiences of other survivors of the polio gladiator. For many of us our eyes are with our hearts and minds in our experiences of battles fought long ago and battles fought only yesterday. Are we still dying after a long struggle with the polio gladiator and do we expire unavenged? No, we keep arising every time we tell our stories to each other and to the world

SEE NEXT PAGE FOR FALL RETREAT INFORMATION

Tenth Annual Fall Retreat !!!

The Annual Fall Retreat will be Friday, September 18th until Sunday, the 20th at the Holiday Inn Express Hotel & Suites in Ashland, VA (www.hiexpress.com/ashlandva). This is located right off Rt. 95, just north of Richmond and will be convenient for everyone. We have tentatively reserved 15 guest rooms and all six handicapped accessible rooms. If you need a handicapped room, please let us know what your exact needs are; you may only need a bath bench or raised toilet seat. If you can supply your own, it would benefit those of us organizing the Retreat.

The hotel serves a multi-course breakfast and we have arranged to have two dinners and a lunch catered by a local caterer, Homemades by Suzanne. We will have the use of the conference rooms, heated indoor swimming pool, hot tub and exercise facility.

The rooms have microwaves and refrigerators, TV, coffee makers and hair dryers. Those who attended in previous years gave rave reviews to the facility.

We will offer this for \$120.00 per person based on double occupancy for the entire weekend, including all meals. The support group is still subsidizing part of the total expense.

If you want to come just for the day on Saturday, the 19th, the cost will be \$50 a person which includes lunch and dinner.

You will need to select a box lunch. (Note, all boxes include a Deviled Egg and a Chocolate Mint.) Please choose from the following:

SATURDAY BOX LUNCH CHOICES

- | | | |
|---|---|--|
| #1 Chicken Salad
Homemade Roll
Fruit Salad
Red Velvet Cake | #5 Sliced Roasted Turkey
Homemade Roll
Pasta Salad
Carrot Layer Cake | #10 Hickory Smoked BBQ
Homemade Roll
Coleslaw
Seasonal Fruit Cobbler |
| #2 Albacore Tuna Salad
Homemade Roll
Green Pea Salad
Key Lime Pie | #6 Shrimp Salad
Baby Shell Macaroni Salad
Chocolate Pecan Pie | #11 Luncheon Salads
Garden Salads
_____with Chicken Salad
_____with Tuna Salad
_____with Shrimp Salad
_____with Turkey, Ham & Cheese
_____Caesar with Grilled Chicken
All with Homemade Melba Toast
Chocolate Pecan Pie |
| #3 Sliced Country Ham
Homemade Roll
Potato Salad
Deep Dish Coconut Pie | #7 Sliced Chicken with Bacon
Parmesan Cheese Spread
Homemade Roll
Fruit Salad
Chocolate Pecan Brownie | #12 Vegetarian Wrap
Grilled Fresh Vegetables with
Sundried Tomato Hummus on
Flat Bread
Fruit
Mocha Chocolate Cake |
| #4 Roast Beef & Cheddar + Lettuce
& Tomato on Homemade Roll
Baby Shell Macaroni Salad
Seasonal Fruit Cobbler | #8 Back Fin Crab Cake
Homemade Tartar Sauce
Homemade Roll
House Salad w/Dressing
Pineapple Upside- Down Cake | |
| | #9 Hanover Club
Homemade Roll
Potato Salad
Pecan Pie | |

Our speaker for Saturday morning will be Linda Logan. Linda's topic will be "The 1950 Polio Epidemic in Wythe County, VA". Linda is the Coordinator of Heritage Education in the Department of Museums, and works closely with the staff and collections to create programs relating to the history of Wytheville. Linda is responsible for Public Programs. An Oral History project led to the publication of A Summer Without Children: the Oral History of Wythe County, Virginia's 1950 Polio Epidemic. Linda is a native of Smyth County and taught English at Wytheville Community College before joining the Museum staff.

In the afternoon, we will have a speaker who blends comedy and inspiration. Christine Walters, owner of ComedySportz Richmond and an Inspirational Comedian, will present her signature keynote address to us. The title of her talk is "The ACTTive Leader – The Power of Attitude, Commitment, Teamwork, and Trust". In order to be an effective leader, we need to ACTT. By applying the principles of Attitude, Commitment, Teamwork and Trust, we can provide the leadership that we need to be an All Star Player in this Game of Life.

Dave Van Aken will again conduct a "Partners Session" on Saturday afternoon for those interested.

It is imperative that you make your reservations as soon as possible!!! We are working with a busy hotel and they need to know the exact number of guests by September 1st!!!

Final reservations and complete payment should be received by Linda VanAken by August 31st. For those who send in an early deposit – the remainder is due by August 31st.

We welcome all who have attended in years past and any new attendees who would like to share their polio stories, ask questions and generally have a rewarding and FUN weekend!

Please see the next page for the Registration Form

Registration form for September Retreat
Friday, September 18th until Sunday, September 20th

Please mail to: Linda VanAken, 14606 Talleywood Ct., Chester, VA 23831 with check made out to:
"CVPPSG"

Final payment has to be received by **August 31st**.

Name: _____

Address: _____

Phone: _____ Number of Persons attending: _____

Type of Room accommodation: _____ (single or double) Handicap accessible? _____

If you are single and sharing a room, who will be your roommate? _____

Will you be attending just for the day on Saturday? _____ Number attending _____

Do you have any special dietary requirements? _____
(We cannot change the pre-set menu unless there are specific needs)

Price for the weekend (2 nights and 5 meals) \$120 per person **based on double occupancy**

Price for Saturday only (includes lunch and dinner) \$50 per person

I (we) would like Lunch Box Number (s) _____

Amount of check sent: _____

Remember, all rooms, including the handicap accessible rooms, are assigned on an as needed basis.
Your registration form, with a \$30 deposit, guarantees your room.

If you know you will be attending, please send your registration in early. Thank you.