



THE LIGHTHOUSE

Coastal Empire Polio Survivors Association, Inc.
Shining Light on Post-Polio Health

APRIL Newsletter www.coastalempirepoliosurvivors.org Vol. XXIV, No. 3

The President's Message

The season of rebirth has exploded all around us! The most hopeful thing in the world is a **SEED**. Every piece of information needed by any plant for its natural life on this earth is encoded within the seed, even though the world is changing and new information will be needed; the seed's knowledge is invisible, encased, and secret. It may contain any number of surprises. Even with climate change there will be seeds that have all the wisdom they and we need to survive and flourish.

In April of 1997, three polio survivors planted a seed and named it **The Coastal Empire Polio Survivors Association**. Shirley Carnell, Lorraine Frew, and Cheryl Brackin wanted to provide information and assistance to polio survivors experiencing post-polio syndrome or the late effects of polio. For 24 years CEPSA has been a resource and a gathering place for hundreds of us in Savannah, Southeast Georgia, and the Low Country of South Carolina. Our newsletter, ***The Lighthouse***, has shared information helpful to survivors, their families, and the professional community.

WERE YOU THERE?

In 2004, CEPSA introduced itself to the community at its excellent polio awareness exhibit at the Oglethorpe Mall. We received the compliment of presenting the best exhibit ever at the mall! Our iron lung was there.

WERE YOU THERE?

In 2009-2011, CEPSA collaborated with five Rotary organizations in South Carolina to participate in the **Heel-To-Toe project and beach walks** to raise funds for the worldwide eradication of polio.

WERE YOU THERE?

In February 2012 CEPSA received the Dan Vaden Chevrolet-Cadillac **"Going the Extra Mile" award** for outstanding community service. Members literally went the extra mile in scooters and wheelchairs throughout the historic district to map out an accessible path. After we published our CEPSA map of historic Savannah Accessible routes, the City Council allocated \$400,000 to add 1500 curb cuts in three years. CEPSA and the Savannah-Chatham Council on Disability Issues published ***the Accessibility Guide to Savannah's Historic District***, available at Savannah's Visitor Centers and online.

Many of us were there, indeed, throughout these 24 years. We have rejoiced together in our accomplishments, and we have grieved for those no longer here physically. We remember them with gratitude as they continue to inspire us now to reach for our future. Expect the unexpected. Prepare to be surprised! Welcome our newest member, **Edward Jordan** of Pooler!

Thank you to our Financial Supporters 2019-2021:

Kenneth Tornvall	Dan Shehan	Lewis Herrin	Bob Parkhurst	Mary Ann Chance	Joan Page
Marge Lampke	Coralyn Collins	Esther Simmons	Jan Schendorf	Judy Melroy	Marty Foxx
Sandra Bath	Judy Frick Pebley	Ron Gay	Jo Anne Hardyman	Penny Smith	Richard Graham
Mrs. Lillian Ellis	Adrienne Stallworth	Cheryl Brackin	Casi Rainwater Fisher	Eileen Boyle	
Anne Thompson	Milli Adams				

Please take notice that our CEPSA address has a **new Post Office Box number : 14355**. Both the old number [14252] and the new number [14355] will work for our mail through June 2021. After June, use only the new number. Keep that mail coming! We love to hear from you.

Much to Know about the Months of March & April



St. Patrick's Day occurs every March 17th, celebrated in many countries to commemorate the day St. Patrick died.

President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organization which has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other human needs.

Statistically, March is the most unproductive month of the year in the U.S. This is the result of "March Madness" which is the season of NBA. Some companies lose up to \$1.9 billion in wages paid to workers who were not productive, and instead spent company time on betting on NBA games.

The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.

March is the month that comes in like a lion and goes out like a lamb. It's no surprise to learn that the Anglo Saxons called March "Hlyda", meaning "loud", for all of the roaring winds and thunderous storms. And as the herald of Spring, it's also no surprise to find out that the Romans named March after Mars, their god of war, because March was the month in which the military campaigning season got underway again after winter.

By April, spring has finally sprung, and if we're lucky, the weather will reflect that! We hope that your sky is bright and clear and your grass is growing green.

In the northern hemisphere April is a most confusing month; rainy and wet one day, the next full of a warm promise of green growth to come.

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.

The Elizabethan playwright William Shakespeare was born on April 23, 1564, and died on or about his April birthday at the age of 52 in England in 1616.



COVID INJECTION SITE ALTERNATIVES

BAPPG Editor:

A few of our polio/breast cancer survivors were concerned about receiving their COVID vaccine in their 'polio' affected arm. Many thanks go out to Mike Kossove, Professor Emeritus, Touro College, School of Health Sciences, who reached out to the Centers for Disease Control [CDC] and received the following response:

"Thank you for contacting CDC-INFO. We hope you find the following information about areas of the body that the COVID-19 vaccine can be administered helpful. All COVID-19 vaccines authorized and recommended for use in the United States should be administered in the deltoid muscle of the upper arm. If someone cannot receive a vaccine in their arm, the thigh muscle (outer middle thigh, quadriceps, or "quad" muscle) is an appropriate alternate site for intramuscular vaccine administration." Source: Centers for Disease Control via email, 2/16/2021.

Summary of new Wild Polio Virus (WPV) and Circulating-Derived Polio (cVDPV) as of the week of March 24 2021:

[This Week – GPEI \(polioeradication.org\)](http://polioeradication.org)

- Afghanistan: one WPV1 and four cVDPV2 positive environmental samples
- Pakistan: three WPV1 and four cVDPV2 positive environmental samples
- Côte d'Ivoire: two cVDPV2 positive environmental samples
- Liberia: one cVDPV2 positive environmental sample
- Niger: one cVDPV2 positive environmental sample
- South Sudan: three cVDPV2 cases
- Tajikistan: two cVDPV2 cases and two cVDPV2 positive environmental samples

A Short Story: by Sandra Bath: I was five years old when I caught the polio virus, became completely paralyzed and placed in an iron lung. About two months after leaving the iron lung and Candler Hospital, I was admitted to Warm Springs Hospital for rehabilitation; I don't remember how many months I spent there, but I do have memories of the Wilson Pool and the tables and chairs for rehab. I remember my therapist handing me a bottle of Coca Cola; unfortunately, I couldn't lift it up to my mouth and never did get even a sip of that drink.

Having to struggle was part of the therapy, I guess. My struggles were difficult for my parents, also. My Mother told me a story about watching me eat dinner and seeing how I had to struggle to get the food up to my mouth. She asked one of the nurses to let her feed me. The nurse replied, "Yes, you can feed her today, but who is going to feed her tomorrow?" Thankfully, I am able to feed myself, thanks to an amazing hospital and to therapists and parents who let me struggle to be independent.

*In 1980 the facility was renamed the Roosevelt Warm Springs Institute for Rehabilitation, which is administered today by the Georgia Department of Labor. The institute encompasses 940 acres. New facilities have been added, and **patients with post-polio symptoms, spinal cord injuries, strokes, and other disabilities find treatment at Warm Springs.** Roosevelt Warm Springs Institute for Rehabilitation | New Georgia Encyclopedia*



LET'S TALK ABOUT INCONTINENCE!

Incontinence is the involuntary loss of control from the bladder or bowel. These problems can be embarrassing and inconvenient, but they can be managed. Some examples are:

- ✚ Not fully emptying the bladder
- ✚ Not being able to hold on

- ✚ Going to the toilet many times during the night, or very often during the day

Neurogenic bladder is a condition that affects the nerves that communicate with the bladder. The signals regarding when to hold on and when to release urine can be disrupted. People can develop neurogenic bladder after a disease that damages the nervous system. Polio is an example of this, as it can affect the nerves in both the spinal cord and brainstem. The pelvic floor and bladder wall muscles can become weak due to polio. Coughing and sneezing may also make it difficult to hold on.

Some people with weak leg muscles may get swollen legs. The fluid builds up during the day and then moves to the bladder overnight; therefore, the person may need to go multiple times each night.

Strategies to Manage Bladder and Bowel Problems

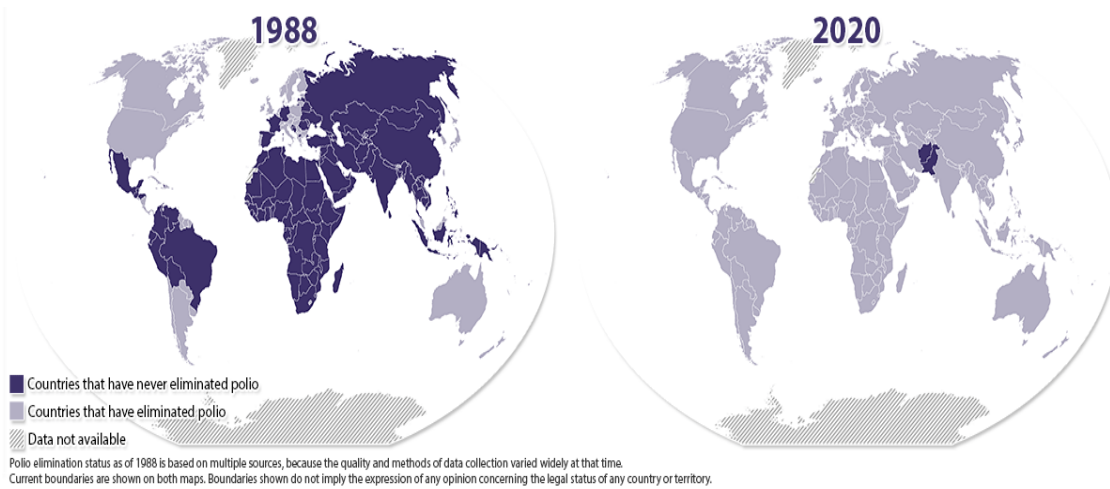
Talk to your primary practitioner.
Drink plenty of water (about 8 cups, depending on your situation).

Limit fluids before going to bed.
Go when you need to go; don't hold it in.
Go before you go to sleep and before you go out.

Make sure your toilet is easy to get to and easy to get on and off.
 If your legs swell, try elevating them.
 Wear compression stockings to reduce swelling.

Some people might need to use continence aids, such as pads or mattress protectors.
 Have plenty of fiber in your diet.
 This information is on the Polio Australia website [Living with Polio – Polio Australia](http://www.polioaustralia.org.au)

Progress Against Polio



Dark blue indicates the countries that have NEVER eliminated polio.

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The **Coastal Empire Polio Survivors Association** is a non-profit corporation, which is tax exempt under IRS code 501c(3). We have no paid employees, only volunteers dedicated to helping all polio survivors. Your financial support is appreciated at any level suggested below: * CEPSA Member - \$20.00 annual voluntary donation

* CEPSA Supporter/Sponsor - \$25.00 \$50.00 \$100.00 \$300.00 Other

* CEPSA Memorial or Honorary Gift - any amount _____

Your contributions are tax deductible and will be acknowledged appropriately.

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